

Saltfleet Stoney Creek Soccer Club: Grassroots Recreational Program (GRP)

SSC GRP PROGRAM	MODULE 1 – 1hr sessions (Fall Indoor: October – December) Curriculum – Skills Development
WEEK	SESSION THEME/TOPIC
WEEK 1	Ball Mastery
WEEK 2	Aerial Control
WEEK 3	Passing & Receiving
WEEK 4	Passing/Receiving
WEEK 5	Turning/Shielding
WEEK 6	Turning/Shielding
WEEK 7	Shooting/Finishing
WEEK 8	Shooting/Finishing
WEEK 9	Skills Stations
WEEK 10	Skills Stations

SSC GRP PROGRAM	MODULE 2 – 1hr sessions (Winter Indoor: January – February) Curriculum – Skills Development
WEEK	SESSION THEME/TOPIC
WEEK 1	Ball Mastery
WEEK 2	Aerial Control
WEEK 3	1v1 Attacking
WEEK 4	1v1 Attacking
WEEK 5	1v1 Defending
WEEK 6	1v1 Defending
WEEK 7	Turning/Shielding
WEEK 8	Turning/Shielding

SSC GRP PROGRAM	MODULE 3 – 1hr sessions (Spring Indoor: March – May) Curriculum – Skills Development/Small Sided Games
WEEK	SESSION FOCUS
WEEK 1	Activity/Small Sided Game (SSG)
WEEK 2	Activity/ SSG
WEEK 3	Activity/ SSG
WEEK 4	Activity/ SSG
WEEK 5	Activity/ SSG
WEEK 6	Activity/ SSG
WEEK 7	Activity/ SSG
WEEK 8	Activity/ SSG