

MYSA CLINIC PROGRAM

What are we trying to accomplish at this age group?

TECHNICAL SKILLS	TACTICS	PHYSICAL FITNESS	MENTAL
<p><u>GET PLAYERS COMFORTABLE WITH A SOCCER BALL</u></p> <p>DRIBBLING: UTILIZE BOTH THE INSIDE AND OUTSIDE OF BOTH FEET TO MOVE WITH THE BALL AROUND THE FIELD.</p> <p>RECEIVING: UTILIZE BOTH FEET TO BE ABLE TO TRAP AND CONTROL THE BALL AS WELL AS BE ABLE TO UTILIZE A FIRST TOUCH INTO SPACE.</p> <p>PASSING: UTILIZE PROPER TECHNIQUE, INSIDE OF FOOT WITH LOCKED ANKLE, TO DELIVER AN ACCURATE PASS ALONG THE GROUND.</p> <p>SHOOTING: INTRODUCE PROPER SHOOTING TECHNIQUE, ANKLE LOCKED, STRIKE THE BALL WITH THE LACES, PLANT FOOT POINTED AT TARGET.</p> <p>SHIELDING: UTILIZE PROPER BODY POSITION TO PROTECT THE BALL FROM A DEFENDER AS WELL AS INCORPORATE SMALL BALL TOUCHES TO KEEP YOU BETWEEN THE BALL AND THE DEFENDER.</p>	<p><u>GET PLAYERS TOUCHES ON THE BALL</u></p> <p>THE BASICS: UNDERSTAND THE BASIC FIELD LAYOUT, END LINES, SIDELINES AND WHAT NET TO SHOOT AT AND WHICH ONE TO PROTECT.</p> <p>POSITIONAL PLAY: INTRODUCE THE CONCEPT OF OFFENSIVE AND DEFENSIVE POSITIONS IN VERY GENERAL TERMS. WE WANT ALL PLAYERS INVOLVED IN THE PLAY AND DO NOT DISCOURAGE THE MOVING SCRUM.</p> <p>FORMATIONS: AT THIS AGE GROUP THE GAME IS PLAYED AS 4 VS 4 WITHOUT KEEPERS SO A BASIC TWO OFFENSIVE AND TWO DEFENSIVE PLAYERS WORKS BEST.</p>	<p><u>BURN OFF ENERGY</u></p> <p>INTRODUCE PHYSICAL FITNESS THROUGH PLAY.</p> <p>LET THE DRILLS AND THE GAMES PROVIDE THE OULET FOR THE CHILDREN TO BURN OFF ENERGY.</p>	<p><u>FUN! FUN! FUN!</u></p> <p>NON-COMPETITIVE EMPHASIS ON LEARNING GOOD SPORTSMANSHIP GOOD ATTITUDE BUILD CONFIDENCE</p>

PHILOSOPHY

THE FOCUS OF THE CLINIC PROGRAM IS ON TECHNICAL SKILL DEVELOPMENT. AT THE CLINIC WE ARE TRYING TO BUILD CORE SKILLS THAT ARE THE FOUNDATION FOR CONTINUED DEVELOPMENT WITHIN MARBLEHEAD YOUTH SOCCER. HERE WE FOCUS ON THE INDIVIDUAL, PROVIDING THEM WITH A NON-COMPETITIVE ENVIRONMENT IN WHICH TO LEARN AND PRACTICE THESE SKILLS. THE DRIVING FORCE FOR THE PROGRAM IS TO MAKE THE EXPERIENCE FUN FOR THE CHILDREN SO THEY WILL BE EXCITED TO SHOW UP EACH WEEK AND CONTINUE PLAYING EACH YEAR.

MYSA CLINIC PROGRAM

How is the clinic structured?

FORMAT	PROFESSIONAL COACHES	VOLUNTEERS
<p style="text-align: center;">SESSION TIMES : SATURDAY MORNINGS AT TOWER SCHOOL</p> <p><u>SPRING</u> U6 (MOSTLY KINDERGARTENER'S) 10:15AM TO 11:30AM U7 (MOSTLY 1ST GRADER'S) 8:30AM TO 9:45AM</p> <p><u>FALL</u> U7 (MOSTLY'S 1ST GRADER'S) 10:15AM TO 11:30AM U8 (MOSTLY 2nd GRADER'S) 8:30AM TO 9:45AM</p> <hr/> <p>CHILDREN WILL BE DIVIDED UP BY GENDER AND PLACED ON TEAMS TARGETING 6-8 PLAYERS PER TEAM.</p> <p>EACH SESSION IS BROKEN UP INTO TWO AREAS FOR TRAINING AND PLAY. ONE GENDER GROUP WILL BE PARTICIPATING IN THE SKILLS AND DRILLS PORTION OF THE SESSION WHILE THE OTHER GENDER GROUP WILL BE PARTICIPATING IN THE GAMES PORTION OF THE SESSION. HALFWAY THROUGH THE SESSION THE GENDER GROUPS WILL SWITCH AREAS SO ALL PARTICIPANTS WILL PARTAKE IN THE SKILLS AND DRILLS PORTION OF THE SESSION AS WELL AS A SMALL SIDED GAME.</p> <p><u>SKILLS AND DRILLS:</u> EACH SESSION WILL FOCUS ON ONE OF THE FOLLOWING TECHNICAL SKILLS; DRIBBLING, RECEIVING, PASSING, SHOOTING, OR SHIELDING.</p> <p>CHILDREN WILL BE ASSIGNED TO A STATION IN WHICH THEY WILL ENGAGE IN DRILLS RUN BY OUR PROFESSIONAL COACHES WITH SUPPORT FROM OUR PARENT VOLUNTEERS.</p> <p><u>GAMES:</u> GAMES WILL BE 4 VS 4 WITHOUT GOALKEEPERS. PARENT VOLUNTEERS WILL ACT AS COACHES FOR EACH TEAM. SUBSTITUTIONS ARE UNLIMITED AND ON THE FLY. THE IDEA IS TO GET THE GAME STARTED AS FAST AS POSSIBLE AND KEEP THE GAME MOVING ALONG.</p>	<p style="text-align: center;">NORTHSHORE UNITED SOCCER COACHES</p> <p>MYSA HAS A CONTRACT WITH NORTHSHORE UNITED SOCCER TO PROVIDED COACHES TO SUPPORT THE TRAINING AND EDUCATION OF OUR CHILDREN AS WELL AS PARENT VOLUNTEERS WISHING TO PARTICIPATE.</p> <p>THESE COACHES ARE SOME OF THE BEST COACHES IN THE NORTH SHORE AND BEYOND WITH EXTENSIVE EXPERIENCE PLAYING AND/OR COACHING AT THE CLUB, COLLEGIATE, NATIONAL, OR INTERNATIONAL LEVELS.</p> <p>NORTHSHORE UNITED PROVIDES LESSON PLANS FOR EACH SESSION, SETS UP EACH STATION, AND WITH THE HELP OF OUR VOLUNTEER COACHES, RUNS THE CHILDREN THROUGH A SET OF DRILLS THAT ARE DESIGNED TO PROGRESSIVELY TEACH AND CHALLENGE THE CHILDREN IN THE SKILL OF THE DAY.</p> <p>DURING THESE SESSIONS THE NORTHSHORE UNITED COACHES WILL BE SHARING WITH THE VOLUNTEER COACHES THE COACHING POINTS FOR THE DRILLS, WHAT TO LOOK FOR AS FAR AS EXECUTION OF THE DRILL, AS WELL AS DEMONSTRATING THE ENERGY LEVEL AND ENTHUSIASM THAT IS REQUIRED TO ENGAGE CHILDREN OF THIS AGE GROUP.</p>	<p style="text-align: center;">PARENT VOLUNTEERS, ORGANIZERS, AND OTHERS</p> <p>MYSA IS RUN BY A BOARD OF DIRECTORS WHO ARE ELECTED BY THE MEMBERSHIP EACH YEAR. THE CURRENT BOARD POSITIONS INCLUDE, PRESIDENT, VP GIRLS, VP BOYS, TECHNICAL DIRECTOR, TOWN DIRECTOR OF TRAVEL, TREASURER, AND CLINIC DIRECTOR. THIS BOARD OVERSEES ALL BUSINESS OF THE ORGANIZATION AND SHARES THIS RESPONSIBILITY WITH ITS MEMBERSHIP.</p> <p>THE CLINIC DIRECTOR WILL CREATE TEAMS AND ASSIGN PLAYERS TO TEAMS, SET UP SCHEDULES, RECRUIT VOLUNTEER COACHES, ASSURE FIELD SET UP AND BREAKDOWN EACH WEEK, AND IS MAIN CONTACT POINT FOR PARENTS.</p> <p>VOLUNTEER COACHES WILL ORGANIZE THEIR TEAMS AND MAKE SUBSTITUTIONS DURING GAMES, HELP ORGANIZE TEAM AT TRAINING STATIONS AND PARTICIPATE IN TRAINING IF DESIRED, SUPPORT CLINIC PROGRAM GUIDELINES AND APPROACH TO ACHIEVE DESIRED GOALS. ATTEND ADDITIONAL MYSA SPONSORED TRAINING IF DESIRED TO COACH AT NEXT LEVEL.</p> <p>ADDITIONAL VOLUNTEERS ARE ALWAYS NEEDED IN FIELD SET-UP AND BREAKDOWN, PARTICIPANT GIVEAWAYS AT BEGINNING AND END OF SEASON, SUPPORT OR SUBSTITUTE FOR CLINIC DIRECTOR IF NEEDED.</p>