

# TIMIBTS U6/U7 – Fall/Winter



## PROGRAM OVERVIEW

Aligned to the CSA Long Term Player Development guidelines for Fundamentals (U6 to U9), the TIMIBTS U6/U7 program continues to teach age specific physical literacy, technical skills and cooperative play through fun exercises and games. The program will be delivered in two (2) Phases focusing on two interconnected player development programs. Phase I will be the traditional SOCCER development program and Phase II will be the FUTSAL development program. All players will be assigned to a balanced team under the guidance of a certified volunteer coach. Each week will consist of one (1) training session and one (1) game. Training will be delivered using best practice teaching methodology consisting of physical literacy, technical skills and small sided game situations. With our philosophy of “Let them Play”, games are scheduled to allow players to apply their learned skills against like-minded players. The program content and details outlined below will be led by a TIMBIT Staff Coach supported by Coaching Assistants.

## PROGRAM CONTENT

<b>Physical</b>	Develop ABCs (Agility, Balance, Co-ordination and Speed) as well as physical literacy movements of running, jumping, twisting, kicking, throwing and catching
<b>Technical</b>	Movement exercises and games designed to promote a feel for the ball, gaining ball control in receiving passes, dribbling, running with the ball, passing less than 25 meter, shooting on goal and basic goalkeeping techniques
<b>Tactical</b>	Small children are egocentric thus playing with the ball is the most important objective. However, they now need to be introduced to small sided games of 2v2, 3v3... to learn co-operative play between players and understanding of game situations
<b>Mental</b>	Basic awareness of environment to build game intelligence and decision making

## Program Details

### Phase I - SOCCER

### Phase II – INDOOR FUTSAL

<b>Program Window</b>	September 2016 to November 2016	January 2017 to March 2017
<b>Program Length</b>	10 to 12 Weeks	10 to 12 Weeks
<b>Program Sessions</b>	20 to 24 sessions	20 to 24 Sessions
<b>Program Days</b>	Training - Wednesday Games - Saturday	FUTSAL Training – Weekday (TBD) FUTSAL Games – Weekday (TBD)
<b>Program Start Date</b>	September 7 <sup>th</sup> , 2016	January 2017 (Date TBD)
<b>Program Session Length</b>	All training and games are 1 hour	All training and games are 1 hour
<b>Program Start Times</b>	September 7 <sup>th</sup> to November 26 <sup>th</sup> Training: 6:00 PM Games: 10:00 AM	January 2017 to March 2017 Between 5:30 PM to 6:30 PM
<b>Program Location</b>	Mission Sports Park & Local Schools	Local Schools
<b>Program Fee</b>	This is a single program consisting of two (2) Phases and as such the Program Fee reflects the \$TBD per Player however, Parents have the choice to register for only one program at a \$TBD fee.	
<b>Program Uniforms</b>	All Players shall receive Jersey, Shorts and Socks	
<b>Program Players Equipment</b>	Mandatory requirement – all players are required to wear shin guards Safety requirement – highly recommended that all players wear soccer boots	