



U8 COMPETITIVE TEAMS COST & COMMITMENT SUMMARY



U8 Competitive Teams with Volunteer Head Coach (24-7 UK Soccer Academy Trainer)

Our competitive program overview should answer most of your questions regarding the competitive program, but here are some more details regarding the U8 competitive teams that we are looking to form.

Head coach: Volunteer Parent Coach TBD after try-out completion

Trainer: 24-7 trainer TBD

Team formation

At competitive try-outs in May we will look to select ~21 players to form 3 competitive teams with ~7 players on each team

Time commitments:

Fall 2019

Format – Teams will train twice a week. All teams will train together as a pool of 21 players. Sessions will be lead by the 24-7 trainer with the volunteer coaches assisting

Dates – Training will start the week of 15th July and will go twice a week until the end of October/start of November

Camps – Included in the cost will be 1 x week long team camps which will be 5 days x 2 hours (with options to stay all day). There will be a second camp offered which will be a code that will be given to families that will allow them to attend any of 24-7's summer camps offered in Castro Valley and Montclair.

Venue - Training sessions will most likely be at Five Canyons Park in Castro Valley, Canyon Middle School in Castro Valley or Stonebrae Elementary School in Hayward

Games – Games will take the format of playdates with other clubs. Each club will host a play date during September, October and November. This year play dates took place at Livermore, Pleasanton, San Ramon, Oakland, Diablo, Danville, and Dublin. There were 8 of games; mostly on Saturday's (some on Sunday's). Game format will be 5v5 and a play date will consist of one hour of total game time. All of these play dates are run through NorCal who runs all of the leagues that our competitive teams play in.

Spring 2020

Players will have the remainder of November off as well as December, January & February. Spring training will start in March 2019.

Format – Teams will train twice a week. All teams will train together as a pool of 21 players. Sessions will be lead by the 24-7 trainer with the volunteer coaches assisting

Dates – Training will start in March and will go through the start of May

Venue - Training sessions will most likely be at Canyon Middle School in Castro Valley or Stonebrae Elementary School in Hayward

Games – In Spring players will start to play 7v7 in one of the NorCal leagues. We will divide the players into two equal teams and each team will have a volunteer head coach

Costs

League registration cost of \$440 (Payable at start of season)

Volunteer fee of \$60 (This amount will be returned with 3 hours of volunteer work to the club)

Uniform cost of around \$50 (Payable at start of season)

Training cost of \$522, which is divided over 6 monthly payments (1st payment in July)

Rough cost for the 2019/2020 season is around \$1072

All of these costs can be offset by sponsorships and fundraising. CVSC WILL HAVE A LIMITED NUMBER OF FINANCIAL AID OPPORTUNITIES FOR THOSE PLAYERS AND FAMILIES DEMONSTRATING A FINANCIAL NEED, COMMITMENT TO SOCCER AND THE CLUB.



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What will players be learning in our U8 competitive program?

From 6-8 years old we class players as being in our introductory phase. The introductory stage of development focuses primarily mastery of the ball and dominating the 1v1. The main emphasis should be when “we” have the ball (offense). There will be little emphasis on coaching when “they” have the ball (defense) with the main goal being to get the ball back. The main objective within the curriculum is to develop a passion for the games of soccer and individual soccer personalities.

Expectations of Coaches in the U6-U8 Age Group

Emphasize having fun, but playing while developing players who have respect toward the sport, teammates, coaches and opponents. Players will be encouraged to have “confidence” with the ball and to make things happen with skill - “not be afraid to make mistakes”.

Sessions almost 90% focused on individual technique. The 10% of Strategy and tactics will be based on the individual and very basic in both “we” have the ball (offense) and “they” have the ball (defense).

Teach psychomotor skills and general coordination both with and without the ball and teach all necessary movements needed for technical skill development.

Coaching Session

A typical practice session should include the following:

300 touches – 10 minutes

Physical development (i.e. balance, coordination, speed) – 10 minutes

Relationship work (unopposed with other players i.e. passing moving and receiving) – 20 minutes

Opposed practices – 20 minutes

Small Sided Games – 25 minutes

Reflect – 5 minutes

Coaching Curriculum

The below table shows what is expected from the U8 age group:

| Curriculum - U8 - Season Plan | | | | | | | | | | | | | |
|----------------------------------------------------------------------------|-------------------------------------|---------------------------------------------------|-----|------------------------|----------------------|-----------------|------------------------|----------------|------------------|-----------------|--|--|--|
| Objectives | | Organization | | | Content Distribution | | | | | | | | |
| Game: Balance in relation to ball and teammates | | Sessions/week | 2 | Session Time | 60' | | | | | | | | |
| | | Players/Team | 12 | Game Time | 30' | | | | | | | | |
| Technical: Basic individual and collective technique | | Session Structure | | Considerations | | | | | | | | | |
| | | Warm-up | 15' | Number of players | | | | | | | | | |
| Physical: Develop speed, coordination, basic motor skills with ball | | Physical | 15' | Time/Space | | | | | | | | | |
| | | Technique | 25' | Intensity | | | | | | | | | |
| Psychosocial: Interact with teammates during training session | | Game | 25' | Rules | | | | | | | | | |
| | | Debrief | 5' | Touches on ball | | | | | | | | | |
| By the end of the season players must be capable of: | | Comments: | | | | | | | | | | | |
| 1 | Stopping/Running with ball at speed | Collective games essential for player interaction | | | | | | | | | | | |
| 2 | Moving forward when attacking | 5v5 or 6v6 recommended | | | | | | | | | | | |
| 3 | Retreating when defending | | | | | | Game | Tactics | Technique | Physical | | | |
| 4 | Basic quick movements with ball | | | | | | 35% | 0% | 35% | 30% | | | |
| Content | | | | | | | | | | | | | |
| Tactical | | Technical | | | Physical | | | Psychosocial | | | | | |
| Attacking | Attacking Principles | Passing & Receiving | 5 | Strength Endurance | | Basic | Motivation | 5 | | | | | |
| | Possession | Running with the ball | 3 | Explosive Strength | | | Self Confidence | 5 | | | | | |
| | Transition | Dribbling | 4 | Maximal Strength | | | Cooperation | 1 | | | | | |
| | Combination Play | Turning | 3 | Aerobic Capacity | | | Decision/Determination | 1 | | | | | |
| | Switching Play | Shooting | 5 | Aerobic Power | | | Competitiveness | 1 | | | | | |
| | Counter Attacking | Ball Control | 4 | Anaerobic Lactic | | | Concentration | | | | | | |
| | Playing out of the back | Heading | 1 | Anaerobic Alactic | | | Commitment | | | | | | |
| | Finishing in final third | 1v1 Attacking | 4 | Reaction | 3 | | Self-control | | | | | | |
| | Defending Principles | Shielding the Ball | 2 | Acceleration | 3 | | Communication | | | | | | |
| | Zonal Defending | Receiving to Turn | 1 | Maximal Speed | 1 | | Respect & Discipline | 5 | | | | | |
| Defending | Pressing | Crossing & Finishing | 1 | Speed Endurance | | Social/Advanced | | | | | | | |
| | Retreat & Recovery | 1v1 Defending | 1 | Acyclic Speed | 3 | | | | | | | | |
| | Compactness | | | Flexibility & Mobility | 1 | | | | | | | | |
| | | | | Coordination & Balance | 3 | | | | | | | | |
| | | | | Agility | 4 | | | | | | | | |
| | | | | Basic Motor Skills | 5 | | | | | | | | |
| | | | | Perception & Awareness | 5 | | | | | | | | |
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