



**THE ST. JAMES FC PRE-TRAVEL  
2025-2026**

# TSJFC ACADEMY PROGRAM INFORMATION



## Program Details

- Structure/ Pathway
- Program Leadership/ Staff



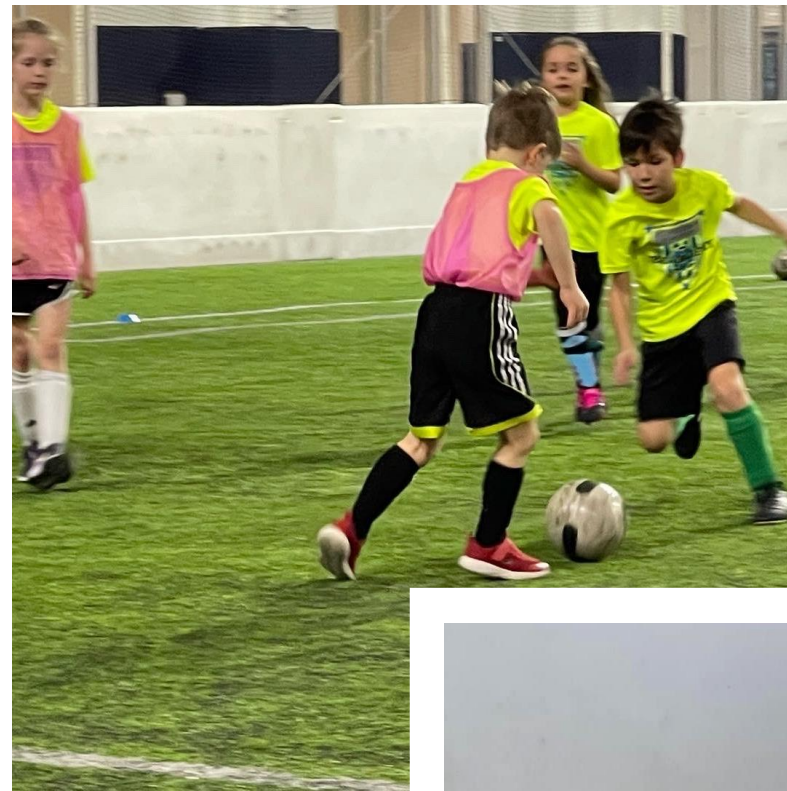
## Commitments

- Schedule
- Financial



## Training Methodology

- Curriculum
- Playing Formats



# REC PLUS



- THE REC PLUS PROGRAM IS OUR PLAYERS FIRST STEP INTO COMPETITIVE SOCCER AND WILL INCORPORATE TECHNICAL TRAINING AND SMALL GROUP INTRODUCTORY PLAY.
- REC PLUS IS A SUPPLEMENTAL PROGRAM THAT WILL INCLUDE A ONE-DAY PER WEEK TRAINING SESSION OPTION. *\*REC PLUS DOES NOT TAKE THE PLACE OF RECREATIONAL SOCCER AND DOES NOT INCLUDE GAME PLAY\**
- *REC PLUS WILL BE OFFERED FOR THE FOLLOWING SEASONS/ SESSIONS:*
  - *FALL*
  - *WINTER*
  - *SPRING*

# U8 PRE-TRAVEL ACADEMY

- **THE U8 PRE-TRAVEL PROGRAM IS THE PRE-TRAVEL PROGRAM FOR THE ST. JAMES FC COMPETITIVE TRAVEL SOCCER CLUB**
- **THE U8 PRE-TRAVEL PROGRAM IS A YEAR-ROUND PREPARATORY PROGRAM FOR PLAYERS THAT DESIRE TO PLAY U9/ U10 TRAVEL SOCCER. \*IT IS NOT A CAMP/ CLINIC OR SEASONAL PROGRAM\***
- **THE U8 PRE-TRAVEL PROGRAM IS MANAGED AND RUN FOR THE TSJFC TECHNICAL AND PROFESSIONAL COACHING STAFF BASED ON A 10-MONTH PLAYER, TEAM AND GAME DEVELOPMENT CURRICULUM.**
- **PLAYERS THAT SUCCESSFULLY COMPLETE THE U8 ACADEMY WILL BE OFFERED AUTOMATIC ACCEPTANCE INTO THE TSJFC U9 TRAVEL SOCCER PROGRAM**



# U8 ACADEMY MACRO SCHEDULE



Fall 2025: Begins week of Sept 1st  
-2 practices per week + 1 Game  
-TSJFC Academy League  
-End of Season Tournament-  
Herndon All Star Cup (Nov 23-24)



Winter 2025-26: Begins week of Dec 1st  
-1 practice per week + 1 Game  
-Futsal Games on Weekend



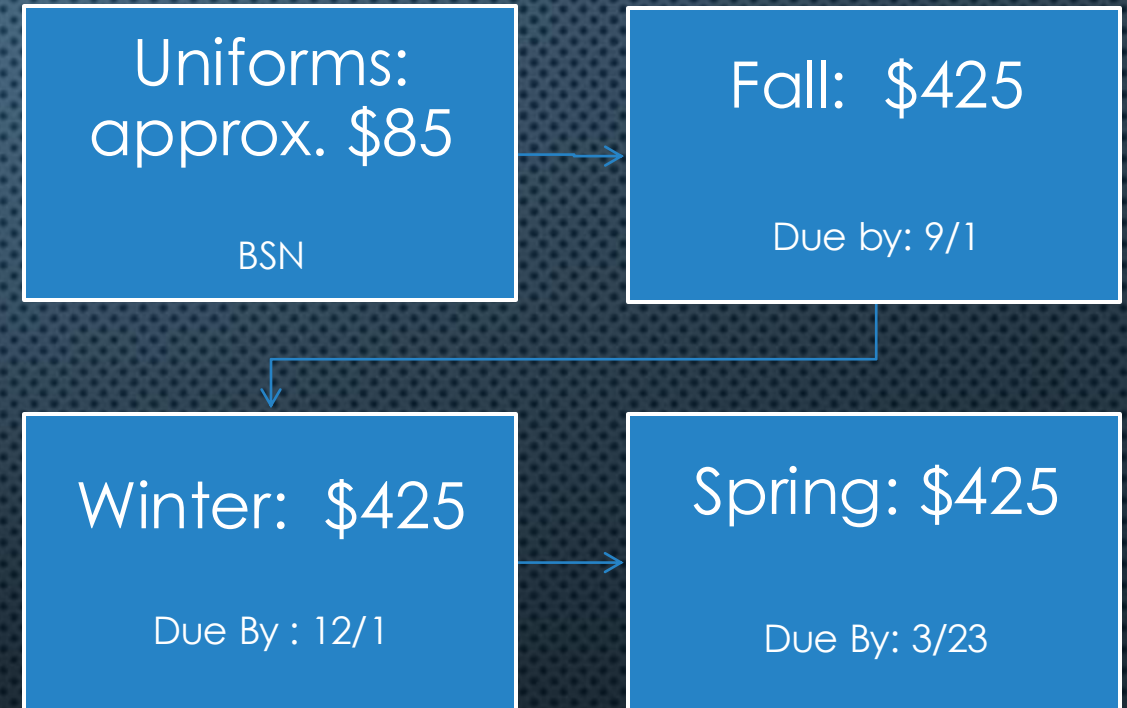
Spring 2026: Begins week of Mar 23rd  
-2 practices per week + 1 Game  
-TSJFC Academy League & U9  
Travel Division



# U8 ACADEMY (CONT.)

## Program Costs:

- Registrations are broken down by season and due by the dates shown.
- \$150 Discount if balance for the year is paid in Full prior to Fall Season.
- 15% Referral Discount!
  - Can be applied up to 3 times
  - Maximum savings of \$191.25!
- Uniforms: Approx \$85
  - Orders through BSN Sports
  - Kit includes White & Blue jersey, Navy shorts & Socks



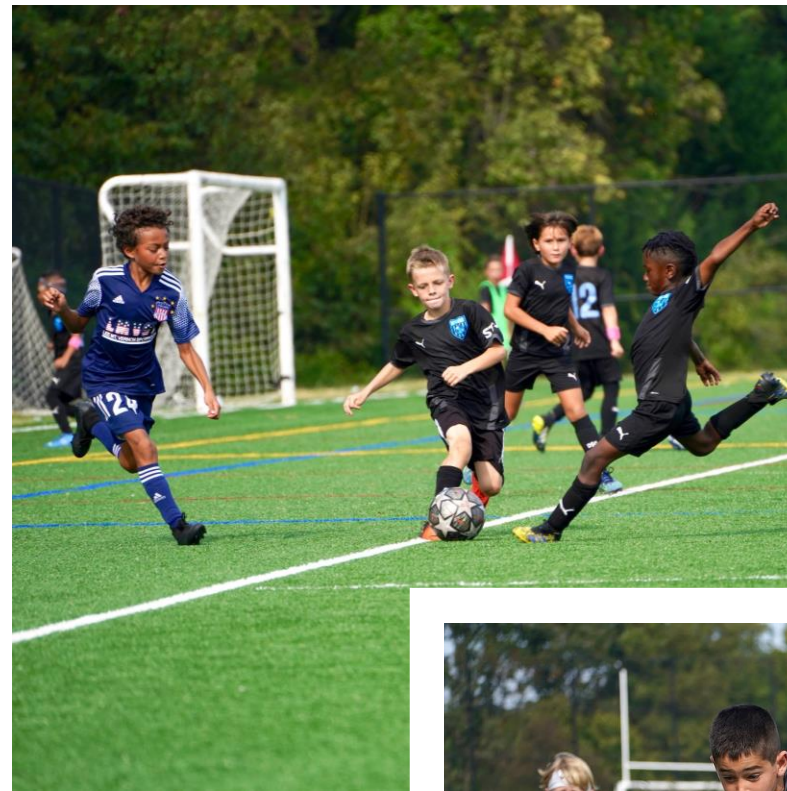
# OUR METHODS

Professional  
Coaches

Soccer IQ  
Focus

Advanced  
Technical  
Training

Progressive  
playing/  
game formats





# METHODS (CONT.)

- **TRAINING:**

- **TSJFC WILL UTILIZES THE 'PLAY-PRACTICE-PLAY' TRAINING STYLE FOR MOST TRAINING. THIS TRAINING METHOD ALLOWS TRAINING TO BE AS "GAME LIKE" AS POSSIBLE AND MAXIMIZE SOCCER LEARNING.**
- **TRAINING WILL REFLECT ACTUAL GAME SITUATIONS TO IMPROVE INDIVIDUAL AND GROUP DECISION MAKING AND IMPROVE THE PLAYERS SOCCER IQ**
- **ADVANCED TECHNICAL SKILLS WILL BE INTRODUCED AND REINFORCED UTILIZING 'TECHNE FUTBOL' APP WHICH WILL BE PROVIDED TO EACH PLAYER AND WILL INCLUDE AT HOME SOCCER ASSIGNMENTS**
- **THE GOALKEEPER POSITION WILL BE INTRODUCED IN THE FALL AND SPECIALIZED TRAINING WILL BE AVAILABLE BEGINNING IN THE WINTER.**

- **GAMES:**

- **TSJFC WILL PARTICIPATE IN THE TSJFC U8 ACADEMY LEAGUE DURING THE FALL & SPRING SEASONS. THIS WILL PROVIDE OUR PLAYERS WITH MEANINGFUL, OUTSIDE COMPETITION TO COMPLIMENT OUR INTERNAL COMPETITION BETWEEN ACADEMY LOCATIONS (LOUDOUN/ SPRINGFIELD/ CHANTILLY).**
- **DURING THE WINTER OUR PLAYERS WILL BE EXPOSED TO FUTSAL PLAY WHICH IS A 5V5 PLAYING FORMAT**
- **WE WILL HAVE A PROGRESSIVE GAME FORMAT THAT WILL BLEND 3V3, 4V4 AND 5V5 GAME PLAY IN THE FALL BEFORE MOVING INTO 5V5 FUTSAL PLAY IN THE WINTER. IN THE SPRING WE WILL MOVE INTO 6V6 & 7V7 GAME PLAY AHEAD OF U9 TRAVEL SOCCER**

# PROGRAM COMMUNICATION- COACH BETTER

- **THE PRE-TRAVEL PROGRAM WILL UTILIZE THE COACHBETTER SYSTEM FOR BOTH SCHEDULING, COMMUNICATION AND PLAYER DEVELOPMENT**
- ***PARENTS WILL BE EXPECTED TO UTILIZE THE SCHEDULE AVAILABILITY FUNCTION TO COMMUNICATE ATTENDANCE FOR ALL PRACTICES AND GAMES***
- ***THIS SYSTEM WILL HOUSE ALL PLAYER EVALUATIONS AND COACH TO PLAYER/ PARENT COMMUNICATION***
- ***PLAYERS WILL RECEIVE WEEKLY AT HOME ASSIGNMENTS THROUGH THE SYSTEM THAT WILL COMBINE OUR TECHNE FUTBOL APP***



# TECHNE FUTBOL

- **TSJFC IS A CLUB PARTNER WITH TECHNE FUTBOL AS OUR PRIMARY, AT HOME TRAINING TOOL FOR ALL PLAYERS.**
- ***TECHNE IS AVAILABLE ON ALL DEVICES!***
- ***PLAYERS WILL RECEIVE REGULAR HOMEWORK ASSIGNMENTS TO COMPLIMENT THE TRAINING THEY RECEIVE AT PRACTICE TO CONTINUE TO IMPROVE THEIR TECHNICAL, TACTICAL, PHYSICAL AND MENTAL SKILLS***



**TECHNE  
FUTBOL**

***Soccer Fundamentals***

**JUGGLING  
PARENTS GUIDE**



**TECHNE  
FUTBOL**



**TECHNE  
FUTBOL**

***Soccer Fundamentals***

**PASSING &  
KICKING  
PARENTS GUIDE**

