

# Mod Technical Training

- *FWFC Technical Training program offers kids the opportunity to receive focused technical foot-work to improve the ability to control the ball. The topics covered will include technical dribbling, passing and redirecting, moves to beat a player, and shooting/technique.*
- **Sessions are ran by FWFC directors and Demonstrated by FWFC U8-U9 teams**



## *Why Tech Training?*

*Kids can simply control the ball better so they can make decision in games. When kids make decisions they enjoy the game and they gain confidence. Confidence on the ball will improve soccer participation and enjoyment.*

# *Pillars of Development For Tech Training*

- **Physical-** The confidence to play the game and have success
- **Psych/Social-** The fun, social development and being part of a group
- **Cognitive Development-** Improving the ability to play the game and make decision while playing.



6-9 years need Physical, Psych/Social, and Cognitive Development

**TECHNIQUE %80. BEHAVIOR % 10 MOVEMENT%10**

### **Age Group Needs**

- Basic motor skills
- Always feels secure in performance
- Wanted to be noticed, engaged and encouraged
- Identify goals to attack and defend and outline of the field
- Expresses the need to be listened to and very curious

### **FWFC Development Model**

- Create an environment secure, valued, positive
- Balance agility and coordination
- Proper dribbling, passing and receiving Technique
- Competent 1v1 situations
- Creative and multi positions

## *Video Examples of Technical Training*

- <https://www.youtube.com/watch?v=xAagzpl6wPI>
- <https://www.youtube.com/watch?v=XZjt8mTUg5U>
- <https://www.youtube.com/watch?v=J1yFvSbgVG0>