

Issue: 24

The



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# Gladiator Soccer Academy

News

**50% REFERRAL OFFER!!!!!! Receive 50% Two Months by referring a new player into the academy by the end of December. To receive this offer, the new player must sign up by the end of December. 50% will be taken off January and February.**

## GSA Newsletter

Welcome to Gladiator Soccer Academy's Newsletter. Parents' number one source for youth soccer information. Featuring the best youth articles from around the world.

### Updates and new programs:

2009 and under Academy Team Wednesday 6-7 and Friday 6- 7



### YOUTH LEADERSHIP DEVELOPMENT PHILOSOPHY

#### Leadership PART 1

Daniel Gould & Dana K. Voelker

To link to this article: <https://doi.org/10.1080/21520704.2010.497695>  
Leadership is a highly valued construct, but it is not always easily defined or understood. Over time, we at ISYS have developed a leadership philosophy that serves as a foundation for all of our outreach work in this area. This philosophy is based on the latest leadership research conducted with adults (Anderson, 2007), youth leadership research and theory (Martinek & Hellison, 2009; van Linden & Fertman, 1998), our own research on youth sport leadership (Voelker, Gould, & Crawford, 2010; Voelker, Gould, & Griffes, 2010; Voelker et al., 2010), and our staff's five years of experience in conducting CLTP. The fundamental principles of this youth leadership development philosophy follow:

1. Leadership is a complex process that involves the effort of an individual (i.e., a leader) to help groups identify and achieve personal and group goals.
2. Effective leadership results from the reciprocal interaction of leader characteristics (e.g., traits, orientations, behavioral skills), follower characteristics (e.g., traits, orientations, behavioral skills), and situational influences (e.g., resource availability, such as program funding).
3. All young people can and need to learn leadership skills. However, certain youth will have characteristics and previous experiences that will increase their capacity to lead and enhance their leadership effectiveness.

**Jr. Gladiator Wednesday 6:00PM - 7:00PM and Friday 5:00PM - 6:00 PM.  
ONLY 5 SPOTS LEFT**

4. Youth leadership development occurs in stages beginning with awareness of one's leadership capacity and the development of basic skills (e.g., making eye contact when communicating, focusing on positive reinforcement) and moving to more abstract interpretations of and interventions into one's environment (e.g., understanding the complexity of leader-follower dynamics, developing and sharing a team vision, eliciting positive behaviors from followers).

5. Learning how to lead is multi-faceted. Much of the literature suggests that leadership may be developed through experience (observational and experiential learning), trial and error, mentorship, and formal education—the focus of our initiative (e.g., Doh, 2003; Kempster, 2006; Kouzes & Posner, 1987; Martinek & Hellison, 2009).

6. Effective youth leadership development requires experiential learning. Young people in a leadership role need supervising adults to allow them to make “meaningful” decisions and to become active agents in their own development. Cultivating leadership in young people is difficult when adults dominate their sport environment.

7. Of all the venues that may be used to develop leadership in young people, sport appears to be one of the most underutilized. Highly valued in many societies, sport is an activity that young people are highly motivated to pursue and where youth believe their actions have important consequences. However, based on our research and personal and professional experiences, we have found that captainship is increasingly treated as a right and a status symbol that is granted when an athlete demonstrates outstanding athletic ability or reaches their senior year. Efforts to give high school captains real leadership opportunities are not occurring enough and when they do occur, captains are often ill prepared to handle them. When captainship is treated in this way, selfish entitlement is promoted and life skill development is undermined. Captainship, in our view, is therefore an under recognized opportunity to teach young people about real leadership.

The MHSAA offers several one-day captains' leadership training clinics each fall and spring semester.

Typically, 4 to 8 clinics are held per academic year throughout the state with between 100 and 200 athletes attending each time. Attendees include male and female, sophomore and junior high school athletes who have been purposefully selected to attend by their high school athletic departments. Some attendees are already captains. The focal point of the clinic is comprised of three breakout sessions. These typically consist of 20–25 clinic attendees randomly selected from different schools. Breakout sessions are led by graduate students, faculty, and an occasional undergraduate intern involved in ISYS research and outreach.

TABLE 1 Typical Clinic Schedule 9:00 AM–9:55 AM: Introduction 10:00 AM–10:50 AM: Breakout Session 1: What You Need to Know as a Leader 10:55 AM–11:45 AM: Breakout Session 2: Handling Common Team Problems 11:50 AM–12:20 PM: Lunch 12:25 PM–12:50 PM: Breakout Session 3: Getting Your Questions Answered 12:55 PM–1:30 PM: Closing: Where to Go From Here

### THE MOVE FROM LECTURE TO FACILITATION

When we first began CLTP five years ago, we designed and delivered lecture sessions organized by topic, such as motivating teammates, effective communication, and team building. While these were well received by clinic attendees, we as presenters felt that we did not connect enough with the athletes. At the same time, we were becoming better informed about the youth development literature which suggests that giving young people a sense of empowerment is far more effective than following a more adult-dominated model (e.g., Martinek & Hellison, 2009; van Linden & Fertman, 1998; Walker & Larson, 2006). Because of these experiences, we modified the program to give athletes a greater sense of control and responsibility in their own leadership development. More specifically, athletes are no longer given information and told to use it. Lecture is therefore minimal. Rather than “spoon-feeding” the athletes information from expert authority figures, the program follows a far more egalitarian model where the athletes are challenged to come up with answers to big leadership questions themselves and encouraged to ask for help along the way. Through small and large group discussions and activities, the athletes have an opportunity to collaborate with their same-age peers on various topics (e.g., how is leadership defined, what are the components of leadership, how do you develop these components in yourself and others, how do you handle tough leadership situations). The program facilitators guide, assist,

and mentor the athletes by introducing them to basic leadership content, outlining the structure of each session, and providing examples, including those from their own sport-leadership experiences. In a recent qualitative study examining the best coaching practices for developing leaders, half of the coaches interviewed reported that one of the biggest mistakes of coaches is not giving their captains enough responsibility or an opportunity to lead (Gould, Voelker, & Griffes, 2010). With the abovementioned teaching methodology, athletes actually have a voice.

STAY TUNED FOR PART 2 OF THIS ARTICLE NEXT WEEK

## What To Do At Home

Calling all Gladiators!!!!!! How far can you get in our Gladiator Challenge?? To move on to another level, Gladiators must do 50 of each move before they can move on to the next level. Can you beat all five levels in one day???

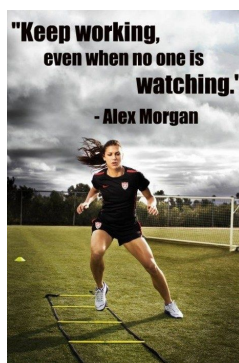
If so You are ready for the next Challenge. Can you follow Ari and Cat?

Gladiators never give up and never stop learning! Gladiators always look for more challenges, and if you beat all 5 levels and followed Ari and Cat, you are ready for our advanced soccer moves. How far can you get????

## Gladiator Weekly Challenge

Checklist	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Level 1							
Level 2							
Level 3							
Level 4							
Level 5							
Ari and Cat							
Advanced soccer moves							

<https://www.gladiatorsocceracademy.com/homework>



## Become a Gladiator

Registration is now open for New Programs. To register sign up online and bring a completed registration form found on the website

<https://www.gladiatorsocceracademy.com/register>



### Gladiator Soccer Academy Ages 9-12

Learn Soccer the Gladiator Way!

Gladiator Soccer Academy's revolutionary new training method is the first of its kind in the world. At GSA we want no player to get left behind! To achieve this every player in the academy gets 1 hour a week of semi-private lessons. This is a weekly session which a maximum of 4 players attend the session each week. In doing this we can maximize the attention each player gets from the coach. Each week players get three sessions. Two sessions are with their team. The last sessions is the semi-private session. Throughout the week coaches have a chance to see what part of the exercise a player is struggling with. The Semi-private sessions allows coaches to work with players in smaller environments on what they struggled on during the weeks training session.

### Jr. Gladiator Soccer Academy ages 5-8

Learn Soccer the Gladiator Way!

At GSA we understand that Kids are involved in other activities. As a result we have created our beginners Academy program. This program is for families who are still looking to receive GSA unique semi-private lessons but have other commitments as well. During the week players will receive one team practice session along with one semi-private lesson with a max of 5 players. This program is for players who will NOT be playing against other academies

### Contact Us

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### GSA 2009 +2010 Academy Team NEW Starting DEC 1<sup>st</sup>

GSA's 2009 and Under academy team will now also practice on Fridays and Wednesdays from 6-7PM. This is an exclusive offer for those players that want to be part of Gladiator's Academy team and play against other Academy teams. To be in this program, Parents must have at least 6 months commitment into the program. Players will practice 2 times a week; Wednesday 6-7, Friday 6-7. Upon Registration players will Receive the Following:

- 1.Soccer Jersey
- 2.Custom Gladiator Pennie
- 3.Training Soccer Ball
- 4.Shorts
- 5.Socks