

U7 MINIONS PROGRAM

The U7 Minions programs focus on introducing young players to the beautiful game through our custom designed Skills Acquisition, Ball Mastery, and Technical Programs. In this program players learn the basic techniques required to develop the skills they will use when they play soccer.

U7 - Skills Acquisition Program

This program provides a fun environment for skill development, placing an emphasis on individual soccer skills that are integral to children's development at these ages. Training is conducted in small groups with a coach to player ratio of 1:6.

During each of our 8 week 'Blocks' players are taught the proper mechanics for the following components of the beautiful game:

| | | |
|---------------------------|-------------------------|---------------------------|
| Block 1: Dribbling | Block 2: Passing | Block 3: Control |
| Block 4: Shooting | Block 5: Turning | Block 6: Receiving |

Players are also introduced to a variety of ball skills as well as speed and agility drills.

During these sessions our coaches prioritize developing confidence and igniting a passion for the beautiful game.

U7 - Add Game - NEW!

Our small-sided games offer an opportunity for players to demonstrate the skills and capabilities they have gained through their Skills Acquisition sessions. We aim to provide an environment free of the anxiety/pressure which often occurs in competitive league situations. Occurring as a 1vs.1, 2vs.2, 3vs.3 or 4vs4 it is a friendly atmosphere where players can relax and have fun.

Games are offered on weeks #5,6,7 & 8 of each Block.

We believe that players require 4 weeks of 'Skill Acquisition' in order to be more inclined to have the confidence to try these skills in competitive situations. We feel this will translate into having a greater chance of success when attempting to play.

| MINIONS Year 1 U7's 2012 | MINIONS Year 1 U7's 2012 |
|---|---|
| Skill Acquisition Introduction to Skill Development 8 Week - \$165 | Add Games Games available for last 4 of the 8 weeks |
| MEMBERSHIPS | |
| 10% off | 6 Months |
| \$445 | \$495 |
| 15% off | 12 Months |
| \$842 | \$892 |
| PROMO \$500 YEAR | PROMO \$100 YEAR |
| Saturday: 1:30-2:30 OR Sundays: 10:30-11:30 | Saturdays: 2:30-3:00 OR Sunday: 11:30-12:00 |

U9 MINIONS PROGRAM

The U9 Minions programs focus on introducing young players to the beautiful game through our custom designed Skills Acquisition, Ball Mastery, and Technical Programs. In this program players learn the basic techniques required to develop the skills they will use when they play soccer.

U9 - Ball Mastery Program

The Ball Mastery program is designed to encourage creativity and build self-confidence on the ball. Training targets specific skills in a pressure free environment allowing players to learn through trial and error. The program will encourage players to work with the ball to a point where it feels comfortable and instinctive

- Block 1: Using Multiple Surfaces of the Feet
- Block 2: Changes of Direction
- Block 3: Learning to Combine Various Skills
- Block 4: Creativity out of the Air
- Block 5: Reaction & Speed
- Block 6: 1 vs. 1s

| MINIONS Year 2 & 3 U9's 2010/2011 | MINIONS Year 2 & 3 U9's 2010/2011 |
|---|---|
| Ball Mastery | Ball Mastery + 1 |
| Develop A Positive Relationship with The Ball | Add Technical: Setting the Foundation For Technique |
| 8 Week - \$250 | 8 Week - \$380 |
| MEMBERSHIPS | |
| 6 Months | |
| \$540 | \$1026 |
| 12 Months | |
| \$1080 | \$1938 |

U9 Technical: Setting the Foundation for Technique

Please note the U9 Technical is only available as a 2nd Hour. U9 Players must first be enrolled in Ball Mastery before selecting the Technical as an option.

The technical training is the foundation of the Academy. The training is conducted in small groups with a coach to player ratio of 1:6. Within this program the players are taught the fundamental components of the beautiful game. They learn the proper mechanics for the basic Techniques of the beautiful game in an attempt to make these movements habits that they can then apply to games as they advance as players.

- Block 1: Dribbling
- Block 2: Passing
- Block 3: Control
- Block 4: Shooting
- Block 5: Turning
- Block 6: Receiving