

WAKEFIELD SOCCER ASSOCIATION

U6 and U7 Skills Development

Presented in collaboration with the High School Varsity programs

Principles:

1. Create a fun environment through player encouragement and games
2. Build confidence with coordination, agility and foundation skills
3. Emphasis on developing technical ball skills
4. Supplement the Sunday sessions

Set-up:

Location -- Comverse Field (same as Sunday sessions) on 20' x 20' grids

Time -- U6 kids 2:00 to 3:00

U7 kids 3:15 to 4:15

Dates – Saturday October 12th, 19th, and November 2nd

Cost – No additional to WSA registration

Subjects:

1. Dribbling
2. Passing (accuracy & weight)
3. Receiving
4. Shooting

Coaching:

Will be provided by our own Wakefield High School varsity Girls and Boys under the guidance of Wakefield's youth soccer's Director of coaching, Matt Colven and Challenger coach, Stephen Hall.

The Breakdown:

Subject – “Dribbling”

- A. Thomas the train
- B. Bunny hop
- C. Freeze tag
- D. Body part Simon says
- E. Safe island

And many more games for the kids to enjoy for each subject matter.

While the notion of this program is to see the kids always moving with the ball, it is also to give the kids a very clear message on the proper techniques, which includes specific guidance and instructions from the entire coaching staff.

We will do our best to keep the ratio of coaches to players to a minimum. Maintaining a consistent group of dedicated coaches to assist the program each week will be one key in creating a comfortable atmosphere for kids to learn.

If you have any questions, please contact me at cprj241@verizon.net.

Thank you,

Chris Smith -- WSA Intramural Program

Matt Colven – WSA Director of Coaching

Jessica Iosua – WHS Girls Varsity Head Coach

Matt Angelo – WHS Boys Varsity Head Coach