

LAYS� VISION 2005

LAYS� Mission:

To provide a safe and fun playing environment where players 5 – 18 years old can learn about and participate in the game of soccer.

LAYS� Mission Objectives:

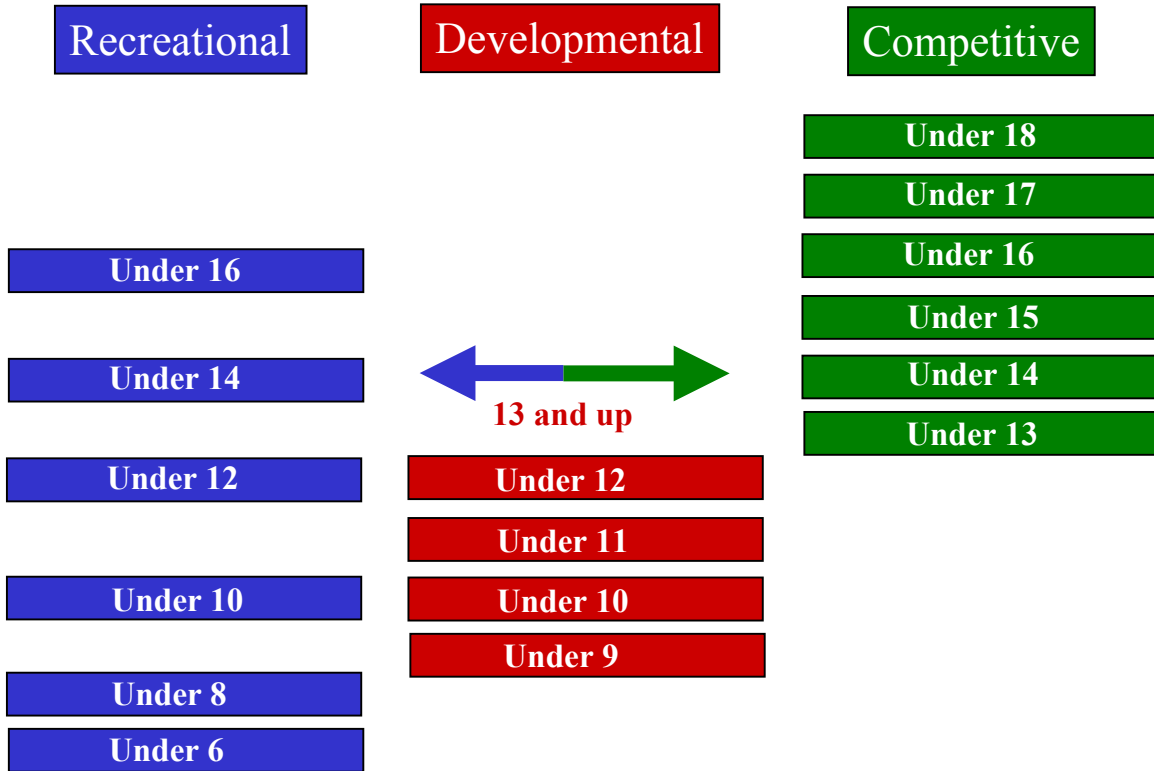
- Provide a system where players can learn, participate, and gain skills as they mature to support their interests and goals in soccer, whether they be in either a noncompetitive or a competitive environment;
- Create a soccer program that can accommodate soccer players as they grow and mature, giving them choices of varied levels of participation within the League’s 3 track program;
- Develop the LAYS� soccer program within the objectives and goals of New Mexico Youth Soccer Organization and the US Youth Soccer Organization;
- Provide opportunities for LAYS� coaches to improve and to share their knowledge of training young soccer players;
- Work with the county, schools, and local businesses to enhance soccer infrastructure and opportunities within Los Alamos.

LAYS� Three Track System

Recreational	Developmental	Competitive
<ul style="list-style-type: none"> • Ages 5 - 16 • Skill development based on age-related cognitive and physical skills • Fun, energetic & non-competitive environment • Positive and supportive coaching • Small-sided games allowing for maximal participation per player 	<ul style="list-style-type: none"> • Ages 9 - 12 • Skill development • Introduction of tactics to game • Taste of competitive environment, but recreational status • Small-sided games • Games against Santa Fe and others played in both Santa Fe and Los Alamos • All-star teams for tournament play 	<ul style="list-style-type: none"> • Ages 13 - 18 • Soccer player and parents decide on this level of commitment • Technical role development and team tactics • Highly competitive environment • Weekly games in Duke City Soccer League • Tournaments inside and outside NM

The Three Track System will allow players to be trained uniformly until age 13. The Developmental Track will have more of a competitive game environment, but age group objectives and practices will be similar, allowing for players to have the necessary skills to choose which track they would like to pursue at age 13 – *Recreational* or *Competitive*.

The Three Track System By Age Group



Why A Three Track System

- To give each player the opportunity to develop at his/her own pace and still have a path available to be as competitive or as recreational as he/she desires;
- To allow players to move more fluidly between the tracks and not be committed to the recreational or competitive track until age 13;
- To integrate the objectives recommended by the US Soccer Federation, the National Soccer Coaches Athletic Association, and the NM State Soccer Organization;
- To allow the League to utilize its resources and expertise more effectively by following LAYSL player development objectives at each age group and track.
- To train and support coaches uniformly based on their teams' age group and track.

The Recreational Track

U5/U6:

- Introduction of soccer as a fun environment;
- Dribbling games where each player has their own ball;
- Emphasis on fundamentals movement skills, such as running, leaping, jumping, etc.
- Turning and switching directions with the ball;
- Imagination and pretend activities (sharks and minnows);
- No scheduled games.

U7/U8:

- Challenge players by demonstrating new dribbling moves, juggling patterns;
- Introduction of receiving the ball out of the air and the concept of a pass;
- 1v1s, 2v2 exercises;
- Use multiple games that integrate basic skills, like dribbling and receiving;
- 4v4 games.

U9/U10:

- Development of proper fundamental soccer skills, such as shooting with the instep, passing, step-overs, faking, and turning while dribbling;
- Utilize small-sided games with basic tactical and technical challenges;
- Identify fundamental tactics such as dribbling away from a concentration of defenders;
- 5v5 simultaneous games, no GK.

U11/12

- Development of individual skills, individual and small group tactics;
- Emphasis is on development of individual skill, cooperation with teammates (e.g. support, triangles, diamonds);
- Individual and small group defending (e.g. 1v1, 2v2);
- Understanding delay, tracking back, depth and balance;
- Introduction to larger team tactics;
- Entry of in recreational state cup or recreational tournament.
- 7v7 or 9v9 games with goalkeepers.

U13/14

- Intramural soccer for mid-school students;
- Emphasis on fun and exercise. Environment will be small-game oriented practices and/or games;
- Less emphasis on coaching, but instead on managing and supervising players;
- 5v5 games at each practice;
- Opportunity to put team together for recreational tournaments.

U15/16:

- Intramural soccer for high school students;
- Emphasis on fun and exercise;
- Environment will be small-game oriented practices and/or games;
- Emphasis on managing and supervising players;.
- 5v5 games at each practice;
- Opportunity to put team together for recreational tournaments.

The Developmental Track

U9/U10:

- Development of proper fundamental soccer skills, such as shooting with the instep, passing, step-overs, faking, and turning while dribbling;
- Utilize small-sided games with basic tactical and technical challenges;
- Support healthy perspective of competition and winning and losing;
- Play players in all different positions, not letting them be typecast in a position;
- Position play can be introduced. Introduction of corner kicks, throw-ins, restarts;
- 7v7 games to maximize number of touches and player participation.

U11/U12:

- Development of individual skills, individual and small group tactics;
- Emphasis is on development of individual skill, cooperation with teammates (e.g. support, triangles, diamonds);
- individual and small group defending (e.g. 1v1, 2v2), and understanding delay, tracking back, depth and balance;
- Exercises and games stressing technical proficiency that are designed to improve tactical awareness;
- Small-sided games in training;
- 7v7 games to maximize number of touches and player participation.

The Competitive Track

U13/U14:

- Development of individual skills and individual and small group tactics;
- Emphasis is on individual possession, understanding of combination play (e.g. support, takeovers, wall pass), and individual and small group defending;
- Eleven aside game environment.

U15/U16:

- Development of group skill and tactics;
- Emphasis is on understanding of combination play (e.g. support, takeovers, wall pass, third man running, overlap);
- Develop understanding of depth, balance, concentration and communication;
- All activities should involve transition.

U17:

- Development of positional play;
- Emphasis on attacking and defensive roles and responsibilities;
- Crossing and set play understanding is key;
- All activities should be challenging, motivating, and involve transition.

U18/U19:

- Development of team play;
- Emphasis is on functional/positional play;
- Players should have a complete understanding of the principles of team play, attacking, and defending;
- All should be in relation to ball possession and transition;
- One in every three practices should be devoted to defensive aspects of the game.

What We Aim to Accomplish

- To develop players in LAYSL who can enjoy the game and develop their skills in *whatever* track and competitive environment they choose;
- To not limit players to participating in only one track their entire career with LAYSL – to give them the *option* and the *training* to support changing player soccer objectives between the ages of 9 and 16;
- To develop a program that is seamless in its ability to facilitate player development and ability at all age groups and levels, thus supporting player interests and ambitions within LAYSL as players mature and decide for themselves the next step in their soccer development.
- To have coaching training objectives and support based on the track system to assure a more uniformed and educated approach for our coaches as they develop players physically and emotionally.