



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



# Seaway Valley Soccer Club Spring Skills Centre (FUNdamentals)

U6-8 (born 2020 to 2018) 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 U6-U8 our fall development program focuses on an introduction to skills development through a 8-session course that focuses on weekly themes and fun games for players.

Whether you have already played or are playing in our house league program over the summer and winter or are new to the game our fall skills program our aim is to develop kids who can run, jump, sprint, roll, spin with grace and precision, while also being comfortable with a ball at their feet.

Game play is included in the program of course, and basic playing concepts are introduced, but the emphasis is on physical literacy (overall athleticism), individual soccer skills, and of course FUN! We want these players to learn to love the game first!

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 Program Schedule



Age	Genders	Days	Dates	Time	Location	Cost
U6 to U8 (2018, 2019 and 2020)	Mixed	Saturday mornings	March 14th, 21st, 28th , April 4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> and May 2nd	10am – 11am	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 and games.
- Staffed by certified and experienced coaches.
- Aimed primarily at all those players who love to have FUN!
- 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.



## FUNdamental PRACTICE PRIORITIES TECHNICAL/PHYSICAL

Session: Sunday Outdoor Training		Duration: 90 minutes		Date: 19 June	
<p>Session objectives: Focus on tight control and accurate and strong passes. Keeping head up after leading players.</p> <p>Session warm-up: 10 minutes exercise</p> <p>Skills warm-up: Gates - Short pass (20), inside volley (15), high-volley (15), chest-volley (15), header (15), kg sprint (15).</p>					
<p><b>Activity 1: Banquets Four Gates</b></p> <p>Duration: 10 minutes</p>		<p><b>Description</b></p> <p>Players run through the gate and pass to either in front, left or right (dependent on what the coach has called).</p> <p>The player should sprint to the corner that they passed to.</p> <p>Progression:</p> <p>Pass on weaker foot.</p>		<p><b>Coaching Points</b></p> <p>Strong Communication.</p> <p>Solid firm and accurate passes.</p> <p>Close control through gate.</p> <p>Head up to avoid traffic.</p> <p>Pass on weaker foot.</p>	
<p><b>Activity 2: Banquets Four Gates</b></p> <p>Duration: 10 minutes</p>		<p><b>Description</b></p> <p>Players run through the gate and pass to either in front, left or right (dependent on what the coach has called).</p> <p>The player should sprint to the corner that they passed to.</p> <p>Progression:</p> <p>Pass on weaker foot.</p>		<p><b>Coaching Points</b></p> <p>Strong Communication.</p> <p>Solid firm and accurate passes.</p> <p>Close control through gate.</p> <p>Head up to avoid traffic.</p> <p>Pass on weaker foot.</p>	
		<p><b>Description</b></p> <p>Ball carrier run to middle.</p> <p>Defender close in when.</p> <p>Attacker returns the ball to starting position.</p>		<p><b>Coaching Points</b></p> <p>Focus on body position.</p> <p>Beat up.</p>	
		<p><b>Description</b></p> <p>Defender passes ball to attacking player who attempts to beat the defending player and score.</p>		<p><b>Coaching Points</b></p> <p>Body position.</p> <p>Pushing attacker to the outside.</p>	

- 25% - General Movement
- 25% - Balance and Agility
- 25% - Soccer Technique
- 25% - Small Sided Games



# Seaway Valley Soccer Club

## Spring Skills Centre Program (FUNdamentals)



[www.svsc.ca](http://www.svsc.ca)



Seaway Valley Soccer Club