

A MESSAGE FROM THE ACADEMY DIRECTORS

Hello,

We are Cecy Martinez and Jesus Gomez, and we are the Academy Directors here at East County Revolution Football Club. Jesus and I have been coaching in the club for many many years. We actually met while coaching at Impact Soccer Club (now, East County Revolution Football Club) and now have an amazing 16 month old little girl, Jordi. While she is not quite ready to join the Pre Academy, we are eager to work with littles that are! In addition to ECRFC, Jesus and I coach the varsity boys soccer team at Liberty High School, Jesus is the director of DreamElite Training, and I teach 1st grade at Mary Casey Black Elementary. We are very passionate about working with children and soccer! In the Pre Academy, we hope to create a fun, positive, and safe environment, where kids will learn how to play and develop a love for soccer. While we patiently wait for our daughter to be old enough to join the Pre Academy, we can't wait to get started working with your kids! We are extremely excited for this season to start and can't wait to see you all out on the field for the first day on **Monday, August 1st**.

<> ACADEMY DIRECTOR INFORMATION

Name of the Director	Cecy Martinez	Jesus Gomez
Cell Phone Number	925-323-6393	925-338-4514
Email Address	cecymrtz5@gmail.com	jesus.gomez45@yahoo.com

<> PRE- ACADEMY CURRICULUM

Curriculum

- Throughout this season your child will learn certain skills from each of the 4 Pillars of Soccer indicated below.

Technical Skill Development	Tactical Skill Development	Physical Development	Mental Development
● Passing with both feet ● Receiving with both feet	● Learning positional roles	● Speed ● Balance ● Endurance ● Flexibility	● Focus ● Concentration ● Confidence ● Decision Making

• Dribbling with both feet • Making moves, fakes and fints • Shooting with both feet • Juggling with both feet		• Agility	
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<> **The Player Development here at the Pre-Academy is simple and based on 3 Key Elements:**

- ***MAKE IT ENJOYABLE*** = It is a proven educational fact that young players in any sport, or for that matter in the classroom, will be more likely to excel and reach their full potential if they are enjoying their subject matter. Making soccer fun and age appropriate is a key concept in any successful player development model.
- ***MAKE IT CHALLENGING*** = For a young player to develop to their maximum potential they must be in an environment that is differentiated based on their ability. There needs to be a carefully laid out plan that is progressive and allows a young player to face new challenges at each stage. Young players learn at different rates and also in different ways and there has to be an opportunity for all players to be allowed to succeed in their own time.
- ***MAKE IT POSITIVE*** = It is vital that a young player receives the necessary support structure throughout their development. There must be clarity in the expectations at each stage in the process and there cannot be unnecessary pressure applied at too young an age or players will be lost to the sport. Players should be encouraged to learn from their mistakes and not feel as if they will be berated for trying to express themselves.

<> **DATES**

- **Week 1** - Monday, August 1st / Wednesday, August 3rd
- **Week 2** - Monday, August 8th / Wednesday, August 10th
- **Week 3** - Monday, August 15th / Wednesday, August 17th
- **Week 4** - Monday, August 22nd / Wednesday, August 24th
- **Week 5** - Monday, August 29th / Wednesday, August 31st
- **Week 6** - Wednesday, September 7th
- **Week 7** - Monday, September 12th / Wednesday, September 14th
- **Week 8** - Monday, September 19th / Wednesday, September 21st

<> TIME

THE ACADEMY IS SEPARATED INTO TWO DIFFERENT TIME SLOTS

First Session (Players Born in 2018/2017)

4:30-5:30pm

***Please Arrive by 4:20pm** (*Wait up at the top by the parking lot until we check you in*)

Second Session (Players Born in 2016/2015)

5:45-6:45pm

***Please Arrive by 5:35pm** (*Wait up at the top by the parking lot until we check you in*)

<> LOCATION

- Freedom Basin - Located next to the Football Stadium at Freedom High School
- Address: 1050 Neroly Rd. Oakley, CA 94561

<> EQUIPMENT THAT YOU NEED TO BRING WITH YOU

- Soccer Ball
- Shin Guards
- Cleats
- Backpack
- Lots of Water
- Hand Sanitizer

<> RESTROOMS

- There will be a Porta-Potty located at the top of the Basin.

<> COMMUNICATION

- Sports Engine will be the ONLY form of communication during the Fall Pre-Academy Season. Please download the Sports Engine app if you have not already done so. Your players are being rostered into their time slot in Sports Engine and that should be completed by the end of the week.

IF YOU HAVE ANY QUESTIONS PLEASE EMAIL ME ON SPORTS ENGINE THROUGH THE EMAIL SECTION.

- Thank You -

Cecy Martinez and Jesus Gomez

Academy Directors

East County Revolution Football Club

Cell: 925-323-6393 / 925-338-4514

<https://www.revolutionfc.org>