

TOMS RIVER SOCCER ASSOCIATION CLINIC AT RIVERWOOD PARK

The TRSA Clinic program is an 8 week on-site in-house training program. The objective of the Clinic Program is to properly teach the basic skills and techniques of soccer to our youngest players. Each week our training staff will demonstrate to our clinic team coaches, specific skills and techniques through the use of fun games and activities. These skill enhancing games and activities will then be introduced to the players at each weekly clinic training session. At the end of a 30 minute weekly training session utilizing these games, a 4V4 30 minute small sided soccer game will then be played. Coaches will emphasize the (skill improvement) topic of the day—not goals scored. This program is designed to build a strong basic soccer foundation. Parents will realize the importance of the clinic program when their child moves to the next level having been introduced to the basic skills of soccer.

Clinic is held on Saturdays 9.30 AM TO 10.45 AM. Starts 9/19/09 and runs 8 weeks. Rain Date 11/14/09

CLINIC COACHES ARE REQUIRED TO ATTEND THE STAFF TRAINING/ TOPIC OF THE DAY SESSIONS THAT START AT 9:15AM EACH WEEK. THE FIRST STAFF TRAINING SESSION WILL BE HELD ON Sept 19 2009 AT 9:15AM.

CLINIC PROGRAM SCHEDULE

915 925 STAFF TRAINING/ORIENTATION/SEMINAR TOPIC OF THE DAY
925 930 FIELD SETUP/**PLAYERS ARRIVE**
930 935 WARM-UP/BALL SKILLS DRILLS
935 950 ACTIVITY (1) PRACTICE /TRAINING TOPIC SESSION OF THE DAY
950 952 2 MINUTE BREAK
952 1007 ACTIVITY (2) PRACTICE/TRAINING TOPIC SESSION OF THE DAY
1007 1009 SETUP/PREPARE FOR 4V4 GAME
1009 1024 4V4 GAME--- (15) MINUTE 1st HALF
1024 1025 1 MINUTE BREAK/HALFTIME
1025 1040 4V4 GAME--(15) MINUTE 2ND HALF
1040 1045 COOLDOWN/GROUP HUDDLE/GOODBYE TO PLAYERS
1045 1050 COACHES PUT EQUIPMENT AWAY

RULES FOR SMALL SIDED 4V4 GAMES. DURATION 30 MINUTES (2) 15 MINUTE HALFS

Field Size: 30x20yds/Use pug goals/SIZE 3 ball

- 1 GOAL AND CORNER KICKS WILL NOT BE USED.
- 2 OFFSIDES WILL NOT BE CALLED.
- 3 HAND BALLS WILL NOT BE CALLED
- 4 THROW INS WILL BE USED.
- 5 SUBSTITUTE EVERY 5 MINUTES.
- 6 STOP AND TEACH WHEN NECESSARY
- 7 COACH THE TOPIC OF THE DAY--DON'T WORRY ABOUT GOALS
- 8.THE COACH MAY BE ON THE FIELD

See 4v4 game guidelines for coaches under the TRSA Clinic curriculum.

CLINIC CONTACT LIST

BOB SAMPLE	CLINIC DIRECTOR	732-244-8336
BOB GALLO (By-Laws/Policy/Documents/Internal E-Mail List)		732-255-6151
PETER TADRICK	CLINIC STAFF TRAINER	848-448-9580
DARRIN ONEIL	CLINIC STAFF TRAINER	732-255-2052

TEAMS/PARENTS MUST WORK THE BEA LEA SNACK STAND ONCE PER SEASON.

Snack Stand Scheduling Coordinator Dermot Dillon 732-818-1827

Coaches and contacts E-Mail addresses available on the club web site listed below.

Cancellations/other scheduling information please visit our web site at trsoccer.com

