

WSP Coaching Methodology

- Teach the skill
- Rehearse the skill
- Praise the Skill (try not to coach during the mess ups, but during the success)

Session breakdown- 1 hour training session:

7-11 years of age

- 15 min ball mastery warm up (each individual has a ball the whole time)
- 15 min extended ball mastery (this can include partner work, passing patterns etc)
- 15 min small groups (focus on topic of the week)
- 15 min small sided games (lots of touches and give feedback on topic only)

12-14 years of age

- 15 min ball mastery warm up (individual or partner work)
- 15 min small groups (introduce topic, create lots of reps on topic)
- 15 min games with direction (keep small numbers, emphasis topic and rehearse)
- 15 min play (give them freedom to make choices and mistakes, little stoppage)

15-18 years of age

- 15 min warm up (with a ball incorporated)
- 15 min high intensity training with the ball (performance training with the ball)
- 15 min topic driven exercises (small numbers or larger numbers)
- 15 min directional competition (make them compete)

8 week Soccer program(age 7-18) – Our trainings are divided into 8 week training programs. The focus is to build off of each one.

Week 1- Receiving and passing, focus on your first touch to set up the pass

Week 2- Receiving and dribbling, focus on first touch taking you away from the defender

Week 3- Dribbling and shooting, focus on creating your own shot

Week 4- Receiving and shooting, focus on the movement off the ball to create a shot

Week 5- Defensive pressure and dribbling, focus on defending with shape forcing one direction

Week 6- Advanced dribbling, focus on dribbling at speed and change of direction

Week 7- Different types of finishing, focus on headers, volleys, and receiving out of the air

Week 8- Small sided games, focus on putting it all together