

WESTPORT SOCCER DEVELOPMENTAL MONDAYS - SPRING 2020

Mondays 4/13 - 6/08	6:00p -7:30pm	Incoming U10, U11 Rec players	8 sessions
on Wakeman B Turf field		*Incoming U8, U9 Rec players	6 sessions
Warm up		*Incoming U9's will miss May 4 & 11 for WSA Tryouts	
Passing in 2's	12.5 min	max # of players: 60	
Agility - Coordination	12.5 min		
Topic		Program Director Bamba Fall bamba67us@yahoo.com	
Two Topics	15 min each		
Small sided games	25 min		
Juggling / Review	10 min		

WSA Developmental Training Curriculum SPRING 2020

WSA Developmental Training	Time	Two Topics - 15 min each	Games
13-Apr-20	6 - 7:30 pm	Ball Mastery - Running with the ball	4 vs. 4 +2 Neutral

20-Apr-20	6 - 7:30 pm	Basic Dribbling Star - 1 vs 1 Get Out	4 vs. 4 +2 Neutral
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27-Apr-20	6 - 7:30 pm	DC United Passing - Rondo keep away	4 vs.4 +2 Neutral
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4-May-20	6 - 7:30 pm	Pattern Passing (diamond) - 2 vs 2 Get out	5 vs. 5
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11-May-20	6 - 7:30 pm	Pattern Passing (Star) - Possession (#'s up)	5 vs. 5
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18-May-20	6 - 7:30 pm	Ball Mastery to small goals - Shooting	5 vs. 5
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1-Jun-20	6 - 7:30 pm	Pattern Passing - 3 vs 3 Get Out	8 vs. 8
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8-Jun-20	6 - 7:30 pm	Street Soccer	8 vs. 8
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Make up if needed	Time	TBD	Games
15-Jun-20	6 - 7:30 pm	TBD	4 vs. 4

Note: Director has the discretion to adjust or change curriculum