

**Fall 2016  
WSA Developmental Program**

**8 Mondays  
Wakeman B**

**U9- U14 Boys and Girls  
TRAVEL PLAYERS ONLY**

Mark Alves - Director

TBD

**Warm up**

Passing in 2's 12.5 min

Agility - Coordination 12.5 min

**Topic**

Two Topics 15 min each

**Small sided games** 25 min

**Juggling / Review** 10 min

**WSA Developmental Training Curriculum Fall 2015**

<b>Dates</b>	<b>Wakeman B (turf)</b>	<b>Details</b>	<b>Game Pattern</b>
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
<b>12-Sep-16</b>	<b>5:30 - 7 pm</b>	<b>Ball Mastery - Running with the ball</b>	<b>4 vs. 4 +2 Neutral</b>
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
<b>19-Sep-16</b>	<b>5:30 - 7 pm</b>	<b>Dribbling Star - 1 vs 1 Get Out</b>	<b>4 vs.4 +2 Neutral</b>
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
<b>26-Sep-16</b>	<b>5:30 - 7 pm</b>	<b>DC United Passing - Rondo keep away</b>	<b>4 vs. 4 +2 Neutral</b>
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
<b>3-Oct-16</b>	<b>5 - 6:30 pm</b>	<b>Pattern Passing (diamond) - 2 vs 2 Get out</b>	<b>5 vs. 5</b>
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
<b>10-Oct-16</b>	<b>5 - 6:30 pm</b>	<b>Pattern Passing (Star) - Possession (#'s up)</b>	<b>5 vs. 5</b>
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
<b>17-Oct-16</b>	<b>5 - 6:30 pm</b>	<b>Ball Mastery to small goals - Shooting</b>	<b>8 vs. 8</b>
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
<b>24-Oct-16</b>	<b>4 - 5:30 pm</b>	<b>Pattern Passing to Goal - 3 vs 3 Get Out</b>	<b>8 vs. 8</b>
<b>WSA Developmental Training</b>	<b>Time</b>	<b>Two Topics - 15 min each</b>	<b>Games</b>
<b>31-Oct-16</b>	<b>4 - 5:30 pm</b>	<b>Street Soccer</b>	<b>4 vs. 4</b>
<b>Make up if needed</b>	<b>Time</b>		
<b>7-Nov-16</b>	<b>3:30 - 5 pm</b>		

Note: Director has the discretion to adjust or change curriculum