

2011 CUSC MICRO PROGRAM FOR U5 AND U6



OVERVIEW

- ▣ Each week U5 and U6 will have two different 15 minute drills alternating with two 15 minute games. (Sometimes it may go to 20 min.)
- ▣ The fields will be already set up for the kids and new to this year, every week the kids will only need to move back and forth between the game field and the drill field.
- ▣ Two teams will be on each field and depending on the schedule some teams will start on the games field and others will start on the drill field.
- ▣ After 30 min or halfway mark we do have a 10 min break for snack and water

Game format

- ▣ Games will run for about 15 to 20 min
- ▣ The two team managers/coaches will run the games.
- ▣ No score is kept. This is just for fun.
- ▣ 4v4 format (when possible) between the two teams. (Sometimes teams will need to share players when one team does not have enough players)
- ▣ When a ball goes out of play, one of the manager/coaches will throw one back into play to keep the game going. There are no throw ins at this level.
- ▣ Rotate the players as often as possible, keep them interested in the game throw in a second ball if need be.
- ▣ Players are required to provide their own soccer shin guards, which must be worn at all games and practices. Soccer cleats may be worn by all ages.
- ▣ Please note that **no body piercing (this includes ear ring)**, rings, hair clips or bracelets (excluding Medic Alert) are allowed to be worn on the soccer field. **(NO EXCEPTIONS)**

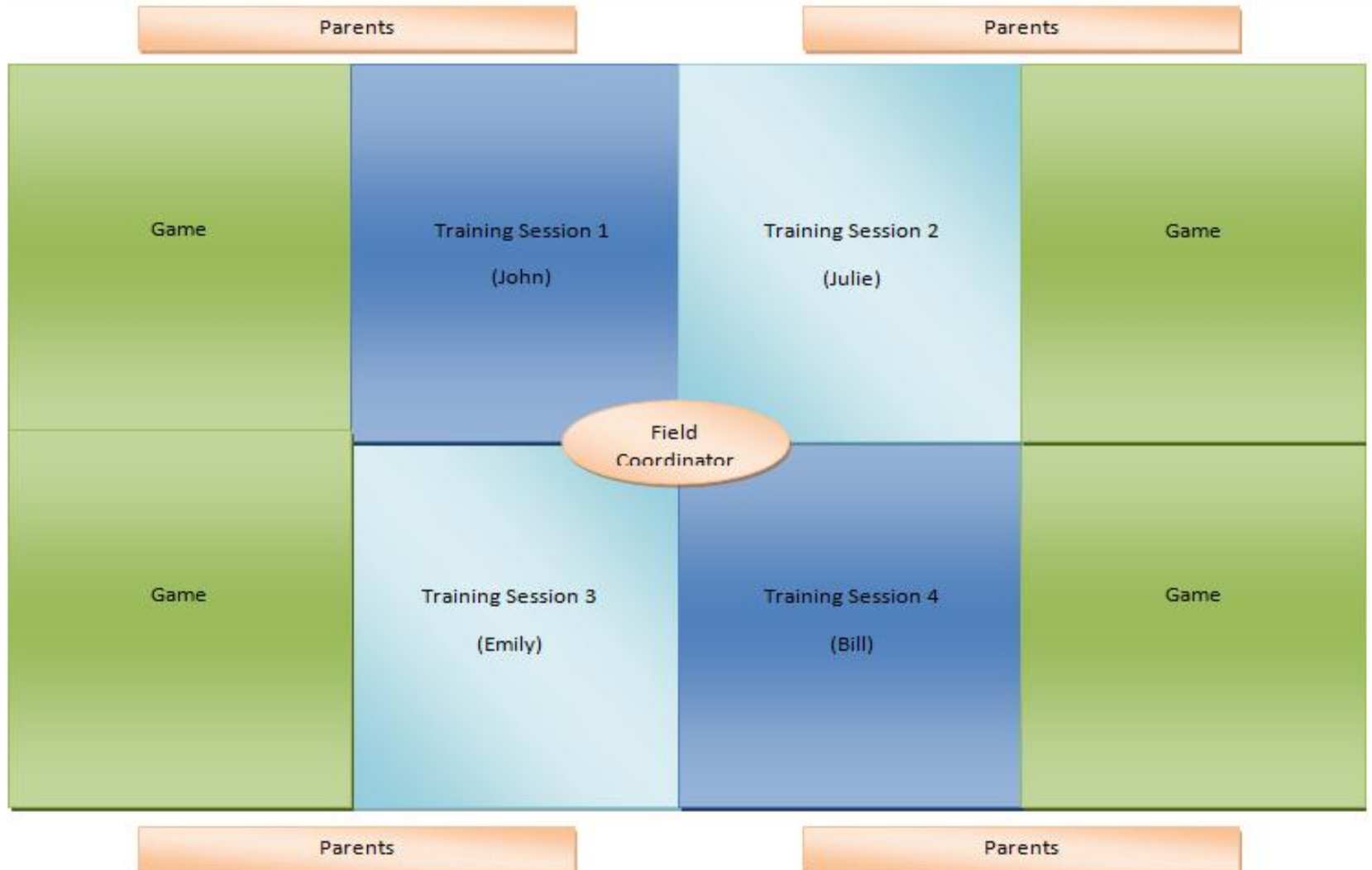
Training Format

- ▣ The drills will run about 15 to 20 min.
- ▣ CUSC will provide Technical Coaches to run the drills/practice. (Parent managers/coaches are encouraged to help out once the Technical Coaches have demonstrated the drill.)
- ▣ At times the drill may appear to have nothing to do with soccer, but at this level we are focusing on developing their agility and coordination, in addition to their soccer skills. At the same time, we keep the drills fun and exciting.
- ▣ Discipline will be the responsibility of the team's parent manager/coaches.

Training format

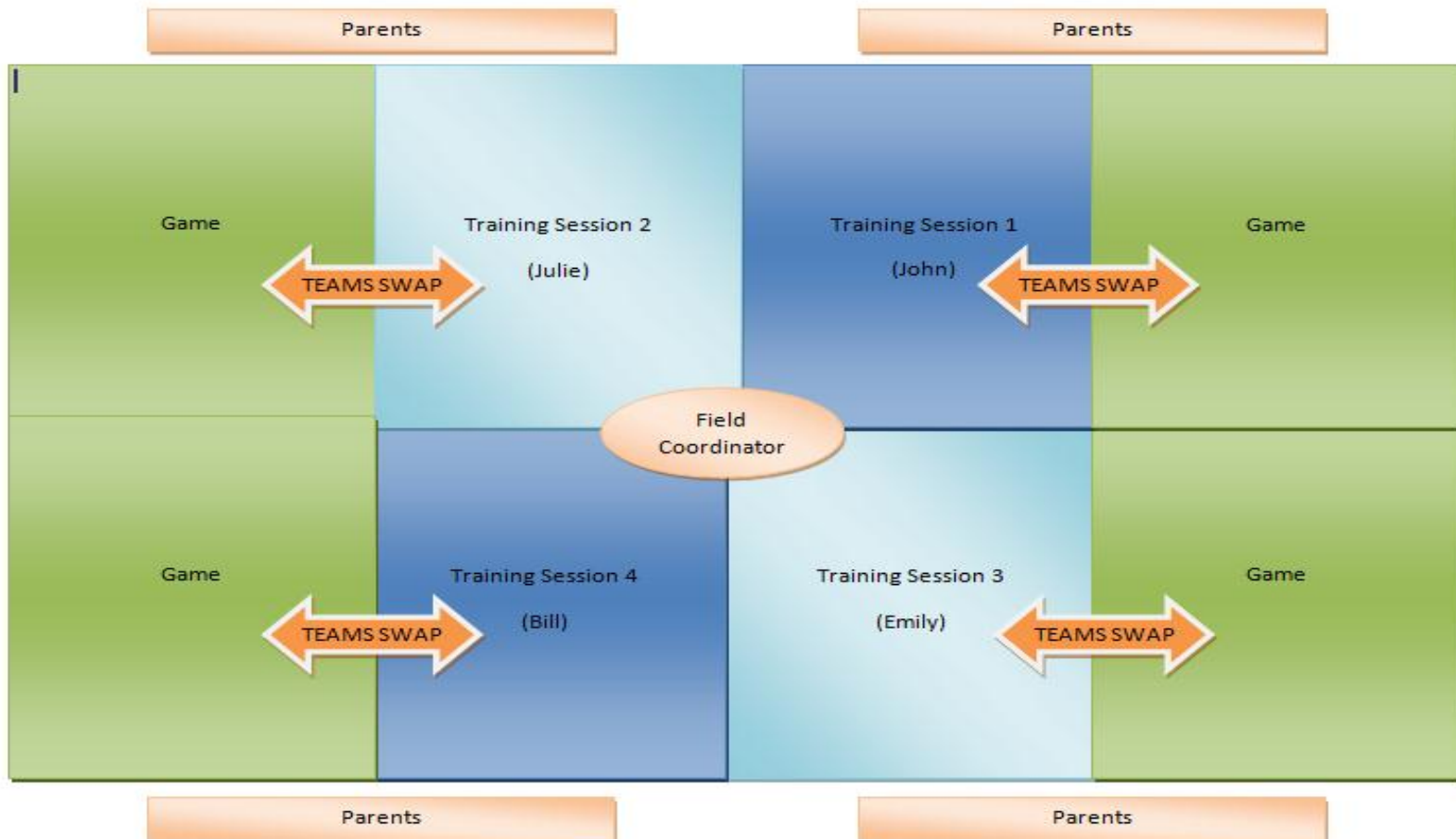
- ▣ Each Technical Coach will be responsible for the setup and tear down of the equipment at the beginning and end of practice. Parents and players are welcome to assist.
- ▣ Each segment will be ended by a whistle or blow horn sounded by the field coordinator. At that time, the teams will accompany their parent coach/manager to the next field.
- ▣ EACH TEAM WILL SPEND THE ENTIRE DAY ON THE SAME TWO FIELDS, alternating back and forth.

FIELD SET-UP



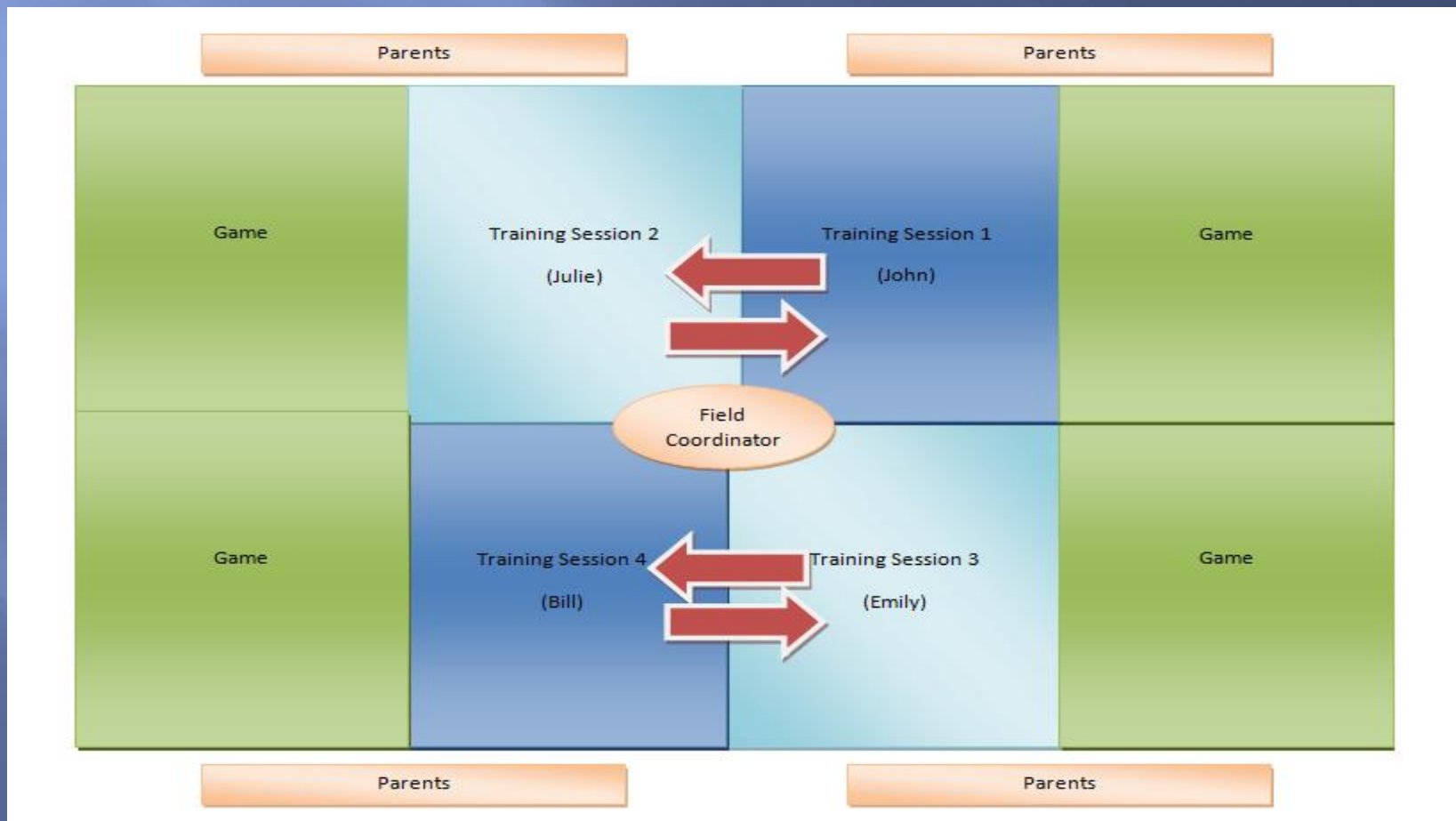
MOVEMENT OF TEAMS

Every 15 minutes, teams will swap between 2 fields from training to games.



Half Time - 10 minutes

At half time, Technical Coaches will move their drill to the adjacent field, switching with the coach/coaches who were working beside them.



SESSION TIME-LINE

- ▣ 6:00pm – Technical Coaches arrive at field and prepare the training fields. (again parents and players are encouraged to help out)
- ▣ 6:30pm first 15 min session starts
- ▣ 6:45 pm change fields.
- ▣ 7 pm half time break for snacks and water.
- ▣ 7:10 pm third session starts.
- ▣ 7:25 pm change field.
- ▣ 7:40 pm end of session, Technical Coaches will start to pick up equipment. (again parents and players are encourage to help out)

Issues on the field

- ▣ NOTE: our Technical Coaches are adolescents. If you have an issue please address it with our Technical Coach in a professional manner. If you are not satisfied with the response, you can address it to the field supervisor.
- ▣ You can also contact the Micro Director, Patrick Mayer or the Club's Head Coach, Pavel Cancura, at the following e-mails
microdirector@cumberlandsoccer.com
cusheadcoach@cumberlandsoccer.com
- ▣ If you have ideas that can improve the Development Program send your ideas to the Micro Director for consideration.

Thank you

Micro Development

- ❑ The program is designed with the Canadian Soccer Association's Long Term Athlete Development (LTAD) model as the underlying foundation.
- ❑ Through various games/drills/activities, the program will develop your children in the elements that they should be learning at this young stage in their development. Namely, 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, and allowing our young players to continue their development as young soccer players and athletes.
- ❑ We want this program to give our Micro players an added opportunity to both develop as players and athletes, and to plant the seeds for a lifelong enjoyment of a sport that we as a coaching staff are all passionate about. On the next slide, please take the time to read an excerpt from the LTAD outlining the developmental needs for players at the micro level.

LTPD - Long Term Player Development

FUNDAMENTALS



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.

Micro Skills Academy

- **Location:** Millennium
- **Time:** Wednesday evenings 6:00-7:00pm
- **Description:** Technical development sessions run by senior club coaches within CUSC for U5-U6 players in the club. These sessions will strive to create a fun environment while placing an emphasis on the development of basic soccer skills combined with mobility, agility, and coordination. The program will look to properly introduce the basic techniques of soccer as well as the fundamental movement skills integral to children's development at these ages.
- **Dates:** The program will run for 10 consecutive weeks starting on Wednesday the 25th of May.
- Therefore:
 - May 25th,
 - June: 1st, 8th, 15th, 22nd, 29th
 - July: 6th, 13th, 20th, 27th
- **Cost of Program:** \$70
- **Players:** Sessions will be open to all U5-U7 players who are already members of CUSC.
- **Registration:** Please Register Online at www.cumberlandsoccer.com