



The Future Program Handbook

Fall 2014

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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 The Future Program, we also offer our Recreation Program, our Academy Developmental Program, Travel Program, and the facilitation of an Adult Soccer League.

The Future is designed with the development of young soccer players and athletes 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, as well as developing each individual's motor skills and cognitive process. Players will be placed in a learning environment that emphasizes having fun and being creative.

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

Technical Director – Brent Kellum

Assistant Technical Director – Jimmy Tharpe

Director of Supplemental Programming - Matt Rowe

Administrator– Joan Schumann

Player Development Path



Registration

All registration is done on our website, www.centralvirginiaunited.com. Click on the “Register Now” button to get started.

The cost of the season is \$175 for U6 & U8 (shirt not included).

Age Groups

U6 CoEd

U8 CoEd

Team Formations

Group sizes will be no more than 8-10 players to 1 coach. Teams will be formed to the discretion of The Future staff. Players may be moved around to make sure every player is being appropriately challenged.

Uniforms

Every player MUST purchase a The Future shirt. Shirts are NOT purchased through the club. Shirt orders must be placed through Blue Ridge Soccer & Sports (address below). The cost of the shirt is \$10. *This is a one-time purchase. The uniform will be worn for as long as your child is in The Future.* All players are required to wear their shirt to all games. Players must also wear black shorts and black socks, which can be purchase at Blue Ridge Soccer & Sports.

Blue Ridge Soccer & Sports
2264A Lakeside Dr.
Lynchburg, VA 24501
(434) 385-1080

The Future Coaches

Assistant Technical Director: Jimmy Tharpe - Coach Tharpe is the CVU Assistant 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.

Maurine Hunter - USSF 'E' License

Derek Swanson - USSF 'F' License

Geena Swentik - USSF 'F' License

Nick Lehning - USSF 'F' License

Curriculum

The CVU The Future Program curriculum is designed to introduce and instill the love of soccer through fun games that focus on fundamentals, motor development, cognitive development, creativity, and most importantly having fun!

The Future Program curriculum will focus on games that will involve every player with a ball or with very small numbers in order to maximize touches and repetitions on the ball in order to improve technical skills. Players will also be introduced to different games and activities that will improve motor development (multi-lateral tag games will be common) and cognitive (brain/thinking) development.

Motor development is crucial to their athletic development. We will focus on their ABC's (agility, balance, and coordination) through a multitude of different tag games that use different motor skills. For future soccer players, regular tag games are great for improving acceleration, speed, agility, balance, coordination, perception, anticipation and feinting skills.

Brain exercise activities serve as a way to increase communication between the two hemispheres of the brain. When brain signals are passed from one side to the other quickly, the brain is able to function more efficiently. Anytime the left and right side of our bodies work simultaneously or one side of our body crosses the midline over to the other side, the brain is compelled to send a signal from one side to the other. The more times we do this, the stronger these connections become.

The Future Program Curriculum Goals:

1. Have Fun!
2. Improve Athleticism
3. Maximize Touches on the Ball

Competitive Structure

U6s – 3v3

U8s – 3v3 & 4v4

The Introduction of Mini-Soccer:

You may see our Future 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

The Future will play all of its games on Saturday mornings at the Central Virginia Regional Soccer Complex. U6 will play at 9:30am, while U8 will play at 10:30am. The Future will play a variety of different games that will focus on different technical skills, and allowing the players to be creative in their decision making.

Practices

The Future practices twice a week, Monday & Wednesday, from 5:45pm – 7:00pm at the Central Virginia Regional Soccer Complex (CVRSC). Please do your best to arrive early so practice can start promptly at 5:45pm.

What's Next?

Once the player has become too old for The Future, we encourage the player to go into our Academy Program. The Academy Program offers a continued developmental environment for players U9-U10, where we continue to focus on the technical development, as well as introduce simplified tactics to build the foundation of the player's game intelligence.

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
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