

SPRING 2019		Incoming U10, U11 Rec players	8 sessions
WSA Developmental Program	8 Mondays	*Incoming U8, U9 Rec players	6 sessions
6 - 7:30 pm	Wakeman B	*Incoming U9's will miss May 6 & 13 for WSA Tryouts	
Warm up		Birth Years 2009, 2010, 2011, 2012	
Passing in 2's	12.5 min		
Agility - Coordination	12.5 min	60 Players Maximum	
Topic			
Two Topics	15 min each		
Small sided games	25 min		
Juggling / Review	10 min		

Program Director: Bamba Fall (bamba67us@yahoo.com)

WSA Developmental Training Curriculum SPRING 2019

WSA Developmental Training	Time	Two Topics - 15 min each	Games
8-Apr-19	6 - 7:30 pm	Ball Mastery - Running with the ball	4 vs. 4 +2 Neutral

WSA Developmental Training	Time	Two Topics - 15 min each	Games
22-Apr-19	6 - 7:30 pm	Dribbling Star - 1 vs 1 Get Out	4 vs. 4 +2 Neutral

WSA Developmental Training	Time	Two Topics - 15 min each	Games
29-Apr-19	6 - 7:30 pm	DC United Passing - Rondo keep away	4 vs.4 +2 Neutral

WSA Developmental Training	Time	Two Topics - 15 min each	Games
6-May-19	6 - 7:30 pm	Pattern Passing (diamond) - 2 vs 2 Get out	5 vs. 5

WSA Developmental Training	Time	Two Topics - 15 min each	Games
13-May-19	6 - 7:30 pm	Pattern Passing (Star) - Possession (#'s up)	5 vs. 5

WSA Developmental Training	Time	Two Topics - 15 min each	Games
20-May-19	6 - 7:30 pm	Ball Mastery to small goals - Shooting	5 vs. 5

WSA Developmental Training	Time	Two Topics - 15 min each	Games
3-Jun-19	6 - 7:30 pm	Pattern Passing to Goal - 3 vs 3 Get Out	8 vs. 8

WSA Developmental Training	Time	Two Topics - 15 min each	Games
10-Jun-19	6 - 7:30 pm	Street Soccer	8 vs. 8

Make up if needed	Time	TBD	Games
17-Jun-19	6 - 7:30 pm	TBD	4 vs. 4

Note: Director has the discretion to adjust or change curriculum. Director Bamba Fall