

**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

Dates	Wakeman B (turf)	Details	Game Pattern
WSA Developmental Training	Time	Two Topics - 15 min each	Games
12-Sep-16	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
19-Sep-16	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
26-Sep-16	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
3-Oct-16	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
10-Oct-16	5 - 6:30 pm	Pattern Passing (Star) - Possession (#'s up)	5 vs. 5
WSA Developmental Training	Time	Two Topics - 15 min each	Games
17-Oct-16	5 - 6:30 pm	Ball Mastery to small goals - Shooting	8 vs. 8
WSA Developmental Training	Time	Two Topics - 15 min each	Games
24-Oct-16	4 - 5:30 pm	Pattern Passing to Goal - 3 vs 3 Get Out	8 vs. 8
WSA Developmental Training	Time	Two Topics - 15 min each	Games
31-Oct-16	4 - 5:30 pm	Street Soccer	4 vs. 4
Make up if needed	Time		
7-Nov-16	3:30 - 5 pm		

Note: Director has the discretion to adjust or change curriculum