



WSA Winnipeg Player Development

	First Priority	Second Priority	Third Priority	Fourth Priority	Role of the Coach
<b>U5/U6</b>	<b>Fitness</b>	<b>Technical</b>	<b>Psychological</b>	<b>Tactical</b>	<b>Role of the Coach</b>
<b>Concepts Introduction:</b>	How to Warm Up	<b>Dribbling:</b> Star & Stop	<b>Sharing</b>	<b>Boundary Lines</b>	<b>No Goalkeeper Skills Taught</b>
	Basic Movement	<b>Shooting</b> Inside of Foot	ALL that you can be	<b>Which Goal to Shoot At</b>	Teacher-Mentor Role model
	Balanced	<b>Experiment with</b> The qualities of a rolling ball	<b>Fair Play</b>	<b>Playing with the ball</b> wherever it may go	<b>Cheerleader-Parent</b>
	Walking & Running	<b>Fun &amp; Games</b> Size 3 ball	<b>Parent Involvement</b>	<b>Informal Play</b>	To foster a player's love for the game,
	Starting & Stopping	<b>Control</b>	<b>How to Play</b>	Each training session is built around four activity stations, one focusing on:  1- <b>Basic Movement skills,</b>  2- <b>Coordination</b>  3- <b>Soccer Technique</b>  4- <b>Small-Sided Games</b>	<b>Occasional-Disciplinarian</b>
	Jumping & Hopping		<b>Emotional Management</b>		
	<b>Rolling</b>		<b>Positive Reinforcement</b>		
	<b>Skipping</b>				
	<b>Changing Direction</b>				
	<b>Bending</b>				
	<b>Twisting</b>				
	<b>Reaching-Catching</b>				
	<b>Coordination</b>				