

WESTPORT SOCCER ASSOCIATION REC

Developmental Clinics

Program Emphasis:

- Personal Development
- Basic Skill Development
- Motor Skill, Agility & Coordination Development
- Problem Solving & Decision Making – Independent Thinkers
- Small sided team play
- Fun – Enjoyment

Player Responsibilities:

VERY IMPORTANT

- ✓ Bring an inflated soccer ball – no ball, no skills
- ✓ Bring soccer shoes and shin guards – **SAFETY**
- We will not let a child participate if we feel it is unsafe
- ✓ Bring water
- ✓ Be on time
- ✓ Good Attitude
- ✓ Pick up your garbage
- ✓ Have Fun

Parents:

- Please drop off and pick up children **on the field, on time**
- Parents are welcome to observe all sessions
- Stay off training area during sessions (at least a 10-yard cushion)
- Viewing on one side of field only (Parking lot side)
- Please follow all parking area rules – **Be very careful in parking lot!**
- Cancellation hotline number – 203-221-9900
- Coaches are free for questions before and after sessions
- **Not during sessions!**



www.kydessoccer.com



www.westportsoccer.org

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Developmental Clinics

PROGRAM CURRICULUM K to 2nd Grade

Week 1

Emphasis: Fun, teamwork, communication

Week 2

Emphasis: Throw-ins, basic dribbling (different foot contacts)

Week 3

Emphasis: Dribbling (keeping ball close to you), independent decisions

Week 4

Emphasis: Turning with sole, inside, and outside of foot, dribbling (shielding ball)

Week 5

Emphasis: Motor skills development (agility), dribbling (running with the ball), scoring

Week 6

Emphasis: Passing, communication, scoring, awareness, independent decisions

Week 7

Emphasis: 1 vs. 1 and 2 vs. 2 attack and defend, scoring, awareness

Week 8

Emphasis: Fun, decision making, teamwork, awareness

GAME EMPHASIS:

1. Small Sided Scrimmages
2. Everybody is involved and running
3. Communication – Verbal & Visual
4. Decision Making – Independent Thinkers
5. FUN

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PROGRAM CURRICULUM 3rd – 8th Grade

Week 1

Emphasis: Fun, decision making, teamwork

Week 2

Emphasis: Throw-ins, corners for/ against, different foot contacts

Week 3

Emphasis: Keeping ball close to you, learning to use inside/outside of foot, scoring

Week 4

Emphasis: Running with the ball, 1 vs. 1 attack & defend, scoring

Week 5

Emphasis: Trapping ball from air, scoring, awareness

Week 6

Emphasis: Passing & moving, supporting passing angles, scoring, awareness

Week 7

Emphasis: 2 vs. 2 attack & defend, scoring, awareness

Week 8

Emphasis: Fun, decision making, teamwork

GAME EMPHASIS:

1. Small Sided Scrimmages
2. Team Shape and Balance
3. Communication – Verbal & Visual
4. Decision Making – Independent Thinkers
5. FUN