



U6-U8 EDP(Early Development Program)

EDP PROGRAM OVERVIEW AND OBJECTIVES

The program is designed with the knowledge that children should be coached according to their level of physical and cognitive development and that “building blocks” need to be laid at a younger age in order for older players to be successfully introduced to more complex ideas. The EDP is designed as an early stage of a long-term journey for each child’s soccer and social development.

Vision -To introduce the game of soccer to our young players and show them how to love the ball, love the game, and love your teammates on and off the soccer field.

These objectives will be achieved by introducing activities where children are encouraged to solve problems and learn through guided discovery. Coaches will reinforce the correct, age appropriate techniques and promote the benefits of making good decisions. All players will be given the opportunity to become comfortable and confident in possession of the ball and the activities will predominantly involve players with a ball each or ball between two.

Main Objective(s)

Art of Dribbling and the making of the 1v1 player - A high focus of movement with and without the ball.
Balance, Agility, and Coordination

Trainings will be varied, challenging and fun. Children should enjoy soccer and the methods used to teach the game to them. Soccer should not be a chore and each child should be excited to play.

UNDER 6, 7, & 8 PROGRAM

There will be two 60 minute training sessions each week throughout the program and one game day on Saturdays. Each week of the academy will focus on a different topic. On Tuesdays and Thursdays, players will rotate through a number of different activities designed to promote learning of the technical topic of the week. This will be followed by an opportunity to practice these techniques in small sided games at the end of the training. Saturdays are game days where players will play 3v3/4v4/5v5 small sided games.

Main Objective(s)

Art of Dribbling and the making of the 1v1 player

Dribbling, Turning, Ball Control, Running with the ball

Passing and Receiving

Ball Striking - shooting with the instep

Balance, Agility, and Coordination - A high focus of movement with and without the ball.