



FIND **SUCCESS** AT THE GRASS ROOTS LEVEL

AN AGE APPROPRIATE APPROACH TO THE GAME

POWERED BY **xara**SOCCER



CREATE A BETTER EXPERIENCE

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CHANGING THE ENVIRONMENT

“Xara’s Dinomites program has been a phenomenal success within our organization. We went from 0-286 players in just two seasons! The program just breeds fun for our young players and families. They are learning the game, and just love to go to soccer practice each week. Our coaches love the parental involvement that manifests itself via the program, making them feel as though they are not simply “babysitting”. Success at this age group is all about retention; retention of players, and retention of coaches. This is quite simply the greatest program in the world for a youth soccer organization operating with the youngest age groups.”

Lori Rhodes, President, Lubbock Soccer Association.



Xara Soccer offers four turnkey age appropriate programs designed to expose young players to the skills of the game in a fun and family inclusive structure. Mom and Dad are integrated into drills and activities, kids fall in love with the game, while coaches can coach without the usual fears and challenges of youth coaching.



And it’s not just the kids and parents that benefit from participating in Xara age specific programs. Soccer organizations across the country are experiencing significant growth.



“Since we introduced the Dinomites program our numbers have grown from 60 players to to 160 players at the U5 and U6 level. We had to close out registration last year and we have a waiting list of families who wish to get involved. We even have parents of kids as young as 3 asking if their kids can sign up.”

**Bill Hickey Director of Coaching
Smithfield Soccer Club, RI**



UNDER 6



UNDER 8



UNDER 10



FOUR AGE APPROPRIATE PROGRAMS

Designed to engage the players and parents, and built to create the foundation for the long term growth and success of a soccer organization.

AGE SPECIFIC PROGRAMS ARE BUILT AROUND A WEEKLY COACHING CURRICULUM AND PROGRAM SPECIFIC TRAINING BALL.

Each curriculum has been developed with input from experts in the fields of Child Development, Child Psychology, Child Education and Soccer Coaching. This collaboration was essential to ensure that each program is not only "Age Specific" but addresses both gender specific and skill specific needs. Each of the four programs can be used independently but the greatest success will be seen if an organization uses each program to create a progression through the age groups.



U5 U6



U8



U10





PROVIDE A BETTER EXPERIENCE

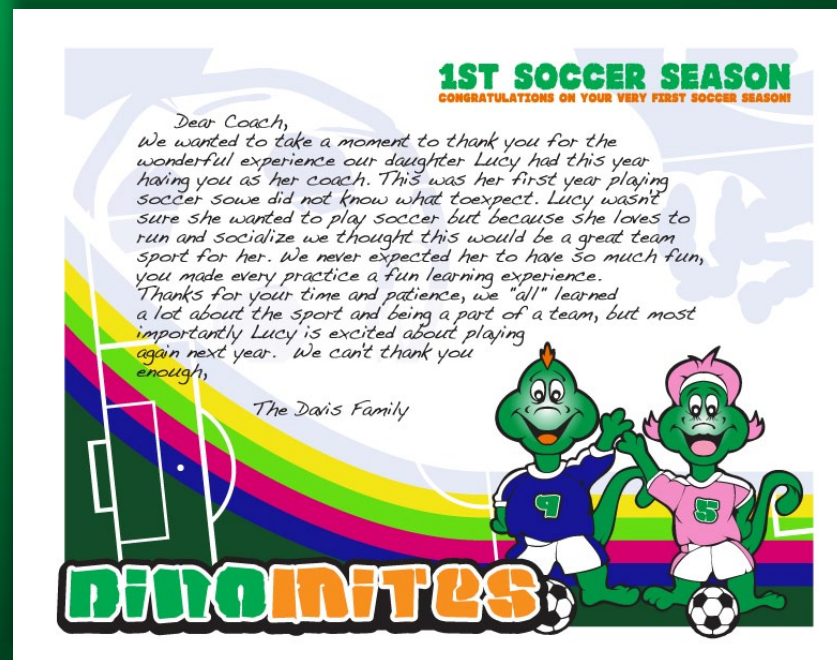
Create an incredible on the field environment and experience for your players, coaches and parents with products designed to make each program fun, vibrant and exciting.



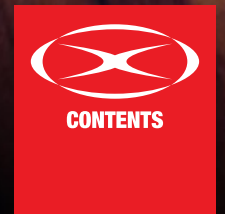
View the full range of Xara Soccer Age Specific products at xarasoccer.com

A SEASON OF GAMES. A LIFETIME OF MEMORIES.

Each of the four programs have a suite of online support materials that can be downloaded and used by administrators, coaches and parents to enhance the overall soccer experience for all involved. Certificates, photo frames and even stationary help create a dynamic and fun finishing touch to your soccer season.



Materials are made available exclusively to organizations that sign up for Age Specific Programs. A unique Club Code is assigned so that coaches and parents can log in and download all the collateral material that can help to bring your season to life!





Graduation, Growth And Success

"We had our first session yesterday, and it was a super success. The trainers we use from the academy loved the materials. The kids had a ball with just the exercises. And the parents were wowed."

Joe Keiser - International Soccer Academy



"Another aspect of the program is the consistency it provides. We know what most of the children coming out of U6 will have learned and can build on that in U8 and above. Both our DOC, Scott Snyder, and I are working on standardizing our league's coaching and having a turnkey system like the Dinomites makes that easier."

Dan Curriden President, Smyrna Soccer Club



FOUR PROGRAMS FOUR UNIQUE PERSPECTIVES



PLAYERS

Each program brings fun, excitement and joy to the player experience and fosters a love for playing the game.

PARENTS

Parents share in their child's soccer experience participating each week, using the free support materials and creating a memorable family experience.

COACHES

Coaches of all skill levels are supported with a season long curriculum which eliminates any fear of coaching the game and makes the coaching experience more fulfilling.

ADMINISTRATORS

Administrators use the curriculum, online materials and season long activities to deliver a memorable soccer experience and bring growth and success to their program.





U5 DINOIMITES

A DYNAMIC INTRODUCTION TO THE GAME

The U5 Dinomites program is designed to provide an age appropriate family soccer experience for 3 and 4 year old children. Whether you come into soccer with no knowledge, limited knowledge, or you've been involved in the game for years, everyone will benefit from this program.

This introductory program supports associations and clubs in their effort to establish a foundation for the development of the 3 and 4 year old player. This age specific, story based approach, is built around the introduction and development of the core motor skills required to play the game. Experts in child development and education indicated that most children of 3 and 4 years of age do not have their core motor skills sufficiently developed to play the game, that is why the focus of the U5 program, is the development of those core motor skills. Through fun games and activities the program develops balance, running, jumping, turning, hand eye coordination and spatial awareness, all essential to allow the young player to eventually learn and enjoy the game. The program does all this while involving the most important person in the child's life, the parent.

Experts in the field of child psychology and development stress the important role of the parent to the young child, so this program has been developed to support active parent participation. This approach fosters a memorable experience for the whole family and encourages support for the volunteer coach.



U5 Dinomites is a turnkey age appropriate program designed to expose young players to the skills of the game in a fun and family inclusive structure. Mom and Dad are integrated into drills and activities, kids fall in love with the game, while coaches can coach without the usual fears and challenges of youth coaching.

- ATTRACT THE COACHES YOU NEED
- DEVELOPED WITH CHILD DEVELOPMENT EXPERTS AND EDUCATORS
- A 10 WEEK CURRICULUM TO SUPPORT COACHES
- WEEKLY ACTIVITIES THAT ENGAGE PARENTS
- STORIES THAT EXCITE PLAYERS
- FREE ONLINE SUPPORT MATERIALS
- FREE ONLINE "SCRAP BOOK" MATERIALS
- SOCCER SAFE BALL & EQUIPMENT
- PRODUCTS TO CREATE A "TOTAL" EXPERIENCE

CURRICULUM OBJECTIVES

1. Development of core motor skills
2. Safety Awareness and word association program
3. Use of imagination
4. Fun activities and exercises coordination, balance, agility, turning, jumping
5. Character building – confidence, self esteem
6. Develop active lifestyle habits
7. Introduce group concepts
8. Awareness of sharing and respect
9. A shared family soccer experience

THE U5 CURRICULUM

"As an experienced soccer coach, I went into my first U5 season as the coach of my youngest child's team with a great deal of confidence. I had access to Xara's U5 Dinomites Program, but chose to disregard it. I knew what I was doing". "I changed my mind after week two, my practices has been nothing short of a disaster!"

"I decided to use the Xara Dinomites program at my third practice what an unbelievable turnaround! The kids responded to the stories and teaching methodology, my team parents became involved and engaged. It was a 100% turnaround experience and left me as the coach with greater energy and enthusiasm for practice each week."

"I am a strong advocate for the Dinomites program as a coach who has used it, and was bailed out by it! Tremendous programs that I strongly recommend you look into."

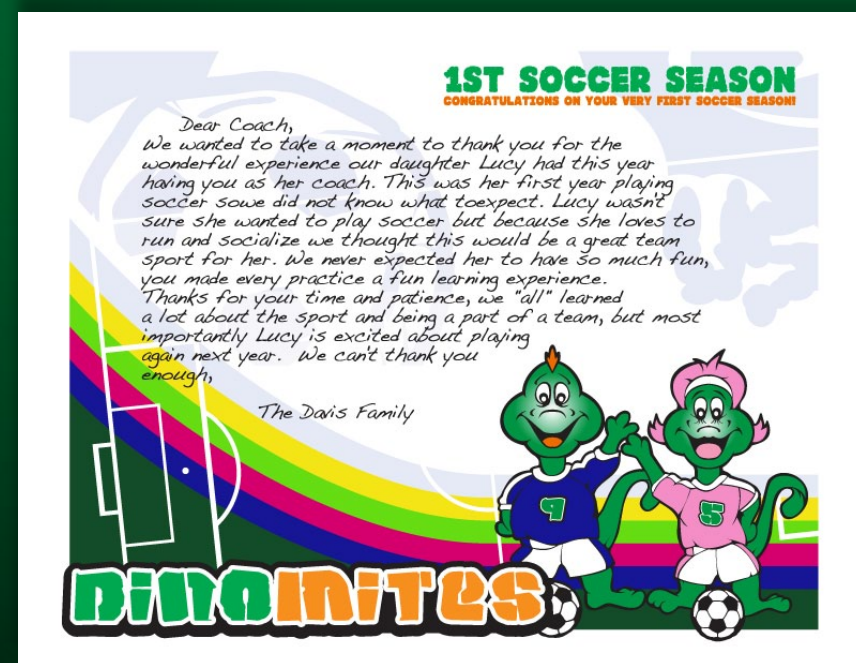
Jeff Pentecost President Forney Soccer Association





A SEASON OF GAMES. A LIFETIME OF MEMORIES.

Each of the four programs have a suite of online support materials that can be downloaded and used by administrators, coaches and parents to enhance the overall soccer experience for all involved. Certificates, photo frames and even stationary help create a dynamic and fun finishing touch to your soccer season.



Materials are made available exclusively to organizations that sign up for the Dinomites U5 Program. A unique Club Code is assigned so that coaches and parents can log in and download all the collateral material that can help to bring your season to life!

To learn more about the Dinomites U5 and U6 Programs visit xarasoccer.com



A SOCCER ADVENTURE



Remember when you were 5? Life was about play, fun and making friends. The Dinomites Program brings that same spirit of fun and adventure to the entire family and establishes a soccer experience that lasts a lifetime. This program is the first in a series of three educational soccer programs that support the growth and development of players at the younger age levels. This 10 week, age specific program, is a step by step interactive development guide for youth soccer organizations that run U4, U5, and U6 programs.

U6 Dinomites is a turnkey age appropriate program designed to expose young players to the skills of the game in a fun and family inclusive structure. Mom and Dad are integrated into drills and activities, kids fall in love with the game, while coaches can coach without the usual fears and challenges of youth coaching.

"We had our first session yesterday, and it was a super success. The trainers we use from the academy loved the materials. The kids had a ball with just the exercises. And the parents were wowed."

Joe Keiser - International Soccer Academy



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THE U6 CURRICULUM

"The Dino Curriculum allows for a consistent approach from the coaches in our program some of whom have not played the game or coached in the past. They get into the stories and we see coaches and parents on the field dressed up and involved, it brings a smile to my face every time I am at the fields."

**Bob Squillante President
Smithfield Soccer Club, RI**

SUPPORT MATERIALS



To learn more about the Dinomites U5 and U6 Programs visit xarasoccer.com

The Xara Soccer U5 and U6 Product Range



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DYNAMIC AND FUN

Provide a better experience. Create an incredible on the field environment and overall experience for your players, coaches and parents with products designed to make each program fun, vibrant and exciting.



1211

Made specifically for little tots involved in the Dinomites program, this kit includes everything a young child needs to enjoy his/her first soccer season. The Dina and Dino characters on the left chest are part of the Dinomites soccer program based around a fun, interactive curriculum for your U6 recreational soccer program.

Kit includes uniform shirt, short and socks.

Price: \$29.95



8037

Soccer is fun for kids of all ages and the Dinomite ball gives the youngest members of your family the opportunity to have fun and develop a love of the game with a friend that will be part of their soccer lifestyle. This ball is part of the Dinomites Program designed to assist players at the U6 level develop their soccer skills

Price: \$19.50

7011

The perfect accessory for your Dinomites program that holds 8 size 4 balls or 10 size 3 balls. Draw string top with bungy fastener this bag will go perfect for any coach involved in the Dinomites Program.

Price: \$16.00



3050

Now Deana and Dino can be part of the fun when you wear them to game day or your Dinomites practice.

Price: \$6.50



9040

Xara has developed an industry leading approach to the game with age specific Correct Fit Technology to ensure player safety. Our Shinguards fit in areas that need protection around the ankle and shin. Along with the Dino ball, this product is based around Dino and Deana of the Dinomites development program.

Price: \$13.00

To view the full range of Xara Soccer Age Program products visit xarasoccer.com



U8 IMAGINEERS

PLAY · EXPLORE · LEARN · IMAGINE



JOIN THE IMAGINATION NATION

For many organizations across the country their membership peaks at the U8 level, after this many see a decline in their membership a trend that never reverses itself. That fact makes the U8 program important in the long term success of an organization that wishes to continue to thrive at the older age levels. The Imagineers program offers the opportunity for organizations to deliver a soccer experience that is memorable and will have family's asking "where do I sign up for next year?"

The program was developed to not only accommodate the growing athletic skills of the players but also encourage the use of their imagination, this is a key area of development for children of this age, so each week the players travel around the world and embark on a series of soccer adventures. All of this is done as they continue the development of their core soccer skills and are introduced to some important game situations. Included in the program are a ten week curriculum that gives the coaches a complete week by week plan, a specially designed ball that is central to the season long experience and stories that take the players on an around the world journey full of growth and adventure.

To learn more about the Imagineers Program visit xarasoccer.com/imagineers



U8 Imagineers is a turnkey age appropriate program designed to expose young players to the skills of the game in a fun and family inclusive structure. Mom and Dad are integrated into drills and activities, kids fall in love with the game, while coaches can coach without the usual fears and challenges of youth coaching.

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THE U8 BALL AND CURRICULUM



FUN GAME
Dribble tag, correct technique.

Organization
30x30 ft. area each player has a ball. Select two taggers defined by cones, play several times for a total of 5-10 minutes.

Objectives
Further development building the pressure of the pass, turn and fake in a fun game environment. The two taggers dribble and pass the balls to tag the other players' balls. When tagged that player gets a penalty on and joins the tagging team. The goal of the game is to avoid being tagged with fast turns or laxes away from the taggers.

Coaching Points

1. Keep your head up and look for the players trying to tag you.
2. When you do a turn or fake -- use a rapid change of speed and direction.
3. The last two players left untagged become the taggers for the next game.

GAME PLAY

Section 1. Basic positions and what to do at game re-starts

Positions on a soccer field are interchangeable. Players can switch positions and move into another position depending on the circumstances of play. When a play breaks down, the ball goes out of play, or the ball is away from their position they can recover back to their "position". At this age you should never tell a player you cannot run there because that is not your position. Educate your team to support players around them without crowding them or getting too close.

The difficulty in coaching 6 and 7 year olds is not to include too much information at any one time. Try and do all of your coaching on your practice night and not to give instruction at your weekend game time. If you need to provide instructions do so before the game, when a player is substituted, at half time and at full time.

Do not over complicate matters; focus on 3 aspects for offense and defense (These are listed below). Along with the curriculums focus on individual technical skills and ball control. These three combined aspects will provide a foundation for a team's top performance.

KEY AREAS OF FOCUS FOR U8 RECREATIONAL PLAYERS

Section 2. Offense

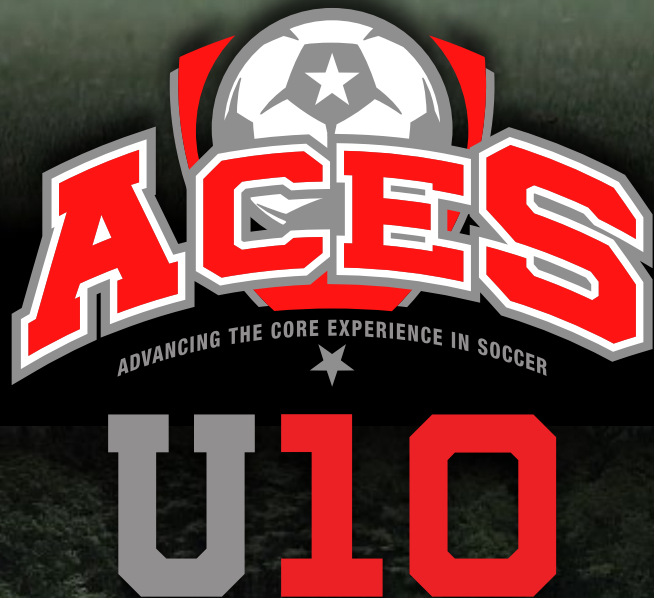
1. When the ball is coming towards you always control the ball before attempting to do any of the following:
 - Pass
 - Dribble
 - Shoot
2. If you have the ball look to pass to someone in space.

If you don't have the ball, move into a space away from a defender. A trick to teaching younger players what space is, is by saying, "Can you draw a line from the player with the ball to the person you want to pass the ball too, without the line touching the defender? If you can not, then that player is not in open space, you must then move to an open space to try and receive a pass from a teammate."





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ADVANCING THE CORE EXPERIENCE IN SOCCER

The ACES program speeds the development of the emerging athlete. Laid out in training modules that allow each coach to create a training program that best meets the needs of the player and the team.



The ACES U10 Player Development Program is the third in a series of three programs that have been developed to assist administrators and coaches in the growth and development of the emerging players in their program. This season long program is both age specific and skill specific and is designed for players of all levels. The ACES program is designed to allow the coach to continue the development of the players core soccer skills while at the same time build a greater understanding of team play. The curriculum is based around three principles;

- Core Soccer Skills
- Development of Team Play
- Fun

The training modules within this program develop the core skills that the emerging player will need to continue to play the game at the higher age levels. They also focus on developing the players understanding of team play and the role of the individual in the success of the team. These two very important concepts help the emerging player develop within the team environment and have fun as they gain a greater understanding of the game.

- Provide age appropriate soccer skills
- Provide volunteer coaches with the tools to deliver an authentic soccer experience
- Engage parents in a family soccer experience
- Create a learning environment that reaches beyond soccer
- Offer fun while developing soccer skills and fitness



To learn more about the ACES Program visit xarasoccer.com/aces

MAKE **SUCCESS** EASIER TO ACHIEVE

Xara's four age specific programs are making success easier to achieve for hundreds of soccer organizations across the country. Their commitment to delivering a better soccer experience is helping them to grow their program, attract the volunteer coaches they are looking for and reach a level of success that they had not believed possible. Start building your success story today by visiting www.xarasoccer.com or by calling Xara today at 1-800-444-9272



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