

San Francisco Vikings Soccer Club



Why Should My Child Play with Your Club and Your Team?

We asked Vikings Soccer coaches this question, and here are a few of the answers they gave.

We are the oldest and most experienced youth soccer club in the city of San Francisco. Since 1922, Vikings Soccer Club has been passionate about the game, and combines sportsmanship with skills. For decades, we have set the example for other clubs by staying up to date on the most recent breakthroughs on skill-acquisition, motor-function development, and mental resilience for our players.

Multiple teams per age group brings long term security to your child's playing future. Multiple teams create opportunities for guest play, collaboration, and learning by giving players a chance to play both "up" and "down". Multiple teams per age group also means multiple coaches will be working with and thinking about your child's development. It also means attrition to other activities or sports will have less impact on any one individual team in the group, because players can be drawn from a larger pool.

Our coaches are paid to develop your child's skills. While good skill and competing hard can lead to winning, we emphasize creating a learning environment for our teams. Most importantly to parents who have had to learn the hard way with other clubs, this includes playing time for all players. We believe that a team that wins continually is probably placed at the wrong level. Players will learn more when they compete hard against similarly skilled or better teams, resulting in a more balanced win-loss record.

We utilize a US Soccer Youth Development age-appropriate curriculum for all levels of play. We use the principles of promoting skill acquisition in a learning efficient, play-based session.

Jeff Wilson, our Director of Coaching, builds a club curriculum and hires skilled, licensed, professional coaches. He has also hired two Technical Directors to individually assist coaches in their planning and training sessions.

Our club follows positive-coaching protocols. We protect the playing experience of our players by enforcing codes of conduct on the sidelines. We do not permit coaches – or parents for that matter – to talk down to or shame players. Vikings encourage each other and strive for victory through harmony.

Our ACL (anterior cruciate ligament) Injury Prevention program, led by kinesiology graduate and four-year Cal Poly soccer starter Haley Walker. Because girls are more likely to encounter ACL problems than boys ([around 2-10 times as likely](#)), we ask the coaches of girls 12 years old and older to integrate the program into the warmup at every practice. Plyometric jumping and bridging improve strength, balance, and agility. We are also partnered with Zero ACL and licensed physical therapists who assess potential injury risk postures and movement patterns, and work to correct them.



Our goalkeeper Specialist, Igor Siarheyev, brings his years of professional experience in Eastern Europe to the training of all keepers in our club. From the youngest to the oldest players, Igor’s one-on-one training sessions focus on strength, agility, technical, and tactical work.

The game of Futsal is a vital part of our curriculum. We have introduced Futsal during traditional off-season during the Winter to ensure year-round playing opportunities. Popularized on the streets of Brazil, Futsal is small-sided soccer (5v5) played on a hard surface often indoors. Futsal has been identified as a skill-accelerator by many experts in the field of skill-acquisition.

We give our most competitive teams additional opportunities. Because we are able to offer additional practice and field spaces for third practices and NorCal Cup play, our teams are able to compete in both NorCal and CYSA.

Our coaches are encouraged to continue learning. You’ll never hear our coaches say, “We coach the way our high school/college/professional coaches did ten-to-fifty years ago.” We demand that our coaches keep up with current soccer coaching trends and strategies. The Club pays for renewed and improved coaching licensing and some of its coaches have reached the highest levels, including attaining the newly introduced US Soccer National Youth License. The club encourages its coaches to go to local coaching clinics run by our area’s most seasoned coaching professionals and to visit/observe practices of fellow trainers.

We understand why players want to play the game of soccer. We get it: Soccer is fun!

Best of luck with tryouts for San Francisco Viking Soccer Club, 2018-19!

For more information, go to <http://www.sfvsc.org/>.

