



**Boys U8-U9**  
**Fall Training Sessions**

Fall 2009



# Ottawa Internationals Soccer Club

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1.1 **Objectives** - The Training sessions are to be conducted in a professional manner with the players participating in fun development drills used to improve their skills on an individual and team basis. The training session will follow the club vision statement of developing players to participate at a level comfortable to their needs:

*The Ottawa Internationals Soccer Club is committed to building a tradition of excellence and leadership designed to promote a life-long enjoyment of soccer for players of all ages through the provision of a comprehensive range of high-quality, amateur recreational, developmental, and competitive opportunities appropriate to their needs and interests.*

1.2 **Participants** - players born in 2002 and 2001 (U8 & U9 age group in 2010) .

## 1.3 Program

1.3.1 **Soccer Skill Training** – Training will focus on individual skill development with the aim of establishing a base of good soccer skills. Emphasis will be on having fun while acquiring skills

Individual Skill Development
Dribbling & Ball Control
Shooting
Passing /receiving
Defending – Individual
Decision Making (Game Situation)
Juggling

**Team Development** - Small- sided games will be part of the program.

### 1.3.2 Training Objectives – to help the player develop their ability to

<b>Dribbling -</b>	dribble the ball with their left and right foot.
<b>Passing -</b>	pass with accuracy, proper weight and technique. <i>(Learning proper technique for the instep or push pass, the core of good soccer will be emphasized)</i>
<b>Shooting -</b>	strike the ball on goal with their left and right foot with accuracy and proper technique.
<b>First Touch -</b>	control a pass on the ground and maintain possession.
<b>Defending -</b>	jockey and defend on a 1v1 situation.
<b>Decision Making -</b>	make basic decisions in a game situation.

## 1.4 Logistics

1.4.1 **Cost** - Registration is \$30.00

1.4.2 **Location** - Ottawa Business Park Fields (near Conroy and Walkley Roads.)

1.4.3 **Schedule**- Six sessions starting Saturday, September 19. Each session will be 1.5 hours depending on weather conditions and will begin at 9:00 am.

1.5 **Main Contact** – Ivor Martinez, Club Administrator – admin@ottawasoccer.com