



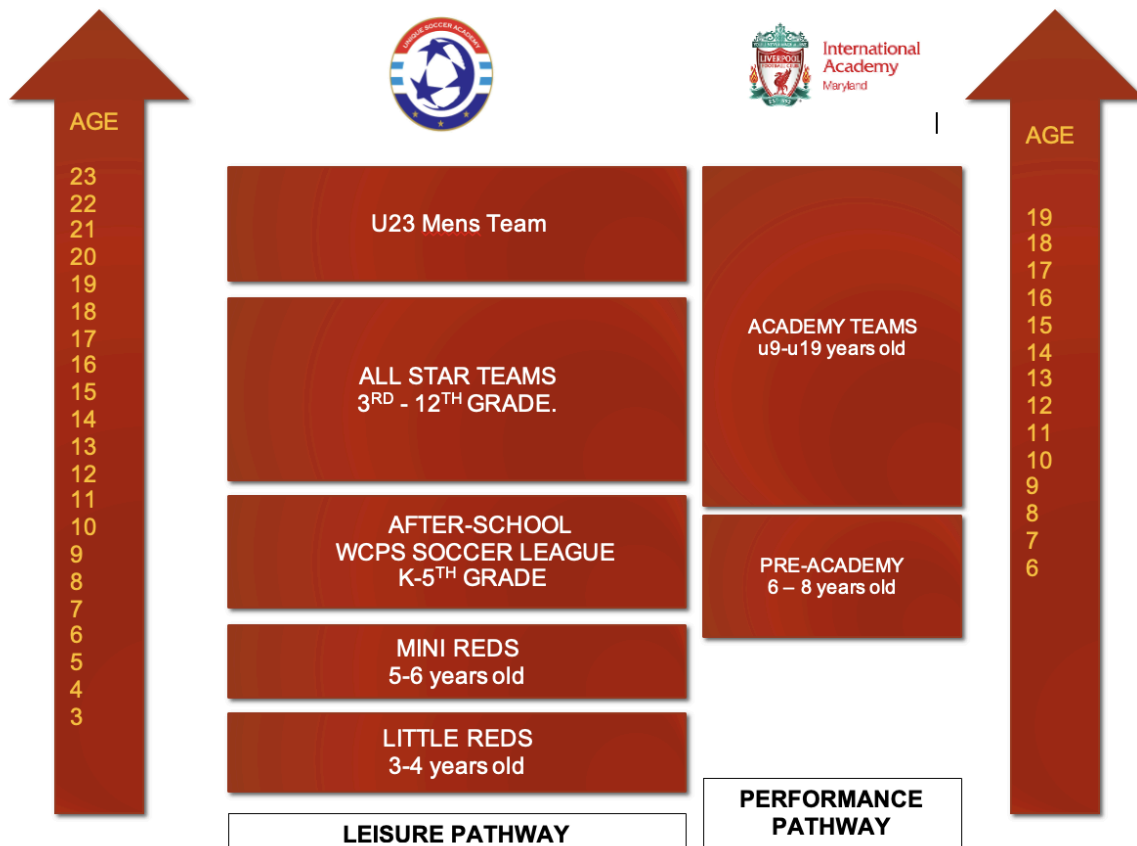
International
Academy
Maryland



LFCIA-MD WESTERN & UNIQUE SA PATHWAY

Youth Soccer Pathways:

Successful progression in development occurs when the practice or competition corresponds to the player's abilities. It is important that we find the appropriate level of challenge in both practices and games to maximize every player's potential. The goal of every team is to develop and win to progress into the highest divisions in order to provide a consistent level of challenge, week in and week out.



INTRODUCTION

Liverpool FC International Academy Maryland:

Is the official youth soccer partner of Liverpool FC, offering a player-centered development approach across Central DC Metro and Western Maryland. The academy provides young players with authentic Liverpool FC training, following the same principles and methodologies used in the club's academy in the UK. LFCIA-MD features professional coaches delivering 10 month team based training and competitive games, strength and conditioning programs, sports psychology workshops, and college prep support, while fostering growth through a commitment to the LFC values: Ambition, Commitment, Dignity, and Unity.

Unique Soccer Academy:

At Unique Soccer Academy, we offer a range of grassroots programs for everyone from toddlers to adults, catering to all skill levels. Whether you're looking to get active, explore a new sport, or compete at a higher level, we have options that fit your goals. Our programs prioritize affordability and reduce travel demands, while parent volunteer coaches play a key role—supported by professional coaches who bring an added layer of expertise to enhance the experience for everyone involved.

LIVERPOOL FCIA-MARYLAND PROGRAMS:

PRE-ACADEMY u7 -u8 = LFC IA Maryland West

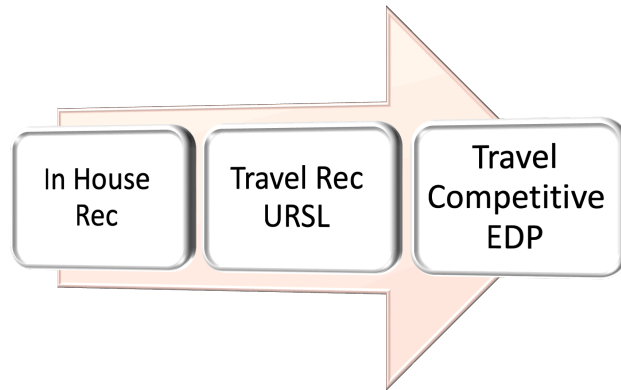
Pre Academy (In House) is the starting foundation and the first program for LFCIA-MD West for all our players from 6-8yrs old. This in-house program means we pool the players for both training and games with no select teams or head coaches. We have a pool of professional coaches that work with all the players in the program and teams are formed on game day to play against each other with no travel for games. This is the first program that utilizes the LFC Curriculum and coaches deliver professionally run sessions to maximize their learning and development within the game.

ACADEMY TEAMS u10-u19 = LFCIA Maryland West

Academy teams have two levels of league competition.

1. Travel Competitive Elite Development Program (EDP League) (Premier Level)
2. Travel Recreational United Recreational Soccer League (URSL) (Classic Level)

All teams have LFC Independent professional trained coaches in both Premier and Classic levels.



Elite Development Program (EDP League) (Travel Competitive:) 10 month programming.

The EDP League is a great fit for our competitive teams and has the platform to progress to the highest level of play in the country. Games are typically in-state, however travel is now increased to ensure increased competition. Competitive teams are selected by birth year: Example based on the 2022-23 season: U12 = 2011 Birth Year.

Teams are formed by tryouts at the end of each spring season and players are selected into either competitive or classic level teams. All teams follow the LFC Curriculum and Player development model.

Tiered System Team Selection Color Structure:

Red = A team

White = B team

Black = C Team

PATHWAY TO P.R.O: Where are we heading?

For our travel competitive players the goal is to provide a level of competition that consistently challenges the players to give their best.

Excellence = Being the best you can be with what you have in the present moment
("Mark Bennett MBE")

EDP: Elite Development Program: Pathway to P.R.O. (Player Recruitment Opportunities)

EDP has a true promotion and relegation format, where teams must Earn Their Place to be at the top of the pyramid. A good competitive game every week, with all teams having a chance to progress through the pyramid, and a pathway to the National Championship! See the info-graphic below of the pathway to P.R.O

United Recreational Soccer League (Travel Rec) 3rd Grade - 12th Grade:

URSL provides a greater challenge than in-house with games against other clubs, in a county based league, due to the small number of soccer players in the county we have to partner with Frederick county to ensure enough teams to play games. This pathway creates an opportunity for players/teams who are not quite ready for competitive travel.

LFCIA-MD with competition in both Fall and Spring seasons, the team is now provided a head coach to support the team's development. At the u9/u10 age groups we may start to select teams based on skill level creating an A and B team. This will then lead to the first team A entering the next level Travel Competitive EDP at the u11 age group.

UNIQUE SOCCER ACADEMY PROGRAMS:

- **Little Reds: 3-4 years old**
- **Mini Reds: 5-6 years old**
- **Afterschool Soccer & WCPS Game Day: K-5th Grade**
- **All Star Teams 3rd -12 th Grade**

LITTLE REDS: 3-4 years old:

Little Reds is the perfect introduction to soccer for energetic 3 to 4-year-olds. In this vibrant, play-based program, we focus on creating joyful first experiences with the beautiful game—full of laughter, movement, and imagination.

Our goal is simple: spark a lifelong love for soccer by making every session fun and memorable. Through animated, age-appropriate activities and lively games, children develop essential life skills like listening, coordination, and teamwork—all without even realizing they're learning!

MINI REDS 5-6 years old:

Mini Reds is the ideal next step for children ages 5–6 who are ready to grow their love for soccer in a playful, structured environment.

Led by trained coaches and supported by enthusiastic parent volunteers, Mini Reds provides a positive, encouraging space where players build confidence, teamwork, and a deeper understanding of the game—all while having a blast!

AFTERSCHOOL PROGRAM & WCPS GAME DAY:

Unique Soccer Academy URSL Teams are formed each season Fall/Spring through tryouts and players are placed on a team. Parent volunteers coach the teams and are provided a field to practice one once per week.

URSL league divisions are grade based, however LFCIA-MD Western teams are formed by birth year as the goal is to get all teams/players to the competitive travel level. Unique Soccer teams are built by grade.

Divisions: 3-4 Grade / 5-6 Grade / 7-8 Grade / JV / Varsity

A message from the Academy Director: Alan Lydiate

Youth soccer in Western Maryland offers numerous avenues for player progression, skill development, and potential pursuit of a professional career. However, compared to larger counties, the soccer landscape here is relatively limited in terms of play level. Historically, our community's top players had to travel over an hour to access clubs and teams offering the necessary coaching and competitive environment for their development.

Over time, we've made strides in raising coaching standards and creating better opportunities for more competitive league games within our region.

The disparity in population directly impacts our player pool; larger populations afford more selection, resulting in stronger competitive teams. Despite this challenge, our focus remains unwavering—to maximize our potential with the resources available. Presently (2023), our Western teams compete in the Championship Divisions IV - VII of the EDP League. In contrast, our Central Teams are positioned between the National League P.R.O and Premier I-II EDP League, exemplifying our progression.

Our ultimate goal is to ascend the divisions, continuously challenging our teams and players to excel. We aspire to compete at the highest level, aiming for competitiveness in the National League P.R.O.

Here is an info-graphic of the P.R.O pathway.



EDP SOCCER PATHWAYS TO P.R.O.



P.R.O.

- National League competition for 14U-19U Boys and Girls that features 48 teams per age group.
- All automatic qualifying spots for National League P.R.O. will come from the top-tier Team vs. Team and Club vs. Club divisions of the 13 National League Conferences.
- USYS National Championships. Top finishers in each group make up the 12 National League P.R.O. reps that advance to join the four USYS Regional Champions at the USYS National Championships.

NATIONAL



CONFERENCE

- Opportunities for top division teams to qualify for the 2021 US Youth Soccer Eastern Regional Championships.

- Opportunities for top division teams to qualify for 2021-2022 National League P.R.O.

13U-19U Premier I-II Divisions



EDP FUTURES

- EDP Futures is the initial stage of the EDP program, establishing a focus on the development and fundamentals of a soccer player in a low pressure environment.

ZONE 1

8U-10U



PREMIER

- Success at this level can lead to an opportunity to compete in the USYS National League Conferences Managed by EDP Soccer.

11U-12U Premier I-V Divisions
13U-19U Premier III-V Divisions



CHAMPIONSHIP

- An entry point into EDP League for teams to test themselves against a wider range of competition with limited travel.

11U-19U Championship Divisions

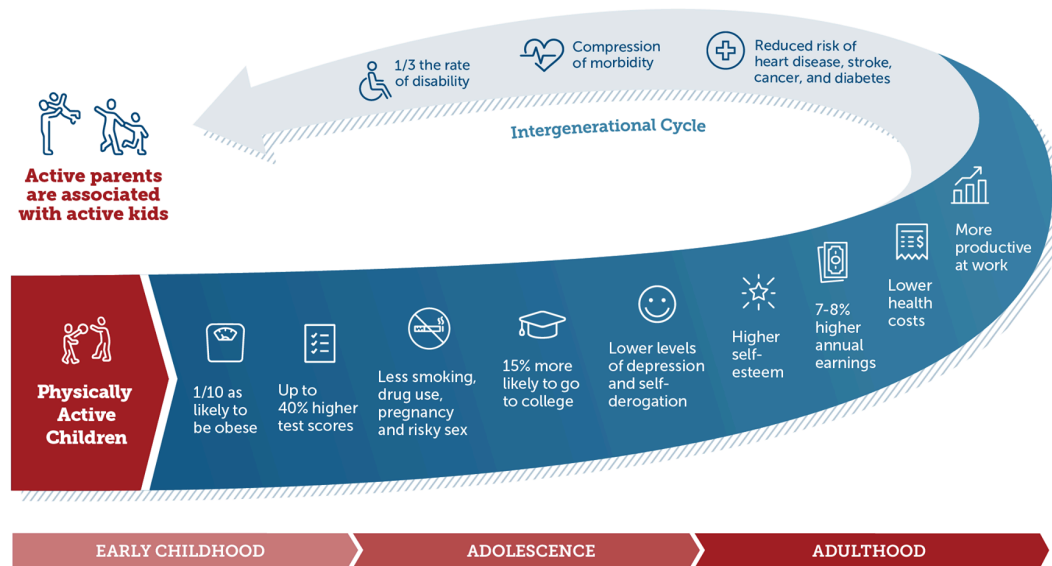


THE BENEFITS OF SPORT PARTICIPATION AS ADOLESCENTS:

Adolescents who play sports are eight times as likely to be active at age 24 as adolescents who do not play sports. Learn more about the benefits of youth sports participation at as.pn/sportsfacts

ACTIVE KIDS DO BETTER IN LIFE

What Research Shows on the Lifetime Benefits



Learn more at aspeninstitute.org/sportsfacts

Here's a refined version of your text, maintaining the essential information while enhancing clarity and engagement: