

BURNABY GIRLS



BURNABY GIRLS SOCCER CLUB

U6/U7 PROGRAM RESTRUCTURING

INTRODUCTION

Development of young athletes aged 5-7yrs is crucial in not only introducing the foundations of the game, but also ensuring the program engages the child's passion for the sport. Combining research from international organizations and our program's core covenants, the Development staff have created a program to execute for the Fall 2016 season that fosters the principles of age appropriate development.

PRINCIPLES OF AGE APPROPRIATE DEVELOPMENT FOR U6-U7

Players in these age groups love to play and training sessions are based on imaginary games. Players must spend the maximum amount of time possible in contact with the ball and feel a freedom to be creative and experiment by themselves. The players must build relationships with other players and will be provided varied responsibilities to develop a sense of team. Basic motor skills such as walking, running, jumping, changing direction, etc. will be combined with ball control, passing, receiving, and basic finishing.

TRAINING SESSIONS

Training sessions for U6 and U7 age groups will be based on a full season periodization program addressing the principles of development. Development staff members will execute training sessions with the support of the team coaches assigned by the Burnaby Girls Soccer Club. Facilities used for trainings will be school gymnasiums and will provide an intimate environment, enabling athletes to focus on their development.

COMPETITIONS

On Sundays, teams will be coached by their club coaches at an indoor field in Burnaby. A "Game Day Package" outlining the format and procedures of game day will be provided to each team and the expectation of the club is that the procedures be followed. Teams will spend approximately 30mins doing group work together that reinforces the key concepts of the weekly training session. The final 30mins will be small sided games in a designated area appropriate in size for U6/U7 athletes. Fun, teamwork, basic game understanding, and reinforcement of skills learned in training will be emphasized. Winning and "losing" will NOT be the focus of competition days.

CONCLUSION

The restructuring of the U6 and U7 program is aimed at providing a standardized approach to training and competitions. Ensuring a positive environment that not only focuses on the age appropriate principles of play, but also connects to the future age group programming allows for a fluent transition of the club's athletes. Using imaginary play and interactive learning will enhance the athletes' passion for the game and increase the potential for continued participation in the sport.

CURRICULUM U6/U7

OBJECTIVES	ORGANIZATION				CONTENT DISTRIBUTION
<p>TECHNICAL: Improve basic individual technique.</p> <p>PHYSICAL: Develop coordination and basic motor skills with and without the ball.</p> <p>PSYCHOSOCIAL: Feel comfortable and confident with the ball and with teammates.</p> <p>SCRIMMAGE: Understanding of basic positions. Reinforcement of training points.</p>	Sessions per week	1 Training 1 Game	Training Time (weekly total)	90mins	<p> ■ TECHNICAL ■ SCRIMMAGE ■ PHYSICAL ■ TACTICAL </p>
	Players per team	8-10	Game Time	30mins	
	SESSION STRUCTURE		ASPECTS TO CONSIDER		
	Warm Up	10	Training size/space? Duration of training? Intensity? Rules? Number of players Time on the ball?		
	Physical	15			
	Technical	20			
Scrimmage	10				
Debrief	5				

By the end of the season the player should be capable of: Dribbling and ball control (bilateral feet) using all surfaces of the foot. Change of pace and direction with and without ball. Pass and receive <5 yrds. Shoot with instep and laces.

Comments: At this age it is essential that each player have a ball on their foot as much as possible. Experimentation and creativity on the ball should be encouraged. Imaginary games should be used to create an engaging environment.

CONTENT (ranked 1-5 with 1 being highest priority to 5 as the lowest priority)

TACTICAL		TECHNICAL		PHYSICAL		PSYCHOSOCIAL			
A T T A C K I N G	Attacking Principles	-	Passing and Receiving	2	Flexibility and Mobility	5	B A S I C A d v a n c e d	Motivation	1
	Possession	-	Running with the Ball	1	Coordination and Balance	2		Self Confidence	1
	Transition	-	Dribbling	1	Agility	2		Cooperation	2
	Combination Play	-	Turning	2	Basic Motor Skills	1		Decision/Determination	4
	Switching Play	-	Shooting	4	Perception and Awareness	1		Competitiveness	-
	Counter Attack	-	Ball Control	1	Strength Endurance	-		Concentration	-
	Playing Out of the Back	-	Heading	-	Explosive Strength	-		Commitment	-
	Finishing in the Final Third	-	1v1 Attacking	3	Maximal Strength	-		Self-Control	-
	Defending Principles	-	Shielding the Ball	5	Aerobic Capacity	-		Communication	-
	Zonal Defending	-	Receiving to Turn	5	Aerobic Power	-		Respect and Discipline	1
D E F E N D I N G	Pressing	-	Crossing and Finishing	-	Anaerobic Lactic	-			
	Retreat and Recover	-	1v1 Defending	-	Anaerobic Alactic	-			
	Compactness	-			Reaction	5			
					Acceleration	5			
				Maximum Speed	-				
				Speed Endurance	-				