



The Somerville Cubs.

(Y5/6 Summer Squad)

Description:

Under the club's coaching and development programme this Y5/6 group meets for 8 weeks starting on Thursday's Term 3 in October with a further 4-week pre-season programme available in February.

The Somerville Cubs sessions come under the direction of the Coaching Director who is assisted by the club's representative players and Somerville's current BlackSticks who offer various specialist skills. On occasion the programme may be contracted to an outside provider at the discretion of the club. The cost associated with this programme includes coach staff and Somerville Cubs shirt.

Somerville Cubs programme is aimed at ...

1. Somerville Y5/6 higher performance ability players from the current season.
2. "Prospective" club players for the following season, (a minimal number of vacancies may be offered on application).
3. Repetition base technique learning with both 6 and 11 a-side match concepts.

Selection:

Somerville Cubs programme is targeted at (Y5/6 school age) players who have undergone Skill Testing and provided results for the clubs Skill-Testing data base.

Somerville Cubs is an individual based selection programme (not team based). However, on occasion numbers selected will allow for game activity for the purpose of "game theory". The programme is restricted in numbers to achieve maximum learning for the group.

Invitations are offered to current club members after consultation with team coaches at the completion of the AHA competition season for this age group (September).

A limited number of vacancies are offered to "prospective" club players after interview, with an expectation of Somerville club participation the following season.

Guidance:

The Somerville Cubs programme offers the opportunity for players to both increase their theoretical knowledge whilst allowing individuals time to develop these techniques through repetition.

There is an expectation the majority of these players will move to the Somerville L.G. Academy programme in their Y8 (school year).

Aspects covered include:

(Core competency to advanced skill levels)

- Hitting techniques including (sweep hitting, reverse hitting, power and accuracy principles).
- Receiving techniques including: reverse, bouncing balls, and deflecting.
- Elimination techniques, forehand/reverse, jinking and evasion tactics.
- Dispossession techniques including, tackling, types of marking, channelling etc.
- Goal scoring techniques and principles.
- Set piece skills, PC pull outs, PC stopping etc.
- Athletic programme including warm-up and stretching routines, speed and movement dynamics.
- Small game analysis (out-letting, screens and presses, positional know-how for Defence/Midfield/Strikers).

END

(updated Aug 2019)