

YOUTH DEVELOPMENT ACADEMY U4 – U10 (page)

Square One Sports Youth Development Academy for Boys and Girls 5 to 10 years old!!!!

Our Development Academy is the earliest stage of our youth player development model. This training-only program uses the same, coaches as in the older age groups and implements a well-structured curriculum that promotes young players' motor skill development while developing a comfort level with the ball. The technical objective of the U6-U11 program is to teach players to dribble. Dribbling is the foundation skill for all the other skills and must be taught first. Coaches discouraged will be aimless kicking, as it develops bad habits and has no long-term benefits. This new program is intended to help and prepare our young athletes for competitive and travel leagues.