


MAY GR. 7 2026 (COMP. DAY 3 V 3) VIKTORIA SOCCER CLUB- 14025- 142 ST EDM., ESA - 14920-142 ST, EDM.

SUN	MON	TUES	WED	THURS	FRI	SAT
	April 27 VIK		April 29 VIK	30	1 VIK	2
3	4 SMALL SIDED GAMES/POSSESSION @ESA	5 TRACK- PE / HEALTH	6 COMP. DAY GROUPS FALCONE/VAL @ESA	7	8 COMP. DAY GROUPS - RUSLAN/ANDY @ ESA	9
10	11 STATIONS @ESA COMP. DAY MCKINNON/SARAH	12 TRACK- PE / HEALTH	13 TRAINING GRASS FULL FIELD FALCONE	14	15 NO SCHOOL	16
17	18 NO SCHOOL	19 MINI WORLD CUP T SHIRTS/PE: TRACK	20 TRAINING GRASS FULL FIELD RUSLAN/ANDY	21	22 TRAINING GRASS FULL FIELD VAL	23
24/31	25 School Track & Field No Fields needed	26 MINI WORLD CUP T SHIRTS /HEALTH	27 TESTING @ ESA	28	29 TESTING /TRAINING @ ESA	30

SMALL FIELD- SARAH AND RITA (UNLESS FULL FIELD GAMES)

LARGE FIELD- ANDY/VAL/RUSLAN/LISA

STATIONS (MAY II)

VAL- SOCCER TENNIS

LISA- AGILITY

RUSLAN- FINISHING

ANDY- SMALL SIDED GAME

TRAINING

- **PENALTY KICKS**
- **CORNER PLAYS**
- **SAQ- SPEED, AGILITY AND QUICKNESS**
- **JUGGLING**
- **HOW TO PLAY OUT FROM THE BACK**
- **SWITCH PLAY & CONTINUOUS 3 V 2 ATTACKS**
- **RONDOS**

Key Skills to Watch For:

1. Combination Play

Wall passes (give-and-go)

Overlaps and underlaps

Supporting angles

2. Decision Making

Timing of passes

When to dribble vs when to pass

Recognizing when to switch roles (who leads attack, who supports)

3. Technical Execution

Passing accuracy and weight

First touch quality

Dribbling to unbalance the defenders

4. Creativity and Deception

Use of fakes, feints, body positioning

Quick changes of direction

5. Finishing

Can they create and finish chances under pressure?

Shooting off limited touches

6. Communication

Verbal cues ("man on!", "switch!", "time!")

Non-verbal cues (eye contact, gestures)

Simple Assessment Setup:

- *Field Size: ~20x15 yards (adjust based on age/level)*
- *Goals: Two small goals or cones to dribble through*
- *Time: Each game lasts 60–90 seconds*
- *Format: Quick rotations so lots of reps*
- *Scoring: Can assign bonus points for creativity, combo plays, or good decision-making*

