

2021 New York Cup
Capitol District Selects at Bethlehem
U9-U11 (2011-2013 birth years)

Welcome to this highly selective program designed over ten years ago to provide highly motivated players who were interested in being challenged in a fun, nurturing environment to become technically sound and tactically aware soccer players. Over a decade ago we started the program. No other program in this area offers this level of instruction and training. The New York Cup Tournament (“Cup”) provides players set goals against the best teams in New York, though most of them are located in New York City and Long Island including teams from the two USSF national franchises, Albertson, and Gottschee. The Cup players from ten years ago are now recognized regionally and nationally as among the best soccer players in their age groups.

The Cup holds three round robin games in September through November. Depending on the team’s success in those games, they will advance to the championship round in the following spring, which is comprised of up to four single elimination games. Over the past ten years, the program has had many teams advance to the championship round. In the past six years, we had multiple teams reach the quarter finals, five teams advance to the semifinals and three teams played in the championship game, with the U-9 team winning the 2018 State Cup.

Unfortunately, the COVID pandemic halted the program for the past year and one-half.

Nonetheless, our teams have done very well, but more importantly, every player has improved incredibly, making lifelong friendships while developing incredible skills and a well-rounded tactical knowledge of soccer.

Over 350 players from New York City to the Capitol Region have played on Bethlehem Cup teams over the past ten years. Many of these players have advanced to find placement in the Major Soccer League academies or the United States National Team Programs. Our teams have been very successful in part because the players bring out the best in each other; the coaches work to teach and instruct the players at every chance and the parents have an important role in their child's soccer development.

As to parents' involvement, parental commitment to players aspiring to compete in this tournament is as important as player commitment. One of the unique aspects of our tournament preparations is that parents help in player development activities such as playing in pre-practice pick-up games, assisting in skills tests and competitions, coaching in 3 v 3 tournaments at practices, and sometimes participating in full field scrimmage against our tournament teams. Without the parents' support and commitment to have their children consistently attend tournament team preparations along with their own attendance - as needed - we could not reach the level of player development required to attain any success in the NY Cup Tournament at all.

Foremost, your child will learn important life lessons such as dedication, hard work, team work, and sportsmanship. These skills will stay with them for their lives. They will also strive to master left foot and right foot dribbling, incorporating eight to ten different dribbling moves, when to use them appropriately, and how to play the ball out of the air. In addition, the players will be instructed on shooting with power and accuracy using both feet. The era of single footed players is over. The players will further learn the art of passing, including the technical aspects of how to pass as well as the tactical aspects, when to pass, and trapping, including which surface of the body to use. Once the players reach a certain mastery of technical skills, we will begin

work on triangular play building patterns of play into full sided games. During training, defense will be taught, starting from 1 v. 1, 2 v. 2, then 3 v. 3, and eventually to total team defense.

Training starts on July 19, 2021. There is a non-refundable \$250 tryout fee due on the first date. There will be a pre-assessment for each player regarding multiple technical and athletic skills. We use these results as a base line for growth. In the summer, we train three times a week, Mondays, Wednesdays and Sundays from 6:30pm until dark. Players are encouraged to arrive 15 minutes early for free play. Each training session has a curriculum and culminates each day with a tournament, such as a King of the Hill (1 v. 1), etc. To push the players, the coaches will award points for technical mastery in training and during tournaments. This year, we may compete in an August Twist Tournament in Connecticut. The last time we went to Twist, we had three teams compete with one team winning their respective age group.

Initial rosters will be formed in late August 2021 with final rosters in place by Labor Day. In September, after school starts, the New York Cup teams will train on Wednesday, Friday and Saturday afternoons. In the Fall, we will participate in the New York Cup Round Robin Tournament games from September to November. Also, in the fall, players may play in other leagues with their particular club teams and we may play in several tournaments depending on interest.

This may mean that your player will play on two teams in the fall, one for your own club and the other with his/her Cup team.

In December, we will move indoors. Given the cost of “Afrim’s time”, we will train once a week, unless this year we have enough interest to train twice a week. For those in the Bethlehem Soccer Academy, indoor training is twice a week so your child will train at a minimum three times a week. We also enroll teams under Capitol District Selects in a Capital

Region Futsal league in the January-March, which provides a perfect environment for quick play.

In the Spring, the New York Cup teams will continue to train once a week outdoors in addition to their regular cup practices. For the past few years, we have trained on Wednesday nights at 6:30pm and scrimmage against one of the Bethlehem U-12 teams. These training sessions are structured like the fall but with more emphasis of big field play, though continuing to work on technical skills and tactical knowledge.

The coaching staff includes at different times Jeff Guinn, Union College Coach, Andrew Knight, Assistant Coach Union College, Greg Maher a current scholastic coach in Bethlehem, and coach Art Scheuermann, a long-time coach who designed the program from several different programs he worked in. In addition, this year we have several additional coaches working with the players to keep training groups small and provide more individualized instruction. All the coaches are duly licensed and have played and coached for many years. If you are interested in your child participating in this exciting program please contact Art Scheuermann at arthur@scheuermannlaw.com or call Art at 518-669-3023.