



Girls U10-U11
Fall Training Sessions

Fall 2009



Ottawa Internationals Soccer Club

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 2000 and 1999 (the U10 & U11 2010 age groups)

1.3 Program - 1.3.1 Soccer Skill Training - Over the course of the fall (dates below) the following aspects of the game will be the focus of our work. Emphasis will be on intensive training of individual skill development. One session will be used to demonstrate foot skills that players can work on over the winter. A supporting handout/manual will be provided.

Individual Skill Development
Dribbling & Ball Control
Shooting
Passing (Support)
First Touch
Defending – Individual
Decision Making (Game Situation)
Juggling
Dribbling

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

1.3.2 Coaches Expectations from Training

- Dribbling** - The player is able to dribble the ball with his left and right foot comfortably.
- Kicking** - The player is able to use the instep to pass or shoot and to loft the ball.
- Shooting** - The player is able to strike the ball on goal with his left and right foot with accuracy and proper technique.
- Passing** - The player is able to pass with accuracy, proper weight and technique.
- First Touch** - The player is able to control a pass on the ground or the air and maintain possession.
- Defending** - The player is able to jockey and defend goal side on a 1v1 situation.
- Decision Making** - A player is able to know when to play a short or long ball, when to pass or when to shoot.

1.4 Logistics - 1.4.1 Cost - Registration is \$35.00

1.4.2 Location - Saturday: Ottawa Business Park Fields

1.4.3 Schedule - September 19 to October 24. Time - 9:00-11:00 am.

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