



## FALL 2017 WSA Developmental Training Clinics WSA U9 – U15 Boys & Girls TRAVEL Players ONLY



### Program:

The WSA Developmental Training Clinics has been established to offer **all WSA Travel soccer players** the opportunity to train an extra day of the week, get more touches on the ball, make more decisions and build their overall confidence. The program curriculum is focused on the individual player and is not a team based training program. This program is optional and is meant to complement the WSA travel soccer program. **Participation or lack of participation will not impact the WSA's policy on playing time for travel soccer.**

### Training:

Through a discipline, competitive and nurturing environment, training sessions will focus on agility & coordination, individual technique, small-sided play, and leadership skills. Training sessions will be structured, competitive and high energy, with the goal of developing individual skills and confidence. **Responsibility, Discipline and Hard Work are expected of each player.**

### Training Session Breakdown

<b>Warm-up</b> (Passing in 2's / Agility)	<b>25 minutes</b>
<b>Two stations of Topics of the day</b> (Skill based)	<b>25 minutes</b>
<b>Small-sided Scrimmages</b> (4 vs. 4 and 8 vs. 8)	<b>25 minutes</b>
<b>Cool Down / Juggling / Review</b>	<b>10 minutes</b>

### Coaches:

Bamba Fall (Director) and other MKS professional coaches to be determined.

### Dress Code:

White T-shirt, Dark shorts, white soccer socks, ball, shin guards, soccer shoes and water

### Schedule:

(8) 90-minute sessions being held on Monday evenings. **First session begins Mon Sept 11, 5:30pm – 7pm**  
**SEE NEXT PAGE FOR COMPLETE FALL 2017 SCHEDULE \*\*** please note varied times due to early sunset.

### Field

All sessions will be at Wakeman B Turf Field

### Cost

The cost of the program is \$260 payable to the WSA (by credit card or check)  
The program is open to all currently registered WSA travel soccer players.



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Limited Enrollment.

Fall 2017 U9- U15 Boys and Girls TRAVEL ONLY WSA Developmental Prog Field: Wakeman B			
8 Mondays			
<b>Warm up</b>		<a href="mailto:bamba67us@yahoo.com">Bamba Fall - Director (bamba67us@yahoo.com)</a>	
Passing in 2's	12.5 min	TBD	
Agility - Coordination	12.5 min	TBD	
<b>Topic</b>			
Two Topics	15 min each		
<b>Small sided games</b>	25 min		
<b>Juggling / Review</b>	10 min		
WSA Developmental Training Curriculum Fall 2015			
WSA Developmental Training	Time	Two Topics - 15 min each	Games
<b>11-Sep-17</b>	5:30 - 7 pm	Ball Mastery - Running with the ball	4 vs. 4 +2 Neutral
WSA Developmental Training	Time	Two Topics - 15 min each	Games
<b>18-Sep-17</b>	5:30 - 7 pm	Dribbling Star - 1 vs 1 Get Out	4 vs.4 +2 Neutral
WSA Developmental Training	Time	Two Topics - 15 min each	Games
<b>25-Sep-17</b>	5:30 - 7 pm	DC United Passing - Rondo keep away	4 vs. 4 +2 Neutral
WSA Developmental Training	Time	Two Topics - 15 min each	Games
<b>2-Oct-17</b>	5 - 6:30 pm	Pattern Passing (diamond) - 2 vs 2 Get out	5 vs. 5
WSA Developmental Training	Time	Two Topics - 15 min each	Games
<b>9-Oct-17</b>	5 - 6:30 pm	Pattern Passing (Star) - Possession (#'s up)	5 vs. 5
WSA Developmental Training	Time	Two Topics - 15 min each	Games
<b>16-Oct-17</b>	5 - 6:30 pm	Ball Mastery to small goals - Shooting	8 vs. 8
WSA Developmental Training	Time	Two Topics - 15 min each	Games
<b>23-Oct-17</b>	4:30-6 pm	Pattern Passing to Goal - 3 vs 3 Get Out	8 vs. 8
WSA Developmental Training	Time	Two Topics - 15 min each	Games
<b>30-Oct-17</b>	4:30 - 6 pm	Street Soccer	4 vs. 4
<b>Make up if needed</b>	Time		
<b>6-Nov-17</b>	3:30 - 5 pm		
<b>Note:</b> Director has the discretion to adjust or change curriculum QUESTIONS? Developmental Program Director: BAMBA FALL (bamba67us@yahoo.com)			