



Far Post U10 Program Outline

Our U10 Program is the “foundation” of our club. Many players in our U10 program have come up through our U8 program and are already aware of how we do things. But, every year we have new players joining the club, so this outline is meant to highlight areas that we feel are important. Our focus is on developing a “**Love for the Game**” and “**Mastery of the Ball.**” It also is imperative that kids “**Learn Good Habits**” at this age and are held accountable. We want the environment for these young players to be focused on self-discovery and personal responsibility based on the PSV Eindhoven (Holland) approach to player development:

- **HOPE** – There is motivation when a player commits to Far Post. A player must develop a clear reason of why they are playing. Once this is defined then we are better able to develop that talent.
- **TRUST** – Far Post creates an environment where players feel safe and where they want to be. We want our players to feel comfortable experimenting and taking chances with no fear of what might happen if they make a mistake. We want players to experience the game for themselves so that they can define what their own true talent is and can learn for themselves what to do on the field.
- **SELF-CONFIDENCE** – If the previous things are assured, the player will develop their own self-confidence.

Once a player has self-confidence, they are better suited to learn. They will see their own development and will take greater personal responsibility for it. Because of this, skill-building is the basis of everything – If a player can see a pass, but doesn’t have the skill to pass the ball to the correct spot, then recognizing these moments is worthless. Without technique there are no tactics – Most coaches are too tactical and result-oriented and put up with the current skill level and concentrate on tactics and on results. The player’s development must dominate – Coaches and results must be subordinate to the importance of the individual development. Approaching development of young players this age any differently is short-sighted.

Far Post believes that it is critically important to put the best coaches possible with our youngest age groups along with more assistance to manage these teams. Todd Kingsbury is the head coach of our U10 teams. He is responsible for running all training sessions and oversees the games for all teams. Each team will have “game coaches” to assist with training and help with managing matches. The team coach will focus on managing the game for players. Coach Todd will focus on the individual in all games to provide them with the feedback and encouragement they all need to learn and improve.



Fall Schedule (From early September until the middle of October)

Optional Fall Program (added cost) – FALL TRAINING from 5-6:30 PM on Tuesday & Thursday at Dorset Park in South Burlington & FALL LEAGUE on Sundays at the Tree Farm/Dorset Park along with the Capital Jamboree in Stowe and possibly a Far Post Friendly Jamboree at Jay Peak in October!

Winter Schedule (From early November until the middle of April)

Technical Training (Tuesday nights) – The girls train every Tuesday from 5-6:30pm. The boys train every Tuesday from 5:30-7pm. All indoor trainings are held at the Far Post indoor facility at Champlain Valley Expo.

Game-Based Tactical Training (Thursday nights) – The boys and girls train every Thursday evening from 5-6pm at the Far Post Indoor Facility (early November thru middle of April)

Futsal Indoor League (Friday nights) – We HIGHLY recommend players play Futsal. The 1st session (Nov/Dec) and the 2nd session (Jan/Feb) are optional. The 3rd session (Mar/Apr) is mandatory but is included in your fees. Games are on Friday early evenings. All games are coached by Coach Todd and/or by one of our coaches.

Optional Monday and/or Saturday Trainings (Monday afternoons at 4pm or Saturday mornings at 9am) – Far Post offers additional training sessions on other nights if players are interested. These sessions are skill-based sessions that many Far Post players do but players from outside the club participate as well. The training curriculum is different from the sessions offered in their usual training sessions. These sessions are options and there is an added cost to these practices.

Winter Weekends – There are no mandatory events for U10s on winter weekends. There are events but none are mandatory. Here are events over the winter months:

- Spooktacular 3v3 Street Soccer Tourney on Wednesday, October 30th
- Thanksgiving Camp – Monday, November 25th to Wednesday, November 27th from 8am to 4pm at Far Post Indoor Facility
- December 3v3 Street Soccer Tournament – Saturday, December 7th
- Kids Night Out – Saturday, December 14th
- Boxing Day Bash Futsal Tournament – Thursday, December 26th
- Galactic Soccer (Holland Fundraiser) – Saturday, January 11th
- February 3v3 Street Soccer Tournament – Saturday, February 15th
- Kids Night Out at the Calcutta – Saturday, March 7th
- *PLEASE NOTE* – Our Training Weekend at Golden Goal in Ft. Ann, NY is for U11s & older – not U10s

Spring Schedule (From early May until the middle of June)

Outdoor training at Dorset Park (twice a week) – Boys and girls will train on Tuesday and Thursday nights from 5-6:30pm starting in May and running until the Coastal Challenge weekend in June.

VSA Spring Season – Each U10 team will play a 7-9 game season depending on what VSA chooses. Games are on a rotating basis between Saturday and Sunday. VSA publishes the schedule on April 1st.

Tournaments – We will do two out-of-state tournaments during the year – PLEASE make sure to put these dates on your family calendar NOW:

- Wellesley Tournament (Memorial Day Weekend in Wellesley, MA) May 23-24, 2020
- Coastal Challenge (Father's Day Weekend in Brunswick, ME) June 20-21, 2020