

# CSA JUNIOR ACADEMY

## 6U, 7U & 8U Program Information and FAQ



### 6U Junior Academy- all practice times are **TENATIVE**

- Pool training once a week Tuesday 5:30-6:30.
- Games are Saturday morning at 8:00.
- Games will be either 3v3 or 4v4 with no goalies. Roster/Pool size of 12-16 players.
- The pool is split into game day teams and will play against each other. Game day teams will be sent out Friday night prior to each game day.
- Each player receives a JA jersey for training and games.
- Emphasis in 6U JA is technical work on the ball with a training focus on dribbling and taking on players in 1v1 situations
- Goal of the 6U JA program is to give advanced players the chance to train and play against players of like abilities.

### 7U Junior Academy – all practice times are **TENTATIVE**

- Pool training once a week BOYS Pool Monday 5:30. GIRLS POOL Thursday 5:30.
- Optional tech training once a week. Girls will train Friday from 5:30-6:30 and boys will train Friday from 6:30-7:30.
- Games are Saturday mornings at 9:00 for boys and girls POOL team.
- Games will be 6v6 on bigger field with goalies.
- The pool is split into game day teams and will play against each other. Game day teams will be sent out Friday night prior to each game day.
- Each player receives a JA jersey for training and games.
- Emphasis in 7U JA is technical work on the ball, with main training focus on improving the three basis soccer skills of dribbling, passing, and shooting. Training will emphasize dribbling, taking players on in 1v1 situation, the art of passing, movement without the ball, and finishing. Players will learn “the bigger picture” concepts of soccer as we start to introduce positions (goalie/defender/midfielder/forward) and teach them how to play the game.
- Goal of the 7U JA program is to give advanced players the chance to train and play against players of like abilities.

### 8U Junior Academy-all practice times are **TENTATIVE**

- For Fall 2021, there will be 8u Pool Training. Practice is based on Pool assignment and decided by the directors. ELITE Pool will train twice a week.
- 8U JA teams play 7v7 on larger fields with goalies. Roster size is 10-16 players per pool.
- Optional tech training once a week. Girls optional training is Fridays from 5:30-6:30. Boys optional training is Fridays from 6:30-7:30.
- All teams will be playing up an age group. The Boys and Girls 8U ELITE Pool will play up in the Youth Academy (YA) program in the Charlotte area. The other JA teams will play up in the 10U rec program.
- Emphasis is on technical work on the ball. The focus is on improving the three basic skills of dribbling, passing, and shooting. While we still emphasize dribbling and taking players on in 1v1 situations we start working on the art of passing, movement without the ball and finishing.
- Goal of the 8U JA program is to give advanced players ready for the move into the Youth Academy. Work continues with field positioning, giving every player the opportunity to play all positions. Players will be introduced to the concept of keeping possession of the ball and switching the field of play.