

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. All Players are placed onto balanced teams using a fair and transparent evaluation process at the beginning of the soccer season. These teams play against like-minded teams from other Clubs located in throughout the Alouette District Youth Soccer Association. For those players who demonstrate above average athleticism, technical and game awareness skills combined with a commitment to the game, the Club offers a Prospects Development Program (PDP) for U8 to U10 players. Details of this program are outlined in the Prospects – Fall 2016 program overview.

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	22 to 26 weeks (excludes December)
Program Sessions	Training - 1 training session per week + 1 Academy session every 2 nd week Games - 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 50 minutes (2 x 25 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	\$220 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

