



# **Syracuse Development Academy**

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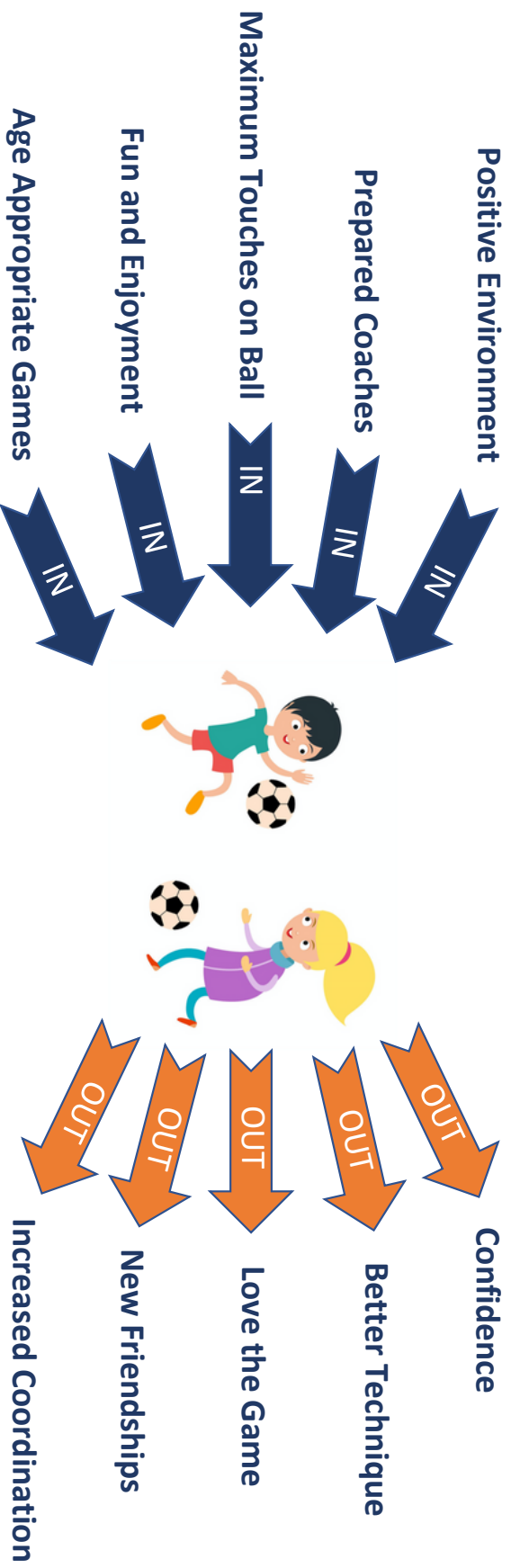
## **SDA Juniors**

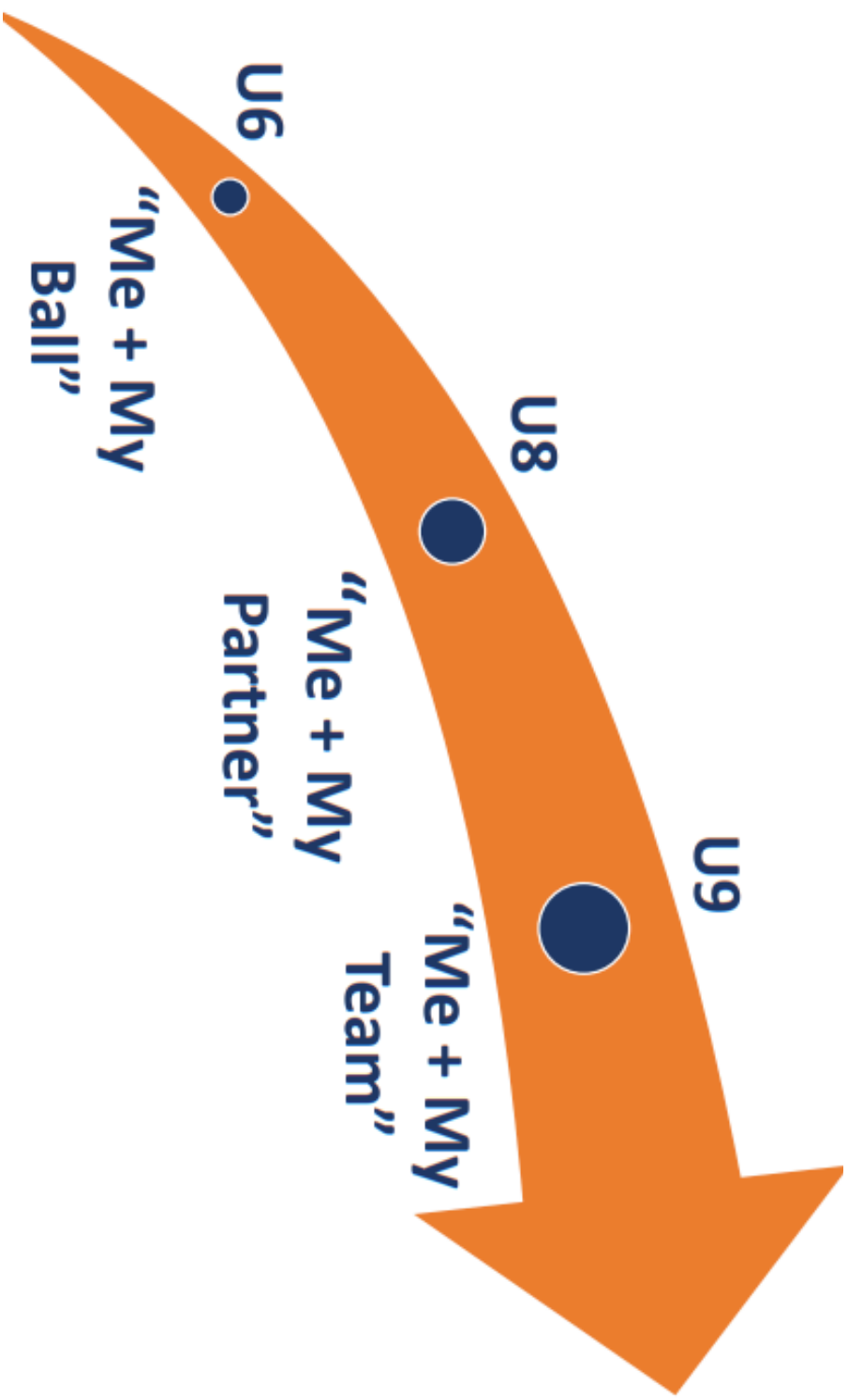
**Players Age 4-8**



# SDA Juniors

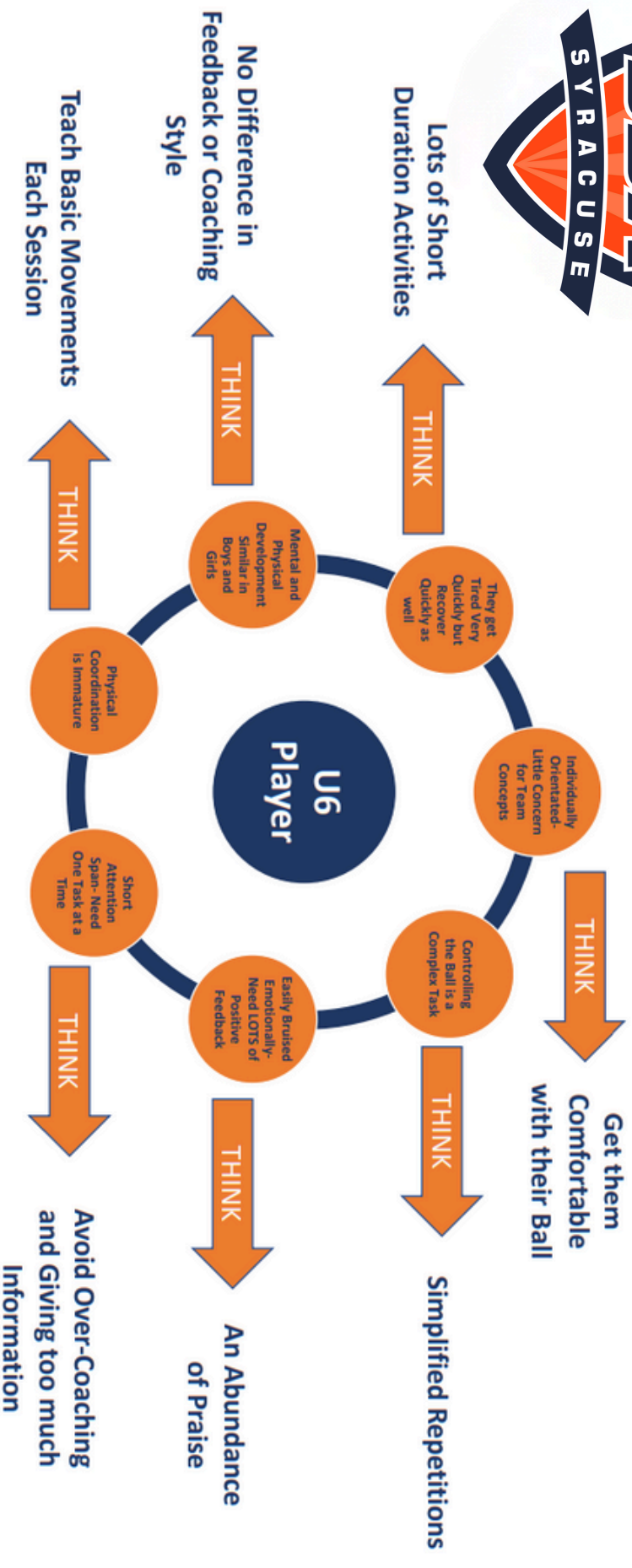
Ages 4-8







# A U6 Player- Who Are They?





## U6 Considerations for Training

Lots of short duration activities

As many touches on the ball as possible

Simple instructions and rules

Lots of energy and excitement

It should ALWAYS be Fun

Give an abundance of praise and positive feedback



# U6 Session Outline



**\*Player to ball ratio should be 1:1 until 3v3 game at the end**



# Graduating U6

Upon Completion of our U6 Program  
Each Player Should be Capable of the Following

## Mental

- Follow directions given by coach
- Have confidence in their dribbling abilities
- Look forward to their next practice
- Take up good positions in 3v3 game

## Physical

- Balance on one foot
- Run, hop, skip, jump
- Forward and backwards roll
- Throw and Catch

## Social

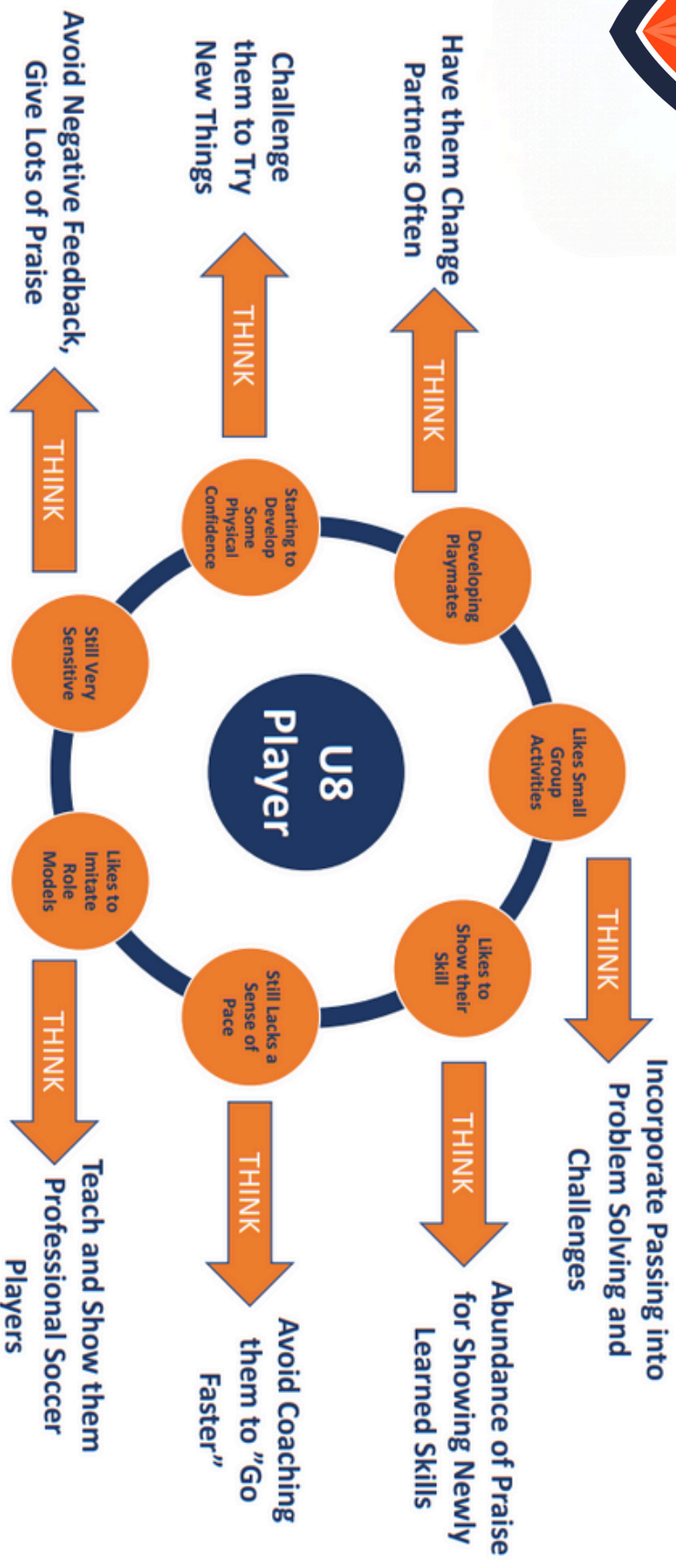
- Cooperate with teammates
- Greet teammates and coach upon arrival
- Say goodbye to teammates and coach when departing
- Follow rules of each game they play

## Technical

- Comfortable using all parts of both feet to dribble
- Dribble in different patterns and paths
- Stop the ball quickly while dribbling
- Change directions with both feet



# A U8 Player- Who Are They?







# U8 Considerations for Trainin

Introduce passing and receiving with a partner

An abundance of praise

Cueing them to try new skills

As many touches on the ball as possible

Give them simple problems to solve with a partner

Allow them to work with many new partners



# U8 Session Outline



**\*Player to ball ratio should be 1:1 to 2:1 until the 4v4 game**

**\*\*Individual techniques of spinning, lifting, scooping and juggling the ball should be taught**



# Graduating U8

Upon Completion of our U8 Program

Each Player Should be Capable of the Following

## Mental

Desire to help teammates

Be confident in their passing abilities

Welcome new challenges

Love the game and desire to improve

## Physical

Be fluid at combining movements

Have increased single leg balance

Be able to jump/twist/spin and land balanced

Be starting to learn how to "go faster"

## Social

Have conversations with teammates and coaches

Work well with a partner and in small groups

Be excited and happy for a teammate's success

Understand and respect the role of a referee

## Technical

Spin, lift and juggle the ball

Pass with the inside and outside of both feet

Receive with inside and sole of both feet

Strike the ball with their laces

Control a bouncing ball

1-touch pass a moving ball