

ST. AGNES SCHOOL AND PARISH INSTRUCTIONAL SOCCER PROGRAM PHILOSOPHY 2010-2011



At the start of the first practice, an assessment of the participating students was made to determine their age class, their condition and their abilities. This assessment also determined what playing level instructions would be used. The playing level instructions would then be applied according to the needs of the students.

Coach Dario has tried to sum it up as succinctly as possible, breaking it down into rather simple principles. These principles show how Coach Dario approaches teaching and coaching and always remembers to create an environment of fun in which the young players appreciate physical activity and learn the game and teamwork and strategy, which will teach them discipline, team chemistry and confidence-building skills that will translate into other areas of their lives.

Teaching them to recognize their limitations and strengths while working with them to not be undermined or threatened by the talents of others.

Showing them and explaining what good sportsmanship is all about, as well as a “winning is good but you can’t win them all” attitude and that having fun is the ultimate reward.

Reminding them that they belong to a team and it is as a team that their efforts will always pay off.

And always remembering to validate their feelings and efforts in all that they do.

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The St. Agnes School and Parish youths (Pre K4 – 8th grade) participating in the program will be assessed on their ability and expertise of the game. Upon determining their level of skill, they will be put into one of three categories level and taught the fundamentals of soccer in accordance with their level.

Beginners Level

This level will consist of basic soccer skills and techniques focusing on proper dribbling, kicking, passing and shooting of the soccer ball as well as learning the rules of the game.

Intermediate Level

This level will cover the entire Beginner, and also include ball control, goalie technique, proper sideline throw in, heading, ball stop and ball traps.

Advanced Level

This level is for the youths that are already familiar with all that is covered at the Intermediate and would be taught agility exercises to improve ball control as well as defensive and offensive field skills and moves. This will also be accomplished through practice drills and scrimmages.

Our goal is to eventually progress all the participants to the third level, that being the Advanced.

Please understand that the skills and techniques listed for each level is a generalization for what would be expected to be covered. Age and grade level will have to be taken into consideration when assessing the amount of instructional time. Please feel free to contact me should you have any questions.

Dario R. Valdivia
Professional Trainer & Instructor