

# DEVELOPMENTAL PROGRAM

BOYS AND GIRLS  
U8, U9 and U10

**BALL/SKILL MASTERY**

*Soccer, a tool for life!*

**BATON ROUGE SOCCER ASSOCIATION  
B.R.S.C. PREMIER PROGRAM  
DEVELOPMENTAL PROGRAM**

## DEVELOPMENTAL DIRECTOR

Bo Cassidy

bcassidy@brsa.org

Mr. Bo Cassidy is a native of Baton Rouge, and grew up playing for Baton Rouge United and the Jaguars. He finished his club career playing for Jackson Futbol Club '81 Boys who were Region III champions, and National Runners-Up in 2000. Bo went on to play collegiately at the University of Massachusetts where he was part of two Atlantic 10 championships and a second round showing at the NCAA tournament. He graduated from UMass with a B.S. in Sports Management. His coaching experience includes: Staff Coach, Lakeview Soccer Club; Head Coach, Baton Rouge Capitals (PDL); Head Coach, Catholic High School Baton Rouge; Staff Coach, Baton Rouge Soccer Club. Bo joined the full time staff with Baton Rouge Soccer Club in 2007. He holds a United States Soccer Federation (USSF) "B" License. His wife Melanie, and son Keller join Bo.

## 2008 Developmental Coaches

### Boys Coaches:

#### U8 Boys Coach

**Charlie Provenza** – Former BRSC Player/BRSA Developmental Coach for 2 Years

#### U9 Boys Coaches

**Roger Charcap** – Former college player/Parkview Baptist Head Coach/NSCAA Advanced Regional Diploma/BRSC Staff

**Jeff Romig** – Former NOSA and Jesuit Player/Played collegiately at Providence College/Played PDL for the New Orleans Shell Shockers

#### U10 Boys Coaches

**Kyle Pfefferle** – Former BRSC Player/USSF "E" License/Catholic High Freshman Coach/BRSA Developmental Coach for 2 Years

**Kirk Pfefferle** - Former BRSC Player/USSF "E" License/Catholic High Freshman Coach/BRSA Developmental Coach for 2 Years

### Girls Coaches:

#### U8 Girls Coach

**Josh Saboe** – Played collegiately at Central Arkansas/Played PDL for Baton Rouge Capitals/NSCAA Advanced Regional Diploma/BRSC Staff

#### U9 Girls Coaches

**Andres Miranda** – Played collegiately at Guilford College/Assistant coach Guilford College/Greensboro Soccer Club Coach/Played PDL for the Baton Rouge Capitals

**Jen Kennedy** – All Conference player at UNC Greensboro/Winton Salem Twins Club Coach/Former high school coach in North Carolina

#### U10 Girls Coaches

**Tunde Animashaun** – BRSA Developmental Coach for 3 Years/USSF "E" and "D" Licenses/NSCAA National Youth, Regional, and Advanced Regional Licenses

**Danielle Keath** – Former Tampa Bay Heather Soccer Club Player/Co-Captain of the LSU Soccer Team/BRSA Developmental Coach for 2 Years

**Sherry Ring** – BRSA Developmental Coach for 3 Years/USSF National "D" License/NSCAA National Youth and Regional License

**WEB SITE:** [www.brsa.org](http://www.brsa.org)  
**PHONE:** 225-924-2157  
**FAX:** 255-924-5674

## **THE DEVELOPMENTAL PROGRAM**

### **MISSION STATEMENT:**

It is the intent of Baton Rouge Soccer Club to provide each player within our developmental program with the opportunity to play soccer in a positive, supportive and rewarding environment that emphasizes **FUN, ENJOYMENT** and **BALL/SKILL MASTERY** at a level that fits his/her interest and ability.

### **COST:**

BRSA registration fee (as per age group) plus \$60 per season/year coaching fee

### **SEASONAL OBJECTIVES:**

The general scope of our program is to instill and enhance each player's passion and enthusiasm through continued exposure and challenges of the basic technical application of the game. Listed below are our training priorities.

- Fast foot works, e.g.- foundations, inside/outside, speed ladder, etc.
- 6-8 – of the 20 moves of BRSC, e.g.- step over, spin out, Mathews, etc.
- Passing and Receiving – players will learn the complete breakdown of passing and receiving techniques.
- Receiving and Turning – players will learn 4-6 turns e.g. inside/outside chops, stop turn, etc
- Bouncing Ball Series (juggling, roof, etc.) – players will become comfortable and proficient when dealing with air balls
- Introduction to individual, small group & basic team tactics

### **2008 FALL SEASON:**

- Practice will end in November with the last game of the season
- The Recreational League season (approximately 8 games) starts mid September

### **DURATION OF SEASON/GAMES:**

All training/practice sessions will be held at Independence Park field #8A:

- Girls – Monday/Wednesday – 6:30-7:30pm – field #8A
- Boys – Tuesday/Thursday – 6:30-7:30pm – field #8A

**GAMES/COMPETITION:**

Players will be assigned a particular team, which will be placed in the BRSA Recreational League. We will have one, two, or three teams based on the numbers of participants. Each team will be assigned a BRSC professional staff coach for practice purposes. Please be advised, coaches may occasionally miss games and or practices due to scheduling conflicts.

**TRAINING/PRACTICE SESSION:**

Our professional coaching staff will instruct ALL training sessions. A typical training session is as follows:

**WARM UP:** 5 minutes

Generally the warm up will be an attention getter! Each player will need his/her own ball, as they will go through individual skill exercises. However, a coach may elect to play a fun group game. During this time players will learn and also get time to work on their flexibility.

**INDIVIDUAL ACTIVITY:** 20 minutes

In this phase, players will be exposed to the technical (age appropriate) demands of the game. This will be accomplished mainly through skill exercises/drills and or games.

**GROUP ACTIVITY:** 15 minutes

In this phase, players will be exposed to fun games in which they will generally work in small groups. These games will have a direct co-relation with the skill exercises taught in the individual activity.

**GAMES:** 20 minutes

The players will be divided into teams of 4 or 5 per team as dictated by our numbers.

For more information please contact our Program Director:

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