



Hi all VHSC Members and Families!

We are excited to write to you about our U9-11 Academy for Boys & Girls. This is a great opportunity for players and families who want more soccer and want to join our bridge program for Competitive Soccer. This is the next step in the player's advancement and development in soccer. All Academy players will play in the Legion FC D- League, and all players will receive a season pass to Legion FC professional soccer matches for 2021-2022.

Players may join the Academy at any time during the year after an evaluation by the Academy Staff. Please contact the directors below.

- [CLICK HERE](#) to register for Tryouts for the 2022-2023 Seasonal Year.

If you have any questions about our programming, please reach out to us and we can help answer all your questions.

- Academy Director: Jason Woodall - [jason@vestaviasoccer.com](mailto:jason@vestaviasoccer.com)
- Girls Academy Director: Amanda Burson - [amanda@vestaviasoccer.com](mailto:amanda@vestaviasoccer.com)

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## What is an Academy?

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An Academy Program focuses on the complete development of each player. A properly organized Academy provides an educational environment for boys and girls to learn through playing; the main emphasis is on enjoying the process of technical development and gradual tactical understanding. The main goal of the Vestavia Hills Soccer Club Youth Academy working with Legion FC D League is to promote player development in a child centered environment.

This should help provide a program structure that meets the needs of all clubs and associations in Alabama. We feel that clubs must be empowered to provide a variety of programming options for their players including recreational and competitive play and that the Academy Program provides both the flexibility and structure to create a special program for boys and girls U11 and under. By using the Vestavia Hills Soccer Club and Legion FC D League standards, recommendations and guidelines, we can foster a player development program allowing players, parents, and coaches to grow and flourish.

## Program Information

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Led by our professional staff at both Central and Liberty Park, We train each week during the Fall and/or Spring



Seasons. Sessions are held at Liberty Park and Central field (see below for schedule). The U9-U11 Academy is a member of the Legion FC D League playing locally to reduce travel.

- Game times are typically Saturdays between 8:30 AM and 2:30 PM.
- Depending on season and age group, teams/groups will participate in local Soccer Tournaments.
- Seasons run August-November and February-May each year.
- Players will participate in a camp before the August season (dates vary each year).

## Spring 2022 Training Schedule

Training Frequency

- 2011s - 3 times per week
- 2012-2014 - 2 times per week

## Training Schedule TBD

The Spring Academy Training Schedule is set to begin on **Aug 1, 2022** with specific times / locations coming soon.

## 2022-2023 Registration & Costs (Coming Soon - Below are Last Year's Fees)

AGES	AGE GROUPS	RESIDENT	NON-RESIDENT
2014-2012	U8-10	\$ 990.00 - Full Year \$400 - Spring Only	\$ 1,020.00 - Full Year \$430 - Spring Only
2011	U11-14	\$ 1,565.00 - Full Year \$700 - Spring Only	\$ 1,595.00 - Full Year \$730 - Spring Only

\*Prorated rates if players are joining for Spring only... Please contact Jason Woodall at [jason@vestaviasoccer.com](mailto:jason@vestaviasoccer.com)

## Frequently Asked Questions

### What is the Purpose of the Academy?

The VHSC Youth Academy has been created for players born in the following years for 2020:

- 2012 Birth Year - U11
- 2013-2015 Birth Year - U10-U8

The VHSC Academy will emphasize player development in a positive, fun, and nurturing environment. The primary purpose is to provide young players with a developmentally appropriate environment, with emphasis placed on individual and collective technical skill development and tactical understanding, rather than focusing on winning and losing matches. As a club, we believe this is the best approach to help prepare as many of our young players to develop an appreciation and love of 'the Beautiful Game' of soccer and prepare them to be successful on one of our competitive teams from U12 onwards.

### What is the Mission of the Academy?

To inspire players to do more, learn more, and be more... and to be their best self on and off the field! Our goal is to



provide the best training environment for players to develop at their own pace in a positive, innovative atmosphere.

## What is the Academy Vision?

Making soccer fun and exciting, sharing the joy of what Pele described as 'the Beautiful Game.' The Academy strives to keep the way of playing football / soccer as recognisable; attractive, offensive-minded, creative, fast, fair and preferably far away from the own goal on the opponents' half. Above all, we want players to build confidence, technical ability, game awareness in a positive, safe, and fun environment.

The VHSC Academy has been created for players born in the following years for 2020:

- 2012 Birth Year - U11 and under
- 2013 Birth Year - U10 and under
- 2014 Birth Year - U9 and under
- 2015 Birth Year - U8 and under

The VHSC Academy will emphasize player development in a positive, fun, and nurturing environment. The primary purpose is to provide young players with a developmentally appropriate environment, with emphasis placed on individual and collective technical skill development and tactical understanding, rather than focusing on winning and losing matches. As a club, we believe this is the best approach to help prepare as many of our young players to develop an appreciation and love of 'the Beautiful Game' of soccer and prepare them to be successful on one of our Steamers competitive teams from U12 onwards.

## What is the Curriculum of the Academy?

The curriculum will focus primarily on the technical skill acquisition of each player. A secondary focus will be on tactical awareness and understanding. To achieve this, every player will bring a ball to practice and emphasis will be placed on helping each player get as many quality touches of their ball as possible to encourage a comfort level with the ball (ball familiarity). This will begin with players juggling at the beginning of every practice session.

Within a small game environment, which will allow more touches of the ball for each player, emphasis will also be placed on technical skill development and tactical awareness, empowering sound individual and collective decision-making. The coaching staff will teach players to recognise principles of play within the game when attacking, defending, and in transition.

The training regime and culture we will seek to inculcate should also facilitate the gradual improvement of each player in the physical components of soccer including their coordination, speed, agility, endurance, strength, and power. Within a nurturing environment, the coaching staff will emphasize the psychosocial aspects of the game including cooperation, respect, discipline, and appropriate competitiveness.

## Questions?

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Please contact our **Academy Director Jason Woodall** at (205) 948-3838 or email [jason@vestaviasoccer.com](mailto:jason@vestaviasoccer.com). Thank you for your time and consideration!

**Jason Woodall**

Vestavia Soccer

Academy Director

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(205) 948-3838