



ISC Lightning Coaching Philosophy and Approach

The practices for Lightning 8U to 12U players are 1 hour 30 minutes in duration and incorporate more skills based training than the Academy sessions. While we will still use many fun, learning games, the Lightning players are developmentally ready for more challenges. Therefore, we take a more balanced approach with the implementation of our “Head Start” skills teaching program and include many, fun games and activities that also promote learning and development.

For players that want to continue to play soccer beyond the recreational level, players need to be challenged to develop the skills and knowledge necessary to enjoy the game. If players don't continue to learn new skills, they won't have fun playing soccer. Most research shows that one of the main reasons children drop out of a sport is due to the lack of appropriate training of the skills which are necessary to continued success in a particular sport. The 8U-12U year old age is a very important age for players to develop the skills necessary to be competent at the game of soccer. If players do not receive the proper instruction and motivation at these ages or if they are not presented with the appropriate activities at practice, players will miss an important window of time in which they can develop the skills that will allow them to grow with the game. The Lightning training will provide the appropriate training at a lower level of commitment than what we require from our “year round players.”

For all Lightning sessions there is a minimum player to coach ratio of 10 players for each expert adult coach. This ratio helps ensure the Lightning participants receive the appropriate level of training.