

Spring 2026 Youth Developmental Programs

Basic Program

For Boys & Girls, Ages 4-12

The Basic Developmental Program is an 8 week program for any 4-12 year old interested in learning and improving their soccer skills in a fun, safe, and exciting environment. The Basic Program is focused on introducing new players to the game of soccer while giving them a solid fundamentals foundation to build upon as their interest in soccer grows. Details are on the website and the back of this page.

To see a more detailed outline of both the basic program and the Developmental Academy, please go to www.psciowa.com and click on either of the program tabs on the home page.

Register by March 29th

Location

Kirkwood Soccer Field (across 76th Ave. from the Kirkwood Hotel)

Dates

Developmental: April 12-June 7

Developmental Academy: March 31-June 13

Costs

Developmental: \$60 (Pre-K/K)/\$75 (Grade 1-6)

Developmental Academy: \$195 (Spring Only)

Developmental Academy

For Boys & Girls, Age 6-7

The Developmental Academy is an 12 week program designed for kids born in 2018 & 2019 who want the more intensive instructional environment of day-to-day professional coaching with two practices per week. Each team is assigned one of PSC's professional coaches and is trained at a player-to-coach ratio of 8-to-1. The program is open to any 6 or 7 year old boy or girl. Details are on the website and the back of this page.

Questions: contact Steven Robertson at steven.robertson@psciowa.com

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Basic Developmental Program

Schedule For the Spring 2026 season, the program will start on Sunday, April 12 and run through Sunday June 7. There will be six (6) Sundays that we play on and we have two Sundays as make-up dates, should there be a reason to postpone a day (i.e. weather issues). We will play a three week block in April (April 12, 19, and 26) and a three week block in May (May 10, 17, and 31). We will use May 3 and June 7 as make-up dates, with the first date being the make-up for the April dates and the second for the May dates. If we do not have any postponements then those dates will be off week-ends. Each Sunday will consist of two parts: a 30 minute skills session followed by a game.

Teams Teams will not be pre-determined before the season. Each Sunday the PSC Iowa coaching staff will divide the teams, after the skills session, for the games. This is done so that each player gets to play games with most, if not all, the other players in their age group. This helps the players with their social development and also limits any "competitive imbalance" to a single game instead of the entire season.

Uniform Each player will receive a PSC Iowa Developmental shirt as part of their registration fee. This shirt will serve as their uniform for each Sunday. Each player will be required to provide their own shorts, socks, shin guards, and soccer shoes. It is requested, but not required, that players wear black shorts and black soccer socks.

Ball Each player is required to provide their own soccer ball. This is necessary for the skills portion of each Sunday. Each age has a specific size ball that the players will need to bring. The following table shows what size soccer ball is required, by group:

- Pre-Kindergarten/Kindergarten (ages 4-5) - Size 3
- 1st Grade/2nd Grade (ages 6-7) - Size 3
- 2nd Grade/3rd Grade (ages 8-9) - Size 4
- 3rd/4th Grade (ages 10-11) - Size 4

Developmental Academy

Training Developmental Academy teams will train from August to the end of October in the fall and mid-March (after spring break) through the first week in June for the spring season. The training sessions will be conducted at the Prairie and Kirkwood soccer fields by PSC Iowa coaching staff. Each team will train at least one (1) day a week, for 75 minutes per session, with an additional optional training session for 75 minutes each week, with their designated PSC Iowa staff coach.

PSC Iowa follows a specifically designed, age-specific, curriculum that will help the players develop their soccer skills and instill a love for the game. We will also offer playing and training options in January and February.

Coaching Staff All training is planned and overseen by PSC Iowa's Academy Director, Michael Robertson. He has over 30 years of coaching experience, including 17 years coaching college, 23 years of high school coaching, and over 13 years coaching club soccer. He holds a US Soccer National C License.

The main assistant coach to the Academy Director is Steven Robertson. Steve has an impressive background coaching soccer, including over 15 years coaching college, 25 years coaching high school, over 13 years coaching club soccer, and 5 years experience as a staff coach in the Iowa ODP program. He also holds a US Soccer National C License.

All other staff coaches will complete their applicable Grass Roots license before coaching for PSC Iowa.

Leagues The Developmental Academy players will participate in the PSC Iowa Developmental League (PSC-DL). The PSC-DL is played on six (6) Sundays, and the dates for the Spring 2026 season are: April 12, 19, and 26, and May 10, 17, and 31. The make-up dates will be May 3 for the April days, and June 7 for the weekends in May.

Friendlys and Tournaments In addition to league play, the PSC Iowa Developmental Academy also participates in inter-club friendlys with other local soccer clubs in the Cedar Rapids area. The friendlys are a festival-style event where other U7/U8 teams from other clubs get together and play matches against each other. This allows for our Developmental Academy to get competition against other teams that have received like training and allows for much more competitive games. For the friendlys, we will play 5-a-side games with goalkeepers. We will also participate in the Iowa Soccer Association League America Festival. This is a one day event and is held in Waterloo in the fall and Altoona in the spring. The cost for the tournament is part of the registration fees.

Ball Each player is required to provide their own soccer ball that they will need at every training session and on the Sunday league games. For this age, the players will need a size 3 soccer ball.

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