



VIRGINIA YOUTH SOCCER ASSOCIATION

SAMPLE SCHEDULE (A) -- F MODULE (U6-U8; U8-U10)

VIRGINIA BEACH TRAVEL SOCCER, INC. (BEACH FC/NYSL)

Fri.	7:00-9:00	Orientation, Coaching Theory, Team Management (Classroom) <ul style="list-style-type: none">- Why are we here?- Why do kids play?- Role of the Coach- Team Management and Administration
Sat.	9:00-10:00	U6-U8 Characteristics (Classroom) <ul style="list-style-type: none">- U6-U8 Characteristics- Laws of the Game
	10:15-11:00	Activities in Practice (Field) <ul style="list-style-type: none">- U6-U8 Activities
	11:00-12:00	U6-U8 Practice (Field) <ul style="list-style-type: none">- Model Training Session
	12:00-1:00	Lunch
	1:00-2:00	U8-U10 Characteristics, Laws (Classroom) <ul style="list-style-type: none">- U8-U10 Characteristics- Laws of the Game
	2:15-3:00	Activities in Practice (Field) <ul style="list-style-type: none">- U8-U10 Activities
	3:00-4:00	U8-U10 Practice (Field) <ul style="list-style-type: none">- Model Training Session



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SAMPLE SCHEDULE (B) -- F MODULE (U6-U8; U8-U10)

VIRGINIA BEACH TRAVEL SOCCER, INC. (BEACH FC/NYSL)

Sat.	9:00-11:00	Orientation, Coaching Theory, Team Management (Classroom) <ul style="list-style-type: none">- U6-U8, U8-U10- Why are we here?- Why do kids play?- Role of the Coach- Team Management and Administration
	11:00-12:00	U6-U8 Characteristics (Classroom) <ul style="list-style-type: none">- U6-U8 Characteristics- Laws of the Game
	12:15-1:00	Activities in Practice (Field) <ul style="list-style-type: none">- U6-U8 Activities
	1:00-2:00	U6-U8 Practice (Field) <ul style="list-style-type: none">- Model Training Session
	2:00-3:00	Lunch
	3:00-4:00	U8-U10 Characteristics, Laws (Classroom) <ul style="list-style-type: none">- U8-U10 Characteristics- Laws of the Game
	4:15-5:00	Activities in Practice (Field) <ul style="list-style-type: none">- U8-U10 Activities
	5:00-6:00	U8-U10 Practice (Field) <ul style="list-style-type: none">- Model Training Session