



FUNDAMENTAL STAGE
MALE 6-9 FEMALE 6-9

Objectives:

- To begin teaching agility, balance, coordination and speed (ABC's)
- To continue to instill the importance of daily play and physical activity

The fundamental motor skills of running, jumping, throwing, twisting, kicking, need to be taught through active movement combined with well-structured programs to develop agility, balance, coordination and speed for athleticism.

An emphasis on flexibility to develop and/or maintain an optimal range of motion in combination with the introduction of whole body strength development begins in this stage. Efficient technique and individual postural components of the movements performed through activities is vital for future success.

Ideally these sessions are supervised to minimize injuries and the evolution of bad habits. Equipment such as "Swiss" balls and medicine balls can be incorporated with whole body weight exercises.

This first window of trainability for speed development (girls: 6-8; boys: 7-9) should focus on agility, quickness and segmental speed in a multidirectional manner with movements lasting less than 5 seconds.

An introduction to simple rules involving safety and etiquette can begin during this time.

During this stage, over the course of 4-10 weeks depending on the program, children are encouraged to participate in several sports, multi-skilled activities and play team games to enhance decision-making. This should approach a total of 10 hours per week towards the end of this stage. 1-2 of these hours should be general athletic skills with an emphasis on running, jumping and throwing. This helps develop a solid base of general physical skills required to support all round athletic ability.

Dollard Soccer Club

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Office hours: Wednesday 19:00 – 21:00 & Saturday 10:00 – 12:00
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All physical activity performed for general aerobic and anaerobic alactic development whether at school, clubs or community centers should be in a safe fun environment. Activities should be all-inclusive with no formal competition or periodization at this Stage.

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