



OMAHA FC

The Academy *Parent's Handbook*

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WHERE DESTINY BEGINS.

Academy Format

- ▶ Players U7 – U10
- ▶ 3 Seasons per Year (Fall, Winter, & Spring)
 - 3 Sessions per Week (Fall & Spring)
 - 2 Sessions per Week (Winter)
- ▶ Fully Professional Staff

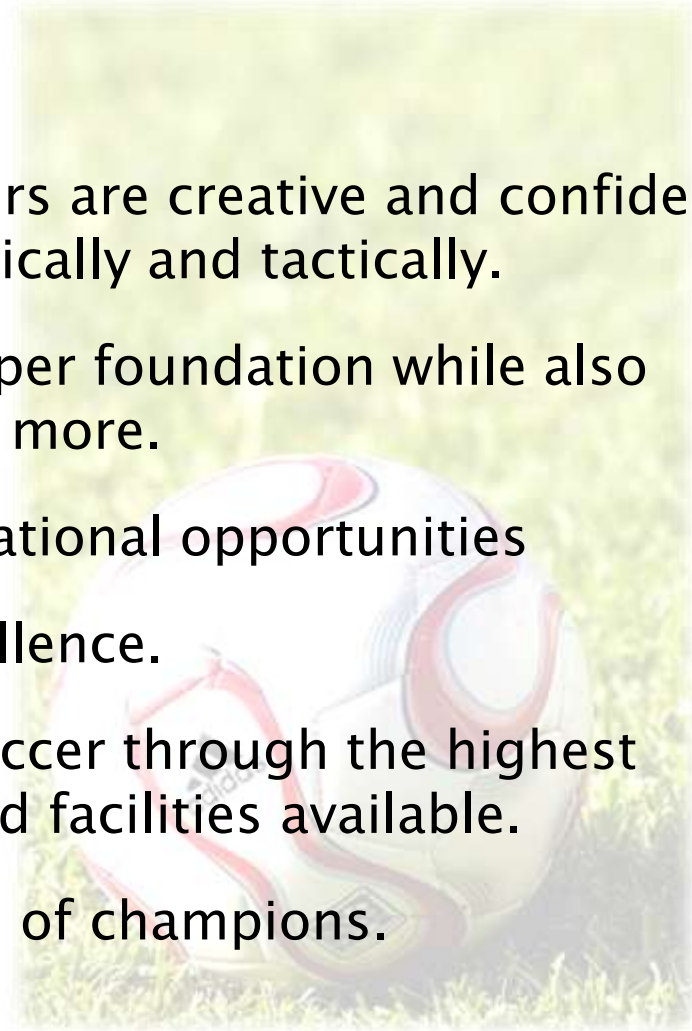
Season & Session details can be found on our website – [Click Here](#)

OMAHA FC



Primary Goals:

- ▶ Create a culture where players are creative and confident while developing both technically and tactically.
- ▶ Provide players with the proper foundation while also challenging them to achieve more.
- ▶ Offer parents effective educational opportunities
- ▶ Establish a standard of excellence.
- ▶ Prepare players for select soccer through the highest quality training, coaches, and facilities available.
- ▶ Develop the next generation of champions.



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Academy Curriculum

- ▶ Technical
 - Receiving
 - Dribbling
 - Passing
 - Shooting
 - Juggling
 - Goalkeeping
- ▶ Tactical
 - Principles of Attack
 - Principles of Defense
 - Goalkeeper Distribution
 - Individual Positioning
 - Team Shape
 - Goal Kicks, Corners, & Throw Ins
- ▶ Concepts
 - Space
 - Time
 - Pressure



Games, Tournaments, & Friendlies

- ▶ Games will consist of the following:
 - Omaha FC Academy League
 - Tournaments
 - Friendlies

Games will be played weekly against other academy teams to establish a competitive and developmentally appropriate environment. Academy games may be replaced with Tournaments or Friendlies at the discretion of the Academy Director.



Games, Tournaments, & Friendlies

- ▶ Tournaments are categorized as:
 - Competitive Tournaments
 - Out of Town
 - Limited Teams
 - Results Driven
 - Friendly Tournaments
 - Local
 - Numerous Teams
 - Developmental Focus



Academy Staff will be responsible for entering teams into tournaments. The Academy Director will notify parents if their child is invited to play in a tournament. Players are not guaranteed to play in tournaments.

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Games, Tournaments, & Friendlies

Friendlies are games in which an entire club is brought in to play against our Academy. OFC's staff utilizes its vast national network of contacts to establish partnerships that are unmatched in Nebraska.

- ▶ Friendlies are categorized as:
 - Local
 - Local Clubs
 - Numerous Teams
 - Regional
 - Regional Clubs
 - Limited Teams





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For questions, please
contact:

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