



Philosophy

MKSC Soccer School's philosophy is to provide top level soccer instruction for every player, regardless of his or her skill level, teaching the material in a safe, enjoyable and fun way, while challenging players each time they step onto the field.

Program

- The MKSC Soccer School est. 1999, consists of 12 one hour sessions and is open to players ages 6-12.
- Each one hour session will provide players an opportunity to work on the following skills: Passing, shooting, dribbling, receiving/controlling, heading, goalkeeping, small sided soccer games, and soccer/athletic movements.
- Players will rotate between stations hosted by staff coaches.
- Some of the skills will be repeated in the second half (session 7-12) of the program. This is to evaluate how well players have learned the material. If players demonstrate they have mastered a skill, then the coaches will teach the next level of that skill.

PASSING

Being able to pass the ball in different ways with different parts of their feet to their teammate. A pass should be played in a way that's easy for the teammate to control and at the same time unable for the opposing team to intercept. Body position and facing the target are emphasized along with proper passing technique and vision of the field.

DRIBBLING

Ability to move with the ball, under control, utilizing different surfaces of the foot: inside, outside, sole and laces (instep) while maintaining possession, utilizing quick dynamic changes of direction and speed. Dribbling moves are slowly introduced over the course of the program (i.e. the Matthews, scissors, etc.)

SHOOTING

Striking a ball at goal with the intent to score...utilizing both feet, regardless of how and where the ball is coming from.

CONTROLLING/RECEIVING

Gaining possession of the ball by using various legal body parts (instep, thigh, chest & head) Creating a much bigger comfort zone for young players when receiving the ball is key. Being able to be relaxed and focused without panicking as a ball comes to you in the air or on the ground is essential.

HEADING (for players age 12 & older only per USSF guidelines)

Coaches will demonstrate the proper way to head a soccer ball, utilizing back, arms, neck and forehead in unison.

GOALKEEPING

Stopping the other team from scoring a goal by using ALL body parts (including hands and arms). Skills like catching, diving and throwing the ball which is unique to this playing position are taught as an introduction to goalkeeping basics.

SMALL SIDED GAMES

Opportunity for players to demonstrate skills and techniques they've learned in a game situation.

SOCCER/ATHLETIC MOVEMENTS

Players will learn how to move and adjust their bodies in many directions that occur in the game of soccer using various training aids (ladders, hurdles, hoops, etc.)

More information can be found at: <http://www.mksc.org/youth/kickers'-programs/mksc-soccer-school>