



Oakville Soccer Club

Super 7s ADP Outline – 4 Week Session

Advanced Development Program (ADP)
Age Group: Under 7 (2019 year of birth) Boys & Girls
4 Week Summer Evaluation

Program Information:

- 4 × 60-minute Pine Glen outdoor grass sessions
- August 9th, 16th, 23rd and 30th
- Girls (2019) – 5:00pm-6:00pm
- Boys (2019) - 6:15pm-7:15pm
- \$100 for 4 weeks.

Program Purpose

The Super 7s Evaluation provides young players with an early introduction to structured, high-quality skill development in a fun, engaging environment. This stage supports the FUNDamentals phase of development and prepares players for the increased expectations and pace of the U8 ADP program.

Players will be evaluated by ADP-qualified coaches during the 4-week program.

Session Structure

1. Arrival & Ball-Mastery Warm-Up
 - Individual ball for each player
 - Light dribbling, turns, toe taps, foundations
 - Fun challenges (“Can you beat the coach?”)
2. Fundamental Skill Rotation – 3 Stations
3 × 8-minute stations rotated in small groups

Each station focuses on a core U7 skill:

Station A – Ball Mastery & Dribbling

- Dribbling with both feet, changes of direction
- Simple feints and moves (inside cut, outside cut)

Station B – Passing & Receiving

- Short passing technique
- Receiving with inside of foot
- Partners or triangle passing games



Oakville Soccer Club

Super 7s ADP Outline – 4 Week Session

Station C – Striking the Ball

- Shooting at goal
 - Laces technique
 - FUN finishing games
3. 1v1 / 2v2 Competitive Activities
- Encourage creativity and confidence
 - Emphasize changing speed, protecting the ball, attacking space
 - Keep score to build excitement and engagement
4. Small-Sided Game
- 3v3
 - Guided discovery coaching
 - Encourage spacing, dribbling, and playing forward
 - Limited stoppages - let them play
5. Cool Down & Wrap-Up
- Fun team challenge or relay
 - Positive reinforcement and key takeaways

Program Development Objectives

Technical Priorities

- Confident dribbling with both feet
- Basic turns: inside/outside cuts, drag back
- Short passing technique
- Receiving with inside of foot
- Basic shooting mechanics
- Increased ball comfort and coordination

Tactical Foundations

Age-appropriate, introduced through play:

- Understanding of space (“find space,” “spread out”)
- Direction of play
- Recognizing when to dribble vs. pass
- Basic attacking mindset: move forward, support teammate
- Simple defensive ideas (stay goal-side, pressure the ball)



Oakville Soccer Club

Super 7s ADP Outline – 4 Week Session

Physical Literacy

- Agility, balance, coordination
- Running, stopping, starting
- Changing speed and direction
- Fun competitions to promote speed and reaction

Psychosocial Development

- Confidence and bravery with the ball
- Working with teammates
- Resilience through challenges and competition
- Fun, enjoyment, and love for the game

Alignment With U8 ADP

Through this program, the goal is for participants to gain:

- Familiarity with ADP training structure and expectations
- A foundation of technical ability
- Improved confidence in competitive situations
- Decision-making experience in small-sided games
- Physical literacy and coordination appropriate for next-stage development
- A clearer understanding of the club's development pathway