

# Club Development Center (CDC U9-U12)



Start of the activities : CDC 1 - June 18 CDC 2 and 3 - May 1

End of the activities : September 2021 \*\*



RECONNAISSANCE NATIONALE DE CLUB JUVENILE

Category / Sexe	Year of birth	Program offerings	Day of the week	Time	Place	Cost	Number of weeks
U9 M & F	2012	CDC 1	Friday	6 pm	Rosanne Laflamme	265\$	12 weeks
		CDC 2	Friday Tuesday * Boys Wednesday * Girls			430\$	20 weeks

\* The practices are given by the club. Each option includes one game per week. Game schedules are to be determined.

U10 M & F	2012	CDC 1	Friday	6 pm	Rosanne Laflamme	265\$	12 weeks
		CDC 2	Friday Tuesday * Boys Wednesday * Girls			430\$	20 weeks

\* The practices are given by the club. Each option includes one game per week. Game schedules are to be determined.

U11 M & F	2010	CDC 1	Friday	6 pm - F 7h25 - M	Rosanne Laflamme	280\$	12 weeks
		CDC 2	Friday	6 pm - F 7h25 - M		425\$	20 weeks
		CDC 3	Wednesday Friday Monday	6 pm 6 pm - F 7h25 - M 6 pm		475\$	20 weeks

\* The practices are given by the club. Each option includes one game per week. Game schedules are to be determined.

U12 M & F	2009	CDC 1	Friday	6 pm - F 7h25 - M	Rosanne Laflamme	280\$	12 weeks
		CDC 2	Friday Tuesday	6 pm - F 7h25 - M 6 pm		425\$	20 weeks
		CDC 3	Friday Tuesday Thursday	6 pm - F 7h25 - M 6 pm 6 pm		475\$	20 weeks

\* The practices are given by the club. Each option includes one game per week. Game schedules are to be determined.

**\*\*Due to COVID we cannot determine the start or end of the season.**

	OBJECTIVES U9 to U10	OBJECTIVES U11 et U12
<b>TECHNICAL</b>	Introduction to basic technique (passing, driving, shooting, dribbling)	Develop a variety of skills through different exercises in a reduced format and in the form of games.
<b>TACTICAL</b>	Teach children to collaborate with each other in the context of a game	Teach children to collaborate with each other in the context of playing
<b>PHYSICAL</b>	Develop the basic elements of movement (agility, coordination, speed and balance)	To work on motor skills (agility, coordination, speed and balance)
<b>SOCIAL</b>	Continue to encourage confidence in ball possession and increase the ease of playing with partners	Learn to communicate and interact with their teammates
<b>MENTAL</b>	Encourage and develop decision making	Develop the pleasure of playing and the desire to learn in a safe environment.