



JUNE 4TH 2024
U8/9-10
ACADEMY EVALUATIONS

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All participants should
pre-register online @
<https://bit.ly/2024PendletonFCAcademyTryouts>

Check in will be held at
the PFC u10 Fields 15M
prior to evaluation time

2017, 2016, & 2015
Boys' Evaluation
5:15-6:15P

2017, 2016, & 2015
Girls' Evaluation
6:45-7:45P



PENDLETON FC

398 Falls Park Drive
Pendleton, IN

Pre-Register Online
<https://bit.ly/2024PendletonFCAcademyTryouts>

CLUB FEES - \$550.00

- Player Uniform (Included in Club Fees)
- Fall Training: 2 Nights/Week (75M Sessions)
- Winter Training Schedule (TBD) at PHHS Activity Center
- Spring Training: 2 Nights/Week (75M Sessions)
- Goalkeeper Skills Nights (Fall & Spring Seasons)
- Technical Skills Nights (Fall & Spring Seasons)
- Player Registration
- Tournament Entry Fees (Two Events Through Club Year)
- Ref Fees
- Age appropriate Mental and Mobility Training
- Age appropriate Technical and Tactical Training
- Video Library & Resources

COMPETITIVE PLAY

- 6-10 Self-Schedule Games with Area Clubs (Each Season)
- Two tournaments (One Each Season)
- NOTE: Tournaments beyond the two included as part of PFC Club Fees could be added with approval of the PFC Board of Directors and would be paid by Academy team parents.

ADDITIONAL FEES (NOT IN CLUB FEES)

- Summer Camps Hosted at PFC (Cost of Camps Vary)

TEAM EXPECTATIONS

- The PFC U8/9-10 Academy Season is a FULL ONE-CLUB-YEAR Commitment (Though Players Could be Added Mid-Year)
- It is expected that all players attend all training and games as scheduled and that if needing to miss, communication is made with PFC Academy staff
- Typically One Game to be Played Each Weekend
- Games Will be Against Local Area Clubs
- Two Tournaments as Noted in this Document
- The Fall Season Will Begin the Week of August 12, 2024
- Winter Training is a Part of PFC Club Fees
- The Spring Season Start Date is Weather Dependent

U8/9-10 Academy Summary of Events

**Fall & Spring Training
2 Nights/Week +
Goalkeeper & Field
Player Skills Night
Options**

**Fall & Spring
Game Schedule
6-10 Games with
Local Area Clubs**

**Fall Event
Indy Premier
Halloween Classic
(Fishers, IN)**

**Spring Event
Indiana Memorial
Cup (Westfield, IN)**

WHAT IS THE PENDLETON FC COMPETITIVE DEVELOPMENT MODEL?

PFC MENTAL TRAINING:

An integral component of our Pendleton FC competitive development model is our Mental Training. This training is delivered to all players within our u8/9-10 Academy program.

We have adopted 6 C's to be the spine of this training, as we feel these six areas are central to our overall goal of developing confident, brave, well-rounded future leaders capable of taking calculated risks to influence positive change, outcomes, and growth.

The players of Pendleton FC will desire and be able to **CONNECT** with and **CARE** for others, demonstrate **COMPETENCE**, carry themselves with **CONFIDENCE**, and will be excellent examples for others as young people of high **CHARACTER** eager to **CONTRIBUTE** to the areas of their 'world'.

PFC STRENGTH & MOBILITY TRAINING:

Our Strength and Mobility training is designed to use various forms of functional movement and exercise with the primary objectives being injury prevention and improving player's physical abilities for the game of soccer.

Movements and exercises include speed and agility, muscular endurance, muscular strength, plyometrics, balance, and flexibility. The program is specific to the players of our u8/9-10 Academy by placing emphasis on basic movements (change of speed and direction) that are introduced through different games and activities. The importance of learning and understanding how the body (parts) move in harmony for a heightened efficiency of movement, coupled with the reinforcement of proper form when engaging in Mobility Training will be driven by staff.

PFC TECHNICAL TRAINING:

We believe that technical training for soccer has long been sorted into different categories trained separately like other sports. However, current teaching and coaching literature has emphasized that it should be used holistically and not separated. To that end, technical instruction should focus on 2 aspects. Ball Mastery which should be done at home and in a player's free time and Cognitive Skill Acquisition which should be trained at team sessions.

Ball mastery is the ability to make the ball do what the player intends it to do. Skill is the ability to apply technique within the context of the situation to solve a problem. Our goal with our technical instruction is to improve the cognitive processes and implement them into every piece of our team training sessions.

PFC TACTICAL TRAINING:

We have developed, and continue to evaluate, a tactical training model that applies directly to each specific age group centered on asking appropriate questions of "when, where, and why." We want to build each year upon what was learned and applied over the previous seasons so that by the time a player graduates to a new level in the scaffolding of our age-specific curriculum, they are prepared to solve various problems on the field through both individual, group, and team-based actions.

It is imperative to note that no tactical scheme or model can progress beyond the technical ability of the players and therefore it is essential that the tactical demands of each group correspond with the technical advancements being made the previous year. At the same time, prior to our players graduating from our u10 Academy, we would like to educate them functionally as to the various positions that they might play – and also allow them to learn the "when, where, and why" of the players and teammates around them.

PENDLETON FC

FRIENDSHIP – COMMUNITY – DEVELOPMENT