



The

Valley District Soccer Association

introduces the

U10

Player Development Academy

offered to

**Boys & Girls
born in 2000, 2001, 2002**

Introduction:

There is a need for **LONG TERM ATHLETE DEVELOPMENT** and the Player Development Academy is our first step toward creating the advanced players of the future. Valley District Soccer's 9 week (18 Session) Academy will address both athletic development and soccer development. Designed around a long term vision of the complete soccer player, we have put together a program that provides the young player with essential movement skills within a soccer environment.

This Academy is based on a player's mastery of TECHNIQUE, their SOCCER UNDERSTANDING, and the player's PASSION (attitude, ability to listen and follow directions, enthusiasm, commitment) for the game of soccer and development. But the foundation of this is the establishment of sound movement fundamentals, or the ABC'S of movement (Agility, Balance, Coordination, & Speed).

Held in the Indoor Centre, the Academy is open to players who are 8, 9, 10 years of age. **These are the golden years of development and it is critical for the club and its members to capitalize on this period of time when the foundation for all of life's movements is formed.** We believe that this is where the foundation of movement and technique is established.

The sessions for boys & girls at each age group will be conducted at the same time.

Program Content:

8-10 Years:

Agility & body manipulation, ball manipulation, 1V1 techniques, turning techniques, shielding, passing & control, Introduction of combination play, Introduction of playing shape.

Schedule for Winter Academy:

**Tuesday 5:00-6:00 pm
Sunday 3:00-4:00 pm**

**Starting Tuesday, October 19th
Concluding Sunday, December 19th**

Registration

Player's Name _____

Address _____

City / Postal Code _____

Email Address _____

Home Phone _____

Club _____

Parents Names _____

Emergency contact Name _____

Emergency Contact Phone _____

Date of Birth (day/mth/year) _____

T-shirt size YS YM YL YXL AS AM

Short size YS YM YL YXL AS AM

ASSUMPTION OF RISK AND AGREEMENT TO ABIDE BY SNS AND CLUB BYLAWS, POLICIES, AND PROCEDURES

ASSUMPTION OF RISK

There is a potential risk for injury involved in training and participating in any sport. Soccer Nova Scotia has tried to create a safe and controlled environment for safe participation. The Club and officials have established rules in conjunction with the governing body for participation and conduct on and about the area that should be followed.

X _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent/guardian with legal responsibility for this participant, on behalf of the participant, do consent and agree to the assumption of risk and agreement to abide by Soccer Nova Scotia and Valley District Soccer Assoc. by-laws and policies and procedures.

X _____

Registration can be completed two ways:

INDOOR SOCCER CENTRE: Drop off the completed registration off to the Kentville Indoor Soccer Centre during regular business hours.

OR

MAIL your completed registration form to:

Angela Morrison - VDSA TD
PO Box 144,
Kentville, NS B4N 3W4

Program Cost:

The cost of the Academy is \$150.00.

This price includes:

- **18 training sessions**
- **A Training kit including shirt, shorts, socks and a ball**

Cheques payable to: Valley District Soccer Association

If you have specific questions regarding the Academy, that are not addressed on the brochure, or if you are interested in potentially assisting with the program please contact Angela Morrison at technical@ns.aliantzinc.ca or call her at 902-678-8644.

If you require financial assistance please contact John Bedard at john.bedard@ns.sympatico.ca



ANGELA MORRISON

VDSA DIRECTOR OF COACHING & PLAYER DEVELOPMENT

The Academies will be under the direction of our Technical Director, Angela Morrison. Morrison comes to us with a great deal of experience developing coaches and high level players.

Morrison, a Nova Scotia native, played five years at Acadia before going on to play professionally in Japan for two seasons. Upon returning to North America, she began coaching at the collegiate level. Morrison has made stops at the University of Maine – Presque Isle, the University of North Dakota, San Diego State University and most recently at the University of Montana. During her time in the US, she also worked as Director of Coaching for the Missoula Strikers Soccer Club in Missoula, Montana.

Morrison, who has created the curriculum for the Academies, will be overseeing the program and working with the coaches involved to ensure there is continuity in the programming. The Academy will also provide coaching development opportunities for a number of valley coaches, who will be assisting with the program. This will ultimately lend itself to growth in both valley players and coaches.

