



***Girls 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 (the U8 & U9 age groups in 2010)

## 1.3 Program -

**1.3.1 Soccer Skill Training** - Over the course of three Saturday sessions in the fall (dates below) the following aspects of the game will be the focus of our work. Emphasis will be on training for individual skill development with the aim of encouraging players now in DSP to move up to competitive play.

### 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

- Dribbling** - The player is able to dribble the ball with his left and right foot  
**Kicking** - The player is able to use the instep to pass or shoot.  
**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 and maintain possession.  
**Defending** - The player is able to jockey and defend on a 1v1 situation.  
**Decision Making** - The player is better able to make decisions in a game situation.

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

**1.4.2 Location Saturday:** Ottawa Business Park Fields

**1.4.3 Schedule** - Six sessions starting September 19 at 9:00 am lasting 1.5 hours weather permitting.

1.5 Main Contact - Ivor Martinez, Club Administrator [admin@ottawasoccer.com](mailto:admin@ottawasoccer.com)