

U7 “MICRO SOCCER” PROGRAM

What is Micro Soccer?

In 2009, Grand Island Soccer Club successfully introduced a proven and effective program to the U7 division of the Grand Island House League called Micro Soccer. In 2011, the club will continue to build on the experience, and again offer Micro Soccer. The program is designed to introduce or “re-introduce” the game of soccer to the kids by focusing on having fun while developing individual skills. The framework for teaching the game will be a combination of developmentally appropriate soccer activities and small sided games. Micro Soccer has been utilized by some of the best soccer clubs throughout the country, and received much praise and recognition. The program will be customized and run by a Nationally Licensed Coach, and the environment is fully supported by the principles and recommendations of US Youth Soccer.

How will the U7 Micro Soccer Program work?

One to two days per week for the duration of the season, players attend the “Micro Soccer” sessions. Upon arrival to each session, players will be sent to a designated field. At the designated fields, all groups will spend half their time, approximately 30 minutes, working with a “Micro Soccer” coach or facilitator on the same set of planned activities for that session. The session’s activities will correspond with a developmentally appropriate topic, and will be dynamic and stress multiple touches on the ball by every player. The other half of the time, players will compete in three “small sided” games with a duration of ten minutes each. The first game will include dividing the players on each field into two groups and playing for ten minutes. Following the first game, one team from each field will rotate to a different field and play another ten minute game. Teams will rotate again after the second game, and play one final game. (supervised by the coaches-facilitators)

Why Micro Soccer? What are the benefits of Micro Soccer?

- Games that are fun
- Games that are both player and child centered
- **Every child plays as much as they want (NO SUBS!)**
- A chance for children to put on a uniform and be part of a team
- Lots of touches of the ball for EVERY player
- Lots of goals

The program is beneficial for all levels of players. It is designed to have the flexibility to adjust and accommodate all players. The program provides a better environment to help players both those players that might be struggling while also challenging players that may be excelling. Players have more or less ability with the ball at every age level. After one or two days observing young children, it becomes apparent who has a sense of the game; who is immature and avoids participation; who can play, given more time and space; who is physically advanced and can dominate the smaller kids; who thinks out solutions; who is agile and can run; etc.

Why will the U7 Micro Soccer utilize “Small-Sided” Games?

1. Because we want our young soccer players to touch the soccer ball more often and become *more skillful* with it! (Individual technical development)
2. Because we want our young soccer players to make *more, less-complicated decisions* during the game! (Tactical development)
3. Because we want our young soccer players to be more physically *efficient* in the field space they are playing in! (Reduced field size)
4. Because we want our young soccer players to have more *individual teaching time* with the coach or facilitator! Fewer players on the field and fewer players on the team will guarantee this! (Need to feel worthy and need to feel important)
5. Because we want our young soccer players to have *more, involved playing time* in the game! (More opportunity to solve problems that only the game presents)
6. Because we want our young soccer players to have *more opportunity to play on both sides of the ball!* (More exposure to attacking and defending situations)
7. Because we want our young soccer players to have *more opportunities to score goals!* (Pure excitement)

The "Small-Sided" environment is a *developmentally appropriate environment* for young soccer players. It's a **FUN** environment that *focuses on the young soccer player & their development (opportunity to avoid learning bad-habits that will hinder development at older age groups)*.

~ US YOUTH SOCCER

Who can participate in the U7 Micro Soccer program?

The U7 Micro Soccer program is open to boys and girls born on or after December 1, 2003 but born before or on November 30, 2004.

What is the cost of the U7 Micro Soccer Program?

The cost of the program will be \$70. The fee includes at least 10 Micro Soccer sessions, full uniform (jersey, shorts, and socks) and a custom size 4 GI soccer ball.

When does the U7 Micro Soccer season start and end?

The program will run for approximately 8 weeks, starting June 25th and concluding on August 13th. Note that there will not be a session on Saturday, July 2nd.

When is U7 Micro Soccer?

Micro Soccer sessions are held most Saturday mornings. This season, you should expect that there will be some weeks where one weeknight session will be held. The final schedule will be provided at a later date.

What time is Micro Soccer and how long does it last?

Micro Soccer sessions will include 1 hour of solid playing time. Saturday sessions will start at exactly 9:00 AM and conclude around 10:00 AM. It is expected that any weeknight sessions will start at 6:00 PM and conclude by 7:00 PM.

What to bring to Micro Soccer?

Each player needs to wear their full soccer uniform; pinnies will be used to identify an opposing team. Players need to wear shin guards and either soccer cleats or sneakers. All players must bring their properly inflated size 4 soccer ball to every session (provided at first session). Participants will also need to bring a water bottle.

Where are Micro Soccer sessions held?

Veteran's Park.

Will coach volunteers be needed as they have been in the past?

Parent and/or other volunteers are needed to serve as facilitators to run the Micro Soccer sessions. Facilitators are responsible for overseeing activities and implementing the "small sided" games. Upon registration, parents will be asked to indicate their willingness to help. Facilitator training will be provided, and they will receive all lesson plans. They will be asked to show up about 30 minutes before each session begins, during which time the U7 Directors will demonstrate and walk through the lesson plan and activities for that session. The program's success will depend on volunteer facilitators, so PLEASE REGISTER TO HELP.

How does Micro Soccer fit with the mission, values and priorities of the GISC?

The program is fully supported by the mission established by the GISC board. The program will improve upon player development in a fun and safe environment. The program lines up with all of GISC's core values and beliefs.