

Greetings Campton United parents!

This will be my first of many blogs on the Campton United website as to how training and games are running through my eyes for the Academy through U9 age groups.

U7-U8 Academy Program

I am excited to announce that Campton has 3 boys Academy teams to add to the established U7 Navy Academy team that has been playing in the U8 Boys Recreational Division at Sportsplex this winter. We have also added 3 girls Academy teams that are currently playing in the U8 Girls Recreational Division at Sportsplex. The team names for the boys are as follows: CUSC Academy Crew, CUSC Academy Dynamo, and CUSC Academy Sounders. The Girls Academy teams are: CUSC Academy Red Stars, CUSC Academy Sol and CUSC Academy Freedom. From the success of the six teams, there will also be 2 boys Academy teams and 2 girls Academy teams that will be participating in their first season as a Campton U8 travel team this Spring.

U8-U9 Program

It is really exciting for me to watch the steps the U8 age group has been taking from training and incorporating into the weekend games. Every game the players have been encouraged to work on three things from the start of the game to the end. These three items that every individual player has been encouraged to work on have been the same every week and have improved impressively at every game. The coaching staff has stressed the importance of: 1. Trapping the ball and dribbling past a player with a move called a "Plattinni." 2. Move the ball away from the wall and change direction with the ball using a "Rake" or a "Beckenbauer" turn. 3. Win every punt and clearance in the air with a "scramble the egg" technique, "elevator" technique, or a header. Every week I count how many times these techniques are being used and the number has climbed from 1 the first week to 7 this week. I counted 5 headers alone in the U8 White Boys game recently!

In training with the U9 age group teams, the coaching staff and I have shown the players that it is alright to take the ball away from pressure and dribble backwards, towards the other side. Too many players believe they have to try to dribble through a player to get forward, and it is interesting for me watch a player pull it back and decide to dribble to the far side. I know it must be frightening to watch at first as a spectator, but if a Campton team is up by a couple of goals I have the team pass it back to the goalkeeper before they can go forward. This helps the players to understand how to use the GK as another field player and will benefit them tremendously moving forward.

Team Building

I want emphasize how important it is for the teams to get along with each other, especially the girls teams. Team building activities such as going to the movies together or just having a pizza party at somebody's home strengthen the team's cohesiveness. Both of the U11 Girls teams will be having team building activities separately in the next couple of weeks and we will be having team building activities for the whole age group before the spring season starts. I know these activities will be fun for all the girls and will help the overall cohesiveness of the U11 age group.

We are updating the website all the time so please keep checking in!

Yours in soccer,

DJ Driscoll
Program Director for Academy, U8-U9