



## 2010 Winter Micro Program



**What:** Training and games for players aged U5-U7 (2005-2003)

**When:** Saturday Mornings (TBD between 10am and 1pm)

**Cost:** \$170 for 12 weeks

**Where:** Louis Riel Dome (on Bearbrook Rd behind Louis Riel High School)

**Dates:** Nov 20, 27, Dec 4, 11, 18 Jan 8, 15, 22, 29, Feb 5, 12, 19

**Registration:** (Open to CUSC members only) To register send or drop off your payment along with the name and age of your child at our club house (860 Taylor Creek Rd), or submit it to Club Head Coach Pavel Cancura.

The program is designed with the Canadian Soccer Association's Long Term Athlete Development (LTAD) model as the underlying foundation. It will entail a weekly hour long indoor session, where our youngest players will be given the opportunity to develop under the tutelage of some of our best coaches.

Through various games/drills/activities, the program will focus on the fundamentals of technical development, SAQ (speed, agility and quickness), athletic coordination, as well as 1v1 and 2v2 play. Each player will participate in a variety of games and activities each week, aimed at developing some combination of those core focuses. The program will see our young players to continue their development beyond just the 10 weeks offered in the summer.

The program promises to continue planting the seeds for a lifelong enjoyment of a sport that we as a coaching staff are all passionate about. Below, please take the time to read an excerpt from the LTAD outlining the developmental needs for players at these ages. It will allow you to understand the logic behind the program and the drills used.

Long Term Athlete Development: Active Start and FUNdamentals (4-8 year old players):

At this stage, coaches and teachers should create a stimulating learning environment where the atmosphere is "Freedom and Fun."

The physical curriculum emphasizes the ABCs of movement: agility, balance, co-ordination and speed, as well as running, jumping, twisting, kicking, throwing and catching. Technical instruction is introduced through movement exercises and games that promote a feel for the ball. This includes gaining ball control in receiving passes, dribbling, passing less than 25m, kicking the ball forward, and shooting on goal.

Keeping in mind that small children are naturally ego-centric, basic tactical concepts involving basic cooperation between players can be introduced. Playing situations work best for teaching understanding of the game and building basic game intelligence and decision making.

