



L.T.P.D.
long term player development



Seaway Valley Soccer Club

Spring Skills Centre

Learnt to Train

U9-11 (born 2017 to 2015) Informational Brochure 2026





Introduction

This brochure is intended to help parents understand the Seaway Valley Soccer Club Spring Skills Centre program for both boys and girls at the U9 to U11 level.

Our spring skills centre program focuses technical and physical literacy development through a 8-session course that focuses on weekly themes and performance training for aspiring or current competitive players.

Whether you are currently in our Blazer or Coyotes programs or aspiring to be a competitive soccer player our fall skills program our aim is to develop kids in the four key components to the game: Cognitive, Technical, Emotional and Fitness.

Our individual performance training aims to build individual player confidence while also developing a high level of comfort with a ball at their feet.

The training is designed and overseen by the SVSC Head Coach and is staffed with highly experienced and certified coaches, all training follows the Long-Term-Player -Development (LTPD) guidelines adopted by Canada Soccer and its associations.

Children at this age are like sponges, absorbing a great deal of what they see and experience first-hand. They are also capable of developing a serious love of the game at this age, if exposed to the right environment and offered plenty of encouragement.



Spring Skills Centre Schedule



Age	Genders	Days	Dates	Time	Location	Cost
U9 to U11 (2015, 2016 and 2017)	Boys / Girls	Saturday mornings	March 14th, 21st, 28th, April 4 th , 11 th , 18 th , 25 th , and May 2nd	11am – 12pm	Benson Centre	\$130

Skills Program

- Full compliance with Ontario Soccer mandated LTPD guidelines.
- 60 players maximum, ensuring good player-to-coach ratios.
- 8 sessions of activities, exercises aimed at individual development.
- Staffed experienced and certified coaches.
- Aimed primarily at all those players who are committed or aspiring competitive players!
- Cost include a practice T-shirt.

Training Format

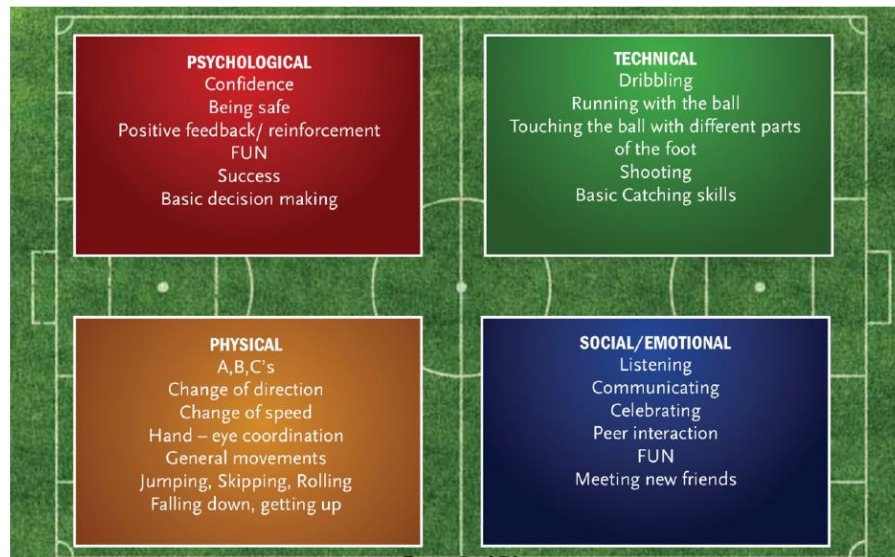
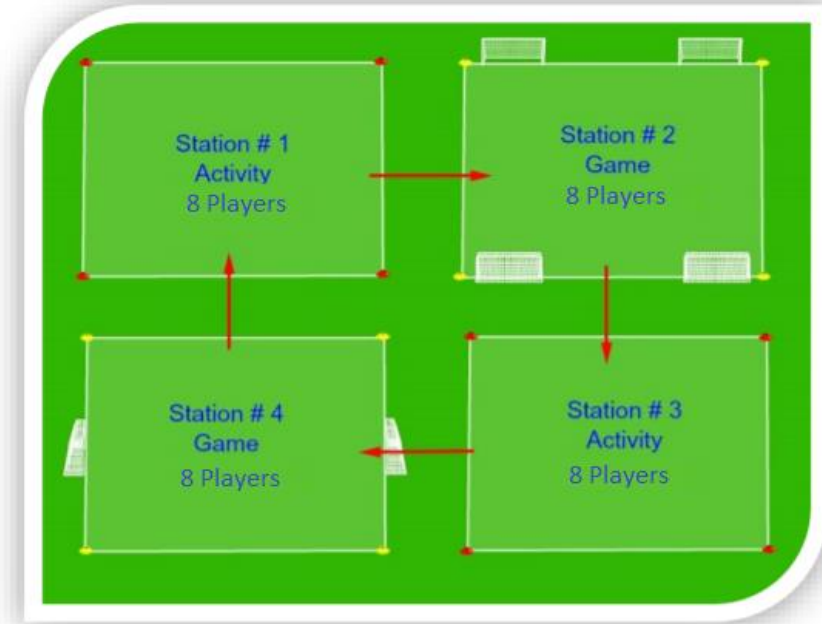


Each session will typically be held in station style group training, which is the Ontario Soccer preferred method of training for grassroots players.

Simply put, each session will consist of a number of stations that vary but are based on a theme, i.e. dribbling, passing, shooting. Groups will rotate through each different station in order to experience all activities and coaches.

Depending on the training content, players may be grouped by ability in order to keep the training environment challenging for all involved.

The coaching staff will teach and encourage players to effectively apply correct technique and insight while allowing player creativity so players can learn with confidence.



Session: Sunday Outdoor Training
Concepts: Movement and Passing Duration: 90 minutes Date: 19 June

Session objectives: Focus on tight control and accurate and strong passes. Keeping head up after leading players.

Session warm-up: 10 minutes exercise

Skills warm-up: Gates - Short pass (20), inside volley (15), high-volley (15), chest-volley (15), header (15), leg-sprint (15).

Activity 1: Bowlers Four Gates	Duration: 10 minutes
<p>Description</p> <p>Players run through the gate and pass to either in front, left or right (dependent on what the coach has called). The player should sprint to the corner that they passed to.</p> <p>Progression: Pass on weaker foot.</p>	<p>Coaching Points</p> <p>Strong Communication: Solid firm and accurate passes. Close control through gate. Head up to avoid traffic.</p>

Activity 2: Bowlers Four Gates	Duration: 10 minutes
<p>Description</p> <p>Players run through the gate and pass to either in front, left or right (dependent on what the coach has called). The player should sprint to the corner that they passed to.</p> <p>Progression: Pass on weaker foot.</p>	<p>Coaching Points</p> <p>Strong Communication: Solid firm and accurate passes. Close control through gate. Head up to avoid traffic.</p>

Duration: 10 minutes	
<p>Description</p> <p>Ball carrier run to middle. Defender close in when attacker returns the ball to starting position.</p>	<p>Coaching Points</p> <p>Focus on body position. Bent legs.</p>

Duration: 10 minutes	
<p>Description</p> <p>Defender passes ball to attacking player who attempts to beat the defending player and score.</p>	<p>Coaching Points</p> <p>Body position. Pushing attacker to the outside.</p>

10% - General Movement
10% - Balance and Agility
40% - Soccer Technique
40% - Small Sided Games



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