



Growth and Development (GDA) Academy Player Development Journal

includes

S.E.E. (Soccer Elements Evaluation) Your Improvement
WASA Eagles FC Player Development Wheel

I CAN

A small logo for WASA Eagles FC is placed over the letter "A" in the word "CAN". The logo consists of a stylized eagle head in profile, facing right, above the word "EAGLES" in a bold, black, sans-serif font.

The WASA Eagles FC Skill and Speed Academy

(**based on the Ajax Youth Development Scheme)

Continuity is paramount in youth development. We believe everyone (coaches, soccer developers, families, and players) involved needs to be well informed and pulling “the oars together”. Our hope is that all parties involved will read this document and use it as a guide to player development.

Communication with parents is crucial to helping players achieve their potential. Many Eagles FC youth players are already ‘mini-stars’ from their performance on their recreation teams, however he/ she still has lot to learn. Parents must be kept well informed of what is happening, **because otherwise the youngster may find him/herself listening to two different versions of the same story**. It goes without saying that he/ she will always lean toward the more favorable version, and this can be bad for his/ her development as a soccer player.

An honest evaluation of each young hopeful Eagles FC player will be presented twice a year, in the Fall and MidSpring. The report will be discussed with both the player and his parents. We VALUE and ENCOURAGE open communication between families and staff.

The **Soccer Elements Evaluation (SEE)** has been subdivided into four categories.

- **Technical Ability**
- **Games Sense**
- **Fitness Training**
- **Character**

Our Player Development Wheel (see addendum) is used to describe the strong points of an Eagles FC youth player.

Four Spokes (foundational strength)

1. **Technical Ability:** Controlling and directing the ball.
2. **Games Sense:** Ability to use an understanding of the rules; of strategy; of tactics and most importantly, of oneself to solve the problems posed by the game or by one's opponents. *Games sense is the overt way in which players demonstrate their ability to cope with the constant challenges posed by the game and by their opponents.*

Technical Ability + Games Sense = SKILL

3. **Fitness: agility PLUS endurance**
4. **Character:** Psychologically and morally resilient (ready to play at all times).

The AIR

Coaches, Parents, and Teammates provide the AIR to keep the player inflated (honest assessment of play, encouragement in how to improve, and celebrating success)

The TIRE

The outer tire keeps all of the inner components safe from the outer environment; building a "toughness" and an ability to persevere through 'challenging terrain'.

Development Plan

During the players' development, they will play in two to three positions within the team for which they have been selected to help create well-balanced players that have opportunities to succeed .

The Eagles FC first priority will be devoted to learning the basic skills through fun, engaging, and challenging experiences. The player will need to master various techniques to have a true joy for the game (this will take effort and focus at training and MUCH time on the ball outside of scheduled soccer activities). Activities developed by Wiel Coerver and Alan Launder (Play Practice) will be used extensively for the 7 to 10 and 10 to 12 age groups. The activities will help players use their feet more skillfully, improve their balance, speed up their rhythm, pull away to the right and left, and use every part of their feet. Technique will be used in GAMELIKE SITUATIONS for enhanced learning to take place.

Recognizing genuine 'talent' at such an early age is a difficult task!

Assessments will be used to help players (and their parents) see their annual growth. Eagles FC players should be coachable and be able to understand instructions. It is typical for players in the 7 to 10 age group to play for him/ herself rather than combine with teammates. Players will be constantly encouraged to move towards the ball and not away from it.

50 Objectives that the players should achieve by the time they move up to Classics Eagles FC are as follows:

I CAN Technical Ability Goals

1. I CAN combine ball control and speed in complicated situations where there is pressure
2. I CAN use both feet to pass the ball (side foot and instep) both along the ground and through the air
3. I CAN take and cushion the ball with all parts of the body
4. I CAN juggle the ball with every part of the body except the arms
5. I CAN pass accurately from a standing position and while on the move
6. I CAN accurately shoot on goal
7. I CAN work on various crosses
8. I CAN demonstrate the basic heading technique
9. I CAN demonstrate body swerves and feints
10. I CAN demonstrate techniques for taking a ball past an opponent
11. I CAN shield the ball
12. I CAN throw the ball in correctly
13. I CAN take a penalty kick correctly

I CAN Games Sense Goals:

1. I CAN run into space to receive the ball
2. I CAN understand positions with respect to width and depth of the field
3. I CAN link up, link back
4. I CAN take up positions to receive the ball
5. I CAN play from my position on the field
6. I CAN take over the position of another player
7. I CAN learn to play in various positions
8. I CAN look beyond the ball

9. I CAN decide the moment of choice between passing and making an individual run
10. I CAN learn to shield the ball when dribbling and passing
11. I CAN cover on the goalside
12. I CAN cover the most dangerous opponent
13. I CAN learn the rules of the game
14. I CAN learn to recognize the Eagles FC system of play
15. I CAN dribble to attack the opponent

Fitness Training Goals:

1. I CAN demonstrate the principles of good running technique
2. I CAN demonstrate coordinated running
3. I CAN learn to jump and head the ball by taking off from one leg and from two legs
4. I CAN maintain and improve flexibility
5. I CAN learn to use my body during duels
6. I CAN learn basic strength training by making use of my own body weight
7. I CAN learn to avoid an opponent, a sliding tackle, or a tackle
8. I CAN sprint in all directions
9. I CAN use a shoulder charge properly
10. I CAN take care of my body
11. I CAN understand and make good choices with regards to nutrition in the context of matches and training

Character (personality) Goals:

1. I CAN learn a sporting attitude (Fair Play), in which respect for the opponent is central
2. I CAN learn to communicate with teammates, coaches and team support staff
3. I CAN learn to be open to the opinions of others
4. I CAN accept leadership

5. I CAN learn to accept the decisions of referees
6. I CAN learn to analyze my own game
7. I CAN learn to follow the Eagles FC Code of Ethics
8. I CAN learning to listen to the coach
9. I CAN learn that soccer is a team sport
10. I CAN learn to focus and concentrate at practice and in games
11. I CAN learn to be responsible for equipment

Twice each year, all the players are assessed on elements. These assessments will result in one of three recommendations at tryout time:

- A – Move a Level (or stay at top level)
- B – Stay at Current Level or Move to Next Lower Level (B/A)
- C – Move to Next Level Lower (B/C)



WASA Eagles FC WHEEL of Success

(adapted from "Play Practice")

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Games sense is the overt way in which players demonstrate their ability to cope with the constant challenges posed by the game and by their opponents.

Technical Ability + Games Sense = SKILL

3. **Fitness:** agility **PLUS** endurance
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