

MISSION SOCCER CLUB



SUPER 8 U11 TO U12

SPRING 2018



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 Youth District Associations. The difference between the two program streams is the training expectations (see Program Details below).

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 of soccer related movements, technical skills are developed in training and within the context of basic soccer games
Tactical	Developing environment awareness and encouraging decision making with and without the ball, executing simple combination play between teammates, basic understanding of defending and attacking principles, marking and running into space
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 content will be delivered by assigned team head coaches supported by on-site Club's Staff Coaches

PROGRAM DETAILS

Program Window	March 2018 to June 2018
Program Length	12 weeks
Program Sessions	12 to 20 training Sessions + 10 Games
Program Days	Recreation Team Training - Thursday nights Select Team Training – at discretion of Team Head Coach Games – Boys (Saturday) and Girls (Sunday)
Program Start Date	Recreation Team Training – March 29 th Select Team Training – week of March 26 th Games: Boys – April 7 th and Girls – April 8 th
Program Session Length	Training: 1 to 1.25 hours / Games – 60 minutes (2x30 minutes)
Program Start Times	Recreation Team Training – 5:45 PM ; Select Team Training - 5:45 PM or 7:00 PM Games – 10:00 AM to 3:00 PM
Program Location	Mission Sports Park & Local Schools + Other Club Fields
Program Fee	Players who played in the Fall 2017/Winter 2018 season - \$135 per player Players who did not play in the Fall 2017/Winter 2018 season - \$160 per player. The incremental \$25 fee covers Association registration and insurance fees Non-Returnable jerseys will be provided.
Program Uniforms	Shorts and Socks will be provided to Players who did not play in the Fall 2017/Winter 2018 SUPER 8 program.
Program Players Equipment	Mandatory requirement – all players are required to wear shin guards Safety requirement – highly recommended that all players wear soccer boots

