



## Fall 2018 WSA Developmental Training For NON-Travel WSA Boys & Girls Born in 2009, 2010, 2011, 2012

**NOW OPEN TO ALL TRAVEL PLAYERS  
BIRTH YEAR 2009, 2010, 2011**

### Program:

WSA Developmental Training Clinics have been established to offer WSA players born in 2009-2012 (who are *not* currently playing WSA Travel) 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 meant to complement the WSA recreation soccer program for players who may be considering trying out for our travel program in May 2019 for the 2019/20 season. **Participation or lack of participation will not guarantee your child will or will not be selected for travel soccer next year.**

### Training:

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

### Coaches:

Program Director, Bamba Fall (bamba67us@yahoo.com) and other MKSE professional coaches TBD.

### Dress Code:

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

### Fees & Schedule:

The program will consist of six (6) 90-minute sessions being held on Monday evenings: **SEE NEXT PAGE**  
All sessions will be at Wakeman B Turf Field. First session Monday, Sept 17th, 2018.

The cost of the program is \$260 payable to the WSA. **Limited enrollment.**  
Registration questions? Contact, Kathleen: [wsaregistrar2@gmail.com](mailto:wsaregistrar2@gmail.com)

### **FALL 2018 PROGRAM SCHEDULE**



## Fall 2018 WSA Developmental Training For NON-Travel WSA Boys & Girls Born in 2009, 2010, 2011, 2012

Dress code: shin guards, white shirts, dark shorts, soccer socks. Bring inflated ball & water bottle  
Field: Wakeman B turf

***NOW OPEN TO ALL TRAVEL PLAYERS BIRTH YEAR 2009, 2010, 2011***

Fall 2018 WSA Developmental Program	8 Mondays Wakeman B field	For Non-Travel players born 2009, 2010, 2011, 2012	updated 8/03/18
<b>Warm up</b>		<b>Bamba Fall - Director</b> bamba67us@yahoo.com	
Passing in 2's	12.5 min		
Agility - Coordination	12.5 min		
<b>Topic</b>		Register on <a href="http://www.westportsoccer.org">www.westportsoccer.org</a> > "Register Now"	(reg closes Sept 17th)
Two Topics	15 min each		
<b>Small sided games</b>	25 min	Dress Code: Shin guards, soccer socks, white shirt,	
<b>Juggling / Review</b>	10 min	dark shorts. Bring inflated ball & water bottle	
<b>WSA Developmental Training Curriculum Fall 2018</b>			
Wakeman B Turf Field			
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
17-Sep-18	5:30 - 7 pm	Ball Mastery - Running with the ball	3 vs. 3
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
24-Sep-18	5:30 - 7 pm	Dribbling Star - 1 vs 1 Get Out	3 vs. 3
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
1-Oct-18	5:30 - 7 pm	DC United Passing - Rondo keep away	4 vs. 4
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
8-Oct-18	5 - 6:30 pm	Pattern Passing (diamond) - 2 vs 2 Get out	4 vs. 4
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
15-Oct-18	5 - 6:30 pm	Pattern Passing (Star) - Possession (#'s up)	5 vs. 5
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
22-Oct-18	4:30-6 pm	Ball Mastery to small goals - Shooting	5 vs. 5
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
29-Oct-18	4:30-6 pm	Pattern Passing to Goal - 3 vs 3 Get Out	8 vs. 8
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
5-Nov-18	3:30 - 5 pm	Street Soccer	3 vs. 3
<b>Make up if needed</b>	<b>Time</b>		
12-Nov-18	3:30 - 5 pm		
<b>Note: Director has the discretion to adjust or change curriculum</b>			
Register on <a href="http://www.westportsoccer.org">www.westportsoccer.org</a> > click on "Register Now" (closes Sept 17th)			
What to wear: shin guards, soccer socks, cleats, shorts, white shirt. Bring water bottle and inflated ball			