

2014 / 2015 SOSA Elite Academy Parent Information Package



“ Providing our Elite Players with an Opportunity to Excel”



SOSA District Back Ground:

The SOSA District is a collection of clubs that range geographically from the East to West - Brockville to Quinte and from the South to North Picton to Bancroft. It is made up of youth recreational, youth competitive and adult (men and women) clubs. Our membership exceeds 10,000 players in the district.

Youth Player Development in the District:

For many years the SOSA district has tried to provide an environment to develop our Elite players. With such a geographically diverse and sparsely populated area to draw from it has always been a challenge to meet the needs of our elite players. In the past we had at the U12 age level made efforts to bring together the boys and girls for a single winter to try and prepare them for Regional and Provincial opportunities. This was a one-term (U12) gathering of players and despite our best efforts often was not able to pull all of the best players from that age group together because of facilities and travel.

The SOSA Academy:

Using the learning of the previously run programs the SOSA board created the SOSA Academy in September 2012. The SOSA Academy was tasked with bringing together the best players in the district and having them train together in a dynamic environment where high level coaching and programs are combined to offer an optimal result. In addition, we had received significant parent input stating that it needed to be for more than just the U12 age groups. Parents were becoming exceedingly frustrated seeing that most high level opportunities required significant amounts of travel to Ottawa or the Toronto areas, leaving our young players at a disadvantage and often burnt out. They wanted something in the district.

How Does the Academy work with the SOSA competitive clubs?

The SOSA Academy's main goal is to provide elevated levels of training for our elite players over the fall / winter seasons and then have the players return to their clubs for summer play / development. Our program requires dedication and commitment and the desire for a young soccer player to play at a higher level in the future, such a University, College or even higher. Competitive Clubs should always encourage their young players to play and train at the highest level, with the best talent available. This in turn would create opportunity for other players who can't make the commitment to the SOSA program or who aren't quite ready for that level to have a fantastic opportunity to train back in their home clubs. The two training programs should never conflict or be at odds, as it is the player's best development needs that should be put as the first priority. **Having the best players train together is imperative for their development.**

Who is the Academy designed for? :

Male and Female players who are going to be playing U11 – U15 in the upcoming 2015 outdoor season and who can commit to the Academy's training schedule. In U14 & U15 this is generally designed for ERSL and OPDL players. For U11 – U13 this is designed for players who play in the SOSA League in the summer. The District TD may make exceptions. Player's who can't make that commitment will be well serviced with their home clubs training programs.

How are SOSA Academy players selected? :

The District TD (Technical Director) will invite players to join the SOSA Academy based on his own evaluations achieved through past experience with the player, player scouting during the summer season, Club TD/Head Coach input and for newly arrived players to the district an evaluation session. Invitations will start to go out the last week of August through to the 2nd week of September. Families are asked to confirm their intentions with the SOSA office within 1 week of being invited.

What is New in the 2014 / 2015 SOSA Academy Program:

1. We have extended the U11 Program to offer more space for development on Friday nights
2. We have added an individual skills development on Saturday mornings to work on player specific technique and individual skills. We are providing this program in both Kingston and Belleville
3. We have included a tentative game schedule to help parents better plan over the Academy Program

What is the Program's Focus:

1. Decision Making. How to think the game
2. Positioning
3. Moving out of the back
4. Defending as a team as an individual
5. Transitioning to the attacking game
6. Attacking
7. Counter attacking
8. Finishing / Heading / Volleys
9. Working as a part of a team
10. Shooting
11. 1st Touch and Ball control
12. Passing
13. Juggling and creative footwork

**** All skills will be taught at game speed

What is the training schedule? :

The training schedule is tentatively set as follows:

U15 – U12 Tuesday/Wednesday evenings for 1.5 hours
 Saturday morning - Kingston for 1 hour for eastern players
 Saturday morning - Belleville for 1 hour for western players
U11 Friday evenings 2 hours

Academy Schedule:

The Academy will have two components:

- Component 1: the week of October 6, 2014 – the week of December 8, 2014 (10 weeks)
- Component 2: the week of January 14, 2015 – the week of March 2, 2015 (8 weeks)

The Academy will tentatively follow the following training schedule:

Week 1-4 train
Week 5 game play
Week 6-9 train
Week 10 game play
Week 11-13 train
Week 14 game play
Week 15-17 train
Week 18 game play



Financial Commitment:

- ✓ U11 - 18 weeks 2 hour per week at the dome \$499.
- ✓ U12-U15 - 18 weeks 3 hours per week at the dome and 1 hour per week in gym \$999. Includes performance training

Frequently Asked Questions:

Can my child participate in part of the program, For example come to one session per week?

No, the programs are designed to offer players who are committed to the entire program. They are based on building blocks of progression. The district will be working with the clubs to ensure the clubs have high-level programs for those invitees who can't commit to the SOSA Academy.

Can my child participate in one of the components only?

The district has to make commitments to the facilities we are renting based on the entire schedule. Player will need to commit to both components.

If my child doesn't commit to the SOSA Academy does that mean he can't play at the L3 or OPDL level?

No, selection to those teams will have input from the district TD, but ultimately it will be the coach who decides who plays on those teams. Having said that if a player is training 3 times a week and your child is not it is likely that the player training will progress further and I am sure a coach will use this as part of their evaluation.

What is the SOSA Academy doing to help player who are travelling in from Belleville, Brockville and Quinte?

The district is committed to working a separate Saturday session in other areas of the region like Belleville. This will be based on numbers of players from that area that are participating in the Academy. Brockville is also under consideration and the district TD will work with SLU to find a solution based on numbers. Additional information surrounding assistance for Quinte, Belleville and Brockville can found by calling the District Administrator in the SOSA Office.

Any further questions can be directed to Mark Ethier - SOSA President @613 328 3271