



Box 1393 100 Mile House BC V0K 2E0 --- ph./fx. 250.395.3100 --- website: www.100milesoccer.com

OMHSA PLAYER DEVELOPMENT

SOCCER ACADEMY - 2010

For players born in 2001,2000

Philosophy

The academy is a fun, well organized player development program aimed at keen & dedicated U9/U10/ players. This additional program will provide a positive learning experience for registered OMHSA players. Our primary goal is to build the players confidence in their technical and tactical abilities within a stimulating and fun environment - enhancing the love of the game!

Objectives

- enhance individual technical soccer skills
- increase understanding of team play and tactics
- teach sportsmanship & respect of the game of soccer
- improve athlete's strength, balance, speed and agility
- increase player's motivation and determination
- promote physical fitness

The main focus is developing technical soccer skills (e.g. passing, control, dribbling, shooting) through fun activities while a secondary focus is on soccer tactics and the aspects of team play. We also incorporate drills that develop soccer specific speed and agility.

Activities

Fun small-sided games and technique-developing exercises and soccer-specific conditioning activities will be used to achieve program objectives.





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Schedules

Sessions will be held at **100 Mile Junior**

Session Days/Times:

Mondays @ 6:45-7:45 pm (May 3,10,17,31 / June 7, 14, 21, 28 / Sept. 13, 20)

Expectations of Players

Please arrive on time and be 'ready to play'.

Have fun and stay focused on working to improve your skills.

Ensure you listen to the coaches and pay attention during demonstrations.

Always bring a water bottle and appropriate gear.

Registration

We are looking for committed players who want to advance their soccer skills. The program is open to all OMHSA players in the age categories; however we expect a commitment that players will attend all/most of the sessions. Base registration will be \$35.00 per player.

Questions or to apply for registration please contact:

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