

PRAIRIE SOCCER CLUB

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Better Coaches, Better Resources, Better Game

Youth Developmental Programs

Basic Program

For Boys & Girls, Ages 4-9

The Basic Developmental Program is an 8 week program for any 4-12 year old interested in learning and improving their soccer skills in a fun, safe, and exciting environment. The Basic Program is focused on introducing new players to the game of soccer while giving them a solid fundamentals foundation to build upon as their interest in soccer grows. Details are on the website and the back of this page.

Join the soccer club that has the best and most experienced coaching staff in eastern Iowa and is a member of the top Iowa soccer league (EIYSL).

Register by August 25th

Location

Kirkwood Soccer Field (across 76th Ave. from the Kirkwood Hotel)

Dates

Developmental: Sept. 8-Oct. 27
Developmental Academy: Aug. 12-Oct. 28

Costs

Developmental: \$55 (Pre-K/K)/\$75 (Grade 1-6)
Developmental Academy: \$195 (Fall Only)

Developmental Academy

For Boys & Girls, Age 6-7

The Developmental Academy is a 12 week program designed for 6 & 7 year-olds who want the more intensive instructional environment of day-to-day professional coaching. Each team is assigned one of PSC's professional coaches and is trained at a player-to-coach ratio of 8-to-1. The program is open to any 6 or 7 year old boy or girl. Details are on the website and the back of this page.

Questions: contact Steven Robertson at steven.robertson@psciowa.com

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Basic Developmental Program

Schedule For the Fall 2024 season, the program will start on Sunday, September 8 and run through Sunday October 27. There will be six (6) Sundays that we play on and we have two Sundays as make-up dates, should there be a reason to postpone a day (i.e. weather issues). We will play a three week block in September (September 8, 15, and 22) and a three week block in October (October 6, 13, and 20). We will use September 29 and October 27 as make-up dates, with the first date being the make-up for the September dates and the second for the October dates. If we do not have any postponements then those dates will be off weekends. Each Sunday will consist of two parts: a 30 minute skills session followed by a game.

Teams Teams will not be pre-determined before the season. Each Sunday the PSC Iowa coaching staff will divide the teams, after the skills session, for the games. This is done so that each player gets to play games with most, if not all, the other players in their age group. This helps the players with their social development and also limits any "competitive imbalance" to a single game instead of the entire season.

Uniform Each player will receive a PSC Iowa Developmental shirt as part of their registration fee. This shirt will serve as their uniform for each Sunday. Each player will be required to provide their own shorts, socks, shin guards, and soccer shoes. It is requested, but not required, that players wear black shorts and black soccer socks.

Ball Each player is required to provide their own soccer ball. This is necessary for the skills portion of each Sunday. Each age has a specific size ball that the players will need to bring. The following table shows what size soccer ball is required, by group:

- Pre-Kindergarten/Kindergarten (ages 4-5) - Size 3
- 1st Grade/2nd Grade (ages 6-7) - Size 3
- 2nd Grade/3rd Grade (ages 8-9) - Size 4
- 3rd/4th Grade (ages 10-11) - Size 4

Developmental Academy

Training Developmental Academy teams will train from August to the end of October in the fall and mid-March (after spring break) through the first week in June for the spring season. The training sessions will be conducted at the Prairie and Kirkwood soccer fields by PSC Iowa coaching staff. Each team will train at least one (1) day a week, for 75 minutes per session, with an additional optional training session for 60-75 minutes each week, with their designated PSC Iowa staff coach, and have an optional second practice as well each week.

PSC Iowa follows a specifically designed, age-specific, curriculum that will help the players develop their soccer skills and instill a love for the game. We will also offer playing and training options in January and February.

Coaching Staff All training is planned and overseen by PSC Iowa's Academy Director, Michael Robertson. He has over 30 years of coaching experience, including 17 years coaching college, 23 years of high school coaching, and over 13 years coaching club soccer. He holds a US Soccer National C License.

The main assistant coach to the Academy Director is Steven Robertson. Steve has an impressive background coaching soccer, including over 15 years coaching college, 25 years coaching high school, over 13 years coaching club soccer, and 5 years experience as a staff coach in the Iowa ODP program. He also holds a US Soccer National C License.

All other staff coaches will complete their applicable Grass Roots license before coaching for PSC Iowa.

Leagues The Developmental Academy players will participate in the PSC Iowa Developmental League (PSC-DL). The PSC-DL is played on six (6) Sundays, and the dates for the Fall 2024 season are: September 8, September 15, September 22, October 6, October 13, and October 20. The make-up dates will be September 29 for the September days, and October 27 for the weekends in October.

Friendlies and Tournaments In addition to league play, the PSC Iowa Developmental Academy also participates in inter-club friendlies with other local soccer clubs in the Cedar Rapids area. The friendlies are a festival-style event where other U7/UB teams from other clubs get together and play matches against each other. This allows for our Developmental Academy to get competition against other teams that have received like training and allows for much more competitive games. For the friendlies, we will play 5-a-side games with goalkeepers. We will also participate in the Iowa Soccer Association League America Festival. This is a one day event and is held in Waterloo in the fall and Altoona in the spring. The cost for the tournament is part of the registration fees.

Ball Each player is required to provide their own soccer ball that they will need at every training session and on the Sunday league games. For this age, the players will need a size 3 soccer ball.

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