

# Youth Academy 2008-2009

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The Youth Academy is a unique soccer development program designed to provide youngsters ages 5-9 with an opportunity to improve fundamental soccer skills in a fun and safe environment. Our program is unique in a number of ways, a few of those include:

- x Our staff - Each session is conducted by experienced, trained, and nationally licensed coaches
- x Our curriculum - Our curriculum was created by nationally licensed coaches, educators, developmental experts and, most importantly, coaches who have their own children in the program
- x We educate the parents - After sessions we talk about what we did, why we did it, and provide ideas for parents to help their kids at home

## One Hour Per Week to Supplement AYSO

Most of the youngsters in our community begin their soccer careers in AYSO, starting at age U5. What we have seen is that despite the best intentions of volunteer coaches and parents, children often develop bad habits and improper techniques that hinder their development as they progress and mature. By the time these players reach the Club level at U9, they must first unlearn their bad habits before progressing to more advanced concepts.

The Youth Academy was created with the goal of teaching proper fundamentals and techniques to enthusiastic and athletic young soccer players before they ingrain bad habits. Our Nationally Licensed club coaches and their highly qualified coaching staff spend approximately ½ of each 1-hour session on instruction and drills, leaving the second ½ for small-sided games in which the kids are encouraged to implement what they have been taught. The players are then given "homework" to hone the skills taught each week to maximize their development.

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## Manhattan Village in Manhattan Beach Fridays 4 – 5PM

Fall Program: Sept 12, 19, 26, Oct 3, 10, 17  
Winter Program I: Oct 24, Nov 7, 14, 21, 28, Dec 5  
Winter Program II: Jan 9, 16, 23, 30, Feb 6, 13

### Each 6-week program:

\$100 for 14-day advance registration/payment  
\$120 within 14 days of program start date  
\$130 first day walk-up registration (subject to availability)

### For additional information and application

[www.southbayforce.net](http://www.southbayforce.net)      [academy@southbayforce.net](mailto:academy@southbayforce.net)  
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