



# NORTH BAY SC

**WINTER TRAINING 2018!**



**NORTH BAY'S HOME OF YOUTH SOCCER DEVELOPMENT!**

**U9-U12 (2009-2006)**

**10 SESSIONS \$98**  
**Saturdays from 1 pm to 2:30 pm**

**Training Starts 17/February/2018**

**This ACADEMY proudly provides:**

- ✓ Qualified Coaching – collegiate/university, provincial, national, international!
- ✓ Long Term Player Development (LTPD) Compliant Curriculum!
- ✓ Fun and Skill Development, from U9 through U12!
- ✓ Great Value – Less than \$10 per outing; includes practice training shirt!

**Supported By:**



**Giuseppe Politi**

USSF "A" License (American)  
 CSA "A" License (Canadian)  
 USSF National Youth License  
 FIFA Youth Certificate  
 Chartered Professional Coach  
 (Coaches of Canada)  
 UEFA "B" (Europe) Candidate  
 Ont. Soccer Coach Developer

Session #	Session Date	TOPIC
1	February 17	Dribbling
2	February 24	Passing
3	March 3	Receiving the ball
4	March 17	Turning
5	March 24	Shooting
6	March 31	Support
7	April 7	Individual Defending
8	April 14	Small Group Defending
9	April 21	Goalkeeping
10	April 28	Review

\*Breaks incorporated for March Break and Easter

DEVELOPMENTAL SESSION PLAN DELIVERY	
Stage 1	Warm-up, Physical Literacy, Engagement
Stage 2	Technical activities – Unopposed with key factors and repetition
Stage 3	Skill activities – With opposition and competition
Stage 4	Small-sided games (with conditions/restrictions) – realism, competition, fun

\*Based on LTPD age-appropriate training guidelines of CSA, USSF, UEFA, and FIFA curriculum