

# Jaguars SC Training Programs

Outdoor 2023

*“Leaving No One Behind”*



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## **Parents Roles & Responsibilities**

### **Parents are responsible for:**

- Parents are responsible for bringing players in their proper athletic attire.
  - water bottle
  - light snack
  - proper athletic clothing for practice (loose clothing, sweatpants, running shoes, cleats)
- Making sure players arrive to practice & games on time.
- On game days parents are expected to bring the players 15-mins before the game.
- Signing waivers and/or any necessary documents required.
- Communicate openly with coaches and managers of the teams.
- Communicating with coaches/managers whether their player(s) will be attending practices & games.
- Modeling good sportsmanship.
- Refrain from criticizing referees or other team kids.
- Avoiding conflicts with parents from your team and the opposing team.
- Be respectful to coaches. If you have any ideas or concerns, schedule a time before or after practice and work with the coaches for the betterment of the team.
- Let the coach do his/her job; avoid yelling instructions to players from the sidelines.
- Any official complaints must be sent by email to [info@jaguarssc.com](mailto:info@jaguarssc.com)

Active Start- U6-U8  
**Program goals and objectives for soccer team U6-U8**

Jaguars SC focuses on the introducing of **Grassroots** Soccer. U6-U8 through interactive and team building for the games. Jaguars SC is focused to ensure that every player enjoys the game of soccer in a fun learning environment within their teammates. **\*It is expected that parents are on the field watching their kids.**

The primary goals and objectives for a soccer team of U6-U8 age group may include:

**Introduce soccer basics:** At this age, children are just starting to learn about soccer, so the primary goal should be to introduce the basics of the game. This includes teaching them how to dribble, pass, shoot, and control the ball.

**Focus on fun:** The most important thing for children at this age is to have fun playing soccer. The program is designed to provide a positive and enjoyable experience for the kids.

**Encourage team play:** It is essential to teach children how to play as a team and work together to achieve a common goal. This includes teaching them about positions, how to support each other on the field, and how to communicate effectively.

**Develop coordination and motor skills:** Soccer is a physically demanding sport, and playing it can help children develop their coordination, balance, and overall motor skills.

**Promote good sportsmanship:** It is important to teach children about good sportsmanship, including how to respect the opposing team, follow the rules, and play fairly.

**Build confidence:** Positive reinforcement and encouragement can go a long way in building a child's confidence on the soccer field. Encourage children to take risks and try new things while providing constructive feedback to help them improve.

**Teach basic strategy:** Introduce basic game strategy such as how to maintain team shape, how to attack, and how to defend.

**Introduce teamwork:** Introduce the concept of teamwork by pairing kids up in small groups for activities like passing and shooting drills.

**Keep it age-appropriate:** Keep the drills, practices, and games age-appropriate so the kids can enjoy and learn at the same time. By incorporating these goals and objectives, Jaguars SC can help young children develop a love of soccer while building their skills and confidence on the field.

FUNdamental U9-U10  
Program goals and objectives for soccer team U9-U10

Jaguars SC is focuses on the introduction of **Fundamental** Soccer. U9-U10 youth participate in the regulated by coaches that are aimed at developing the players' soccer and teamwork skills.

The primary goals and objectives for a soccer team of U9-U10 age group may include:

**Skill development:** At this age, players should focus on developing their technical skills, teamwork, and understanding of the game.

**Develop basic technical skills:** The players should learn the fundamentals of soccer, including dribbling, passing, shooting, and ball control.

**Build team cohesion:** The players should learn to work together as a team, communicate effectively on the field, and understand their roles and responsibilities within the team.

**Introduce basic tactical concepts:** The players should begin to understand basic tactical concepts such as creating space, supporting the ball, and maintaining possession.

**Emphasize fair play and sportsmanship:** The players should be taught to respect the rules of the game and their opponents, and to play with integrity and good sportsmanship.

**Encourage a love of the game:** The players should be encouraged to enjoy the game and develop a passion for soccer that will keep them engaged and motivated to improve.

**Prepare players for future levels:** The players should be introduced to the skills and concepts that will be necessary as they progress to higher levels of competition.

**Provide opportunities for individual development:** The players should have opportunities to work on individual skills and receive feedback on their performance.

Overall, the program should prioritize a positive and fun learning environment that encourages player growth and development.

Learn to Train U11-U12  
**Program goals and objectives for soccer team U11-U12**

Jaguars SC is focused on the introduction of **Developmental** Soccer. U11-U12 targeted for players who love soccer and are committed to the game. Aimed at players looking for increased play, training opportunities within the club.

The goals and objectives for a soccer team of U11-U12 age group may include:

**Skill development:** At this age, players should be focused on developing their technical skills such as dribbling, passing, shooting, and defending. Coaches should provide individual and group training sessions that aim to improve players' skills.

**Tactical understanding:** Players should begin to understand basic tactical concepts such as positioning, spacing, and movement on and off the ball. Coaches should introduce basic formations and strategies that are appropriate for this age group.

**Teamwork:** Players should learn to work together as a team, understand their roles and responsibilities, and communicate effectively on the field. Coaches should encourage teamwork through drills and small-sided games.

**Physical fitness:** Players should continue to develop their physical fitness, which includes endurance, speed, agility, and strength. Coaches should incorporate appropriate conditioning exercises into training sessions.

**Sportsmanship:** Players should learn to respect their opponents, coaches, and officials, and play the game in a fair and sportsmanlike manner. Coaches should emphasize good sportsmanship and lead by example.

**Enjoyment:** Players should have fun and enjoy playing soccer. Coaches should create a positive and supportive environment that encourages players to learn and grow while having fun.

Overall, the goals and objectives for a U11-U12 soccer team should be focused on player development, teamwork, and enjoyment of the game. Coaches will be supportive, and positive, and provide a safe and encouraging environment for players to learn and grow.

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