

SUPER STARTERS PROGRAM – FALL 2009

Tuesdays 6:00 and 7:15 PM

Welcome to the ASA/AUFC Super Starters Program! The program is designed to provide children with an introduction to the proper techniques used in soccer and to the rules of soccer through small-sided games. Its content and structure are based upon Canadian Soccer Association guidelines.

The program strives to develop:

- Main soccer techniques: passing, ball control, turning and shooting;
- Balance and coordination with and without the ball;
- Efficiency in 1v1 attacking and defending situations; and
- Basic principles of the game: creating space, support and movement.

Eight sessions will be held on **Tuesdays at Ecole Provencher beginning at 6:00 PM and 7:15 PM** – please attend the session you have registered for. The sessions last 75 minutes. Arrive early enough so that your child can change into their soccer gear and join the session on time. Parents are welcomed to *observe* the training, however they must refrain from sideline coaching and siblings and guests must be fully supervised at all times.

The dates of the sessions are: October 13, 20, 27; November 3, 17, 24; December 1, 8. Should a session need to be cancelled or re-scheduled, we will do our best to inform you of changes as quickly as is possible.

Participants must wear either indoor soccer shoes or runners with non-marking soles, soccer shorts, a t-shirt or soccer jersey and shin guards. All participants must bring their own water – sharing of water will not be permitted and we do not recommend the use of the school's drinking fountains. **If your child will be absent from a session please contact the coach ASAP so that s/he can plan accordingly.**

The structure of the sessions is as follows:

- Warm up
- Individual skills (e.g. Drag back turn)
- Technique or 1v1 situation
- Small-sided game
- Cool down

The following topic areas will/may be covered during the *Super Starters Program*:

- Ball Familiarity
- Dribbling
- Ball Control
- Passing and Receiving
- Shooting
- Control and Balance
- Turning with the Ball and Receiving to Turn
- Feints and Moves
- 1v1 Attacking and Defending
- Passing and Combination Play

Contact info: Claire: crd3@mts.net

Website: <http://asa.leaguerepublic.com/>