



The
**Valley District
Soccer
Association**
presents the

**U12
Academy League**

offered to

**Boys & Girls
(born in 1999, 2000 & 2001)**

Introduction

Valley District Soccer's nine week Academy League will address both athletic development and soccer development. Designed to provide training and playing opportunities for males and females in the U12 age group (as of December 31st 2011).

This Academy is based on a player's development 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 born in years 1999 and 2000.

Program Content

11 and 12 Year Olds:

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

The structure will be that the players will train (see above for content) one week. The following week the players will play versus each other in "league play" (boys games are Monday and girls games are Friday). Every effort will be made to create equal teams to ensure quality competition for the teams involved.

Friendlies with the South Shore will be held throughout the season. These games will be held on Sunday afternoons.

Schedule for U12 Academy League

**Weeks 1, 3, 5, 7, 9 – Training Sessions
Starting Monday, October 18th
Concluding Friday, December 17th**

**Training sessions will be offered:
Mondays 5:30-7:00 pm (boys)
Fridays 5:30-7:00 pm (girls)**

Weeks 2, 4, 6, 8 – 7 v 7 Games

**Monday at either 5:00 pm or 6:00 pm will be
game night for the boys**

**Friday at either 5:00 pm or 6:00 pm will be
game night for the girls**

**All training sessions & games will be held at
the Indoor Soccer Centre in Kentville**



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) _____

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 League is \$100.00.

Cheques payable to:

Valley District Soccer Association

If you have specific questions regarding the Academy League, 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.

