

SCSA/SCFC
U6 Player Development Program
Established Fall 2014

Purpose:

To properly develop young players by creating a “fun” learning environment that promotes technical skills necessary to maintain/retain players at the next and highest level. This environment removes the pressures of winning, making mistakes, making poor decisions, or fear of failure that often comes during a match.

Benefits:

This program will ensure that all players learn in a fun environment which promotes the love for the game, regardless of ability. It ensures all players are learning the proper technical skills, by following the lead of a program director. It ensures that youth coaches are learning proper techniques and how to teach these techniques to others. It ensures that each training session is productive, positive, on target, and effective for each child. It ensures an atmosphere that accommodates children at different levels, allowing the stronger players to become role models and create a desire in other players to become better or attempt new skills. Finally, it ensures that we as parents, coaches, administrators, clubs, leagues, and board members are developing young soccer players properly to the very best of their abilities.

The Variable Benefit:

The best reward of the Development Program is the fact that it can be modified quickly to accommodate the needs of the players regarding their development and strongly promote “competing at level” small sided games/training sessions. Every child is different the way that they learn, think, and act, so having a program that can accommodate the individual needs is important to maintain player development, growth, program growth, and future success of all players, coaches, and clubs.

Format: Training to take place at Waterford Park on Mondays/Thursdays

****Refer to U6 PDP Schedule for game/training times/dates**

- Train (2) days per week for (1) hour lead by club program director with the aid of coaches
- All players attend both training sessions
 - Players will be broken down into groups of 6-10 players (randomly each session)
 - Each training session will have 4-6 training pods (similar to a normal soccer camp)
 - Each pod will be ran by 1-2 trained coaches
 - Each pod will consist of a fun activity/session that promotes the topic of that week
 - Each group will rotate from pod to pod every 10-15 minutes with water breaks accordingly
 - Pods may be altered or changed according to player reaction
 - Pods may also be small sided games
- Game Day**
 - All games will be held on Saturday (possibly a few Sundays 1-2pm) from 10am-11am
 - Start time/finish time may be altered as needed
 - All games will be officiated by either a coach or referee to maintain order and keep game moving
 - All players attend game days and are broken down into groups of 3-6 (randomly)
 - Eventually groups may be broken down into ability to better get players competing against similar or even abilities.
 - Groups will wear colored pinnies to distinguish their group
 - Groups will play (3V3/4V4/5V5) games against each other for 8-10 minute increments
 - Groups will rotate after each game to another field and play a different group
 - Coaches can even out the matches by swapping players, moving impact players, and use other methods to ensure “compete at level” matches that better develop players
 - Groups will be given water breaks appropriately
 - Coaching during games
 - Very limited coaching regarding tactical play as the emphasis will be on technical skills
 - Coaches will encourage players to play hard, try new things, and use all skills
 - Coaches will emphasize technical play based on the previous weeks training