



**OLYMPIC SOCCER ACADEMY** has been specially designed to recognise that every child is an individual, and has been proven that the best way for this to be achieved is when playing with other children of a similar age group and abilities. With this in mind OSA has created three different age groups to encourage the children to maximise their involvement and potential.

**COURSE DURATION:** 5 days. All children have to sign up for the course in advance. Upon completion of the OSA course, the participants will receive a certificate and acknowledgement of their progress and performance.

## TEAM NAMES

### **MINI KICKERS**

Our Mini Kickers group welcomes 3 to 7-year-olds. Each session focuses on fun-filled games to enhance basic football control. These workshops have been developed for the children's balance, control and movement. The games are designed to provide encouragement, fun and recreation while building friendships.

### **JUNIOR KICKERS**

Our Junior Kickers group is for 8 to 12-year-olds. We focus on teaching the child how to grasp and read the beautiful game. Game assessment, first touch play, and field positioning are all classic examples. We will develop existing abilities and a passion for football to help the children master new skills and understand when to use them in a match situation.

### **KOOL KICKERS**

Our Kool Kickers group is for children who are 13+ years old and over. Training is based on the Triple "P" philosophy:

**PREP** - Small, quick, controlled workshops to refresh the body and mind and prepare for the second "P"

**PRACTISE** - Small invigorating workshops that involve the ball and nothing else but your knowledge of the game.

Action sessions to work the mind and ability before tackling the final "P"

**PLAY** - Now it's not only about ability and skill, but also about being a team player. Preparation and practise are put into action.

Minimum number of participants is 3 for each session. Soccer Academy is available April - October only and is weather permitting. The management reserves the right to make any changes without prior notice.



OLYMPIC LAGOON

Resorts

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<b>DAY</b>	<b>MINI KICKERS</b> 10:00 - 10:45
Monday	Pirates of the Caribbean, Foxes and Chickens, What number is it?, Body Parts
Tuesday	Maths homework, Tunnel Ball, The post man, Knock them down, Pick them up
Wednesday	- Day Off -
Thursday	Tidy your room, Coach says, Minefield, Touch your toes
Friday	Charlie the cat, Repair your house, The ABC drill, The numbers game
Saturday	Messi or Ronaldo's house, Lions VS Zebras, Triangles, Follow the leader
<b>DAY</b>	<b>JUNIOR KICKERS</b> 11:00 - 11:45
Monday	A to B, Win the race
Tuesday	Ankle slaps, Cones, Cones, Cones
Wednesday	- Day Off -
Thursday	The dribble, Inside and out
Friday	Pass your test & Vice versa
Saturday	Three VS four VS three
<b>DAY</b>	<b>KOOL KICKERS</b> 12:00 - 12:45
Monday	Flop, Volleyball, Headers and volleyball
Tuesday	Chip pass to target, Corners game, The bank game
Wednesday	- Day Off -
Thursday	No man's zone, One VS one, Football golf
Friday	Through the box, Go for the goal, Three grids
Saturday	Four goal game, Diamond goal combo, Diamond pass combo

All activities listed above are specifically designed to help improve soccer technique and skills.

Minimum number of participants is 3 for each session.

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