



Lower Island Soccer Association` District Development Centre (DDC)

Juniors Program for season 2006/2007

Fundamental Skills Development Program for boys and girls U6-U9

The objective of all LISA DDC programs is to create a safe learning environment where a feeling of well-being and enjoyment prevail. We hope children will want to continue to play soccer.

At the younger age groups (5-10 years) soccer is less a team sport than an individual relationship with the ball and an awareness of body movement and coordination.

Under the overall direction of *Alan Churchard*, LISA Director of Coaching and Football Development, DDC Junior Head Coaches, *David Molinari* and *JJ Atterbury* will guide the FUNdamentals program. Quality instruction will be provided with a maximum ratio of one coach to 10 players.

The FUNdamental program offers a series of one-hour sessions over a four-week period focusing on basic technical skills and agility/coordination. The children will experience new challenges, a sense of accomplishment and **LOTS OF FUN!!**

Program content will encourage:

- Lots of activity and movement.
- Coordination activities (running, tumbling and fun games).
- Turning, running, changing direction with and without the ball.
- Enjoyment of gymnastic type activities.
- Small-sided games.
- Fair play.
- Enjoyment of being successful and praised for it.

The cost for the program is \$45 for four weeks. Sessions are as follows on Finlayson turf field, Sunday mornings from 9 am – 10 am. Players should be at the field 15 minutes prior.

Session One:

Oct 1, 15, 22 and 29

Session Two

November 12, 19 26 and Dec 3

Session Three

February 4, 11, 18 and 25

Registration for both programs have began. Registration can be made by email to:

www.admin@lowerislandsoccer.com

or by post:

L.I.S.A.,
101-1246 Esquimalt Road
Victoria, BC V9B 6C8
Tel: 382-7489

Please note before a player has a confirmed spot in the program a registration form and the LISA office must receive payment.

