



JR GRYPHONS ACADEMY



DEVELOPMENT STRUCTURE

London Gryphons operates a player pathway exposing players from U6 thru U 17 to a more professional and competitive format of soccer training. Specific curriculums are developed and taught to players at various stages in their soccer development to build a foundation for future success.

London Gryphons has several of the most renowned coaching personnel to oversee the design, development and management. These soccer professionals between them have over 50 years experience managing high level youth teams and have extensive contact with college coaches.

Our experienced and respected coaching staff feature several Regional Coaches, former full scholarships Division I college players and former professionals

Academy teams compete in varying competition events; from more local with our younger programs to Regional Leagues and Super Y League to showcase tournaments for older age groups. Our goal is to develop, prepare and assist players in progressing to college soccer programs and beyond.

ELITE DEVELOPMENT PROGRAM

U6–U8: Motor Skill Development & Technical Development Introduction

The program focuses on developing motor-skills as well as an introduction to technical skill foundation:

- A positive, fun and challenging training environment
- Individual ball handling skills, confidence and creativity
- Running mechanics, balance and agility
- Correct & efficient form & posture of key soccer techniques: dribbling, control, passing, shooting
- A love of game, discipline and respect for staff and opponents

Inter Academy

U9-U12: Technical Development

The program focuses on developing a proficient technical foundation for future success with:

- A positive, fun and challenging training environment
- Individual ball handling skills, confidence and creativity
- Running mechanics, balance and agility
- Correct & efficient form & posture of key soccer techniques: dribbling, control, passing, shooting and heading
- An Understanding of Combination Play at the individual level
- A love of game, discipline and respect for staff and opponents
- Player confidence via competition in local leagues and tournaments

Premier Academy

U13/U14: Skill Testing

Focuses on:

- Challenging potential of players and giving them valuable competitive experience
- The consistent use of Skill Foundation program skills in game situations
- Developing Field vision & decision making
- Understanding Combination Play at the individual level
- Gaining a base understanding of Team shape

U15-U16 Tactical Development

Focuses on:

- Developing physical, strength, speed & agility
- Advanced Technical skills
- Understanding and implementation of team tactics
- Learning how to play roles within the team
- Creating a more dedicated player on and off the field
- Competition in, Super Y-League, & top regional tournaments.

U17: Showcasing

Focuses on:

- Continued Developing physical, strength, speed & agility
- Improving Mental preparation, toughness and discipline
- Pressure training
- Advanced team tactics & set plays
- Encourage leadership, improvisation and ability to implement direction
- Successful competition in Super Y-League, national showcase tournaments
- Providing players with the ability to successfully progress to the college /W-League environment





LONDON GRYPHONS PYRMID

**W-LEAGUE
TEAM**

College/ University OWSL(U21)

U17 SUPER Y U16 SUPER Y U15 SUPER Y

U11 ACADEMY U12 ACADEMY U13 ACADEMY U14 ACADEMY

U9 ACADEMY U10 ACADEMY

EDP PROGRAM



ACADEMY PLAYER DEVELOPMENT OBJECTIVES & TARGET OUTCOMES

AGES 9-11

BALL SKILLS	TARGET OUTCOME
Ball mastery	Very good use of the dominant foot
striking a ball	Able to correctly strike a ball using inside/outside of dominant foot and decent ability with non dominant foot
receiving	Able to receive a ball with all parts of the body
dribbling	Able to dribble using all parts of the foot both left /right
WHEN IN POSSESSION	
Fakes/ feints, change of direction	Able to execute various moves left and right and confident enough to attempt them in game situations
Ball control/ shielding	Able to kill the ball/direct the ball and able to execute with both feet
Shooting at goal	Excellent ability with dominant foot and willing to attempt non dominant foot / difference between power & accuracy
Checking /support	Able to create space to receive a pass
Passing	Short / long / to feet /to space /weight / accuracy
Combination play	Able to execute a wall pass and overlap with some success in game situations
OPPONENT IN POSSESSION	
Marking an opponent	When to challenge/ jockey and proper body position
Intercepting a pass	Able to anticipate and read the game with some success
Group defending	Able to provide pressure as a first defender and cover as a second defender



ACADEMY PLAYER DEVELOPMENT OBJECTIVES & TARGET OUTCOMES

AGES 12-14

BASIC BALL SKILLS	TARGET OUTCOME
Ball mastery	Very good use of both feet
Striking a ball	Ability to strike with both feet
receiving	Able to receive a ball with all body parts plus a good first touch under pressure
dribbling	Has some knowledge of when and how in game situations
WHEN IN POSSESSION	
Fakes/ feints, change of direction	Able to recognize appropriate time to dribble and use feints
Ball control/ shielding	High consistency and able to make the right selection in game situations
Shooting at goal	High level of consistency in games situations
Checking /support	Shows proper body position to receive a pass
Passing	Shows some consistency in games and able to execute one touch passes
Combination play 2 players	Increased success in 2 v 2 situations
Combination play 3 players	Able to recognize and attempt combinations using 3 players
Changing position	Able to recognize and attempt to change positions in game situations
OPPONENT IN POSSESSION	
Marking an opponent	When to challenge/ jockey and proper body position
Intercepting a pass	Able to anticipate pass by reading body language of opponent
Group defending 3 players +	Able to provide pressure/ second defender and balance as 3 rd / 4 th

Further information on the Gryphons Academy Program:

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