



## **ISC Academy Coaching Philosophy and Approach**

### Practice Overview for the 5U to 7U Boys and Girls

We believe in a "games/activities" approach for the 5U-7U players. Most of the activities or games that we use are designed so that the games are fun and self-teaching. This United States Soccer Federation sponsored and endorsed method of teaching is age appropriate for the 5U to 7U players and is very motivational for all young soccer players. By following the "games/activities" approach, the kids improve their soccer skills and learn how to think on their own through the participation in fun, challenging, soccer related games. While we do have informal scrimmages each night of practice, we don't put the kids on formal teams and the kids play with different children each night that we scrimmage. This, in our expert view, is the best approach for kids of this age playing soccer. Significant research shows that most children do not begin to even grasp the concept of teams and teammates until closer to 8 years of age.

The expertise necessary to lead a 5U-7U practice is much different than the expertise required to coach a 12U-19U practice. For the younger players, the expert coach recognizes that they need to know how the 5U-7U player thinks, acts, and interacts with others. Understanding cognitive and social developmental is the important goal in our program so that we can design age appropriate activities that are inclusive and motivational for all kids. The expertise therefore in running a 5U-7U year old program lies in the selection of activities used, the appropriate means in which to communicate and interact with the kids, and in understanding the cognitive and psycho-social limitations of the young children. Taking all of these factors into account, and given our many years of experience in running the ISC Academy program, we believe that you will find the program to be very well suited for your child.