

# Thinking of Trying Fredericksburg FC TOPSoccer?

Fredericksburg Football Club TOPSoccer seeks to provide an active environment not found in other soccer programs for players with disabilities. Because of this focus, the FFC TOPSoccer program is a bit different from many other TOPSoccer programs, and is very different from the local Special Olympics programs. This is by design. FFC TOPSoccer seeks to provide a somewhat unique opportunity for physical activity for players with disabilities. FFC TOPSoccer is not a team-based program, but rather an individual-based program. Using the slogan, “Your IEP for Soccer,” FFC TOPSoccer focuses on each child, from profoundly challenged to high functioning. Furthermore, FFC TOPSoccer’s goal is to address each participant’s unique skills and abilities to provide a player-based program for exercise and activities that just happens to involve soccer balls of all sizes.

For your benefit, a comparison of FFC TOPSoccer and the local Special Olympics programs is provided. This is not to say that one is better than the other. Your choice of a program should be based not only on your child, but your goals for your child and where your child may benefit most.

<b>FFC TOPSoccer</b>	<b>FEATURES</b>	<b>Special Olympics Soccer</b>
Fredericksburg Field House (an enclosed indoor space) and FFC Park ... Occasional outdoor events	LOCATION(S)	Local Outdoor Soccer Fields
One or More US Soccer Licensed* Soccer Coaches	COACHES	Volunteer Coaches – Typically 3-4 per session
Buddies aged 10 – 19, normally 20+ buddies per session, more than 1 buddy per player, younger buddies (< 10 y.o.) are paired with other buddies, commonly achieved goal is 1: 1 ratio, but sometimes 2:1 ratio of buddies to players is present. Buddies are not trained, but are instructed and closely monitored. Community Service Hours for Buddies.	BUDDIES / PEERS	Sometimes available. Assumption is that whatever buddies are present are not trained, but are instructed and closely monitored. Community Service Hours for Buddies.
Activities Vary – Buddies are instructed to keep players active, whether it be keeping the physically disabled moving, or engaging / connecting with the intellectually disabled. Activities involve soccer balls from training size to yoga-ball size. Playing soccer is one of the goals, not a requirement. Globally, the TOPSoccer sessions appear chaotic, but the individual reality is that each player has focused buddies and the player’s experience is actually quite rewarding	ACTIVITIES	<ul style="list-style-type: none"> <li>- Practices</li> <li>- Games set up according to skill level</li> <li>- Skills Events for players not playing on a team</li> </ul> <p>Globally, practices and skills events appear ordered. Players typically take turns doing drills or skills. Games are played according to the rules of soccer and are refereed</p>
No special equipment. Shin guards and cleats not required.	EQUIPMENT	No special equipment needed for practices. Players must comply with the Laws of the Game for games.
FREE	COST	FREE
Spring (8 sessions) and Fall (8 sessions)	SEASONS	Available during the Fall
Improvements in coordination, confidence, etc. Regular schedule. New friends (buddies and players). SMILES	IMPACTS	Improvements in coordination, confidence, etc. Regular schedule. New friends (players). SMILES
Parents must remain on-site. Parents register online.	ADULT / PARENT RESPONSIBILITY	Parents should remain on site Parents must complete all Special Olympics forms and waivers

\* US Soccer Licensed Soccer Coaches have received training in soccer techniques and tactics and the physical and psychological aspects of soccer players. Coaches are taught to maximize time with the soccer ball and to avoid soccer inactivity such as by avoiding laps, lines and lectures. It is noted to be noted that laps, lines and lectures are problematic for typically developing peers, and are especially problematic for many players with disabilities.

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