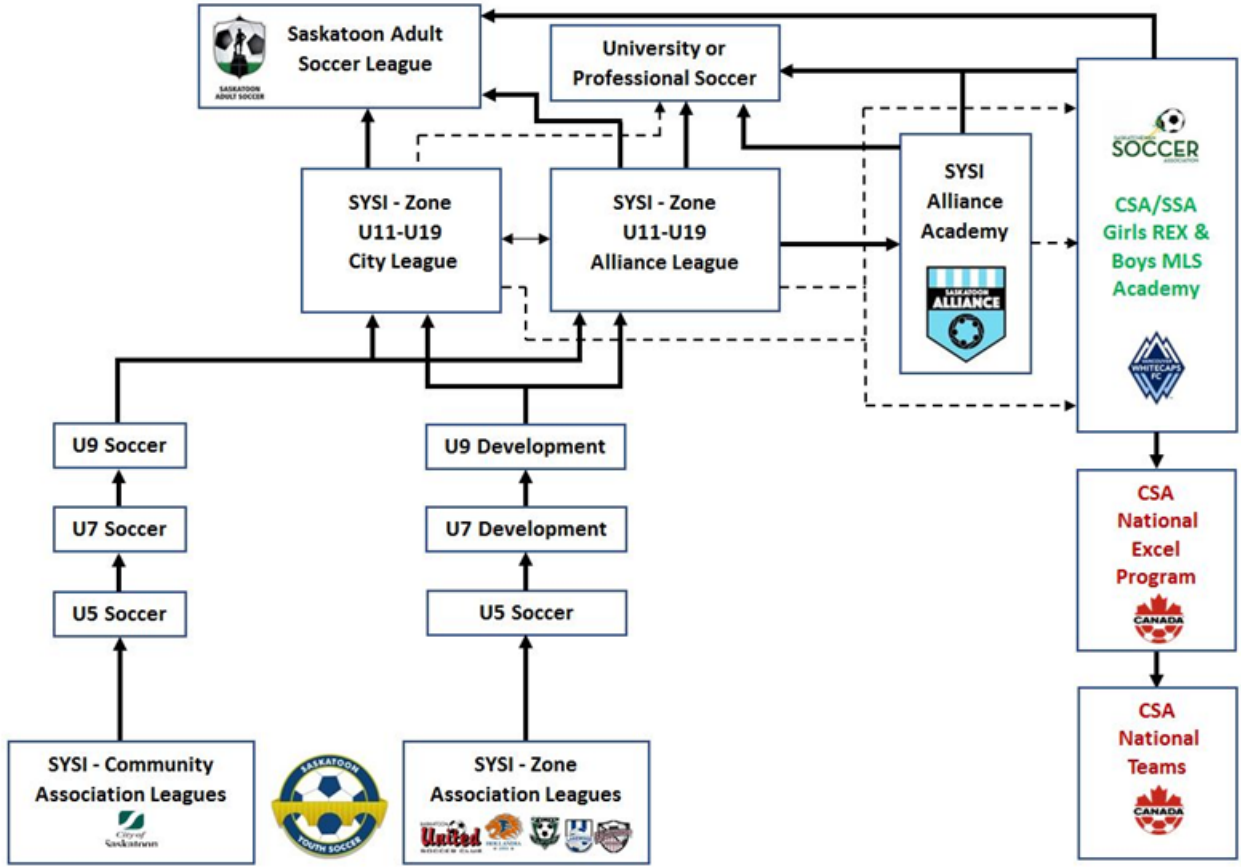




Hollandia Soccer Club

Program Outline

Saskatoon Youth Soccer Inc. Player Pathways



Group: Under 9 D League

Season: **Outdoor 2024**

OVERVIEW:

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

Objective: Designing a soccer development program for 8 and 9-year-old players requires a deep understanding of child development, pedagogy, and the unique needs of young athletes. Here's a broad outline of key principles for such a program:

1. **Fun and Enjoyment:** Above all, soccer should be fun for children at this age.
2. **Fundamental Skills Development:** Emphasize the development of fundamental skills such as dribbling, passing, shooting, and basic ball control.
3. **Small-Sided Games:** Utilize small-sided games (3v3 or 4v4) to maximize player involvement, touches on the ball, and decision-making opportunities.
4. **Individual Attention:** Provide individualized attention and feedback to each player.
5. **Balance of Structure and Freedom:** Offer a balance between structured activities (e.g., drills, exercises) and free play.
6. **Physical Literacy:** Focus on developing overall physical literacy, including coordination, balance, agility, and basic fitness.
7. **Introduction to Team Concepts:** Introduce basic team principles of plays such as the use of width and depth.
8. **Positive Environment:** Foster a positive and supportive learning environment where mistakes are seen as opportunities for growth.
9. **Rotation of Positions:** Allow players to experience different positions on the field.
10. **Safety and Injury Prevention:** Prioritize safety and injury prevention.
11. **Parental Involvement:** Engage parents in the development process by providing clear communication about program goals.
12. **Long-Term Development Focus:** Keep the long-term development of players in mind.