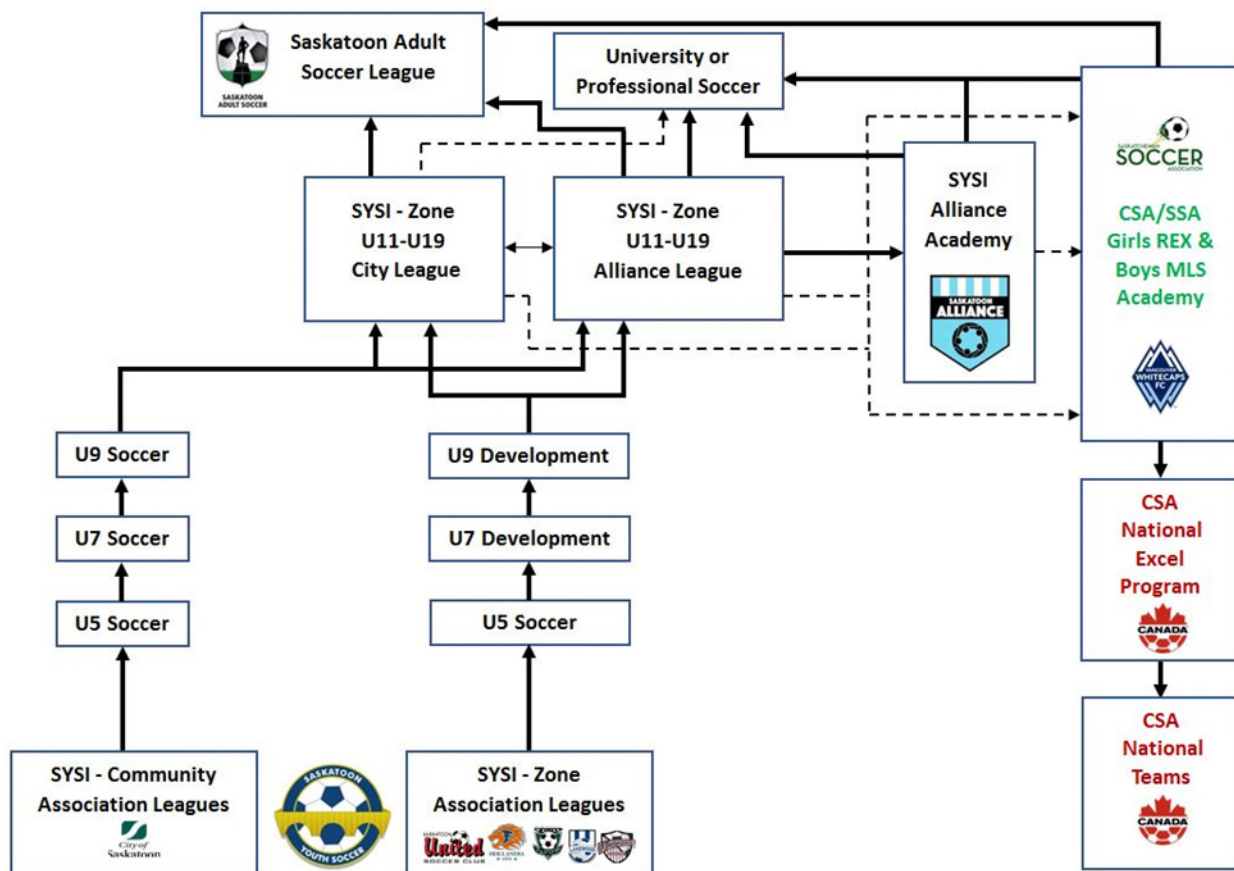




Hollandia Soccer Club

Program Outline

Saskatoon Youth Soccer Inc. Player Pathways



Group: Under 7 D League

Season: **Outdoor 2024**

OVERVIEW:

Program Type: Station-Based, Skill and Movement Based Soccer Program for 6-7 Year Old Players

Objective: The objective of this group training program is to develop fundamental soccer skills and improve overall movement abilities in 6 to 7 year old players, fostering their love for the game while laying a solid foundation for future development.

Important Considerations:

- Keep sessions fun, engaging, and age-appropriate to maintain interest and enthusiasm.
- Provide positive reinforcement and encouragement to boost confidence and motivation.
- Incorporate game-based activities to simulate real match scenarios and promote decision-making.
- Every session must include Physical Literacy.
- Adapt drills and activities based on individual skill levels and progress.
- Emphasize the importance of teamwork, respect, and sportsmanship throughout the program.
- Maintain four to six players per station.