



Far Post U8 and U10 Program

Far Post has looked very closely at what we as a club are providing our youngest players. Over the past few years, we have seen our numbers with our youngest teams (U8s and U10s) dwindle compared to numbers in the past. We see our youngest age groups as our “foundation” and we as a club must do more to build this part of our club and enhance the entire experience. We have decided to make some changes to what we offer to attract more players into the club and raise the level of the entire experience.

A few things that we have learned over the past few years are that we must have higher expectations during training sessions. First, our focus will still be on developing a “Love for the Game” and “Mastery of the Ball.” We want the entire environment for these younger players to be focused on self-discovery and personal responsibility for their own development. To achieve this, we have defined our “triangle of self-awareness and personal responsibility” based on the PSV Eindhoven approach to development of players within this age group:

HOPE – There is usually motivation when a player makes the commitment to join Far Post. Each player must develop a very clear definition of why they are playing. Once this is defined then we are better able to develop that talent.

TRUST – Far Post works to create an environment in which the players feel safe and is a place where they want to be. We want our players to feel comfortable experimenting and taking chances with no fear of what might happen if they make a mistake. We want players to experience the game for themselves so that they can define for themselves what their own true talent is and can learn for themselves what to do on the field.

SELF-CONFIDENCE – If the previous two things are assured, then the player will develop their own self-confidence. Once a player has self-confidence, then they are better suited to learn and develop. Once this is achieved then they will see their own development and will take greater personal responsibility for it.

With all of this in mind, technique and skill-building will be the basis of everything – If a player can see where he/she has to pass the ball to, but he/she doesn’t have the technical skill to pass the ball to the correct spot, then recognizing the correct moment is worthless. Without technique there are no tactics – Youth coaches are too tactical and result-oriented – These coaches put up with the current technical level of the players and concentrate on developing team tactics and focus on results. The individual development must dominate – Coaches and the results must be subordinate to the importance of the individual development – For this reason the individual must dominate in training. Approaching the development of young players this age any differently is short-sighted.

The second critical thing that we have discovered is that our players must be allowed to practice their “new found skills” in match situations. This has been a challenge for us both in the indoor season and the outdoor season. We



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realize that in order for players to truly develop then they must have a few competitive outlets throughout the year to hone their skills in match situations. Because of this, we have established a winter schedule that will allow our U8s and U10s to train on Tuesday evenings and have included an “in-house Futsal League” on Thursday nights in which players will play mini-matches on a regular basis throughout the winter. Then, once we head outside, we still want to have our “jamboree-like” playing opportunities but we will be entering our teams into the U8 and U10 Vermont Soccer League.

The third critical point that we have discovered is that we must put the best coach possible with these youngest age groups and must provide more assistance to manage these groups. Todd Kingsbury will be the head coach and director of our U8s and U10 Boys and Girls Program. Coach Todd will be responsible for running training sessions and oversee the game situations for all of these teams. Far Post will also hire “assistant coaches” for each team to assist with training and help with managing games. We will also be incorporating a “mentoring program” in which older players within the club will work with the players in various capacities.

Head Coach – Todd Kingsbury

Note – Far Post will assign assistant coaches before the start of the indoor training. Far Post will also announce who will be involved with the “mentoring program” prior to indoor season.

Costs

- U8s – \$600 per player (uniform not included)
- U10s – \$775 per player (uniform not included)

Schedule

- Indoor Training – Tuesday evenings
- “In-house” mini-matches – Thursday or Friday evenings at 5pm
- Futsal – Our goal is to work very hard to create a U8 and U10 Futsal League this winter – We will put a concerted effort towards recruiting teams into our league so that we have an added opportunity to play – Playing in the Futsal Leagues will be an added expenses.
- Outdoor training at Dorset Park (twice a week) – schedule to be determined
- Vermont Soccer League – May on Saturdays
- Wellesley Tournament – May (Memorial Day weekend) – U10s ONLY
- Nordic Cup – June (Father’s Day weekend) – U10s ONLY

