

SUPER 8 U11 to U12 – Fall/Winter



PROGRAM OVERVIEW

Aligned to the CSA Long Term Player Development guidelines for Learn to Train (U9 to U12), the **Super 8 U11 to U12** program continues to build on the pathway to develop a player's soccer repertoire with increased focus on tactical play both from attacking and defending situations. 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 **Select** team playing against like-minded teams from other Clubs located in throughout Alouette / Fraser Valley /

Lower Mainland Districts. The difference between the two program streams is the training expectations (see Program Details below)

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

*All program content delivered by Certified Coaching Staff

PROGRAM DETAILS

Program Window	Fall/Winter League – September 2016 to February 2017
Program Length	20 to 24 weeks (excludes December)
Program Sessions	Recreational – 1 training session per week + 1 Academy session every 2 nd week + 1 game per week Selects - 2 training sessions per week (Academy session will replace 1 of the scheduled training session every 2 nd week) + 1 game per week
Program Days	Training – Weekdays (Varies Monday to Thursday) Games – Saturday (Boys) and Sunday (Girls)
Program Start Date	August 29 th , 2016 (Player Evaluation week)
Program Session Length	All Training - 1 hour Games – maximum 60 minutes (2 x 30 minutes)
Program Start Times	Training – Varies (5:00 PM to 6:30 PM) Games – Varies (10:00 AM to 12:00 PM)
Program Location	Mission Sports Park & Local Schools + Other Club Fields
Program Fee	\$255 per Player
Program Uniforms	All Players shall receive Jersey, Shorts and Socks
Program Players Equipment	Mandatory requirement – all players are required to wear shin guards Safety requirement – highly recommended that all players wear soccer boots