

Soccer Club of Toronto



SC Toronto P.O. Box 234 Station E Toronto ON M6H 4E3 Tel: (416)588-9355 Fax: (416)588-7645 Email: info@sctoronto.ca

<http://www.sctoronto.ca>

| Objective | Organization | | | | Content Distribution & Coaches Role |
|--|---|-----------|--|----------------------------|--|
| Game: Take up good positions during the game | Sessions per week | 1 | Session Time | 60m | Game: 35% |
| Technical: Improve basic individual technique | Players per team | n/a | Game Time | 25m | Tactics: 0% |
| Physical: Develop coordination and basic motor skills with and without the ball | Session Structure | | Aspects to Consider | | Technique 50% |
| | Warm up | 5m | Time of the Practice Intensity of the practice Number of Players | Time and contact with ball | |
| Psychosocial: Feel comfortable and confident with the ball. | Physical | 5m | | | The coach should be positive and encouraging of each child. The coach must be patient, have a good humor, and willingness to see the world through a child's eyes. Also have the ability to speak their language and accept that the children's play will not look at all like soccer. |
| | By the end of the season the player must be capable of: Handling the ball with at least one foot and both hands, Getting back to original position during game once action is finished Running, Jumping and stopping with and without the ball | Technique | 20m | | |
| Scrimmage | | 25m | | | |
| Cool Down & debrief | | 5m | | | |
| | Individual game for the player at this level is to experiment with the ball | | | | |
| | Match: 3v3 or 4v4 game | | | | |

| CONTENT | | | | | | | |
|-----------|-------------------|-----------------------|------|-----------|------------------------|--------------|---------------------|
| Tactical | | Technique /Technical | | Physical | | Psychosocial | |
| ATTACKING | | Passing and Receiving | High | Strength | Reaction | Low | Cool Down & debrief |
| | | Running with the ball | High | | Acceleration | Low | |
| | | Dribbling | High | | Acyclic Speed | Low | |
| | | Turning | Low | Endurance | Flexibility & Mobility | Low | |
| | | Shooting | High | | Coordination & Balance | Med | |
| | | Ball Control | Med | | Agility | Med | |
| | | 1v1 Attacking | Low | Speed | Basic Motor Skills | High | |
| | | Shielding | Low | | Perception & Awareness | High | |
| | Receiving to turn | Low | | | | | |