



GCS Academy

SCHOOL OF SOCCER

Modeste Rouamba | GCS Academy | November 2017

The younger the players are, the more effective the work can be, producing the most visible results.

About GCS Academy

GCS Academy was born because of our love of soccer. The founder, Modeste Rouamba, has been involved in soccer since the age of 3. “Growing up, soccer was the sport that was able to connect all the kids in my neighborhood,” he said.

Modesto's Love for soccer sent him back to learn the USA way of teaching when he moved to the States.

Starting from the bottom, he successfully obtained his Y1, E, national D and right now he holds a USSF National C license.

For the past nine years in the Valley, Modeste has been involved with most of the clubs around. From coaching with Appleton Soccer to being a DOC of Electric City of Kaukauna, Modeste has developed and contributed to the development of talented soccer players in the Valley.

Because of his desire to improve the soccer in the Valley, Modeste has been called the “trainer without border.” He has been involved with developing players with additional clubs like KASA from Kimberly, HOV of Little Chute, Freedom and Pulaski.

To help improve and advocate soccer in the State, Modeste joined the coaching staff of the WYSA, the Wisconsin Youth Soccer Association. He has been a staff coach with the program for 4 years and a head coach for the U13 Boys age group for the last two years.

After all this, Modeste realized that something was still missing to help the players reach their potential.

- What can we do to help each player take their soccer skills to the next level?
- What can we do to help club coaches train their players?
- What can we do to help High School players during their off season and preseason get ready for their next season?
- Finally, how can we create a new generation of soccer players?

Our goal here at GCS Academy, is to help answer these questions. GCS Academy will have four different programs to pick from.

We have:

- GCS Academy _Young Stars Program
- GCS Academy _Club Booster Program
- GCS Academy _Skills Institute Program
- GCS Academy _High School Smart Program

We believe that talent is not born anymore, it is made. No matter who you are today, if you have dedication to work hard, nothing can stop you from becoming the player of your dreams.

Each player deserves the right to be taught correctly. Here at GCS Academy, we are making the commitment that your loved one will learn RIGHT not after many attempts, but RIGHT THE FIRST TIME.

GCS ACADEMY _YOUNG STARS PROGRAM

The GCS Academy young stars program is intended (like the name says) to develop young players. We want to make sure, the little ones are learning right the first time when they touch a soccer ball. We believe that the best way to build a child's self-esteem is to teach him in a FUN way how things are done the PROPER WAY.

What we are seeing, is that kids are not exposed to soccer at an early age. Or if they are, parents just signed them up with a non-organized developmental program because they wanted to make sure they liked the sport before taking the next step. We are seeing young kids in their first encounter with a soccer ball being taught by what we call a soccer mom or soccer dad. We don't have anything against a soccer mom or a soccer dad. They have the best interests of the kids at heart. We just don't think it is fair to either the kids or soccer mom or dad to be put into this situation. Here is why -

Let's look at the school system. Do we just take any mom or Dad to be a pre-K teacher? No. Because child development is hard to understand and you need to get some classes and training so you can understand how to interact and react with them. Imagine what will happen if your loved one's teacher is not a real teacher but the mom or dad of another kid in class? They will still be willing to teach them. They will have the kids' best interest at heart. But will they be successful?

I don't think so., Having the dedication and the willing to help will not bring anything to the table unless you go through a training program to understand how to handle them and how to gradually teach them.

How many of you will take a chance on your loved one to start school like this?

This is the same reasoning we need to have when signing up the kids to learn anything. Either you want them to learn how to swim, play basketball or soccer, and make sure they are exposed to the right training. Make sure they taught properly by someone who knows how to connect the dots. The first approach always set the stage.

This is the danger of your son or daughter learning soccer at an early age with someone who doesn't have a clue what he is doing -just because you want to test the water.

The child could walk away from soccer thinking it's not FUN and you will have to have him/her try a different sport. This maybe could be a good outcome because the other thing that can happen here is that the child likes it, but learns the wrong way and grows up with the bad soccer habits. The day he looks to join a club or play at high School, he might not make the team, or if he makes it, he will end up being a "benchwarmer".

Most of the time what I hear from parents is this: "My son/daughter has been playing soccer since they were 4, 5 or 6-year-old. I am surprised he/she didn't make the team"

We need to ask ourselves this question: "Were they taught the right way? Did they grow up with bad habits that their actual coach has hard time fixing?"

We said earlier that we didn't have anything against the soccer Mom or Dad. We are just using them the wrong the way.

If we take time to teach the kids the proper way, the soccer mom and Dad and help reinforce these good habits. In soccer, to be able to make a team, you just need to be able to pass and receive. There is only one way to do a basic pass and receive: inside foot pass and inside foot reception. That's it. If you can master those two techniques you will barely sit on the bench.

Our young start program can help your loved one learn the game RIGHT THE FIRST TIME and our Club BOOSTER program can help the soccer MOM and DAD identify the issues and follow up to reinforce a proper learning environment.

Let's go back to our Young Stars Program.

The GCS Academy _young Stars program is broken down by ages:

- 3-4 years: Me, DAD and MOM - MDM program
- 4-6 years: GCS Academy _Super heroes
- 6-8 years: GCS Academy _ little stars
- 8-10 years: GCS Academy _Little champions

GCS ACADEMY _MDM PROGRAM

- 3-4 years: Me, DAD and Mom - MDM program

This is our first time interacting with the kids. We will introduce some fun educational games in a family orientated environment. One where Mom and Dad or either one will interact with their loved one. At this age, we will be focusing on motor skill development, balance as well as eye-hand and foot-eye coordination. We will also help develop your loved one's social and emotional skills. Imagine you interacting with your son or daughter, helping them learn how to share, how to empower them to do an activity. You will be amazed when you see the happiness that a FUN family game can do to the little ones.

With the MDM program, you won't have to worry about your child's social and emotional skills anymore. We will help you go through it. They will build their social and emotional and physical skills, right next to you.

If you can commit 45 minutes a week, you will help your child develops 3 important skills in one session:

- Social
- Emotional
- Physical

The MDM program will run all year long. We will use the local parks during spring, summer and fall, but during winter we will use our indoor facility.

In today's society, many children spend most of their day in school or at home. In their spare time, they are often either in front of a TV, computer or their tablet. They are devoting none or little time to motor exercises. Because of this, the child does not develop specific motor skills or proper body formation.

GCS Academy super heroes program will create the conditions to increase the range of motor skills and postures.

The goal of this program is to help the kids regulate their movement. The activities will help the promotion of the coordination capacities that are devoted to the choice of movement, to its direction and its control. We would like to take time and train the kids right the first time. Because of that, we are focusing on coordination under this program.

Many of the technical deficiencies in youth sport are the result of poor coordination, so working on all these motor skill aspects can only increase the technique of the players.

The GCS Academy super heroes program is intended for 4 to 6 years old kids whether or not they have prior exposure to our MDM program. The super heroes program will focus on developing the motors skills. Your little superheroes will be exposed to activities to help build their coordination, perception, knowledge of their body balancing skills and collaboration.

The players on this program have a short attention span and are not able to listen to complex and long explanations. They have difficulty understanding abstract concepts but can grasp and imitate an action that is demonstrated.

Our superheroes will be conscious of their gestures and movements and they will be able to mentally control their body in motion. When the kids' picture our training images in their heads, their movements become more coordinated and refined and you will see your loved one evolves to a superhero.

GCS ACADEMY _LITTLE STARS 6—8

GCS Academy Little stars program the next step for players who have attended our super heroes program. This is where they took time to work on balance and coordination. The focus of this program is to develop the fundamental technical abilities of the players. While no prior experience in soccer is necessary to attend, the GCS academy _petit genie progress on from the technical foundations established in the GCS super heroes program.

Here, we will introduce the players to the basic techniques of dribbling, passing, control and shooting through structured exercises. And we supplement this with fun, small-sided no competitive scrimmages to enhance how to apply the skills learned in a game situation. The main objective of this program is to help the player develop a sense of confidence on the field, learn sportsmanship and team play.

The students learn different skills like rhythm, flexibility, and coordination.

GCS ACADEMY _LITTLE CHAMPIONS 8—10

This is our champions program. Players graduating from this program are ready to show their talent. We will work on controlling a moving ball, weight a perfect pass. From retaining possession, speeding your reaction times and making the perfect angled pass, you will start playing like a champion.

Our training program will drive the players forward with more challenging soccer techniques, skills and enable them to enjoy their soccer experience.

Players coming out of this program are guaranteed to play in league teams and make the top teams in their clubs.

Don't let your loved one be a bench warmer. Let us help him reveal the champion within and make your soccer experience FUN!

GCS ACADEMY _CLUB BOOSTER PROGRAM

For soccer clubs who want the very best for their players, teams and coaches, GCS Academy has introduced the Club Booster Program. GCS Academy are committed to ensuring the development in all aspects of your club. We will provide you with trainers to use exclusively at your club, when you want and how you want.

Here are some of the benefits of the club booster program:

Favorable training rates that are guaranteed over the course of the contract.

One FREE Footwork session for all players each season

One FREE coaches' clinic to educate and develop your volunteer coaches

Customized summer soccer and multi-sports camps for your players with serious discounts up to 25% OFF, with additional fund raising opportunities

Priority access to our private lessons program with serious discounts

Contact us today to schedule a presentation of the Club Booster Program or any other of our services. You will not be disappointed!

GCS ACADEMY SKILLS INSTITUTE

Our Skills Institute has two options to pick from:

- Me and Myself

This is our one on one training with a qualified trainer. Either you are looking to learn a new skill, develop your skill or master it, the Me and Myself will be the right fit for you. Develop your talent in private and shine in public. This training includes a technical, tactical as well as on-field assessment. Our assessor, will come to your game, watch you perform and provide you with a game report. This report will highlight what you need to work on and what you did well also.

- My friends and I

This is a developmental soccer program for a group of friends ages 5-18 years. With an 8:1 player to coach ratio, players will receive plenty of one on one attention as they explore their potential in the target areas of soccer. Classes will be offered in groups by age and skill level. Throughout each session players will be evaluated. Players will walk away more confident, equipped for their next right step, and ready for life's challenges on and off the field.

GCS ACADEMY HIGH SCHOOL PLAYERS TRAINING

For a team to be great, it's not enough to have excellent, prepared coaches. Those whose knowledge expands beyond simply playing the game into psychology, coaching, group management. Nor is it enough to have a game model that is specific to the very last detail. Above all, a great team must have great players with the innate talent to make the difference.

Our High School program will help bring your team to a different level as it is an individualized player development training within a team setting. The players will be exposed to position-specific, tactic and technic, physical and mental training,

All of this with an encouraging learning environment, so that they can the maximum out of their off-season. We will use a game analyst system to help the player better understand the concept of positional training. We will train the players to look at attacking soccer, at attacking positions and combinations that will bring the players to top team's system of play like Barcelona and Real Madrid, Manchester United, Bayern Munich.

OUR CORE VALUES

- 1- Fit and healthy:** GCS academy programs will provide great exercise that improves cardiovascular health, increases coordination, improves strength and enhances flexibility.

Teamwork: FUN is our program nickname. It emphasis on teamwork. The players must work together as a team in order be successful. Teamwork is a skill needed to be successful in school, work and family!

- 2- Self-confidence and self-esteem:** GCS academy programs help kids gain confidence in themselves. They become more comfortable learning new things and performing in front of a crowd.

- 3- Cognitive Development:** GCS academy programs help kids enhance their visual-spatial awareness as well as problem solving skills. The fast pace of soccer makes kids think quickly and respond. This improves cognitive flexibility.