



Northville Soccer Association Player Training Program: U4, U5 & U6

Team	Gender	# Players	Coach	Station
U5 Jon Shack	Coed	3	Jon Shack	1
U5 England 1	Coed	6	Erik Kilian	1
U5 Argentina 2	Coed	6	Chuck Green	2
U5 France 1	Coed	7	Eric Wilds	2
U6 Japan	Girls	6	Bob Malleck	3
U6 Mexico	Girls	4	Eric Nemitz	3
U6 Celtics 1	Girls	5	John Gordon	4
U6 Holland 1	Boys	6	Rakesh Hora	4
U6 France 1	Boys	5	Karen Adams	5
U6 Ireland 2	Boys	1	Jim Charters	5
TBD			Andy Vanover	6
TBD			Eric Rudland	6

Curriculum: 6 training stations will be set up:

1. Tag Game, with and without ball (tail tag, freeze tag, blob tag, etc...)
2. Turns to Change Direction (inside hook, outside hook, drag back, stop turn)
3. Ball Mastery (tick-tocks, toe touches, sole roles, juggling, 1 player and ball)
4. Coerver 1v1 with goals facing outward
5. Coerver 1v1 with side goals and scoring line
6. Even #'s Match

Staffing: Each station will be staffed by 2 NSA Rec coaches. The coaches are responsible to run an activity that coincides with their station topic.

Session Structure: Players will begin every night at the same station as their coach. At the end of 8 minutes a horn will go off, notifying the coaches to send the groups they are working with to the next station (stations will rotate in numerical order with station #6 moving onto station #1). Players will rotate stations with their team and another team (two teams will be grouped together). Coaches will remain at the same station the entire session.

Dates: Tuesday, May 4th, Tuesday, May 11th, Tuesday, May 18th, Tuesday, May 25th

Time: 6:30-7:30pm

Location: Northville Community Park Field #8