

Winnipeg Youth Soccer Association

Birthyears 2010, 2011

Duration: 2 sessions per week **Season:** May and June

Game Days

Born in Year 2011 – play on Tuesdays and Thursdays at 6:15 pm for May and June

Born in Year 2010 – play on Mondays and Wednesdays at 7:30 pm for May and June

Games will be played at various community club fields in the area.

Long Term Player Development Stage TWO Fundamentals “FUN WITH THE BALL”

At this stage, players should participate in simulating practices and games that develop basic technical skill in a FUN atmosphere. The emphasis should be movement exercises and games that promote a feel for the ball while teaching basic principles within a fun but structured setting. Mini games formats are used, ranging from a 3v3 to 5v5 and a basic league schedule can be created but no standing should be kept. All players should play equal time and try all positions, and equal time should be allotted to practices and games.

Goal: Technique development through fun. Emphasize skills and ABC's not tactics. No Competitive games and no standings.

Recommended Training Time

30 minutes skills and 30 minute game = 1 hour duration

Equipment Required by player:

Shin guards and running shoes are required

Jerseys will be provided by Gateway (Tim Horton's sponsored).