



Academy Girls – Handbook

Director's Message

As Academy Girls Director my primary goals are:

1. Provide a safe and healthy environment for our Omaha FC youth players.
2. Create a culture where the girls within the program can be creative and energetic while developing both technically and tactically.
3. Provide players with the proper foundation of a complete soccer player while also challenging them to do more than they think is possible.
4. Establish a standard of excellence where they are proud of representing both Omaha FC and the game of soccer itself.
5. Foster an atmosphere where enjoyment and freedom of expression through spirited training sessions and games.
6. Develop an environment within which girls are developed individually and within the team concept.
7. Develop and nurture the next generation of select players.

Please read the following handbook for an outline of our Omaha FC Academy Girls Program.

Age Groups

1. U7-U10

Schedules

1. Fall – 3 Sessions Per Week
 - a. 2 Training Sessions
 - b. 1 Game
2. Winter – 20 Sessions
 - a. Two Training Sessions
 - b. Scrimmages will be sprinkled into training sessions
3. Spring – 3 Sessions Per Week
 - a. 2 Training Sessions
 - b. 1 Game
4. Summer
 - a. Street Soccer
 - b. Camps

Coaching Staff

1. Academy Director – Jeff Oksman
2. Directors of Coaching – John Keating / Alex Mason
3. Academy Staff
 - a. Trainers and Selected Coaches



Curriculum

1. Technical
 - a. Footwork
 - b. Dribbling
 - c. Passing
 - d. Shooting
 - e. Juggling
 - f. Goalkeeping
2. Tactical
 - a. Attacking as a Team
 - b. Defending as a Team
 - c. Involving Goalie in Run of Play
 - d. Goal Kicks, Corners , Throw Ins
 - e. Positioning individually and within Team Formation
 - f. Attacking Individually
 - g. Defending Individually
3. Concepts
 - a. Space
 - b. Time
 - c. Pressure
4. Training Session AND Games will be coached by Academy Staff

Matching

The girls will be trained in developmentally appropriate groups and teams, that is, with other players of similar abilities, which will give them the best environment to grow as a soccer player.

Evaluations

The girls will constantly be evaluated for matching purposes based on the following criteria:

1. Five A's of Evaluation
 - a. Ability
 - b. Awareness
 - c. Athleticism
 - d. Attitude
 - e. Assertiveness



Games

Games will consist of the following:

1. Omaha FC Academy League
2. Tournaments
3. Friendlies

Omaha FC Academy League

Games will be played weekly within our own Academy Girls Teams to establish a competitive and developmentally appropriate environment. In house games may be replaced with Tournaments and Friendlies per discretion of Academy Director and Staff

Tournaments

Academy Staff will be responsible for entering teams into tournaments. Tournaments will be defined as following:

1. Competitive Tournaments
 - a. Out of Town Tournaments – example: KC Invitational
 - b. In Town Tournaments – example: Winter Blast / Cornhusker Classic
2. Friendly Tournaments
 - a. In Town Tournaments – example: Halloween Havoc / Fremont Classic

Academy Staff will notify parents if their child is invited to play in a tournament. There will be tournament notification dates that Academy Director will set. Players are not guaranteed to play in tournaments. They will have to be at a developmentally appropriate level as determined by Academy Staff before they are chosen for a tournament team.

Friendlies

We will play two types of friendlies:

1. In Town Clubs
2. Regional Clubs

For example we might invite Kansas City Wizards to Omaha for friendly games amongst Academy Teams. We would then return the favor to them the following season.

Futsal and other Leagues

1. Teams will be assembled and coached by Academy Staff



Street Soccer

Girls will get the opportunity to play a lot of street soccer during every season. Street soccer is free play amongst players. Please see link for greater explanation:

<http://www.nscaa.com/subpages/20090429094423935.php>

Directors' Sessions

At certain times during any season we might have extra training sessions put on by either me or the Directors of Coaching. You will be notified should you be invited to this session.

Academy Uniform

Every girl will be expected to have an Academy Uniform. The uniform can be purchased at Nebraska Sporting Goods. They will have the required uniform plus the number you will be assigned. The store is located at 84th and H.

<http://nsg.soccerzone.biz/>

Registration

Please see Omaha FC registration link: <http://www.omahafc.com/reg.htm>

Conclusion

With Omaha FC's History (Arsenal and Gladiator), Staff, Training Facilities, and Administrators we are confident in providing your daughter the best developmental environment in the entire region.

Please feel free to contact me at jeffo@omahafc.com if you have any questions.

Sincerely,

Jeff Oksman
Girls Academy Director – Omaha FC