

Club Philosophy

Washington Capital Utd. (WCU) aims to organize and maintain an age-group pipeline that introduces skills leading to a wholistic player capability commensurate with competitive travel league expectations.

Each age group focuses on a different set of skills, building upon the previous level, such that each age group, and each coaching level, is preparing the player for advancement. This being said, the emphasis at all times is on the player, with a recognition that development will not occur in the absence of enjoyment.

WCU recognizes and incorporates US Youth Soccer guidelines, as presented in their Player Development Initiatives, Sep 2016 (<http://www.usyouthsoccer.org/aboutus/DownloadCenter/>). WCU further builds upon those recommendations by allowing for individual coaching syllabi to augment the USYS curriculum.

WCU will review, support, and supervise its coaches via direct TDOC observation and engagement, and with a technical staff to aid in practice time management and instruction to both player and coach. Coaches will typically be with a team a maximum of 2-3 years before rotating off.

The outline below describes the general structure of the Club. This is a rough plan for what leagues are our teams will play in, and the desired roster size (between the minimum and maximum).

Club Structure:

Class	Age Group	League	Gender	Roster Size	Players
Adult	23+U	TBD	Split	14/18/22	11 v 11
Senior+	19+U	Super-Y	Split	18/20/22	11 v 11
Senior	18+U	EDP	Split	18/20/22	11 v 11
Junior	17+U	EDP	Split	18/20/22	11 v 11
Sophomore	16+U	EDP	Split	16/16/18	11 v 11
Freshman	15+U	EDP	Split	16/16/18	11 v 11
8 th grade	14+U	NCSL	Split/Mixed	14/16/18	11 v 11
7 th grade	13+U	NCSL	Split/Mixed	14/16/18	11 v 11
6 th grade	12+U	NCSL / ODSL	Mixed	12/13/14	9 v 9
5 th grade	11+U	NCSL / ODSL	Mixed	12/13/14	9 v 9
4 th grade	10+U	PDA	Coed	10/11/12	7 v 7
3 rd grade	9+U	PDA	Coed	10/11/12	7 v 7
2 nd grade	8+U	PDA	Coed	8/8/10	5 v 5

Note: Within each age group, each team will be placed within a league, and its division, that is appropriate to the team's ability. Top level teams will compete in National Leagues.

The following section provides a high-level overview of each developmental category.

8+U (2012's and younger) small-sided fields, 5v5

At the pre-travel level, player development will focus entirely on player foot skill development. Teams will be constructed with players who complement each other. Numerous small-sided tournaments may serve to provide game-play experience, and to test development. Game play will see “build-out lines” and other modifications to game play designed to ensure maximum foot-on-ball time.

10+U (2010's and 2011's) small-sided fields, 7v7

In general, player development at the lowest tier (7 v 7), will focus entirely on player foot skill development, on the ball confidence, and the beginnings of team play. Teams may enter leagues, or the Club may continue numerous small-sided tournaments to test development. Game play will see “build-out lines” and other modifications to game play designed to ensure maximum foot-on-ball time. Winning is not important, nor is it tracked.

12+U (2008's and 2009's) mid-size fields, 9v9

Teams at the 9v9 level will enter league play, but wins/losses will not be posted. Winning is not recognized at this level as indicative of player development. Introduction to tactics, further ball control and attacking skills, and an introduction to field/game strategy is implemented. Equal playing time for every player should be expected.

14+U (2006's and 2007's) full-size fields, 11v11 MIDDLE SCHOOL

Teams in the middle school years will see an introduction to “starting” line-ups. Winning continues to be de-emphasized, except with regard to a metric for evaluating the effect of tactical mistakes. Equal playing time should continue to be expected, given the dramatic physiological changes occurring in pre-teen and teens. Tactic play is emphasized, along with further ball control and attacking skills. Field positioning and game strategy is emphasized as the group mechanism to enhancing the individual player's abilities, as well as teammates.

16+U (2004's and 2005's) full-size fields, 11v11 HIGH SCHOOL

Teams at the high school level have starting line-ups. Practice is crucially important. Tournament play becomes increasingly important as a skills test, and initial recruiting mechanism. Practice time should increase to at least 3 practices per week.

18+U (2002's and 2003's) full-size fields, 11v11 HIGH SCHOOL

Starting line-ups, and earned playing time hallmark senior high school level teams.

23+U (2001's and older) semi-pro