



Harleysville FC Academy Training



So what is Academy Training? In the soccer world there is a lot of information around Academy Training. For HFC, we define Academy Training as a holistic approach to soccer development.

Since player development is the goal at HFC, we want to ensure that all players have the opportunity develop in the four major aspects of soccer; Physical, Technical, Tactical and Free Play.

One element of Academy training is a Training Framework for coaches to follow during team training sessions. This ensures that all players receive development around the 4 main aspects of soccer; Physical Fitness, Technical Training, Tactical Training and Free Play. This framework is a guide for all our coaches to follow that touches on each aspect at every training session. In addition, Academy Training also includes other elements to supplement player development such as; Off Season training (Winter Academy), Specialized position training (Keeper Academy), and Individual Ball Mastery Training to accelerate player development.

All of these individual elements work together to provide a holistic approach to soccer development for players and teams.

The Harleysville Academy Training follows European Academy Training principles where similarly skilled teams are clustered together during training. This not only fosters a "One Club" culture, but also allows teams to work with each other to accelerate player and team development. For example; one team is able to work on finishing, while the other team can work on defending in a competitive setting.

An additional benefit is our club trainers (Director of Training, Director of Coaching and other coaches) are able to impact multiple teams during a single training session. They are able to move between teams and know which parts of the practice framework teams are working.

Academy training isn't a "soccer factory". Within each of the aspects of the training framework, the individual coaches choose, what they need to work on to best fit their team. While all coaches will work on "Technical Training" each night, one team may choose to focus on passing and receiving while another coach will choose to focus on dribbling. This method of "efficient" training is proven and supported by US Soccer, EPYSA, and is used by the strongest clubs in the region.

This approach also helps newer coaches plan their practices based on a proven framework that highlights the four main aspects of soccer development and not over train in one element at the expense of another.

Finally it gives our coaches the ability to work with our training staff with a defined structure to fill in the blanks and leverage the expertise of the club to build better training sessions for our players.

HFC Academy Vision

- A holistic approach to soccer development which includes a Training Framework for teams and Supplemental Non-Team Training; Off-Season Winter Academy, Keeper Academy Training and Ball Mastery Academy Sessions
- Ensures all HFC teams and players benefit from the main aspects of soccer development; physical fitness, technical development, tactical development and free play.
- Provides all HFC coaches a framework for building team specific training plans where coaches fill in the blanks to best fit their team.
- Allows for our teams and its players to train in a cooperative environment that fosters a "One Club" culture.

Elements of HFC Soccer Academy

- Training Framework which incorporates Four main aspects of soccer development; Physical, Technical, Tactical and Free Play
- Off Season Academy Training (Winter Academy)
- Position Specific Training (Keeper Academy)
- Individual Ball Mastery Training

Basic Academy Practice Framework: (Coaches customize their own training within this framework)

- Fitness: Ladders (specific to soccer), speed, and conditioning
- Technical: Ball Skill Work
- Tactics: Strategy and Situations
- Team: Set pieces and team specific needs
- Game: Free Play

Benefits to Academy Training:

- Allows Club Trainers (Director of Training and other Club Trainers) the ability to move between multiple teams during a single session.
- Allows for our players to play “up” or play “down” within our club to challenge or allow lighter pressure in situations.
- Provides “team” time to address specific team needs
- Gives our teams matches to play at the end of each session

Kyle Rush
Director of Training

Tom Quintois
Director of Coaching