



1. What is the 7U-8U Pre-Flight Academy all about?

Pre-Flight Academy is a program created to develop the foundation level of their soccer development in a safe and fun environment where the players are encouraged to always try and be creative without any fear of failure.

2. WHY have you registered your child(ren) for the Pre-Flight Academy?

3. Our WHY

3.1 - Further development of Recreational Players at Ascension Flight.

3.2 - Provides another platform for players to receive professional coaching away from their Recreational Team.

3.3 - Proven Development and Progression into Academy & Competitive Soccer.

4. Training Sessions - What should the parents expect to see?

4.1 - Each session will start on time, either 5:30pm or 7:00pm. If you think that you are going to be significantly late for your child's session, do not worry. Simply contact adam_shaw@ascensionflight.org and notify him of your situation.

4.2 - If you find yourself needing to switch from your usual session for a particular week, please let Adam know. Everyone gets in a pinch from time to time and we are more than happy to help you out if you notify us.

4.3 - The Soccer Fields = Player Zone. **WHY?** - Individual decision makers and problem solvers cannot be created when their parent is 5-yards away, watch from afar. Players need to feel comfortable being around their group of players. It is those players who will be able to help them on game-day.

4.4 - Players will be mixed each week, into smaller more manageable groups. **WHY?** – This helps with players familiarizing themselves with other players in the program. This is also apparent when they come to play with/against each other in games.

4.5 - Every session focuses on at least 1-aspect of the game (Passing, Receiving, Dribbling, Shooting, Protecting the Ball, Turning etc.).

4.6 - Every practice will start with our 'Move of the Week' **WHY?** - we want to develop creative players, being fastest, strongest or the best in the group now does not mean it will be the case at 14U/15U. If we can help develop creative players now, who are comfortable with skill moves that can be replicated in the game, we will see that as success. This will also class as 'homework' for the players in their free time, practice the move and come back the following week to show us their progress!

4.7 - Always finish with a 15/20-minute game where we coach the players based upon the session topic.

4.8 - Every training session is player centered **NOT** Coach centered - **WHAT** does this mean and **WHY** is it a good thing? - This means that the coaches will guide the

players and allow them to develop their own understand, make better individual decision and aide in developing the creative player.

4.9 – Guide & Discovery Learning - A good soccer player is a player who can recognize that they have done something wrong, recognize what it was that they did wrong, then correct it immediately. The path of guided discovery will lead them to becoming problem solvers on the soccer field. This includes Coaches sitting down with the players as a group and talk.

4.10 You will receive an email with training session plans and the focus.

5. Training Field #2 - When your child arrives at the soccer fields. Please send your child to the player zone (Soccer Fields) whilst you remain in the Parent Zone (Pavilion/Cars). Send your child to Field 2 where the coaches will have their equipment laid out (Cones, goals, balls, etc.) – **Parents must remain at the complex for the duration of the session.** Once the session is over Coaches will walk players over to the main gate near the pavilion to be collected. Please make yourself aware to the Coaches “I’m Michael’s Mom/Dad” Coaches will ask players a safety question, “Who is it that is picking you up”

6. Pre-Flight Training Jerseys - They will be handed out over the next 2-weeks; we have ordered them just waiting on them to be delivered.

7. Game Day events - What should the parents expect to see?

- 4v4 (What to expect from 4v4 game day events)
- 5v5 (What to expect from 5v5 game day events)
- 7v7 (What to expect from 7v7 game day events)

8. Parent Expectations

- No directing from the sideline (If it is heard, I will give you 1 verbal warning. If it carries on in that game or a different game, you will be asked to leave). **WHY?** Individual decision makers and problem solvers cannot be created when their parent is telling them what to do, they have to try and think for themselves.
- Be supportive of all players not just their own - they’re all going to be playing together the next few years.
- Pre-Game/Training Car Journey - Listen to your coach. 100% Attitude and Effort.
- Post-Game/Training Car Journey - Did you have fun? What did you learn? ‘ I really enjoyed watching you play today ‘
- Allow the referee (when applicable) to do their job, do not yell at them - They will make mistakes.

9. Player Expectations

- All players will be challenged in the game and we expect them to accept those challenges. For example, if they are doing really good at attacking, we will look to challenge them on the defensive side of the game.

- All players will respect the coaches decisions and the referee's decision. Any dissent to either will result in being substituted or sent out for a period of the training session. (This will apply to the 7v7 games only)
- During the training sessions we expect all players to be respectful of their teammates.

10. Coach Expectations

- Expect your coaches to arrive early to set up.
- Expect your coach to have everything set up before the players arrive.
- Expect your coaches to look smart and well-dressed to send the right message to their players.
- Expect your coaches to be “childlike”, but to not be childish with the players.
- Expect your coaches to coach your children and help develop their soccer skills.

11. Ascension Flight App

- This is the communication platform which you all should have downloaded and now have on your phone.
- All communication will be done through our Flight App. We will send notifications through it which will then be sent to your email. You will receive automatic training session updates regularly and automatic game day updates also.
- If there is ever a change to the schedule, you will be updated by email telling you of the changes made.

12. Recreational Coaches

- If you are a Volunteer/Parent Coach for your child’s 7U or 8U Recreational Soccer Team. You will be able to come onto the fields at the start of the session and watch the session so that you can take ideas and then add them to your own recreational sessions.

13. Points of Contact

Alex Edwards

alex_edwards@ascensionflight.org

Director of Program

Adam Shaw

adam_shaw@ascensionflight.org

Head Coach of Program