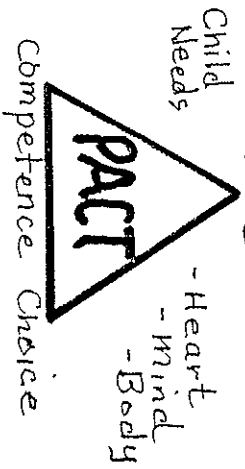


# Minnesota Youth Soccer Association - MYSA

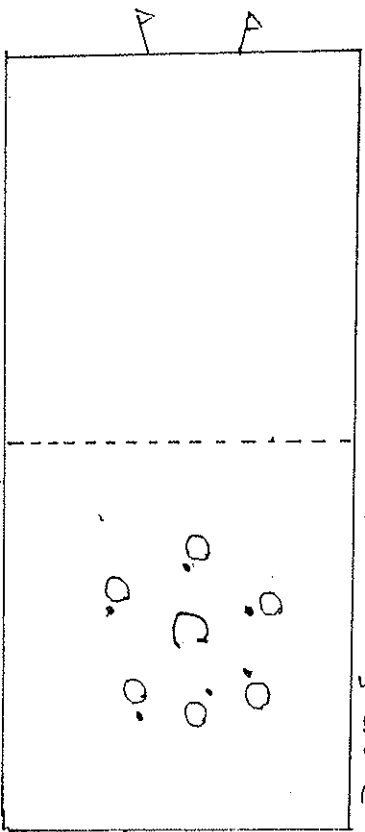
Youth Soccer License Course 952  
 WWW.MYOUTHSOCCER.ORG

116, 118, 110, 112  
 933-2384

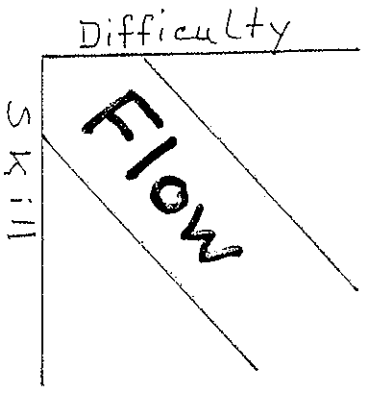
Sequence - Activities:  
 - Warm-up  
 - Ind. Skills  
 - Small Group  
 - Big Game



- Why Soccer?
1. F
  2. F
  3. F
  4. For L



- AVOID
- Stop - "Freeze"
  - Slow - "Small Steps"
  - Go - "Run, Fast"
- Classification of Games
1. Target
  2. Maze
  3. Body Awareness
  4. Decision-Making

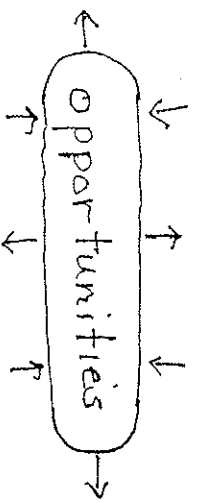


✓ List - Every Game

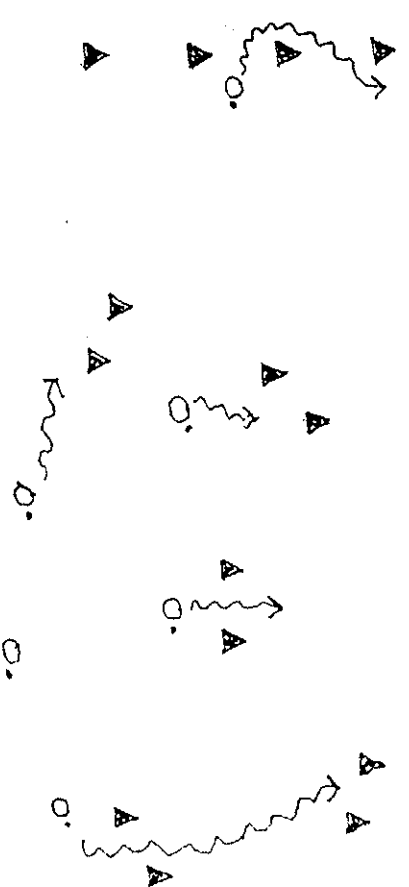
1. ☺
2. ⌚
3. 💡
4. 📄
5. "At a boy/girl"
6. 🏠

Training Keys

1. 🏃
2. 🏃
3. 🏠
4. 🧠
5. "5, 4, 3, 2, 1"



- 3 Domains of Development
- Physical
  - Social
  - Cognitive



Economic Training:  
 - Technical  
 - Fitness  
 - Psychological