



ACADEMY OF EXCELLENCE



Academy of Excellence Program Entry

The **U8-U11 AOE program** is designed for players looking for more. Our staff must identify players to enter the program to ensure physical, technical, and **psychological readiness**. The AOE is an inclusive program. However, players must demonstrate attentiveness and coachability to contribute to the betterment of other players. A VHSC Staff member must evaluate all players entering the **Academy of Excellence**.

Psychological and emotional readiness are essential factors for any athlete regarding program entry. It's necessary to assess these factors before entering a program to ensure that the player is ready to handle the challenges and demands of the program. Here are some key factors to consider:

1. **Motivation:** A soccer player needs to be highly motivated to enter a program, as this will drive them to put in the effort and dedication required to succeed. They should have clear goals and a strong desire to improve their skills and performance.
2. **Mental toughness:** Soccer players must be mentally tough, facing various challenges and failures throughout their program. They should be able to stay focused, maintain a positive attitude, and bounce back from setbacks.
3. **Resilience:** Resilience is adapting to changes and overcoming obstacles. Soccer players need to be resilient to handle the pressure and demands of the program, as well as any unexpected changes or setbacks.
4. **Confidence:** Confidence is crucial for soccer players, as it helps them to perform at their best and take risks when necessary. They should firmly believe in their abilities, skills, and potential to succeed.
5. **Discipline:** Discipline is essential for any athlete, as it helps them to stay focused, committed, and dedicated to their goals. Soccer players must be disciplined in training, nutrition, and lifestyle habits to maximize their performance.
6. **Communication skills:** Effective communication is vital for soccer players to work well with coaches and teammates. They should be able to express themselves clearly, listen actively, and collaborate effectively.

Player behavior and psychological readiness are crucial components for entry into the program. Understandably, the program may not want players who are a distraction at training. Players who are not focused or disruptive can hinder player and team development and affect overall performance.

Here are some reasons why a player may be considered a distraction at training:

1. **Lack of focus:** If a player is not focused during training, they may not be fully engaged in the drills or exercises, which can hinder their development and that of the team.
2. **Poor attitude:** Players who have a negative attitude or lack enthusiasm can bring down the team's morale and affect the overall atmosphere of the training sessions.
3. **Disruptive behavior:** Players who are disruptive or cause distractions can disrupt the flow of the training session, making it difficult for other players to concentrate and learn.
4. **Lack of discipline:** Players who do not follow the rules or guidelines of the training program can create chaos and confusion, leading to a lack of structure and organization.

A soccer program must maintain a positive and productive training environment, and distracted players can undermine this goal. As such, it may be necessary to enforce rules and policies to ensure that all players are fully committed and focused during training sessions.

Players may need to develop another season within the Recreational Program to grow technically, physically, or psychologically. The AOE is a more structured program and requires greater attention to instruction and commitment to growth.