



O.S.C CURRICULUM

The Oakville Soccer Club uses a proven teaching method that is recognized by many leading soccer authorities, organizations and associations throughout the soccer world – **Coerver Coaching**.

It is our mission to create an enjoyable, fun, learning environment enabling each individual the opportunity to develop their game to their full potential. Along with our on-field teaching methods we encourage all players to respect their teammates, the coaching staff and the opposition, as well as game officials and parents.

It is important players respect the game itself. We insist on fair play, hard work and commitment during games and practice.

Every registered player is representing OSC both on and off the field of play. Players should be proud of their Club and never do anything to tarnish or jeopardize the image of the Club.

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Under 6/7

Characteristics High energy Short attention span Uncoordinated Individually driven Little/No team play concept

Practice Ball Mastery – touches on the ball Fun Games – soccer related Small sided games

Philosophy

Every practice must be FUN Coach is more of a facilitator No structured training sessions Many touches on the ball Let the players play

Under 8/9

Characteristics High energy level Improved coordination Eager to learn Short attention span Begin to understand “team” concept

Practice Ball Mastery – touches on the ball Technical skills – emphasis on Passing/Receiving – (1st touch/accuracy), Shooting – correct techniques (accuracy over power) Dribbling/Running with the ball Moves – 1v1 – beating an opponent Small sided games

Philosophy

Every practice must be fun Many touches on the ball Players are encouraged to express themselves in their play Coach is able to demonstrate Introducing the concept of “team” play Coach is a “role model” able to demonstrate

Under 10 (U10's Play 7v7)

Characteristics Energetic Coordinated Willingness to learn Self critical Understanding of “team” concept Enjoys competition Accepts new challenges

Practice Ball Mastery – touches on the ball Technical Skills – players challenged to execute skills in progressive pressured stages Possession games – introducing the importance of finding space (passing/receiving) Individual tactics 1v1 Small sided games Team Play understanding (system of play) for 7v7

Philosophy

Practice is challenging and fun Competitive play encouraged Players technically improved Clear understanding of “team” concept Coach can demonstrate Coach has a good knowledge of the game



Under 11/12 (11v11)

Characteristics Enjoy competition Psychological development Physical improvement (speed/strength) Self critical Improved team work / ability to solve problems with team mates Appearance / peer pressure are concerns

Practice Ball Mastery – touches on the ball Technical Skills Competitive, challenging, game related training sessions. Individual tactics 1v1 Introduction of Group tactics (2v2, 4v4 v 5v5 etc) Introduction to systems of play (11v11)

Philosophy

Competitive and challenging environment Technically competent players Respects team mates Tactical awareness Technical and tactically competent coach

Under 13/14

Characteristics Varying stages of puberty Sense of achievement, belonging, accomplishment Display of independence and are self critical Aware of praise, status and recognition Physical growth

Practice Ball Mastery – touches on the ball Technical Skills Competitive, challenging, game related training sessions Individual and Group tactics Various systems of play Functional training

Philosophy

Competitive and challenging environment Technically competent players Respects team mates Tactically aware Technical and tactically competent coach

Under 15/16

Characteristics Change in attitude Maturity Growth spurts Serious and committed

Practice Ball Mastery – touches on the ball Technical Skills Competitive, challenging, game related training sessions Individual and Group tactics Systems of play Functional training

Philosophy

Competitive and challenging environment Technically competent players Respects team mates Tactically aware Technical and tactically competent coach Coach must constantly strive to challenge and improve players



Under 17/18

Characteristics Maturity/ adulthood Attitude change Serious and committed

Practice Ball Mastery – touches on the ball Technical Skills Competitive, challenging, game related training sessions Individual and Group tactics Systems of play Functional training

Philosophy

Competitive and challenging environment Technically competent players
Respects team mates Tactically aware Technical and tactically competent coach
Coach understands the requirements to play at the highest level Coach has ability to prepare players to play at the highest level