

# SAN JUAN U-8 ACADEMY

## 2015 Season

### Cost:

- One time registration fee: \$135
- Registration fee includes Nike Uniform (2 Jerseys, 1 Short, 2 socks)
- Monthly fee: \$70
- Monthly fee includes 2 trainings a week, Play Dates against local clubs, Fall League and futsal training at our facility.

## Program Details

The U-8 Academy is an introductory program to competitive soccer for boys and girls ages 6 and 7. We understand how important the development is for youth players in our program because they are the future of our club. Our goal is to instill a technical foundation on the ball and provide a safe and fun learning environment where players can grow their love for the game. Emphasis on developing good habits and individual character is always our main priority. Our professional staff is trained to get the most out of your player during trainings and games while having a ton of fun at the same time!

## Training Goals

### Physical

Develop basic motor skills.

- Walking
- Running
- Turning
- Jumping
- Tumbling
- Hopping
- Skipping
- Throwing
- Catching

### Technical

- Ball familiarity
- Dribbling
- 1 vs 1 Skills
- 1st Touch
- Passing
- Receiving
- 1 vs 1 to beat an opponent
- 1 vs 1 defending
- Turning
- Shooting

### Psychological and Social

- Enjoyment/Fun
- Build self esteem
- Create positive environment
- Develop group interaction skills
- Develop good sportsmanship and fair play

### Tactical

- Basic game understanding
- Decision making
- Basic concepts of support play
- Team shape
- Awareness of space on and off the ball

*“Any club can develop a soccer player. Developing good character is the true challenge.”*  
- San Juan Soccer Club

## Common Questions

### Who can join?

At this age, we don't turn away players that want to grow and gain skills. Every player deserves a chance to experience our program and have fun!

### Can we invite friends that do not know about San Juan?

Absolutely! We accept players year round with the hopes to build a large player pool to feed into the U-9 age group next year. Developing our own players is the key to having a successful program.

### How often do we train?

The U-8 Academy trains 2 days a week for 1 hour 15 minutes on Tuesdays and Thursdays.

### Do we play games?

Yes! San Juan is set up in an exclusive 5 club league that competes in local Play Dates once a month during the spring and summer. In the fall, we play every Saturday like a recreational league against the 4 other competitive clubs in our league: Placer United, Davis, Sac United and Union FC. This is all included in the monthly fee.

### What is the commitment level?

Players can stay and play the whole season or part of the season. The goal is to get as many touches on the ball as possible so we always recommend to stay involved as much as possible.

### Do we travel?

The U-8 Academy does not go outside the Sacramento area. The other clubs in our league our local and provide the perfect amount of competition for this age group.

Please e-mail our coordinators to sign up or answer any questions.

Contact Information: **U-8 Girls Academy**  
Rachel Bernard  
rachelbernard@hotmail.com

**U-8 Boys Academy**  
Bryan Holland  
betersoccermorefun@gmail.com