



MBSC Technical Coaching Sessions

Schedule

Session #	Date		Time	Topic	Description
Session 1	Thursday	14-Aug	6:30 - 7:30 pm	U8/U10 Coaching	Intro, Advice, and Techniques for coaching the U8 - U10 Player
Session 2	Friday	15-Aug	6:00 - 7:00 pm	U12/U14 Coaching	Intro, Advice, and Techniques for coaching the U12 - U14 Player
Session 3	Friday	15-Aug	7:00 - 8:00 pm	U8/U10 Coaching	Tips, Tricks, and Techniques for the U8 - U10 Player
Session 4	Thursday	21-Aug	6:30 - 7:30 pm	U6 Coaching	Intro, Advice, and Techniques for coaching the U6 Age Group
Session 5	Friday	22-Aug	6:00 - 7:00 pm	U6 Coaching	Tips, Tricks, and Techniques for the U6 Age Group
Session 6	Friday	22-Aug	7:00 - 8:00 pm	U12/U14 Coaching	Tips, Tricks, and Techniques for the U12 - U14 Player
Session 7	Friday	29-Aug	8:00 - 9:00 pm	Dribbling	Teach the most fundamental and used skill of the game
Session 8	Friday	12-Sep	8:00 - 9:00 pm	Receiving / First Touch	Teaching and Improving Receiving the Ball
Session 9	Friday	26-Sep	8:00 - 9:00 pm	Defense	Defensive Basics skills and how to eliminate bad habits
Session 10	Friday	17-Oct	8:00 - 9:00 pm	Passing	Teach the most beneficial skill of the game
Session 11	Friday	24-Oct	8:00 - 9:00 pm	Offensive 1v1 & Turns	Teach beating players 1v1 & Incorporating Change of "Direction"
Session 12	Friday	7-Nov	8:00 - 9:00 pm	Shooting	Ways to show proper shooting technique

Session dates and topics subject to change based upon scheduling and needs.
 Check www.tsunamisoccer.org website under Training for updates