



## MANITOU FC YOUNG LEGENDS YEARLY PROGRAMING

### **Manitou Young Legends League (YLL) -- Boys & Girls 2017 - 2014**

Dates: League begins May 9 and concludes with YLL Jamboree on July 11

Cost: \$99 per player

Location: White Bear Lake, Hugo, Vadnais Heights, Lino Lakes

#### **Overview**

The Young Legends League provides boys and girls, birth years 2017-2014, with an age-appropriate program structured to provide children who are beginning their soccer journey with a fun experience playing soccer in small-numbered games. Game formats provide for fewer players on the field, thus increasing the opportunities for involvement, ball contact, and physical activity. The game formats for each age groups are as follows:

U5-U6 4v4 (No Goalkeeper)

U7-U8 5v5 (Includes Goalkeeper)

#### **Objectives**

We continue to focus on introducing the game to young players in small game formats. By reducing the number of players on the field we increase the contact time on the ball and the opportunities for each player to be involved and solve simple problems presented by the game. Small-numbered games increase the level of participation, physical activity, and enjoyment.

#### **Team Formation**

Teams are formed based on the age groupings of Under-5/U5, Under-6/U6, Under-7/U7, and Under-8/ U8. "Under or U" indicates that the team is composed of players who are younger than the respective age indicated, based on the cut-off date of December 31. Because of this policy no team will have players assigned who are the age of the team or older. For example, no player 8 years old or older would be placed on an Under-8 team. Teams are constructed based on their respective gender.

#### **Price Includes**

Field rental, Club administration, Insurance, TeamSnap account, Coach equipment, Background checks, Manitou FC uniform, Drawstring bag, Coach education

#### **Schedule**

Following the formation of teams, Manitou FC will distribute the weekly competition schedule to all participants signed up. End of season (EOS) Jamboree schedule will be distributed later.

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## **Emerging Talent Training (ETJ) -- Boys & Girls Ages 7-8 (2015 - 2014)**

Dates: June 5, 12, 19, 26, July 10, 17, 24 (7 sessions)

Time: 6:45-8:00 pm

Cost: \$60

Location: Polar Lakes Park

### **Overview**

Our Emerging Talent Training program helps boys and girls to transition into the Future Manitou Academy program. Helping to 'bridge the gap' this program continues to focus on the basic skills required for higher levels of play and introduces the players to the four main moments that the game is based on: attacking, transition to defense, defending, transition to attack.

### **Objectives**

We continue to focus on the technical aspects needed to play at higher levels within the learning environment. Using a play-practice-play pedagogy we use the game as a main component of our teaching methodology. The training objectives are:

Prepare boys and girls for Future Manitou play at U9-U10

Continued focus on Ball Mastery, Dribbling, Feinting, Turns, Kicking and Movement

Introduce the four main moments and reinforce transition

Improve the players awareness and beginning ability to solve soccer problems

The ETT program is open to MFC members and non-members

### **Registration**

Emerging Talent Training registration will open up on February 15, 2022

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Will open up on February 15, 2022

### **Interested in Coaching:**

We are always looking for individuals who would like to coach. No coaching or past playing experience is necessary. Manitou FC offers coach education to beginning coaches. Let us know you want to coach and we'll be in touch to get you started!