

## **Professional Training Expectations for the U7-8 Age Group**

As a parent and/ or a coach, you can expect the following from the professional training staff during their training sessions. The U7-8 age group is the start of the golden age of learning. These players' aptitude for learning is very high and they will soak up everything you teach them at this age, so the more the better. Boys and girls this age will be taught many basic skills using fun games that always involve the individual and the soccer ball. The foundation of learning at this age is within the individual and most everything they learn will be on the individual player.

Training sessions will last 60-75 minutes. Sessions will feature one head PSA professional staff coach. Each of the PSA professional staff coaches are highly qualified coaches with licenses from the United States Soccer Federation or the National Soccer Coaches of America Association. The professional staff coach will draw the session up and instruct all parent coaches from the teams involved what the session will entail. **There will be different stations set up with one or two parent coaches at each one to instruct a small group of players on the specific skill.** The professional staff coach will oversee all stations and parent coaches to make sure all players are using the correct technique.

The following skills can be expected to be taught during the training sessions:

- Dribbling using all parts of the foot
- Dribbling to beat opponents
- Different fakes and feints
- Basic striking of the ball with both feet for shooting and passing
- Small sided games to goal