



# Academy Developmental Program Handbook

Fall 2015

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Parents,

Welcome to the Central Virginia United family! We are excited to have you as part of the premier soccer club in the Central Virginia region. Central Virginia United (CVU) provides multiple levels for the growth and development of the beautiful game of soccer. Apart from our Academy Developmental Program (ADP), we also offer a Recreation Program, Travel Program, and the facilitation of an Adult Soccer League.

ADP is designed with the development of young soccer players in mind. The program will emphasize player development over results. Our philosophy will be to encourage the development of techniques and skills required to play the game of soccer. Players will be pushed to improve technique, improve teamwork, and play with high standards, while at the same time encouraged to explore creativity with the soccer ball.

Please take a look through this handbook as it will guide you through some expectations and questions you may come across throughout the season. If this handbook doesn't provide an answer to a question, feel free to contact us (contact information is on the last page) and we would be happy to help you. We look forward to seeing all of you out there this season!

Best,

Central Virginia United Staff

## **Club Mission Statement**

Central Virginia United Inc. (CVU) is a nonprofit, 501 (c)(3), educational organization that fosters the physical, mental, and emotional growth and development of all participants through the sport of soccer at all levels. Our mission is also to make soccer fun and instill in young players a lifelong passion for the sport.

## **Club History**

Central Virginia United was founded in 1977 to serve the City of Lynchburg. CVU has grown to over 1000 participants annually from Amherst, Appomattox, Bedford, Campbell, Halifax Counties and the City of Lynchburg. We offer recreation, academy, and competitive travel soccer for players' ages 4-19. CVU additionally offers clinics and camps for participants as well as recreational adult soccer leagues.

Since 1992, CVU has worked with the City of Lynchburg and its Park and Recreation Program Department to administer recreation soccer programs throughout the city of Lynchburg. Along with the recreation program, CVU seeks to impact the local community through soccer. We work with inner city youth during the summers, and have supported city center programs after school for 7-16 year olds throughout Lynchburg City. We strive to make a difference in the lives of our children and our community.

CVU is a multi-cultural club with a diverse staff and player base. We maintain a policy of open membership regardless of residence or economic status. We are proud to represent central and southwest Virginia and are committed to achieving positive recognition for Region 2000 and our club.

## **Staff**

Executive Director – Kevin Fabulich

Technical Director – Jimmy Tharpe

Program Director - Matt Rowe

Administrator– Joan Schumann

**Player Development Path**



## **Registration**

All registration is done on our website, [www.centralvirginiaunited.com](http://www.centralvirginiaunited.com). Click on the “Register Now” button to get started.

The cost of the season is \$175 for U9 & U10 (uniform not included).

## **Age Groups**

U10 Boys & Girls

U9 Boys & Girls

## **Team Formations**

Players are grouped based on where the technical staff feels the player will be appropriately challenged. Players have the ability to be moved to different groups if the staff feels a different group will better challenge the player. Teams will stay together for 4 weeks, and then will be re-evaluated for placement. Players may be asked to play for a different team for a game if that team is in need of players.

Typical groups range between 8-12 players.

## **Uniforms**

Every player MUST purchase an Academy uniform. Uniforms are NOT purchased through the club. Uniform orders must be placed through Soccer.com. The cost of the uniform (socks, shorts, 2 jerseys) is approximately \$50. *This is a one-time purchase. The uniform will be worn for as long as your child is in the Academy.* All players are required to bring both jerseys to all games.

Please follow the [soccer.com](http://soccer.com) link on the Academy Page to order a uniform.

## **Academy Coaches**

*Academy Director:* Jimmy Tharpe - Coach Tharpe is the CVU Technical Director. He holds his USSF ‘B’ license. Jimmy played at Lynchburg College, and was an assistant there for 3 seasons. He has worked extensively with the Academy over the past few years, as well as coaching teams in the Travel Program.

Chris Napior - USSF 'E' License

Adam Palmer - USSF 'D'

Rick Youngblood - USSF 'E' License

Chris Germeroth - USSF 'E' License

Shane Stickle - USSF 'E' License

Scott Bradshaw - USSF 'E' License

Nick Lehning - USSF 'E' License

## **Curriculum**

The CVU Academy Developmental Program curriculum is influenced by the teachings of Horst Wein and Weil Coerver, two of the most influential coaches of youth soccer development. Horst Wein's youth soccer curriculum, 'Developing Youth Football Players' (that's soccer for us Americans), is the foundation of the CVU Academy Program, in which we focus on small sided games that provide the player with scenarios they will see in a game. The condensed spaces and smaller numbers allows for increased repetitions, helping lay down the neurological pathways of motor skills, technical skills, and decision making which is very important for the development of this age group.

Our goal is to develop creative, technical soccer players that possess what Horst Wein calls 'game intelligence.' Soccer is the player's game, and we strive to develop players who have the freedom to express themselves – on and off the ball. Our coaching methodology is to use guided discovery when communicating with the players. Rather than providing the players with solutions, our coaches present problems for the players to solve. Research shows children learn more when they are part of the problem-solving process.

Academy Developmental Program Curriculum Goals:

1. Improve Perception
2. Improve Decision Making
3. Improve Execution

The player on the ball has 3 phases he or she must process and execute each time he or she is in possession.

- *Perception:* What is happening? What are you observing?
- *Decision Making:* What to do? Plan, judge, decide.
- *Execution:* How to do it? (technical ability or skills)

### *Competitive Structure*

U9s – 4v4 or 6v6

U10s – 4v4 or 7v7

### *The Introduction of Mini-Soccer:*

You may see our Academy players playing a scrimmage with 4 goals (each team defends 2 goals and attacks 2 goals). Though it may seem strange to the outsider, this is a fantastic game to facilitate the development of these young players. This is mini-soccer! These smaller numbers allows players more contact time with the ball. Increased contact time with the ball is an extremely important piece in the development of the player. Research has shown that on average, these small-sided 4v4 games show the following advantages over 8v8:

1. 135% more passes
2. 260% more scoring attempts
3. 500% more goals scored
4. 225% more 1v1 encounters
5. 280% more dribbling skills

More Reps = More Success!

### *Why 4 goals?*

1. More options to score = more goals. More goals = more fun and more confidence!

2. Giving the player another scoring option is giving them another problem to solve, which is important in the decision making process and their development in reading the game.
3. Have you ever seen young kids bunch up around the ball and look like a swarm of bees staying fairly central on the field? By positioning the goals towards the corners of the field, it automatically spreads the players out. By spreading the players out, they will encounter more 1v1 and 2v1 situations.

## **Games / Festivals**

The Academy Program will participate in 3-4 “festivals” throughout the season. A festival is a play date with other clubs, in which each team will get 2-4 games, depending on the length of the games. Festivals are typically played 6v6 or 7v7, depending on the host club. CVU hosts one of the festivals, as well does PYSL (Martinsville), New River United (Blacksburg), and Shenandoah Valley United (Harrisonburg). Please plan on traveling to these locations once during the season. All festivals are held on Saturdays, and are usually run between 12:00pm – 5:00pm. On non-festival weekends, the Academy will have inter-program scrimmages or participate in different competitive soccer games. These may range from 3v3 tournaments all the way to a 6v6 or 7v7 game. All home games will be held at Peaks View Park. Academy teams may also participate in additional friendlies with other clubs or tournaments at the discretion of the Academy Director.

## **Practices**

The Academy practices twice a week, Monday & Wednesday, from 5:45pm – 7:15pm at Central Virginia Regional Soccer Complex. Please do your best to arrive early so practice can start promptly at 5:45pm.

## **What’s Next?**

Once the Academy player has become too old for the Academy, we encourage the player to go into our Travel Program. The Travel Program offers a competitive environment for players aged 10-18. Teams are formed through try-outs at the end of the Spring season. Teams are trained by licensed coaches twice a week and play games on the weekends.



## **Cancellation Policy**

There may be times practice or games may be cancelled due to inclement weather. If there is a cancellation, CVU will notify you in 3 ways:

1. Cancellation Hotline: 434-846-6544
2. Website: [www.centralvirginiaunited.com](http://www.centralvirginiaunited.com)
3. Via E-mail

Please check at least one before heading out to practice or games in case of a possible cancellation.

## **Contact Us**

*Address:*

Central Virginia United  
22290 Timberlake Rd.  
Lynchburg, VA 24502

*Phone:* 434-846-6540

*Fax:* 434-846-6530

*E-mail:* [cvuadmin@centralvirginiaunited.com](mailto:cvuadmin@centralvirginiaunited.com)