



Syracuse Development Academy

SDA Juniors

Players Age 4-8



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Ages 4-8

Positive Environment

Prepared Coaches

Maximum Touches on Ball

Fun and Enjoyment

Age Appropriate Games



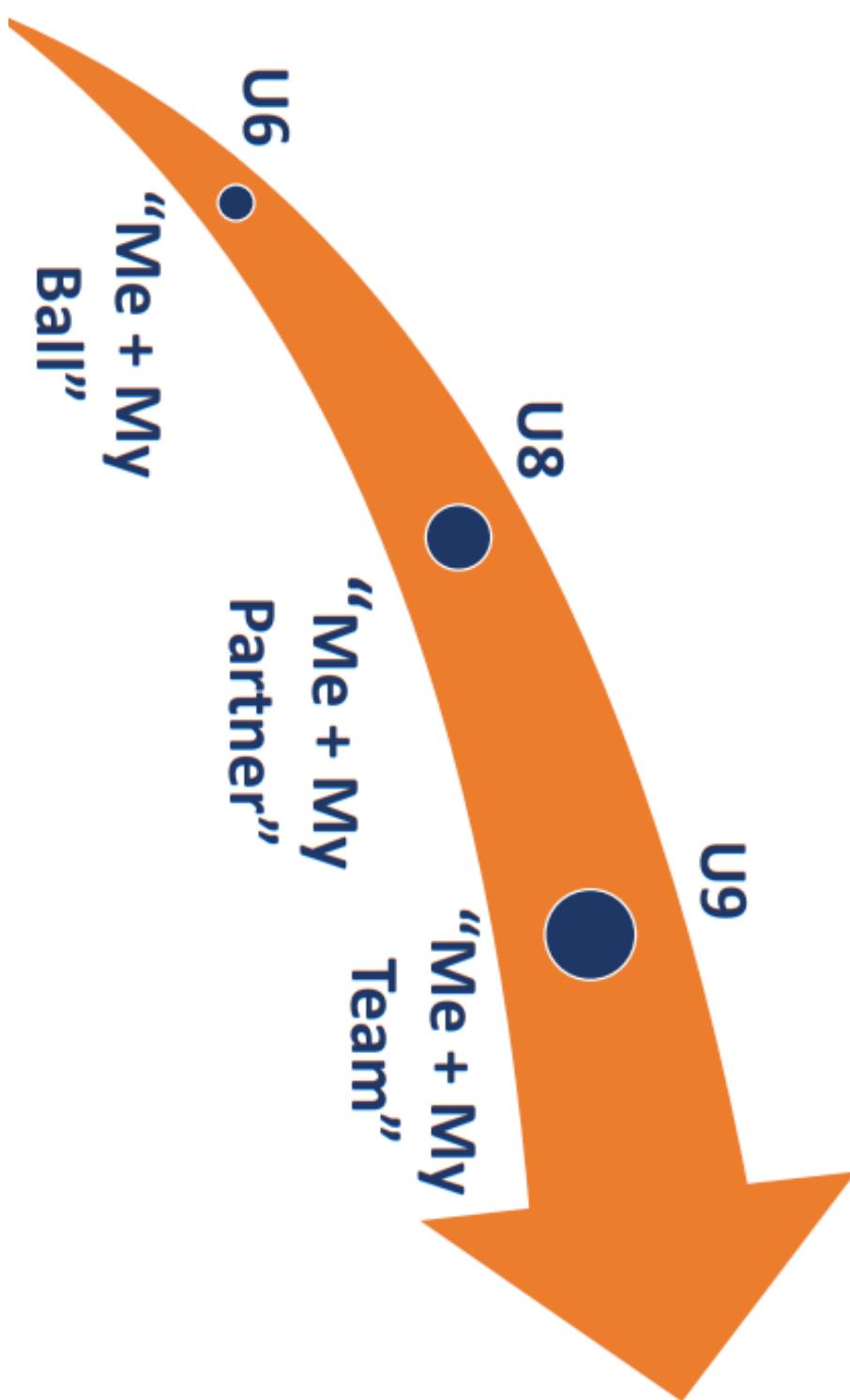
Confidence

Better Technique

Love the Game

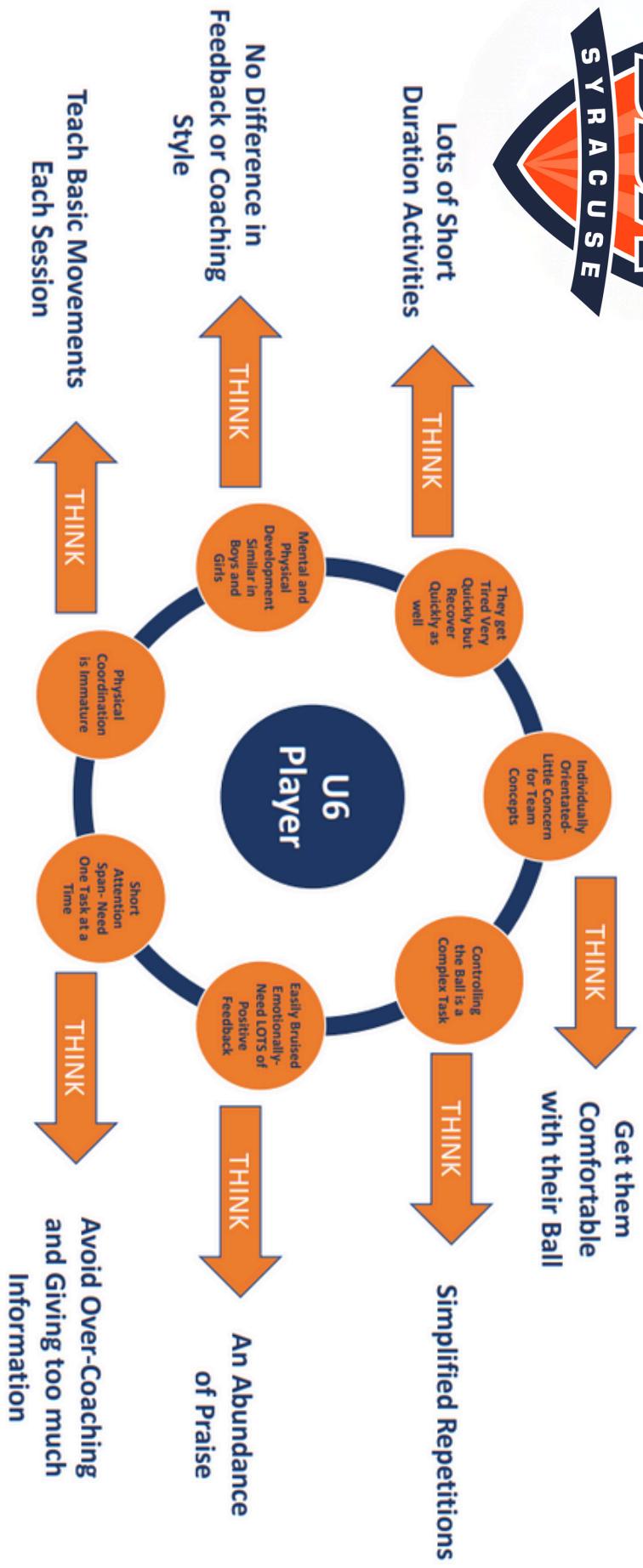
New Friendships

Increased Coordination





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

15 Mins

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15 Mins

- Warm-up
- Movement Education with a Ball
- Skills
- Repetition Games

- Game-like Activities
- Body Awareness
- Maze-like Games

- 3v3 Game
- Two Small Goals
- No Goalkeepers

***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

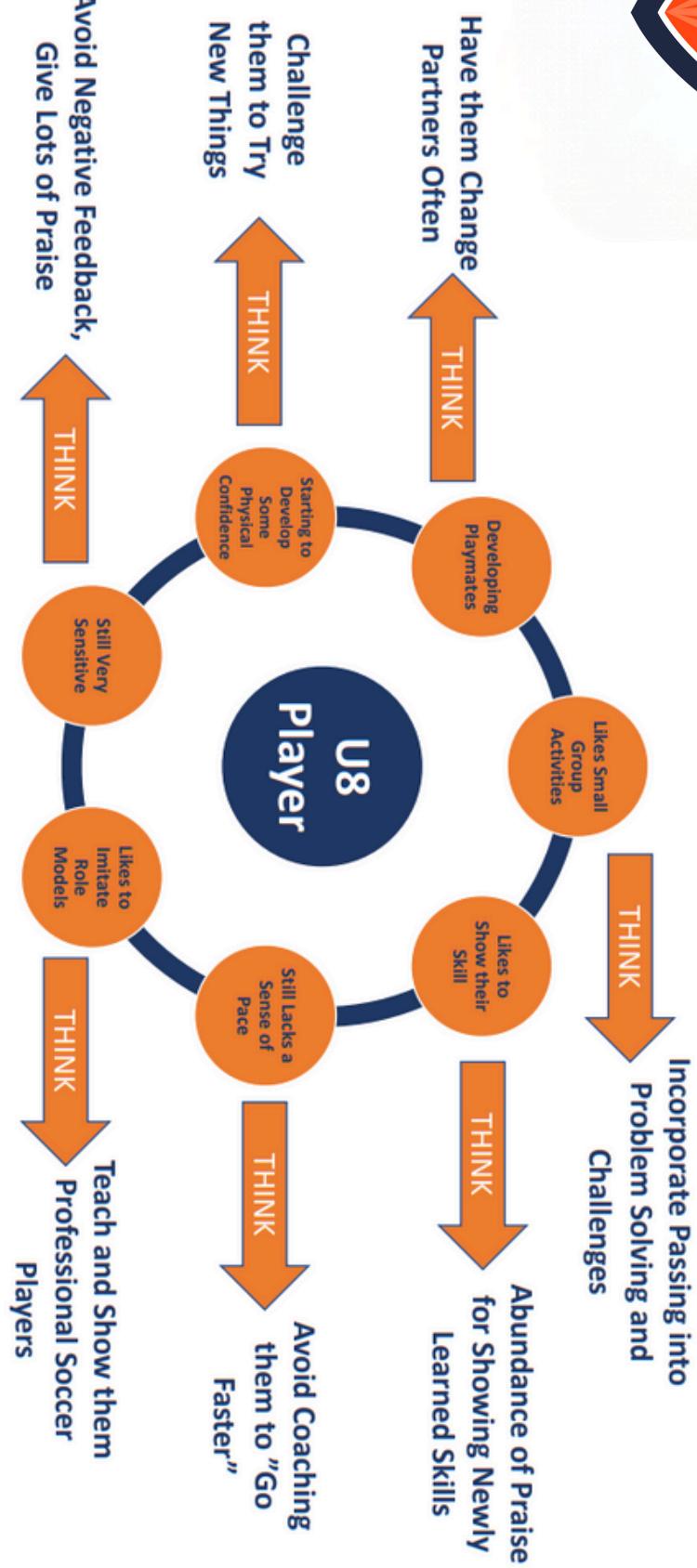
Dribble in different patterns and paths

Stop the ball quickly while dribbling

Change directions with both feet



A U8 Player- Who Are They?





U8 Considerations for Training

- 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

15 Mins

- Warm-up
- Movement Education with Ball
- Basic Agilities
- Sideways
- Backwards
- Leaping
- Bounding

25 Mins

- Individual Activities with Ball
- Partner Activities
- Target Games
- Player combinations
- 1v1 and 1v2
- 2v1 and 2v2

20 Mins

- 4v4 Game
- Two Small Goals
- No Goalkeepers
- 'Next Ball' restarts and/or 'kick-in' restarts

*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