
Mission Soccer Club



2015/2016

Program Overviews



MINI U8 to U10 – Fall/Winter



PROGRAM OVERVIEW

Aligned to the CSA Long Term Player Development guidelines for Fundamentals (U6 to U9) and Learn to Train (U9 to U12), the Mini U8 to U10 program continues to develop a player’s physical literacy, soccer technical skills and game understanding through age and development appropriate programming. At the beginning of the season, all Players are evaluated through a fair and transparent process and depending on their skills and athletic abilities, are either placed on a **Recreational** or **Prospects** team playing against like-minded teams from other Clubs located in throughout Alouette / Fraser Valley Districts. The difference between the two program streams is the training expectations (see Program Details below). An incremental fee is required upon acceptance to a Prospects team to compensate the services of the paid Staff Coach for 50% of training sessions and 25% of game reviews. See below for program content and details.

PROGRAM CONTENT

Physical	This is an optimal window for trainability of speed, flexibility and skills thus this program continues to focus on ABCs (agility, balance, co-ordination and speed)
Technical	Building a greater repertoire and proficiency of soccer related movements through repetition, technical skills are developed in training and within the context of basic soccer games.
Tactical	Developing game awareness and encouraging decision making with and without the ball, executing simple combination play between teammates and basic understanding of attacking and defending principles
Mental	Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that fosters a desire to play; imagination, creativity, increased demands, discipline

PROGRAM DETAILS

Program Window	Fall/Winter League - September to February 2015
Program Length	22 to 26 weeks (excludes December)
Program Sessions	Recreational – 1 training session per week + 1 Academy session every 2 nd week + 1 game per week Prospects – 2 training sessions per week (no Academy) + 1 game per week
Program Days	Training – Weekdays (Varies Monday to Thursday) Games – Saturday (Boys) and Sunday (Girls)
Program Start Date	August 31 st , 2015 (1 st week of sessions)
Program Session Length	All Training - 1 hour Games - 50 minutes (2 x 25 minutes)
Program Start Times	Training – Varies (5:00 PM to 6:00 PM) Games – Varies (10:00 AM to 3:00 PM)
Program Location	Mission Sports Park & Local Schools + Other Club Fields
Program Fee	Recreational - \$220 per Player Prospects - \$TBD per Player
Program Uniforms	All Players shall receive Jersey, Shorts and Socks
Program Players Equipment	For safety reasons, players are required to wear shin guards and soccer boots
Festival Date (Tentative)	Saturday, September 12 th , 12:00 PM to 3:00 PM @ Mission Sports Park

