

ALBION JUNIORS

**CURRICULUM
STAGE ONE: U10 - U13**



3

ALBION JUNIORS BELIEVES EVERY PLAYER DESERVES THE BEST POSSIBLE SOCCER EXPERIENCE.

Whether they dream of one day playing the Soccer World cup or simply want to have fun with their friends. We believe that if we introduce soccer to the children when they are young, this will set the stage for a lifetime of enjoyment.

Albion Juniors provides a roadmap to play soccer at the recreational, competitive or high performance EXCEL levels, with the aim of encouraging lifelong participation.

For players under the age of 10, many of whom are lacing up cleats for the first time, the goal of this approach is simple:

GET KIDS TO FALL IN LOVE WITH THE GAME

STAGE 3 (U10 - U13)

Allows children to develop their movement ABCs agility, balance, coordination, and speed and learn the basics of the game while emphasizing fun, cooperation, and maximum time on the ball.

THE ROLE OF THE COACH

Teacher. Mentor. Role model.

Cheerleader. Parent.

Occasional disciplinarian.

Soccer coaches wear many different hats, particularly when they're training young players, many of whom are lacing up their cleats for the first time. You might find yourself leading a fun activity one minute and reining in a distracted player the next.

You must be flexible, because a session or drill that was meant to last 10 minutes might need to be switched up after half that time to keep the players engaged.

Above all, make sure everyone is enjoying the session including you.

Being a coach is demanding, but it's also incredibly rewarding. There's nothing quite like witnessing the thrill a young player gets when they score their first goal, or make a fantastic pass. And the lessons a child learns from a good coach can last a lifetime.

The objective isn't just to develop better soccer players—it's to develop wellrounded people who are disciplined, persistent and able to work well with others.

Shaping the lives of young people is a tremendous responsibility. As a coach, you must do everything you can to foster a player's love for the game, and to help them achieve their potential.

Good coaches seek out new ways to develop their knowledge of the game and how players learn. This toolkit is designed to get you started.

But it's not just about what you teach. It's about how you teach.

Ultimately, it's your personality and enthusiasm that will have the biggest impact on your players.

COACHING TIPS

Every soccer player is unique and it's important to understand and appreciate the differences between players at various age levels.

When you're planning a training session, consider the group of players you're working with and the outcomes you want to achieve, and choose your coaching method accordingly. In no particular order, here are five coaching techniques that will give you some options to help meet the needs of individual players:

1 **COMMAND:**

The coach tells the player what to do and demonstrates it ("I want you to pass the ball to your partner.").

2 **QUESTION & ANSWER:**

The coach leads with a question and requests an answer from players ("Which one of your teammates could you pass the ball to?").

3 **OBSERVATION & FEEDBACK:**

The coach and players observe an activity and discuss the outcome ("Let's watch and see what happens.").

4 **GUIDED DISCOVERY:**

The coach asks a question and issues a challenge ("Can you show me how you would get the ball past the defender?"). The player then demonstrates how he/she would do it.

5 **TRIAL & ERROR:**

The players and/or coach decide on a challenge, and the players are encouraged to find their own solutions with minimal support from the coach.

Remember, a method that works well with one player may not be effective with another. So it's important to be flexible, to set realistic goals, and to give positive feedback as often as possible. It's also important to remember that, no matter

how wonderful a coach you are, it's very difficult to force a player to be interested in your training session when he or she really doesn't want to be there. Make the experience lots of fun and all your players will want to come back the next time.

OUR PREFERRED TRAINING MODEL

Albion Juniors recommends a “station” approach to training. Players move from one skill-building activity to the next at regular intervals. The time spent on each activity varies based on the age of the player.

This method is not only more fun for young, but also allows training sessions to be tailored to a team’s individual needs, depending on the number of players, the number of parents and coaches present, and the available facilities.

Each training session is built around four activity stations, one focusing on General Movement skills, one on Coordination, one on Soccer Technique and another on Small-Sided Games.

Addressing all four of these training “pillars” at each practice session will help develop well-rounded young players with a foundation in physical literacy, solid soccer skills and, ideally, an enduring love of the game.

TRAINING TEMPLATE

FOR PLAYERS AT THE ACTIVE START STAGE, TRAINING SESSIONS SHOULD BE 45-60 MINUTES LONG AND COMPRISED OF:

25%

SOCcer TECHNIQUE

25%

GENERAL MOVEMENT

25%

COORDINATION

25%

SMALL-SIDED GAMES

This toolkit will give you ideas for specific activities under each of the four training pillars. How you set up your training sessions is entirely up to you. For example:

One coach or parent working with a single group of players on a half field can simply switch up the “pillar” activities throughout the session.

If you have a full field, two or more coaches/parent volunteers and 7 or more players, you may choose to divide the players into two or more groups and have them rotate through stations being run simultaneously.

STAGE ONE: U10 - U13

SOCCKET TECHNIQUE

A PLAYER'S SOCCER TECHNIQUE WHICH REVOLVES AROUND CORE SKILLS SUCH AS PASSING, RECEIVING AND CONTROLLING THE BALL WILL IMPROVE THROUGH:

- GETTING LOTS OF TOUCHES ON THE BALL.
- FUN COMPETITIONS THAT MOTIVATE PLAYERS TO USE DIFFERENT TECHNIQUES.
- PLENTY OF POSITIVE FEEDBACK.
- OPPORTUNITIES TO MAKE QUICK DECISIONS
- ABOUT THE BEST TECHNIQUE TO USE IN A GIVEN SITUATION.

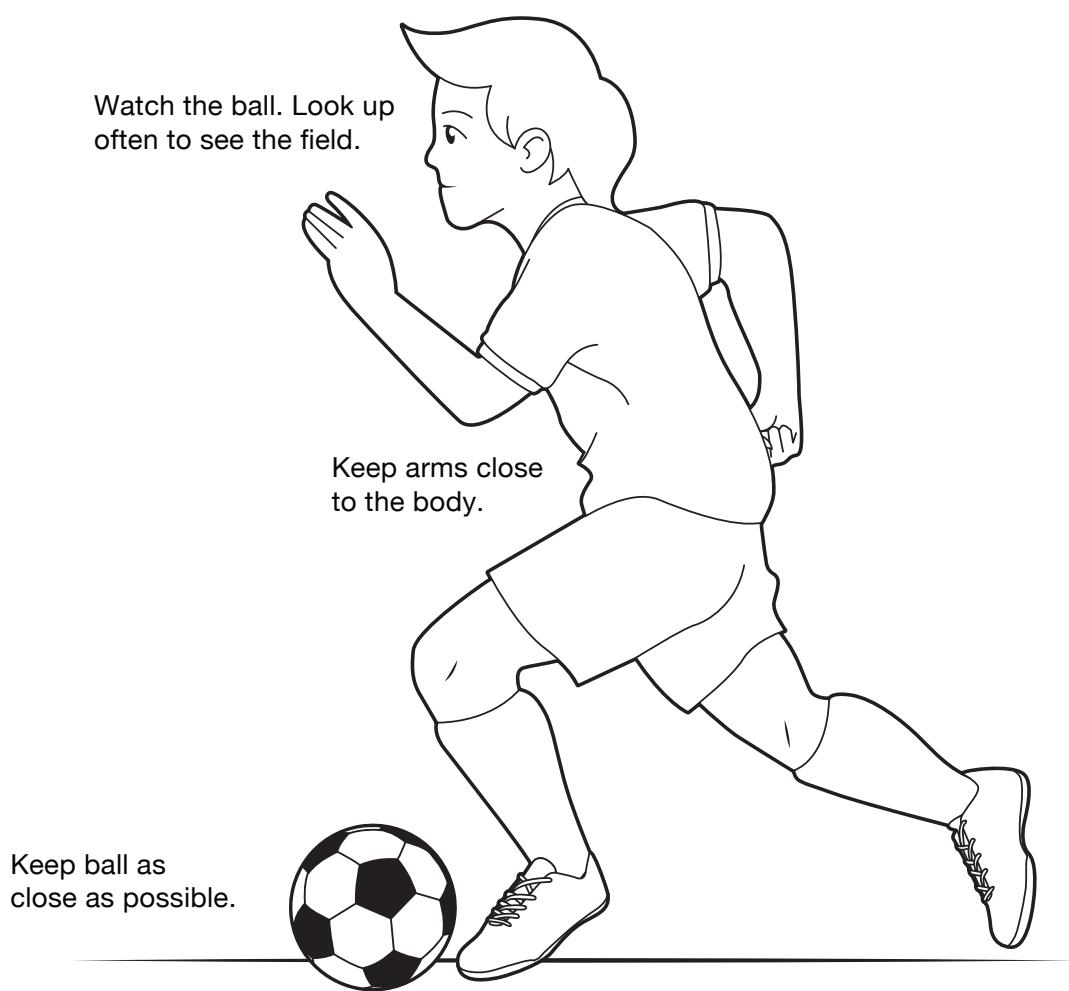
Technique drills should make up about 40% of practice time (i.e., roughly 35 minutes of a 90-minute training session). The following activities focus on dribbling, control, passing, shooting, and heading.

TIP

These activities will help players develop a feel for the ball in increasingly large areas by continuing to work on fundamental techniques like dribbling, shooting, faking, turning, and passing. While having fun is still a key motivator, discipline will become more and more important as players transition from “game-playing” to “training.”

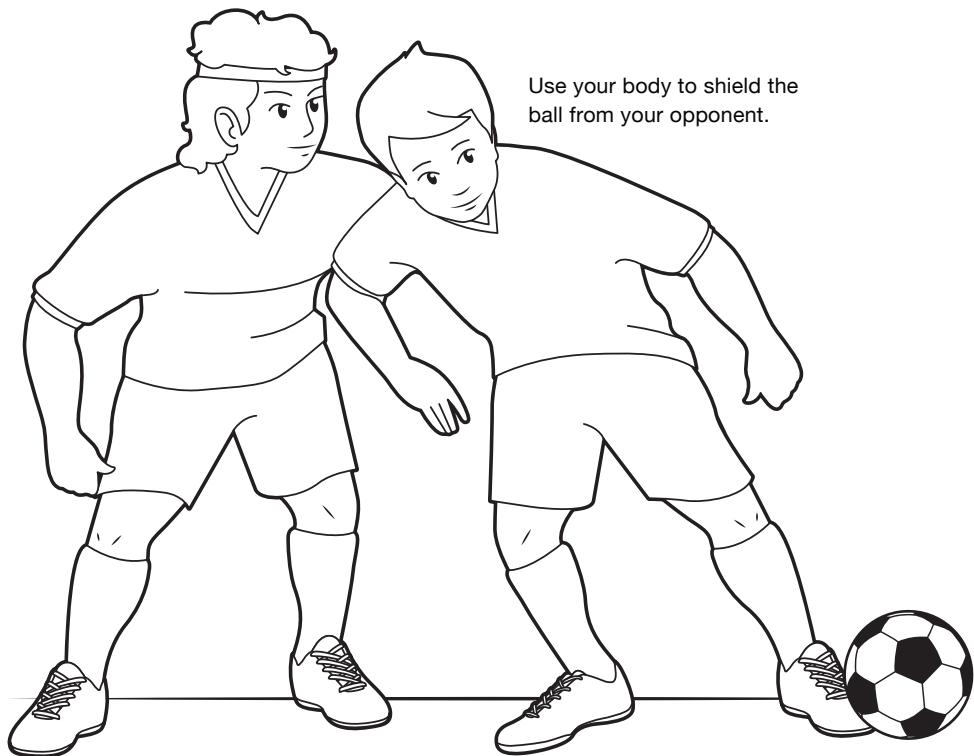
Dribbling

“Dribbling” means making friends with the ball and using your feet to move it in a controlled way.



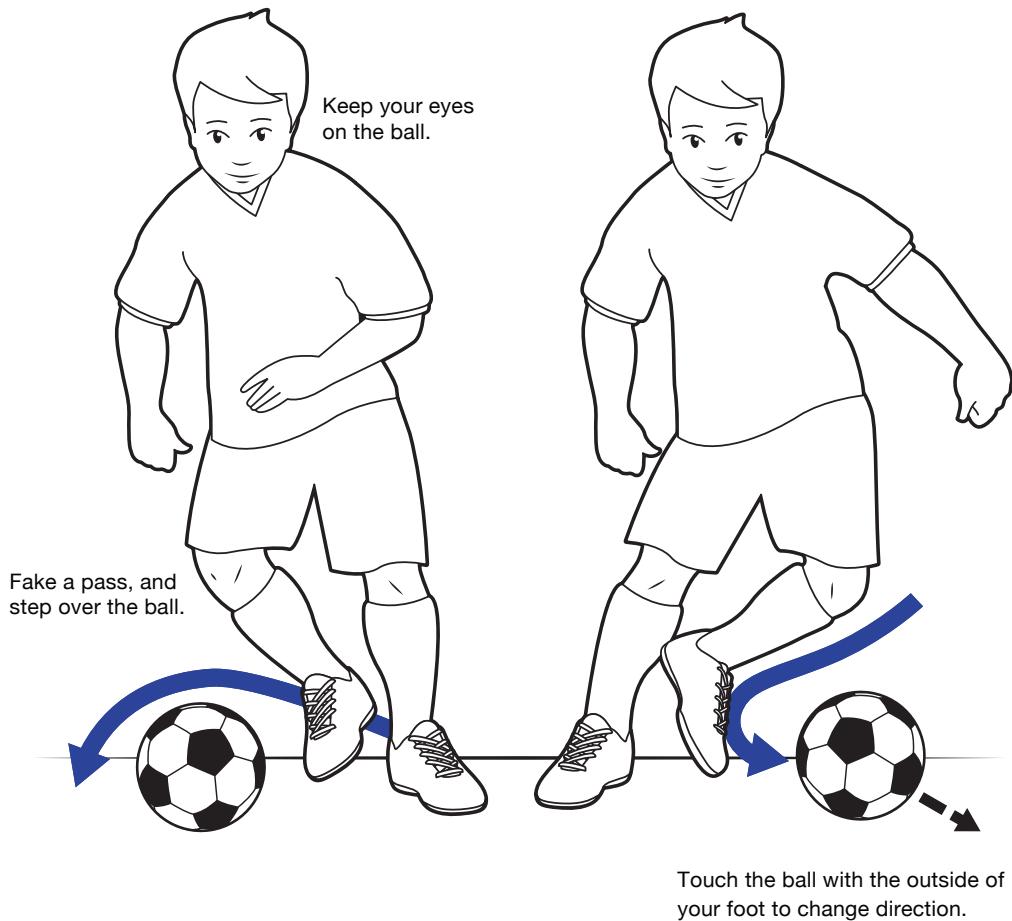
SHIELDING

“Shielding” is where the player keeps possession of the ball by putting his/her body between the ball and the defender.



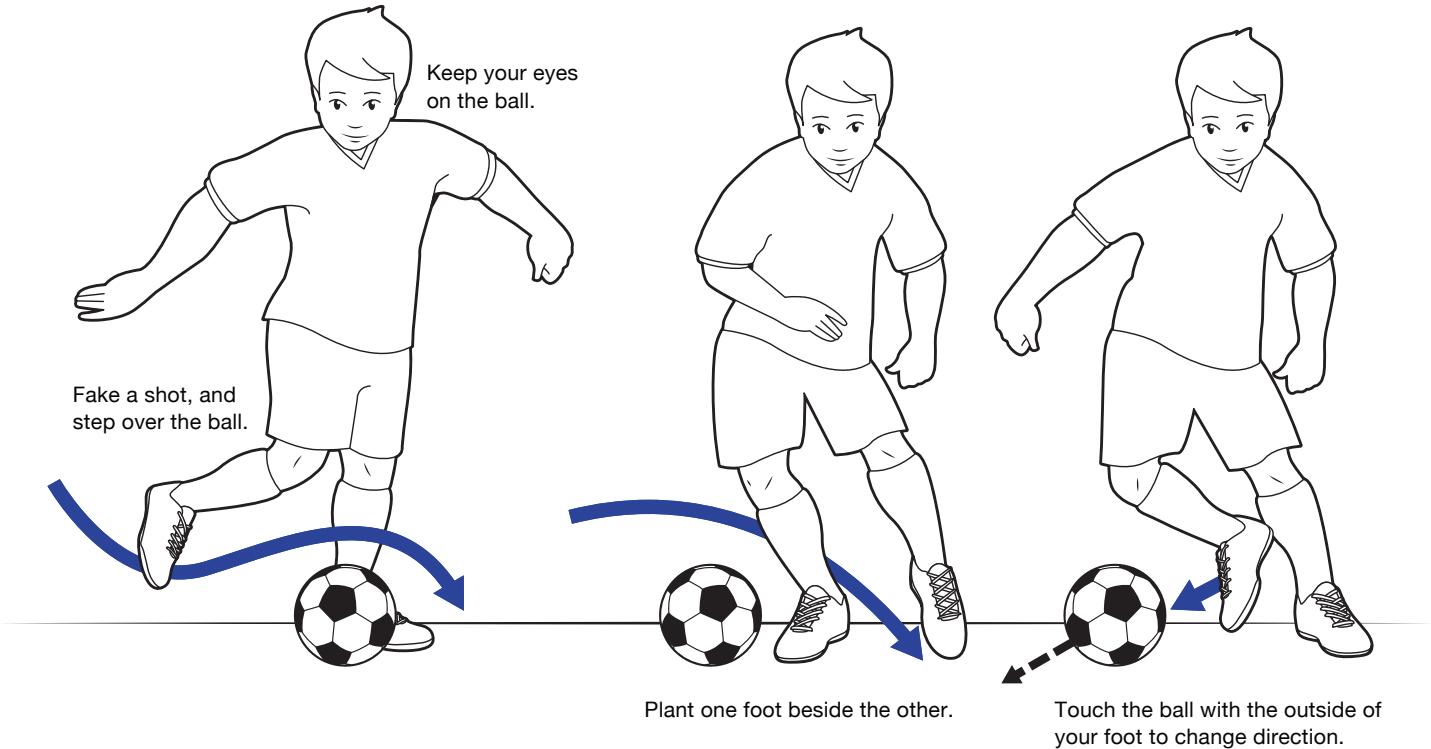
FEINT

“A feint” (or fake) is a slight movement of the hips/shoulders that suggests a move in one direction before you move sharply in the other direction.



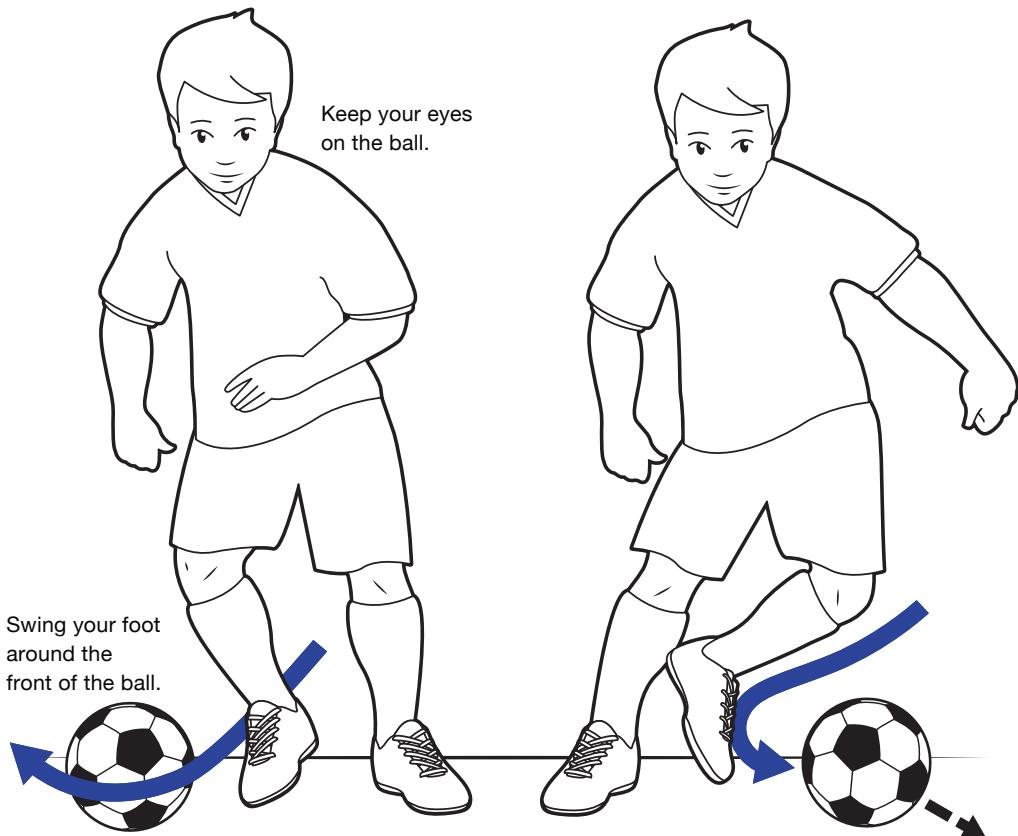
STEPOVER

“A stepover” is a turning move where you step over or around the ball in a way that makes the defender think you’re turning in one direction before you pivot the other way.



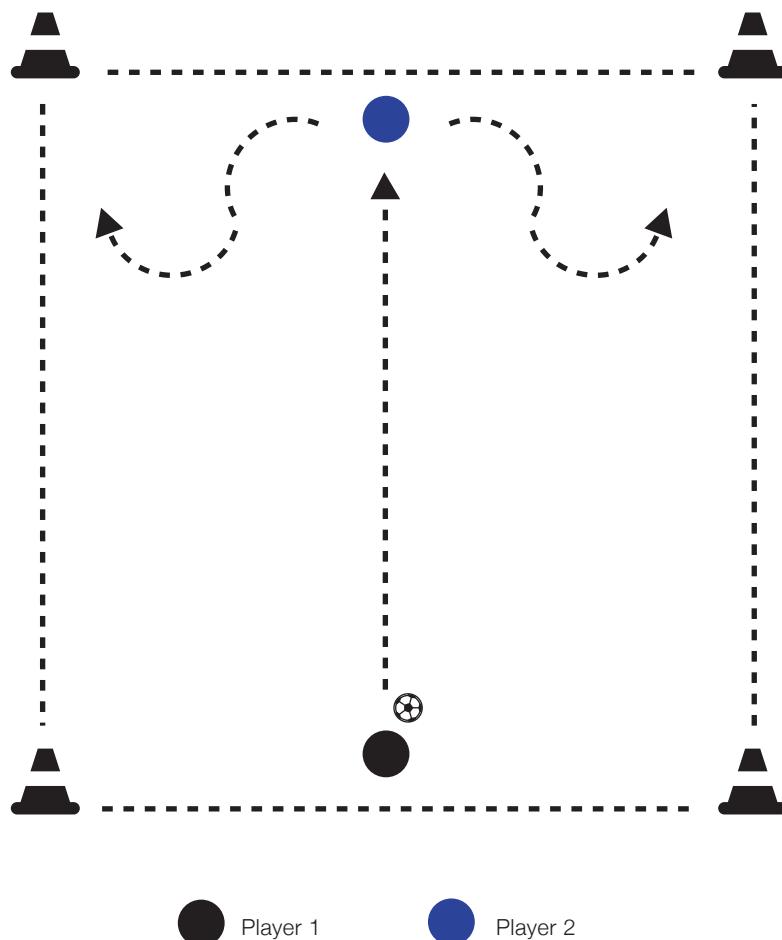
SCISSORS

“Scissors” combines the feint and stepover: along with the movement of your hips/shoulders, you step over or around the ball with one foot to make the defender believe you’re going to move the ball one way, before pivoting sharply past them in the other direction.



Dribbling

ACTIVITY 1: "SOCCER 1 V 1"



SET UP:

Working in pairs; 1 ball per pair.

HOW TO:

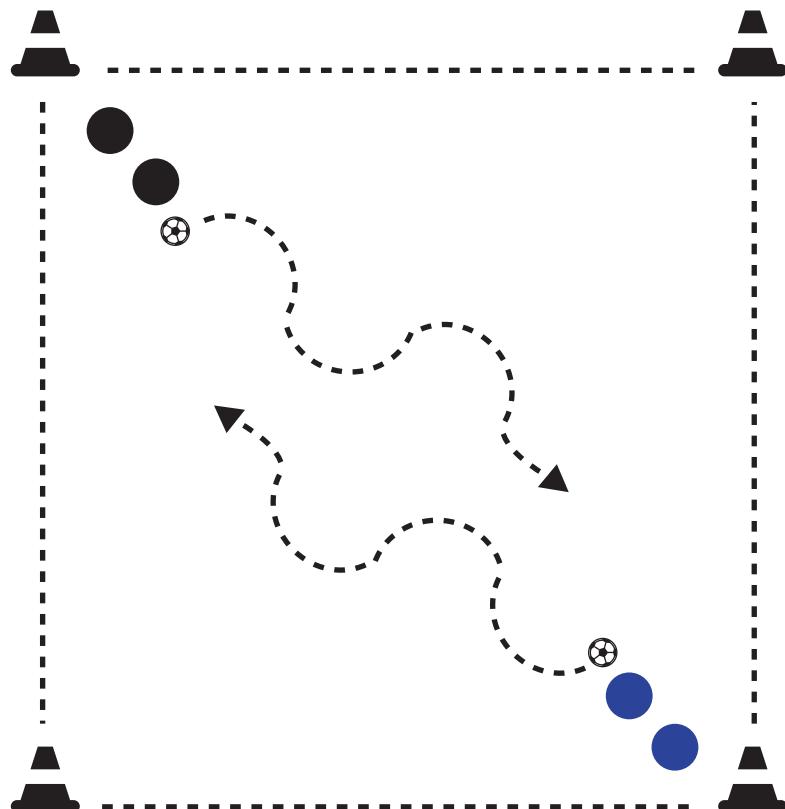
Player 1 passes the ball to Player 2 who uses dribbling skills (e.g., turning, accelerating, faking, and shielding*) to move the ball to either target cone. Player 1 tries to take the ball away. Player 2 scores 1 point by dribbling the ball over a target cone by shielding and evading the pressure from Player 1. Player 2 scores 3 points by moving right away to accelerate past Player 1 and dribble over a target cone.

ALTERNATIVE:

"Switch!" – after 3 turns, Player 2 starts with the ball..

DRIBBLING

ACTIVITY 2: “DIAGONAL DRIBBLING”



● Player 1

● Player 2

SET UP:

Each with a ball, working in pairs.

HOW TO:

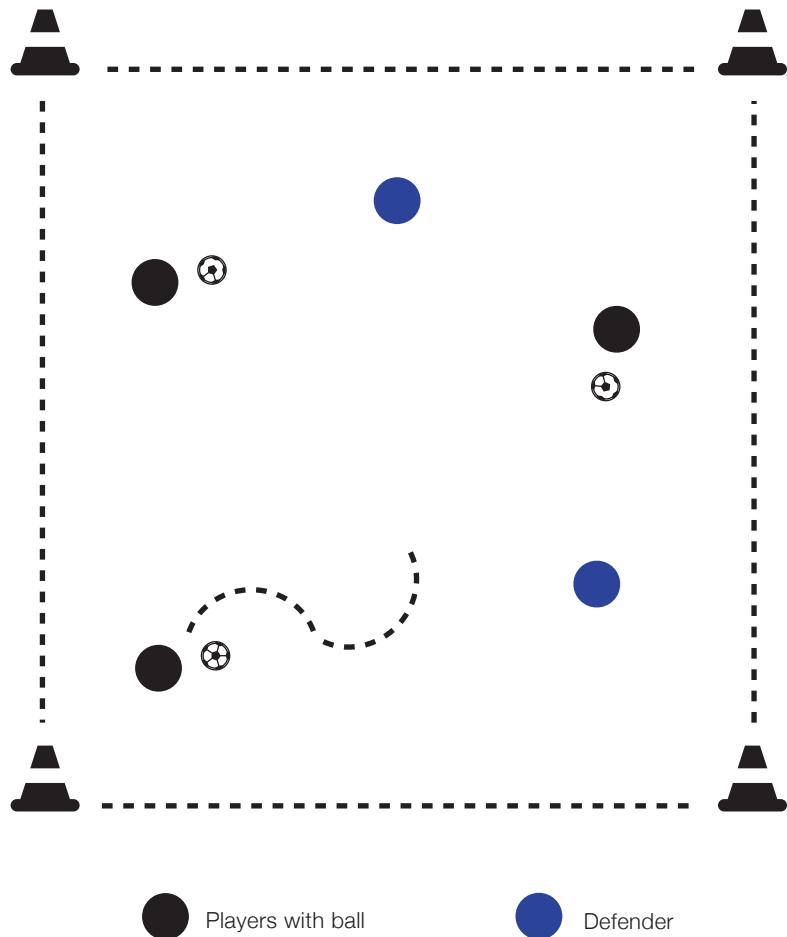
Partners start lined up at opposite corners. Dribble towards your partner and use a feint to dribble around and continue to the other corner.

OPTIONS:

Have players use different moves (e.g. stepover).

Dribbling

ACTIVITY 3: “FAKE AND TURN”



SET UP:

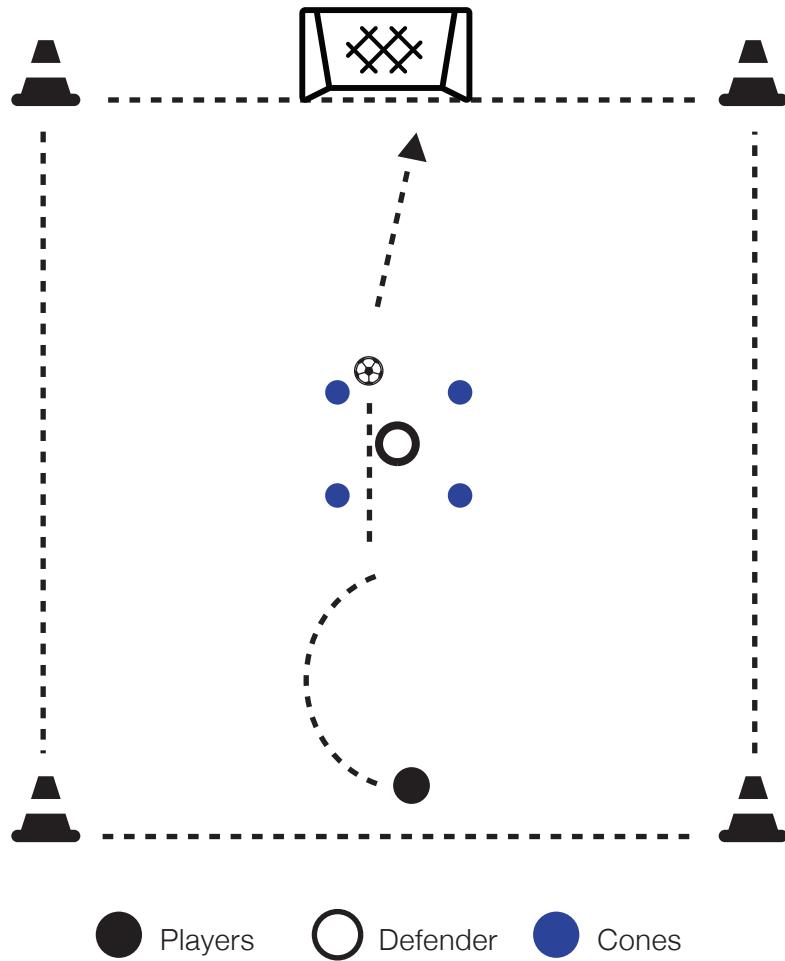
20 x 20 yard grid.

HOW TO:

“Dribble!” – use your dribbling skills (i.e., fakes and turns) to move the ball around the field and get it past the “free” players, who get in your way but don’t try to take the ball. “Switch!” – rotate players into the “free” role.

Dribbling

ACTIVITY 4: “ON THE ATTACK”



SET UP:

Players without a ball (the defenders) move inside the centre square; the other players (attackers) line up opposite the goal.

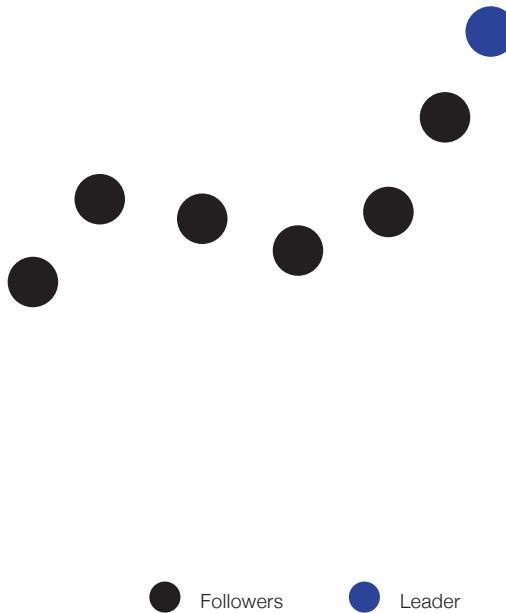
HOW TO:

Attackers dribble the ball towards the defender, and use their dribbling skills (e.g., faking, turning, shielding, and accelerating) to beat the defender before shooting on goal. The attacker then moves to the back of the line at the opposite end.

Have players use different moves to try to beat their opponents (e.g. stepover, scissors*).

DRIBBLING

ACTIVITY 5: "FOLLOW THE LEADER"



SET UP:

Have players get into small groups. Each player has a ball..

HOW TO:

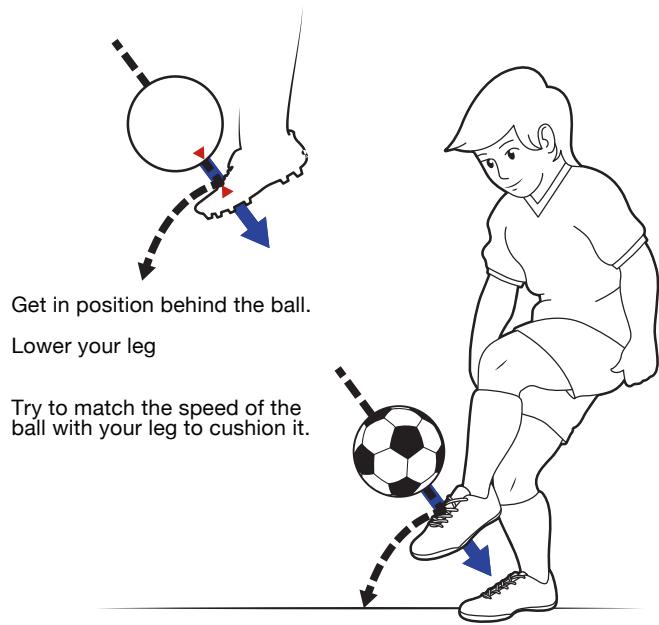
Designate one player as the leader. Have them perform tricks and zig zag trying to fake the followers out. Switch the leader every so often. Have followers ask questions about a skill they might have been lost on.

OPTIONS:

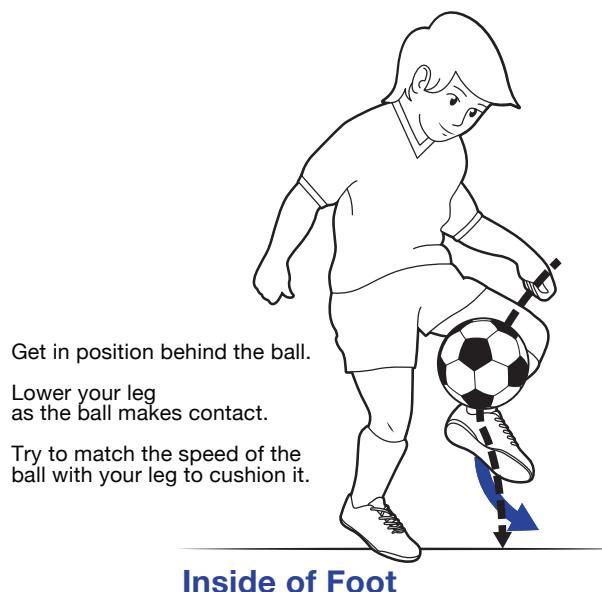
Have players use different moves (e.g. stepover).

CONTROL

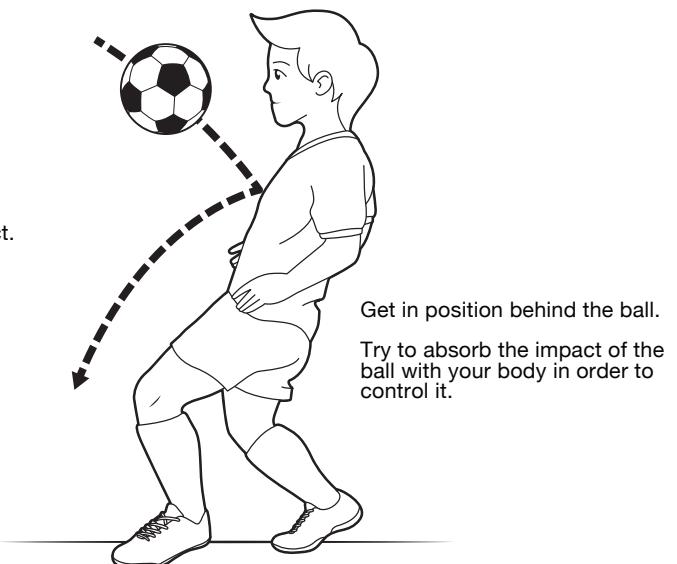
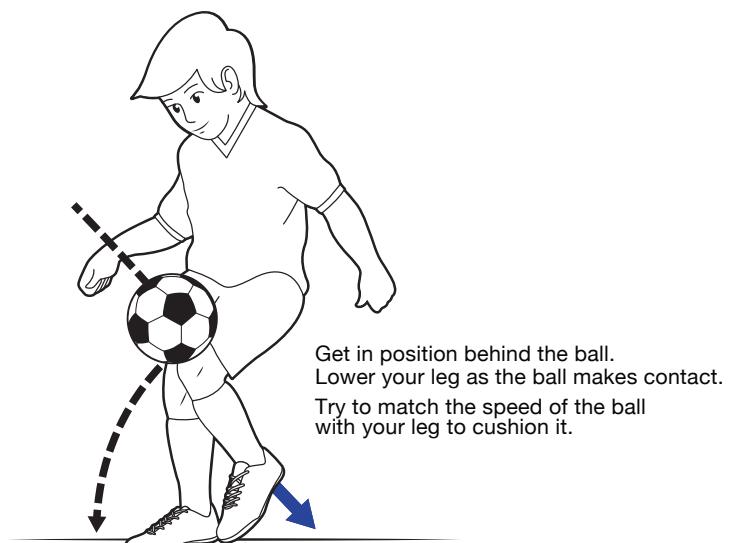
"Control" means using your feet and other parts of your body (except your arms and hands) to keep the ball close.



Top of Foot (Laces)

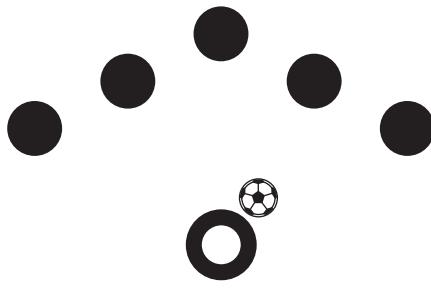


Inside of Foot



CONTROL

ACTIVITY 1: “HEAD IT CATCH IT”



● Player ● Coach

SET UP:

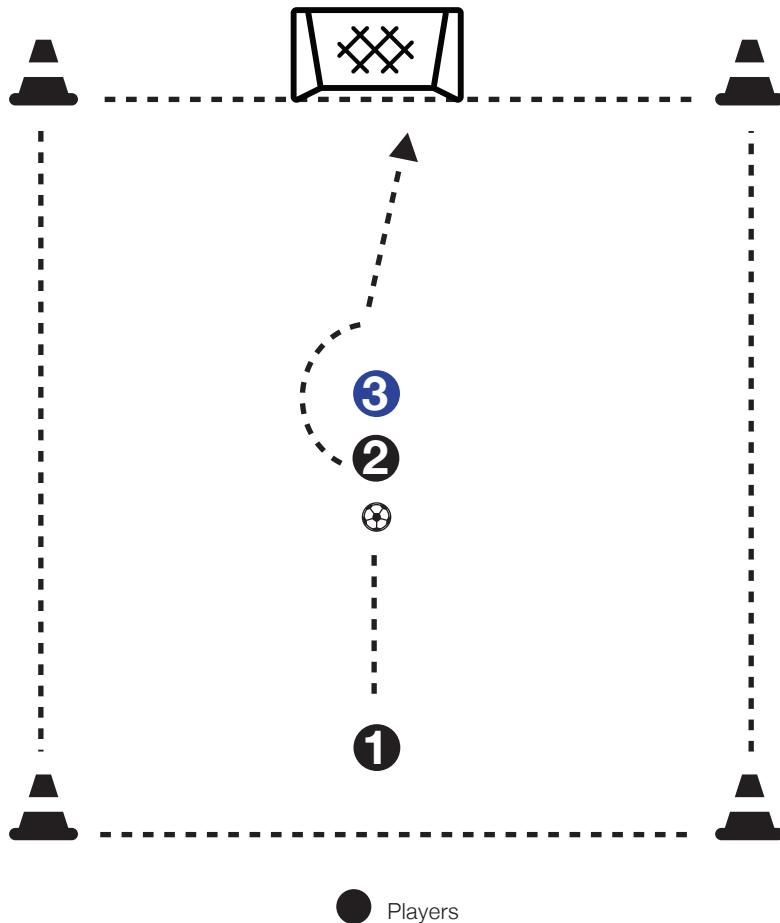
Players stand in a semi circle.

HOW TO:

Coach tosses the ball to one player at a time. If you say “head it” the player should catch it and if you say “catch it” the player should head it. Do a practice round and then players must sit when they get it wrong. This is a silly game that kids love to play. A great game to end practice with.

CONTROL

ACTIVITY 2: “CONTROL AND SCORE”



SET UP:

Number each group 1-4.

HOW TO:

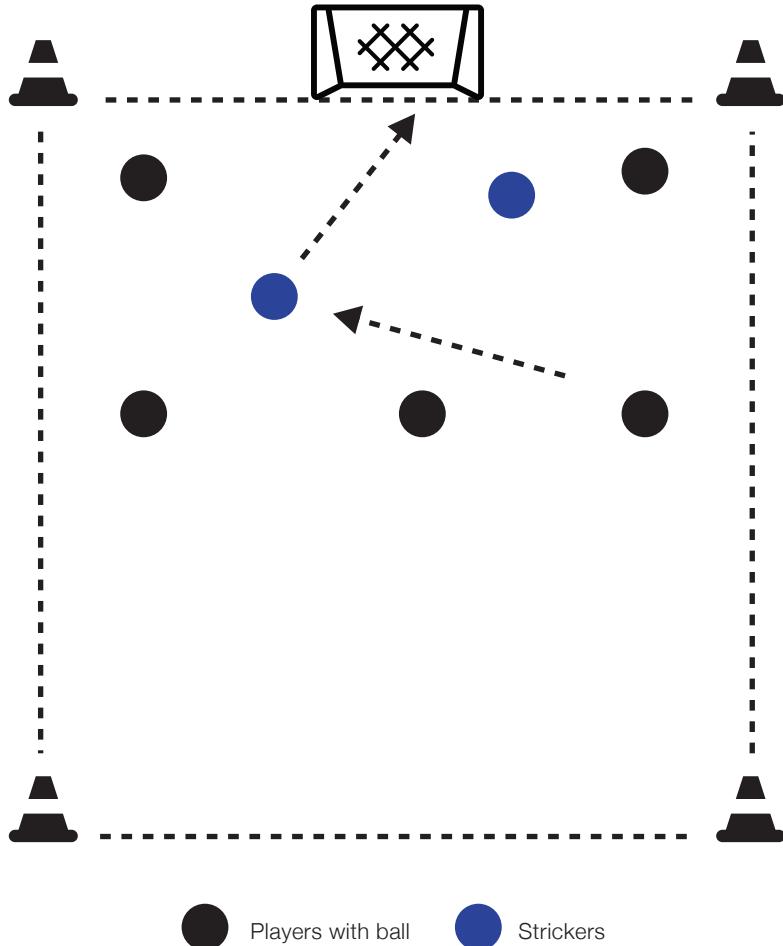
When the coach calls your group's number, Player 1 passes to Player 2, who controls the ball with their foot. Player 2 turns and tries to get past Player 3, who stands in the way, but does not try to take the ball. Player 2 shoots on goal. “Switch!” players swap roles after 3 turns; rotate teams frequently.

ALTERNATIVE:

“Throw in!” instead of a ground pass, Player 1 throws the ball to Player 2, who has to control it with the foot, thigh or chest before turning to get past Player 2 must remember to shield the ball on the first touch.

CONTROL

ACTIVITY 3: "PASS TO STRIKER"



SET UP:

All of them have a ball, except 2 who are called “strikers”

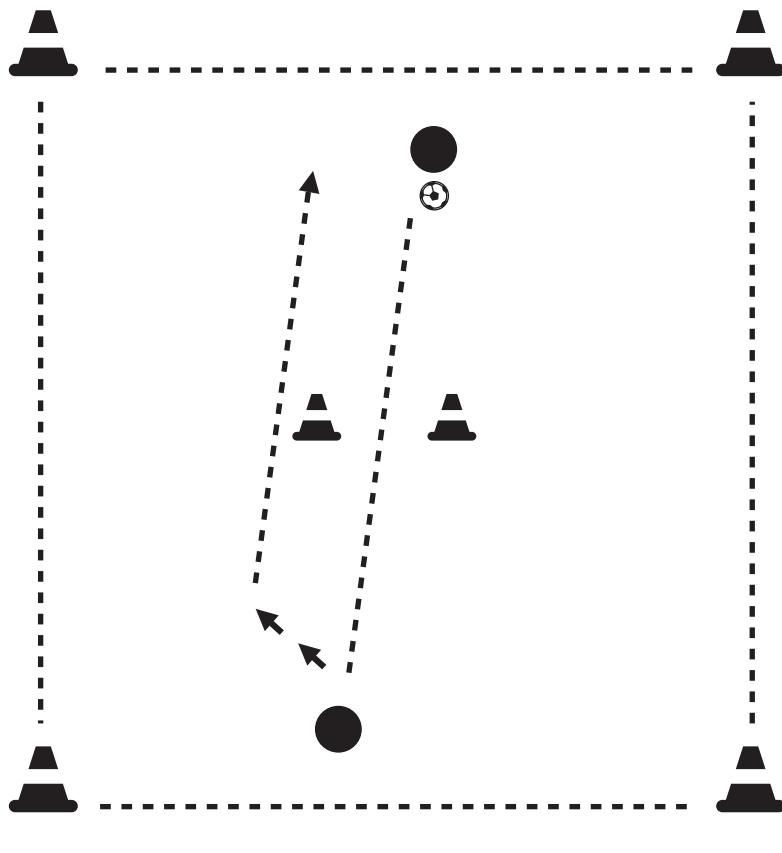
HOW TO:

Numbered players start outside the penalty area; strikers start inside. When the coach shouts your number, pass your ball to one of the strikers, who controls it, turns and shoots on goal. The strikers alternate shots.

Strikers should control, turn and shoot using just 3 touches.

CONTROL

ACTIVITY 4: “THROUGH THE GATE”



SET UP:

Working in pairs; 1 ball per pair.

HOW TO:

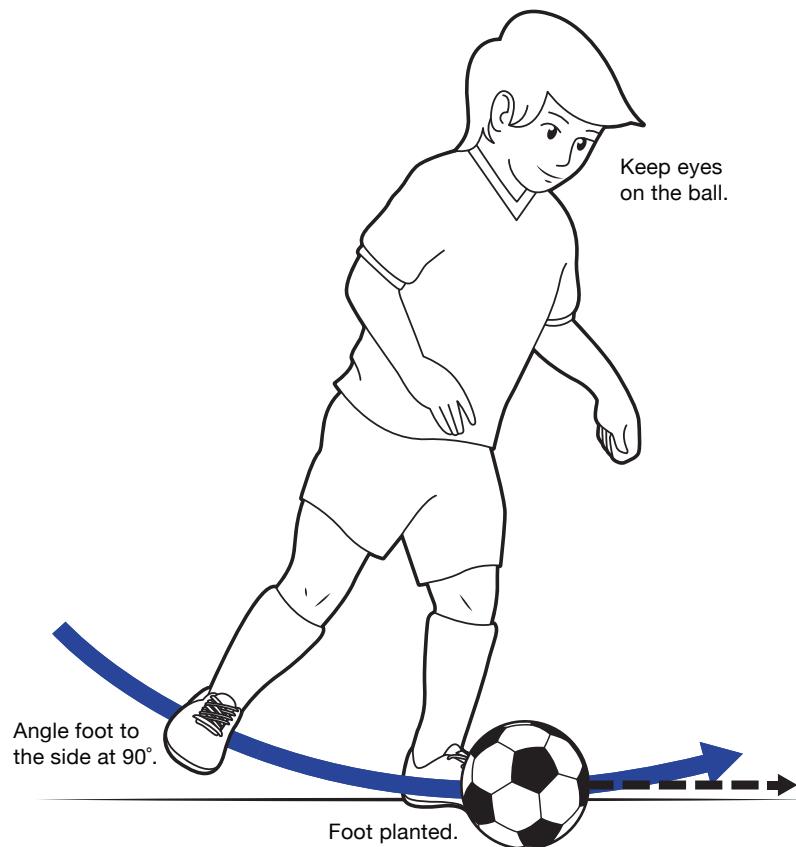
Players start on opposite sides of the field with a gate in the middle.

“Pass!” – start by passing the ball back and forth through the gate. When you receive a pass, use one foot to control it, then pass it back quickly with the other foot.

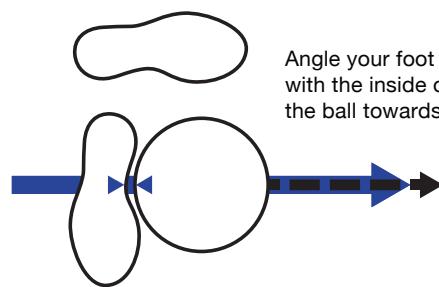
“On the outside!” Player 1 passes through the gate and Player 2 controls it on the first touch, and passes back outside the gate. Alternate using the inside and outside of each foot to control the ball.

PASSING

"Passing" means using your feet to share the ball with your teammates in a controlled way.

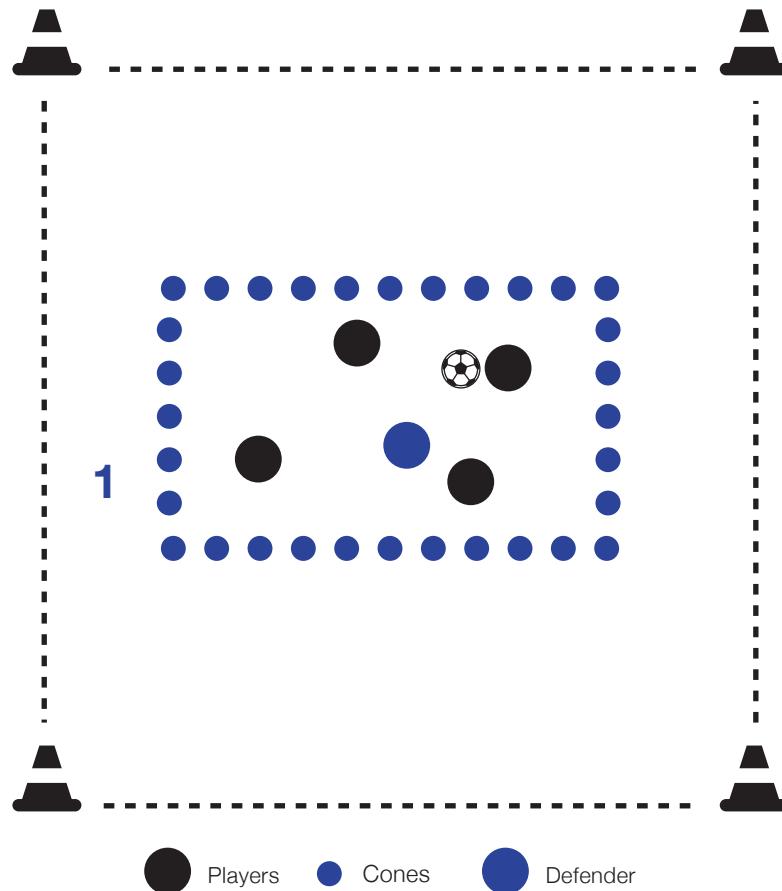


Contact near the centre of the ball.



PASSING

ACTIVITY 1: “DANGER ZONE”



SET UP:

Five players (4 passers, 1 defender); 1 ball. One central square (the “danger zone”) inside a larger square (the “neutral zone”), marked out with cones.

HOW TO:

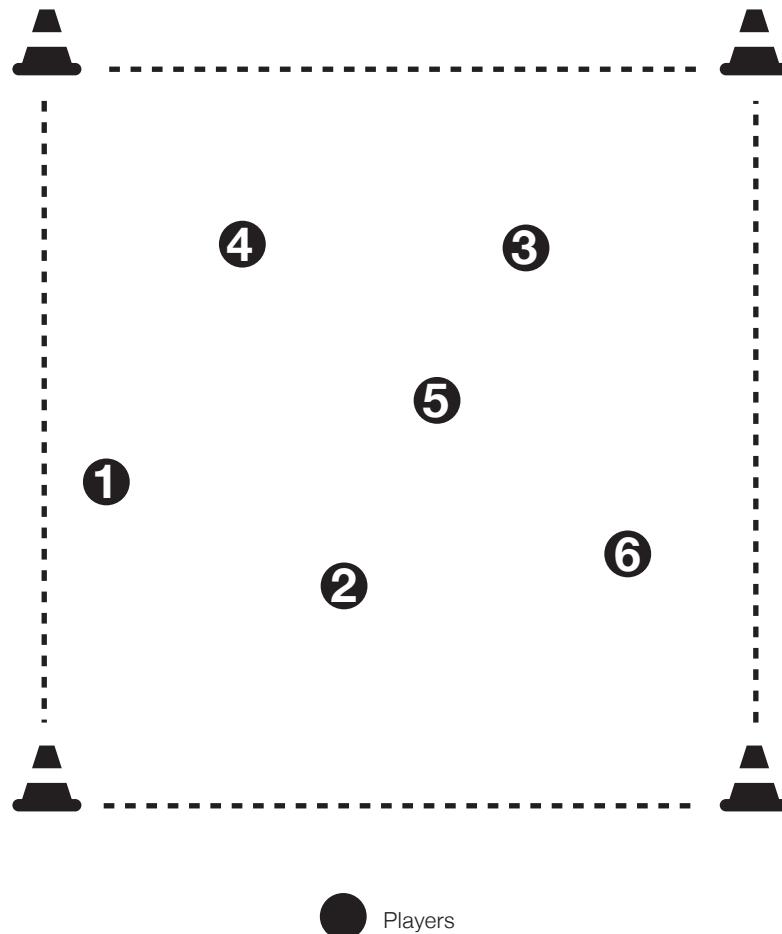
The passers keep the ball away from the defender and pass to the other player. If under pressure, passers should dribble the ball out to the neutral zone, where the defender can't challenge. This will allow the passers to regroup before executing the next pass through the danger zone.

ALTERATIONS:

“Switch!” players swap roles after 5 minutes.

PASSING

ACTIVITY 2: "NUMBER PASSING"



SET UP:

30 x 30 yard grid.

HOW TO:

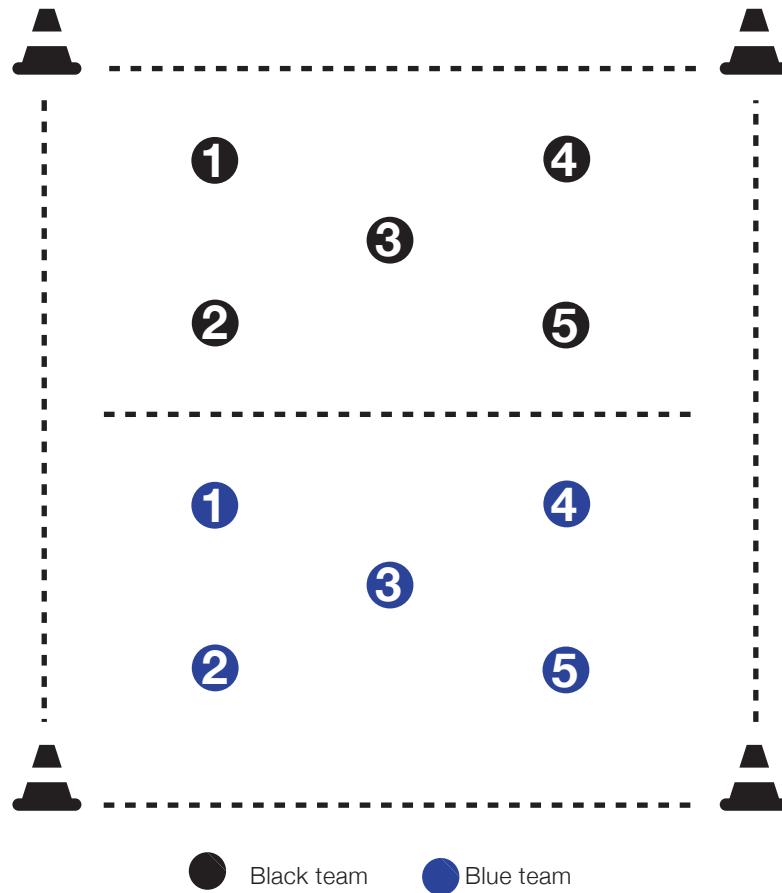
Give each player a number. The players must pass in order. 1 passes to 2, 2 passes to 3, 3 passes to 4, etc. For larger teams break the team into multiple groups.

CHALLENGES:

Try one touch, two touch, count using names, make area smaller or have a defender.

PASSING

ACTIVITY 3: "NUMBER DEFENDING"



SET UP:

Area 20 yards long by 20 yards wide divided into 2 zones.

HOW TO:

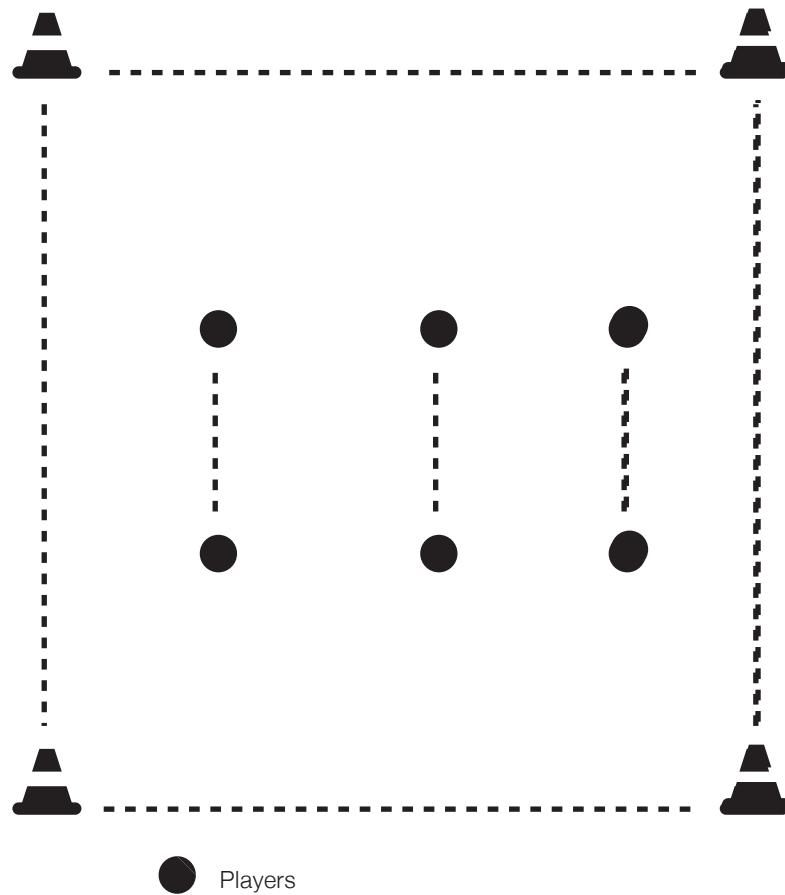
Split players into 2 teams, each player has a number. Black passes the ball in one half and red in the other. Coach calls out a number and that player goes to defend on the opposite side trying to steal the ball. Whichever team steals first gets a point and the game resets.

Which group can get through the most in 1 minute? Who can get through all of the gates the fastest? Make it 1 or 2 touch if possible. Make sure kids are getting heads up and calling out names of teammates when looking to pass.

One touch, two touch, call multiple defenders over. Use more than one ball per side.

PASSING

ACTIVITY 4: "SCORE!"



SET UP:

Working in pairs, with one ball per pair.

HOW TO:

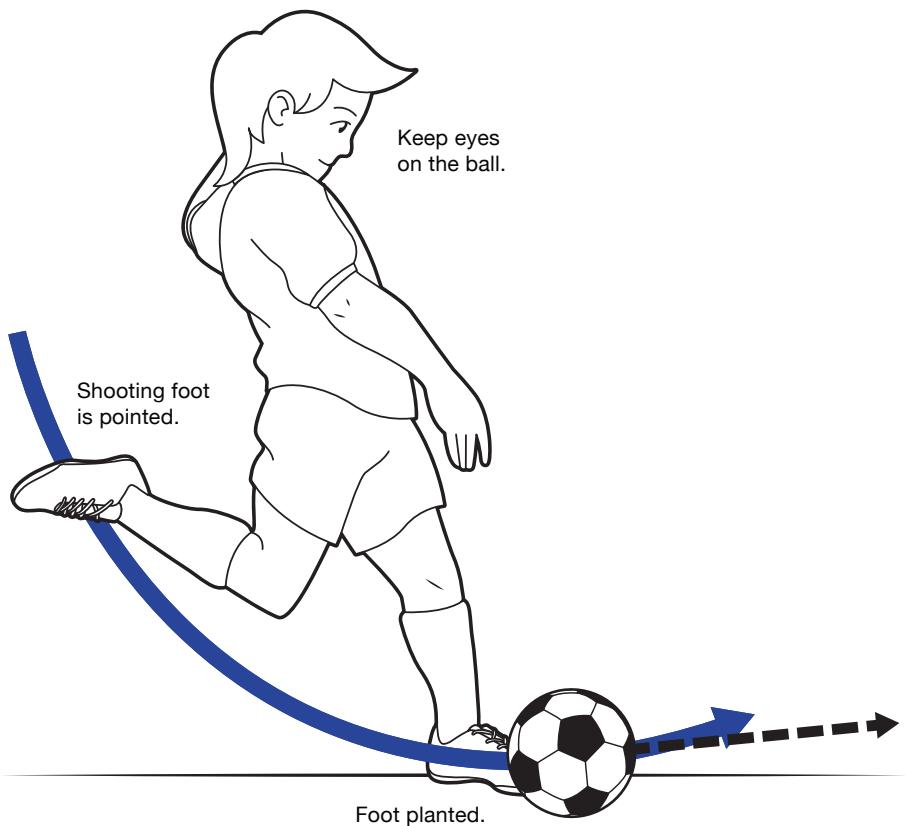
Pass the ball back and forth with your partner. Try to use only 2 touches each time: receive the ball and then pass it back quickly. Use one foot to pass, the other to receive.

ALTERNATION:

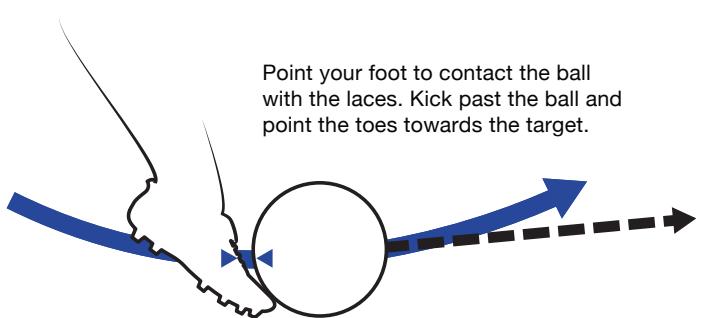
"Switch feet!" – use the opposite foot to pass and/or receive.

SHOOTING

"Shooting" means using your feet to get the ball into the net.

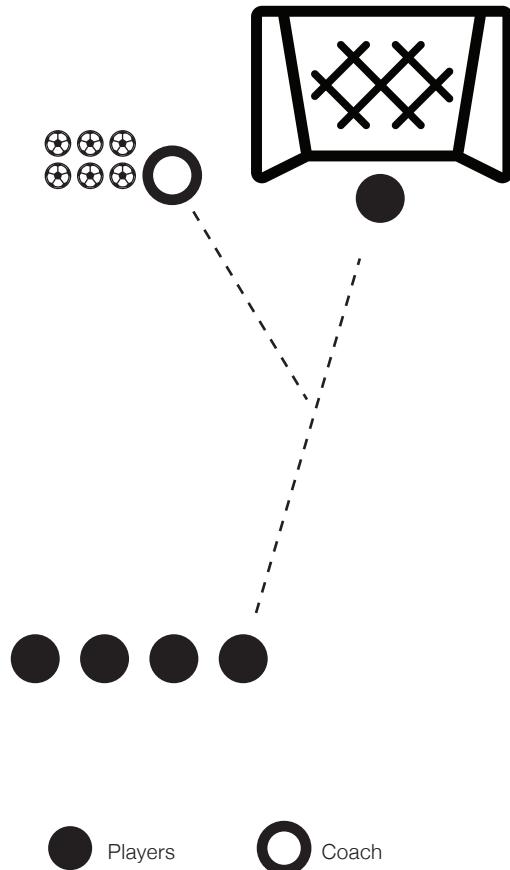


Contact near
the centre or the
bottom of the ball.



SHOOTING

ACTIVITY 1: "LIGHTNING"



SET UP:

Shooting Drill. Game of accuracy and speed

HOW TO:

Players start in a single file line about 30 yards from the center of the goal. One player begins in the goal as goalie. The coach is to the right of the goal with all of the balls. Coach passes the ball towards the first player in line. First player shoots on goal with first touch. If the shooter makes a goal the player who is goalie is out of the game and the person next in line must sprint to the goal and be goalie for the next player shooting and the original shooter returns to the end of the line.

If the shooter misses or the shot is saved, the goalie returns to the end of the line and the person who took the shot becomes the goalie while the ball is played to the next player in line. The game continues until one person remains.

SHOOTING

ACTIVITY 2: “MIDDLEMEN”



SET UP:

Space players in a row 15 yards apart.

HOW TO:

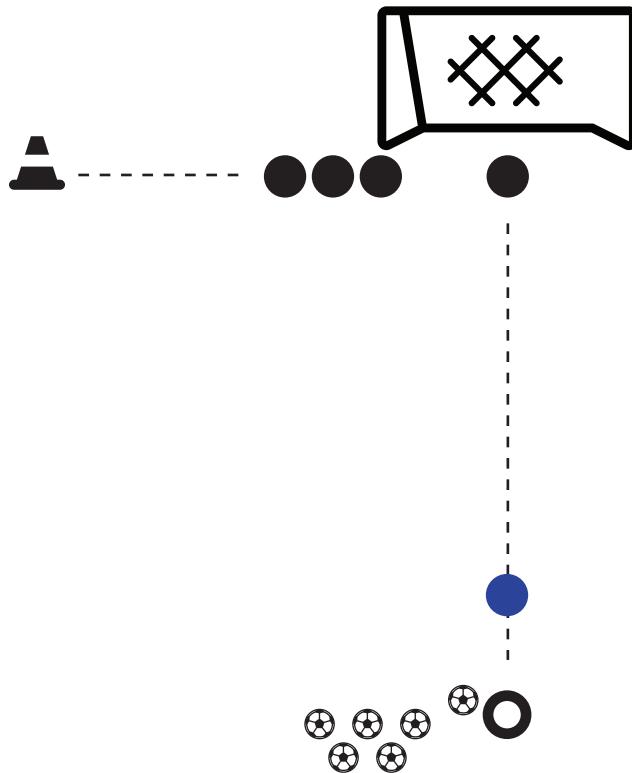
Players on the outside have a ball and the player in the middle is working as he alternates between the two outside players that work the ball into the middleman and the middleman returns the ball to the outside player.

OPTIONS:

Two touch pass, one touch pass, foot volleys, thigh and chest volleys, head work for 40 seconds and switch middle player. Make sure checking for ball every time.

SHOOTING

ACTIVITY 3: "PROTECT THE NET"



● Team A

● Team B

★

SET UP:

Divide into 2 equal teams. Team A by the goal with the goalie and one player on each inside post to help block shots. The rest are lined on the outside of the two goal posts. Team B is 40 yards out in a line.

HOW TO:

First player from team B stands facing the coach with legs spread. The coach rolls the ball through first player's legs, then player must turn and shoot first time on goal. If the ball goes in, the players on team A (everyone except the goalie) must sprint to the flag 30 yards away. If the shot is missed nothing happens. While team A is running team B continues to shoot on goal and for every shot made they must run to the flag. Once time is up, say 2 minutes, the teams switch spots. The 2 players from team A or B helping to protect the net must keep hand on goal post and may not block shots with their hands. They too, must run to the flag if a goal is scored.

STAGE ONE: U10 - U13

GENERAL MOVEMENT

- AGILITY – RUNNING, CHANGING DIRECTION, SPEEDING UP / SLOWING DOWN, AND STOPPING.
- BALANCE – HOPPING, JUMPING AND LANDING.
 - COORDINATION – COMBINING DIFFERENT MOVEMENTS, MOVING WITH THE BALL, FALLING AND GETTING UP SAFELY.

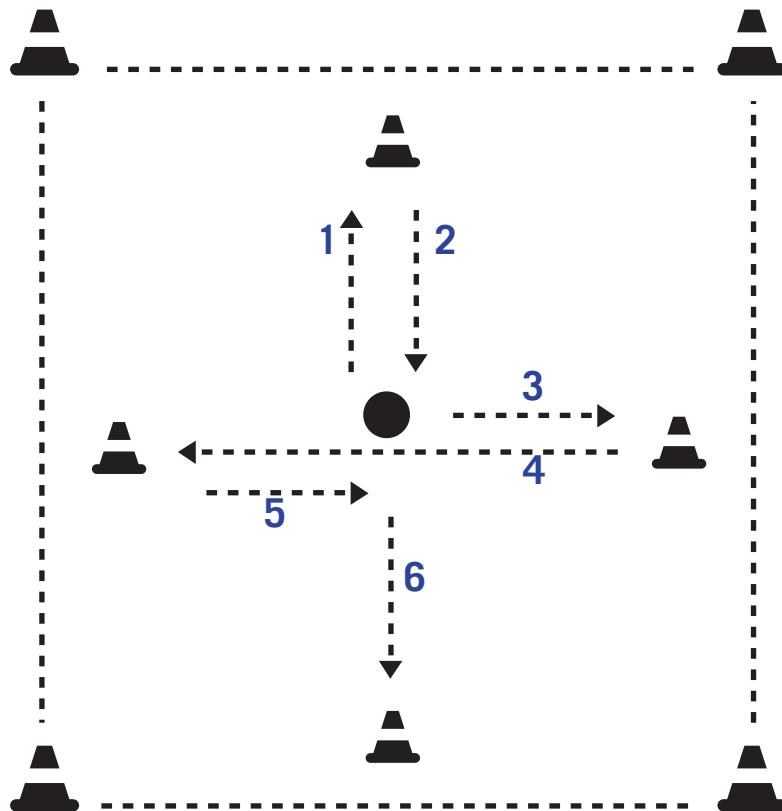
Ggeneral movement activities should make up about 10% of practice time (i.e., roughly 10minutes of a 90-minute training session). At this age, general movement drills can be integrated into the warm-up at the start of each session.

TIP

At this stage, the continued development of players' agility, speed and coordination is crucial. It's important to challenge them often to move in different ways and at different speeds—and circuits are a terrific way to do this. Every few minutes, introduce a twist that goes beyond the basic drill: introduce time restrictions, for instance, or have them hop on one foot for part of the drill.

GENERAL MOVEMENT

ACTIVITY 1: “ACROSS THE FIELD AND BACK AGAIN”



● Players ⚽ Balls

SET UP:

Use cones to mark out a circuit, as shown.

HOW TO:

Players start at the middle cone, and move through the circuit one at a time.

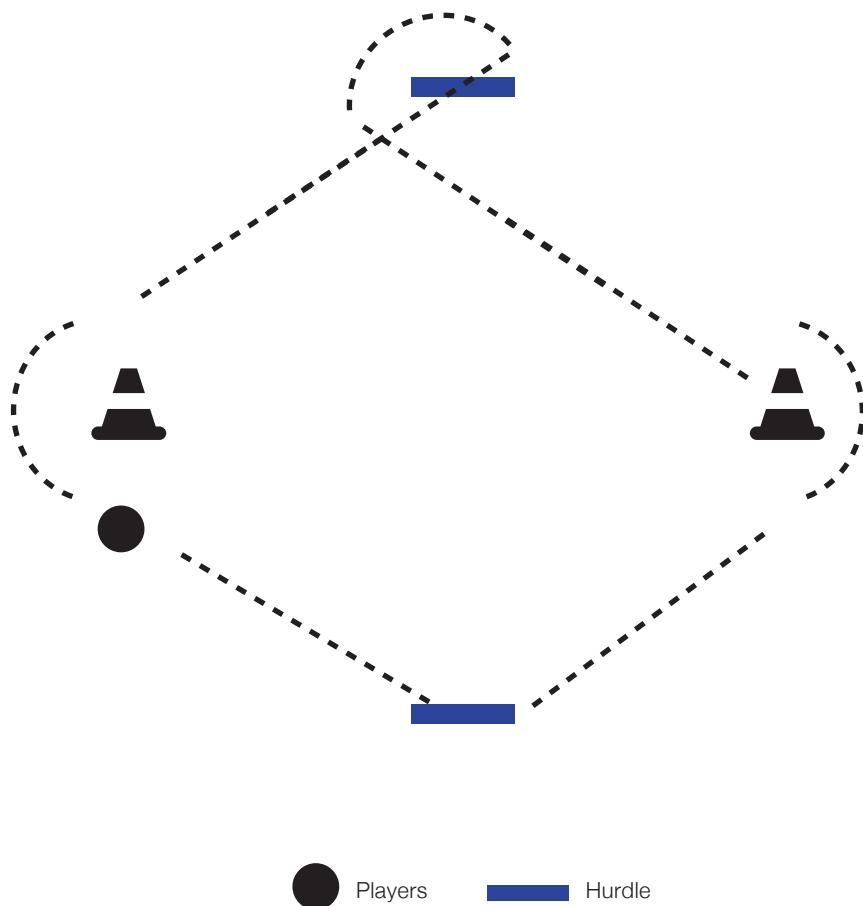
- Run through the circuit as fast as you can: 1. Run backwards from the middle cone to the cone behind.
2. Sprint forward to the middle cone.
3. Shuffle sideways to the cone on your left.
4. Shuffle sideways through the middle all the way to the cone on your right.
5. Shuffle sideways back to the middle.
6. Sprint forward, jump over the thurdele and finish!

OPTIONS:

Challenge players to move in different ways, i.e. hopping on one or both feet, crab walking, etc.

GENERAL MOVEMENT

ACTIVITY 2: ““CONES & HURDLES””



SET UP:

Use cones and hurdles alternately to mark out a circuit, as shown.

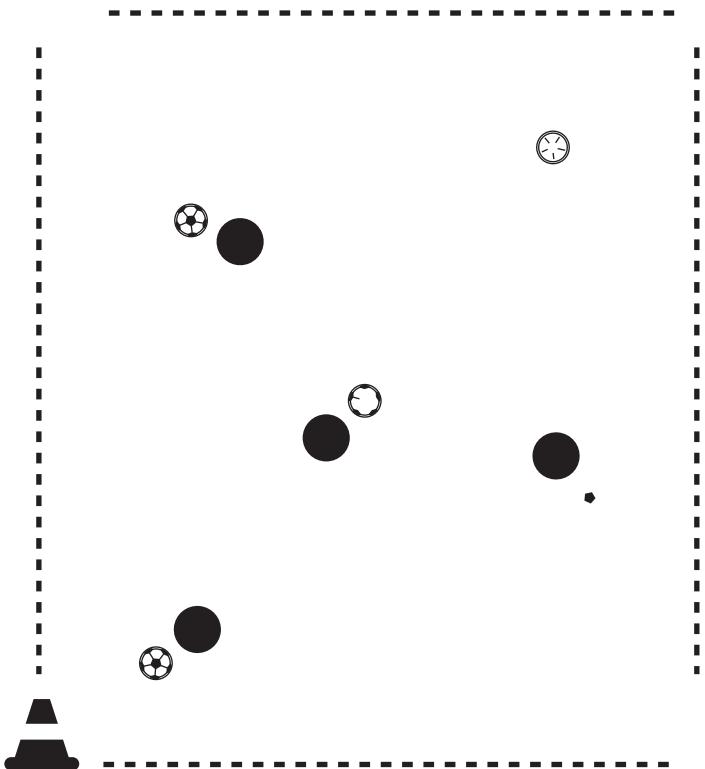
Modify the circuit depending on the available equipment (i.e. have players jump over cones or balls and crawl through teammates' legs if hurdles aren't available).

HOW TO:

Finish the circuit as fast as you can (depending on available equipment): Run around the first cone. Turn and sprint to the first hurdle, then crawl under it. Sprint around the second cone. Jump over the second hurdle.

GENERAL MOVEMENT

ACTIVITY 3: "THINK FAST!"



SET UP:

15 x 15 yard grid. Every player has a ball.

HOW TO:

Players dribble around the grid using all parts of the foot. Left and right. Get them comfortable dribbling. Teach them a new move each practice such as, step-over, V-turn, L-turn, chop inside the foot, chop outside of the foot. Coach yells out commands such as turn, stop, chop, bottom of the foot, outside only, left or right only, etc

STAGE ONE: U10 - U13

COORDINATION

- THE USE OF FUN GAMES AND ACTIVITIES TO DEVELOP AGILITY, BALANCE AND SPEED.
- GETTING LOTS OF TOUCHES ON THE BALL.
 - USING ALL PARTS OF THE FOOT.
 - LEARNING TO CONTROL THE BALL IN THE AIR.

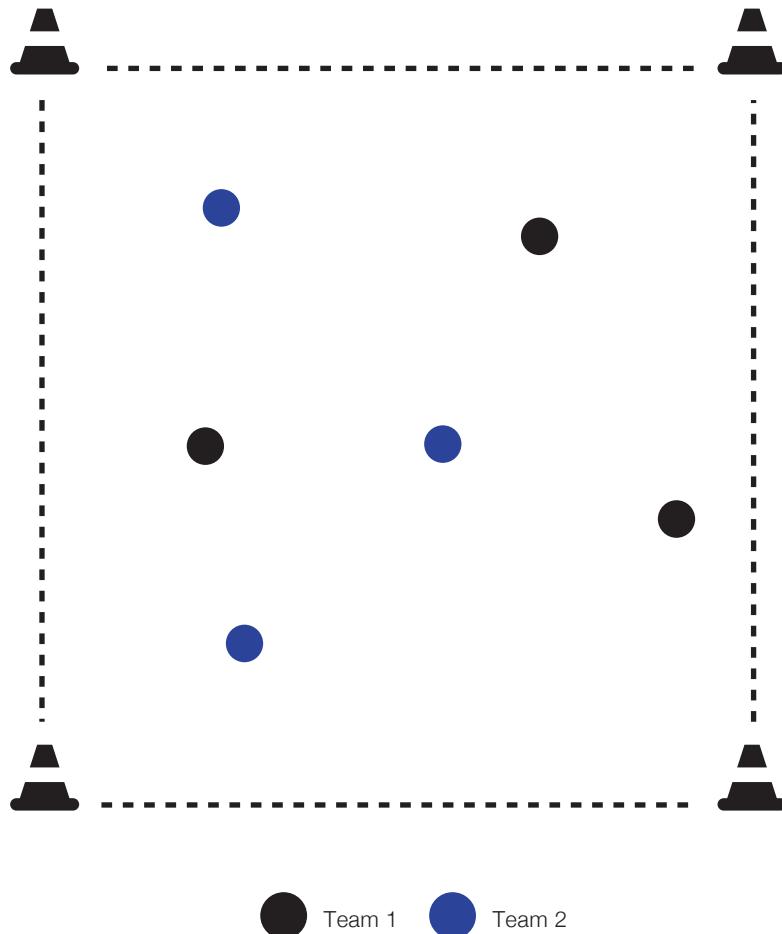
Coordination drills should make up about 10% of practice time (i.e., roughly 10 minutes of a 90-minute training session). The following activities focus on dribbling, controlling the ball and passing to improve coordination.

TIP

At this stage, players are ready to further their physical development—including endurance, strength and multi-directional speed—through a variety of games and activities. Players should be challenged to combine different movements (volleying with the thigh and foot, for example) and to maintain control of the ball while under pressure from opposing players.

COORDINATION

ACTIVITY 1: "CAPTURE THE PINNIES!"



SET UP:

In 2 teams. No ball to start. Each player has a pinnie (or an old t-shirt) tucked into his/her shorts, hanging down roughly to the hem of their shorts.

HOW TO:

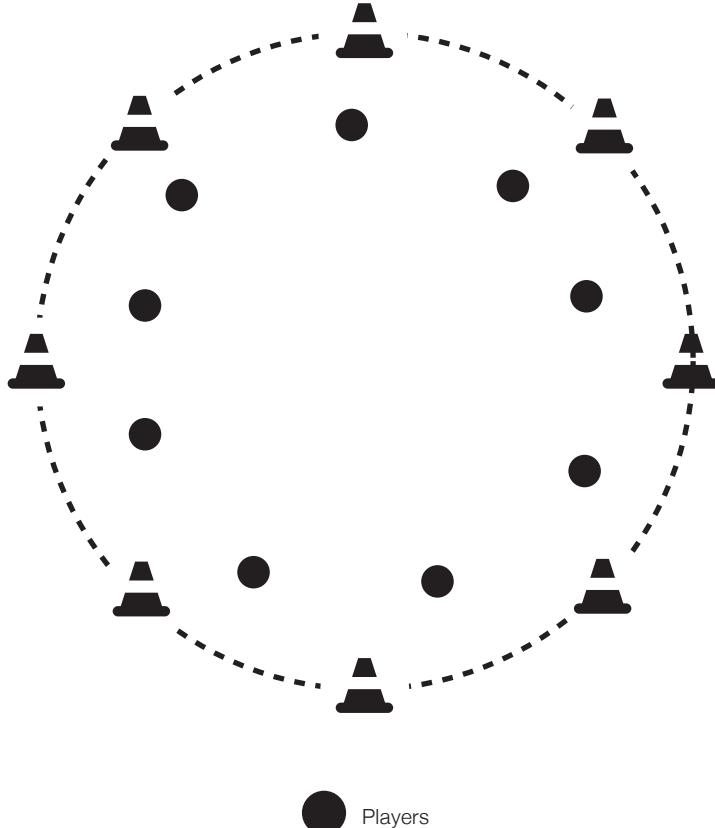
Run around the field and try to "capture" all the opposing team's pinnies by pulling them out of their shorts. The last player with a pinnie gets a point for their team.

ALTERNATION:

Introduce a "knockout" format, where players who lose their pinnie (or have their ball kicked out of bounds) have to leave the field.

COORDINATION

ACTIVITY 2: “REACT—FAST!”



SET UP:

Up to 12 players in a circle; no ball to start.

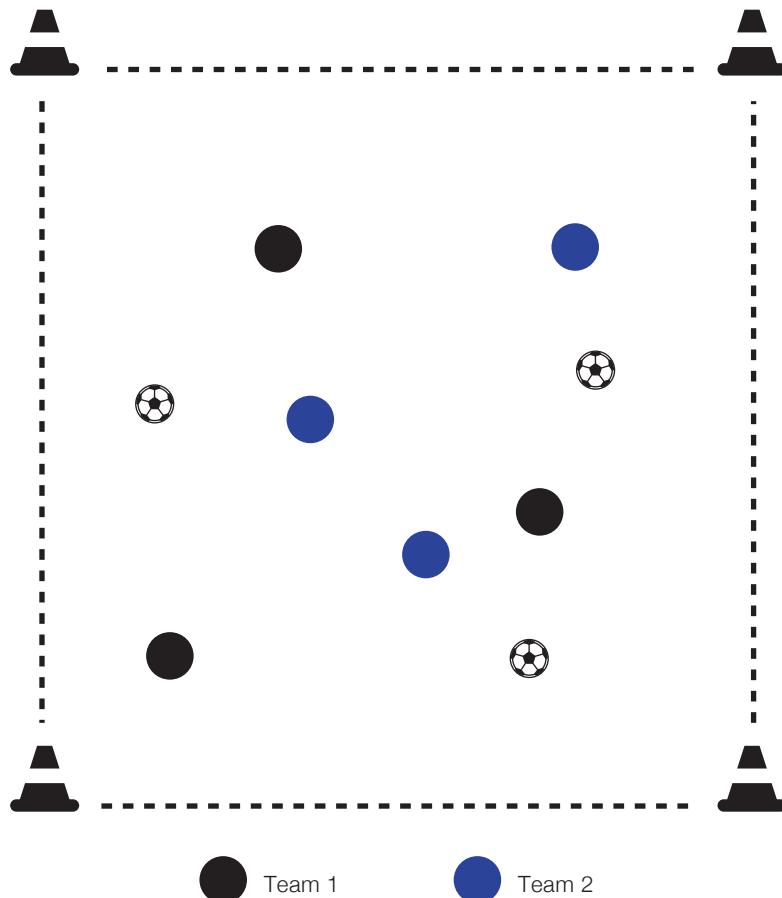
HOW TO:

Players run freely around the circle. “Listen!” change the way you’re moving on the coach’s command:

1. Run backwards.
2. Shuffle to the side.
3. Jump in place.
4. Sit down and get up fast; keep running.
5. Knees up.
6. Kick your heels back.
7. Touch the inside of your foot.

COORDINATION

ACTIVITY 3: "GET TO WORK"



SET UP:

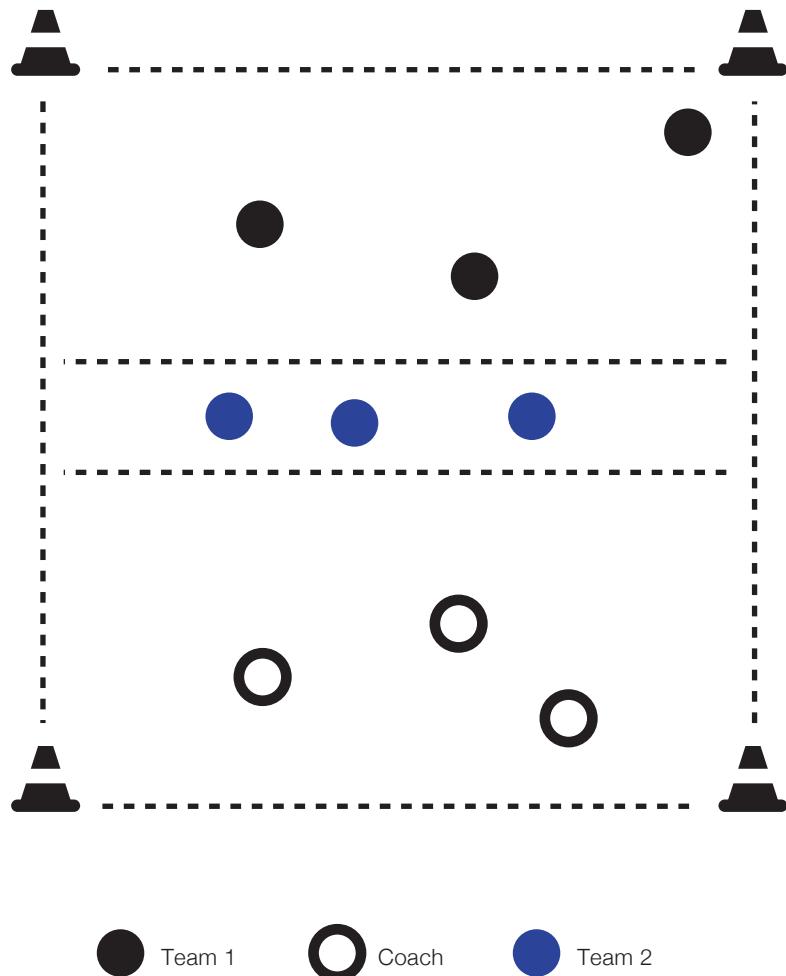
Enough balls for half the players, distributed randomly around the field.

HOW TO:

Run around the field without touching any balls. Keep your head up to avoid running into anyone! Follow the coach's instructions so you know what to do:
1. Knees up. 2. Kick your heels back. 3. Bunny hop. 4. Drop for 5 push-ups.
When the coach shouts, "Ball!" race to a ball as fast as you can and pick it up. If you get one, you're a "server." Those without a ball become "workers." Each worker has to visit 3 different servers, who will "serve" the ball for them to volley back 3 times on each foot..

COORDINATION

ACTIVITY 4: "ISLAND"



SET UP:

Divide players into 3 equal teams. Make 3 connecting grids. 2 big areas and 1 small area.

HOW TO:

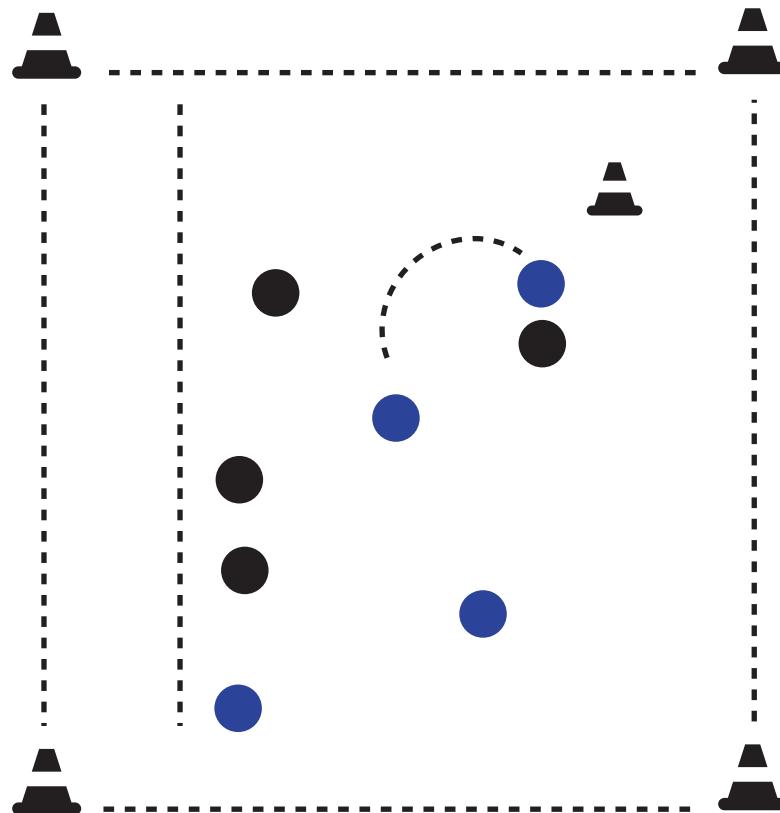
Team 1 starts with the ball, while team 2 is in the middle grid as the blockers. Team 1 must connect 5 passes and then pass through the blockers to team 3. Switch the middle team out.

ALTERNATIONS:

Add a defender into the passing grid.

COORDINATION

ACTIVITY 5: "HANDBALL"



SET UP:

In 2 teams; 1 ball. Use cones to mark out 2 end zones..

HOW TO:

Move the ball up the field by throwing it back and forth with your teammates. Score a point by throwing the ball to a teammate in the other team's end zone. If you have the ball, stand still until you pass it. Introduce the offside rule: Remember, you can't wait in the end zone to receive a pass, but you can run past the opposing team's line to receive it after the ball is thrown.

Instead of throwing to pass, have players throw the ball up and volley it with their foot for their teammate to catch.

STAGE ONE: U10 - U13

SMALL - SIDED GAMES

- ARE FUN!
- WILL MOTIVATE YOUR PLAYERS MORE THAN ANY OTHER ACTIVITY.
- SHOULD INVOLVE SMALL GROUPS PLAYING IN SMALL AREAS.
- PROVIDE PLAYERS WITH THE BEST CHANCE TO PRACTICE INDIVIDUAL SKILLS.
- SHOULD INVOLVE AN AGE-APPROPRIATE LEVEL OF DECISION-MAKING (HOW AND WHEN TO PASS THE BALL TO OTHER TEAMMATES).

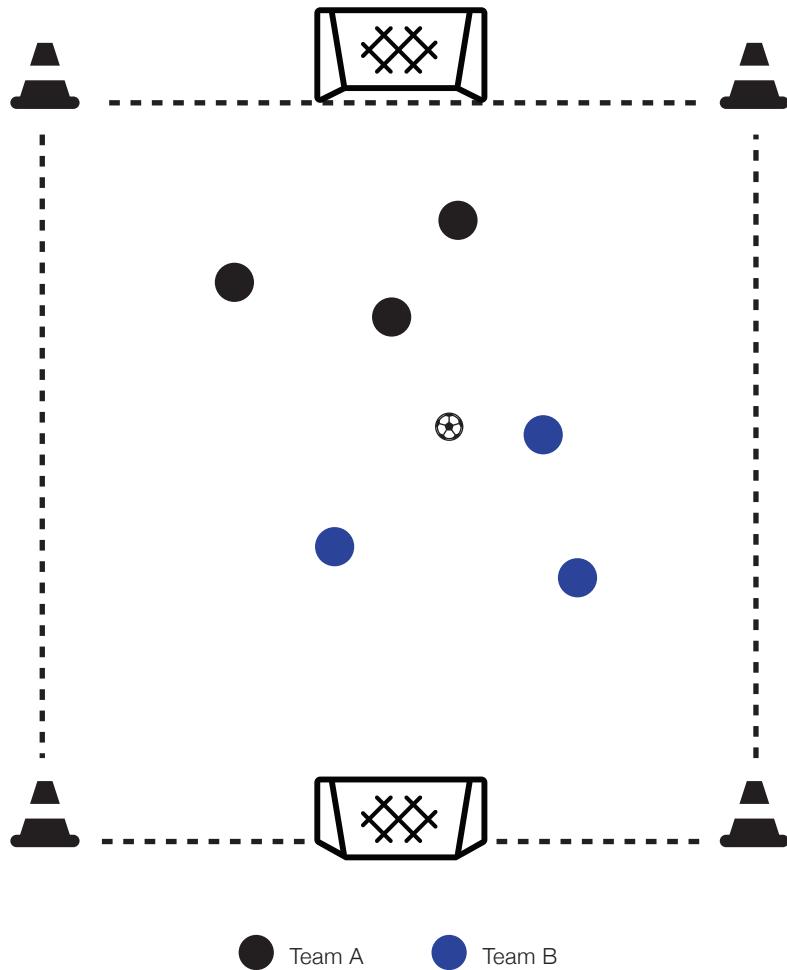
Small-sided games should make up about 40% of practice time (i.e., 30 minutes of a 75-minute training session). The following games are designed

TIP

Many of the activities in this Tool Kit revolve around individual or group competitions. If pinnies aren't available to distinguish competing players from one another, old t-shirts in colours that differ from the team's uniform work too!

SMALL - SIDED GAMES

ACTIVITY 1: "STREET SOCCER"



SET UP:

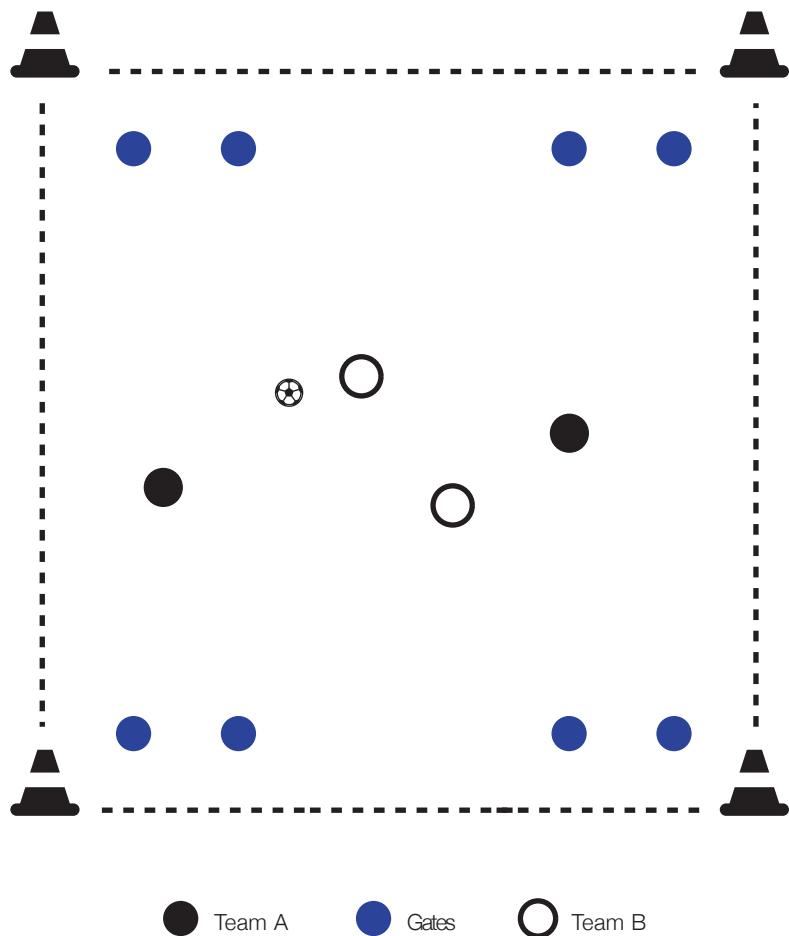
Break team into games of 3 players versus 3 players or 2 versus 2 if you have lower numbers. Fields should be around 20 x 15 yards with a goal on each end. Adjust for numbers.

HOW TO:

Each player gets a number (example 1-24). Split into teams of 3 at random. Kids get 3 points for a win, 1 point for a tie, and 1 point per goal scored in the game. Coach asks at the end of each game how many points they earned, record it on paper. Split players up into random teams again and repeat point system. Player with the most points at the end is the winner.

SMALL - SIDED GAMES

ACTIVITY 2: "THROUGH THE GATES"



SET UP:

Two players, in 2 equal teams. Four corner gates marked out with cones.

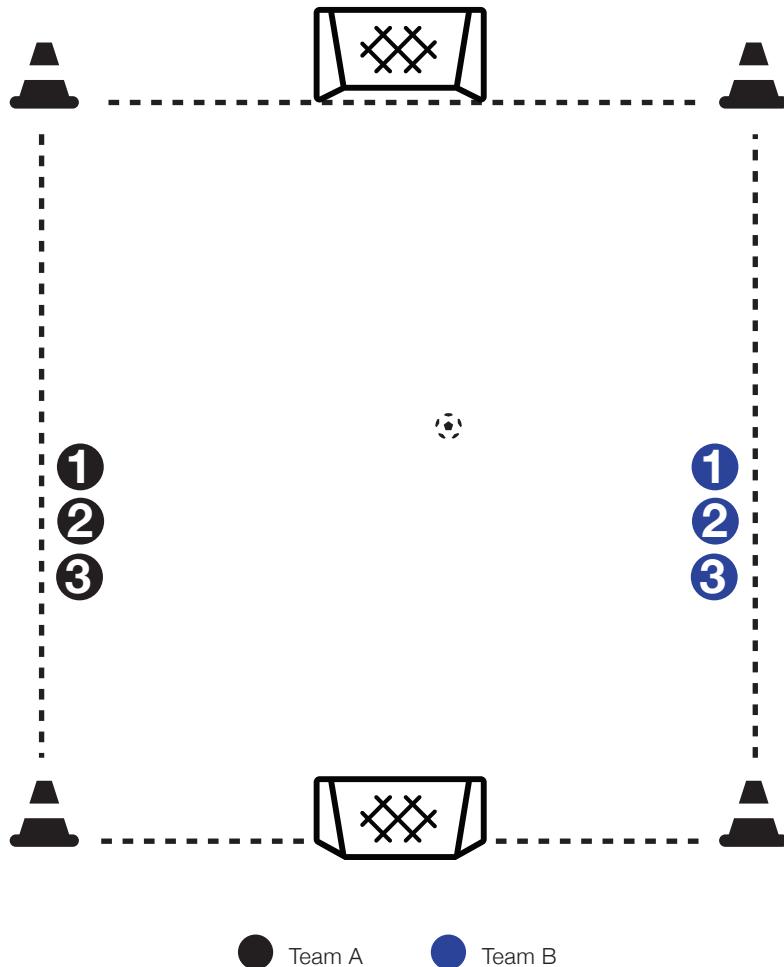
HOW TO:

score a point by passing the ball through one of the other team's gates.

When your team has the ball, work with your teammates in a triangle, with the two side players getting into space for a pass to support the teammate with the ball.

SMALL - SIDED GAMES

ACTIVITY 3: “NUMBERS”



SET UP:

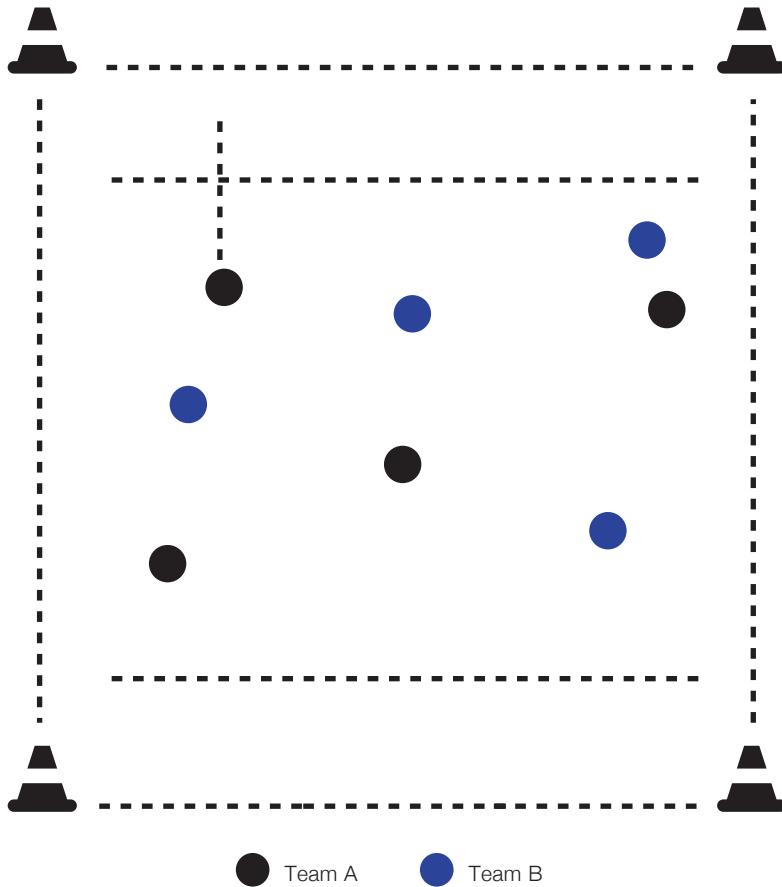
Two equal teams of up to 4 players,
Use different-coloured pinnies, if available, and give number to each player

HOW TO:

When you hear the coach call out your number, come to the middle of the field.
The coach rolls the ball into play, the “one” try to score on the “two” goal and vice-versa.
Use your dribbling skills to move the ball towards the goal. If you can't score,
pass the ball to your teammate using the inside of your foot.

SMALL - SIDED GAMES

ACTIVITY 4: "TOUCHDOWN"



SET UP:

30 x 25 yard field with 5 yard end zones.

HOW TO:

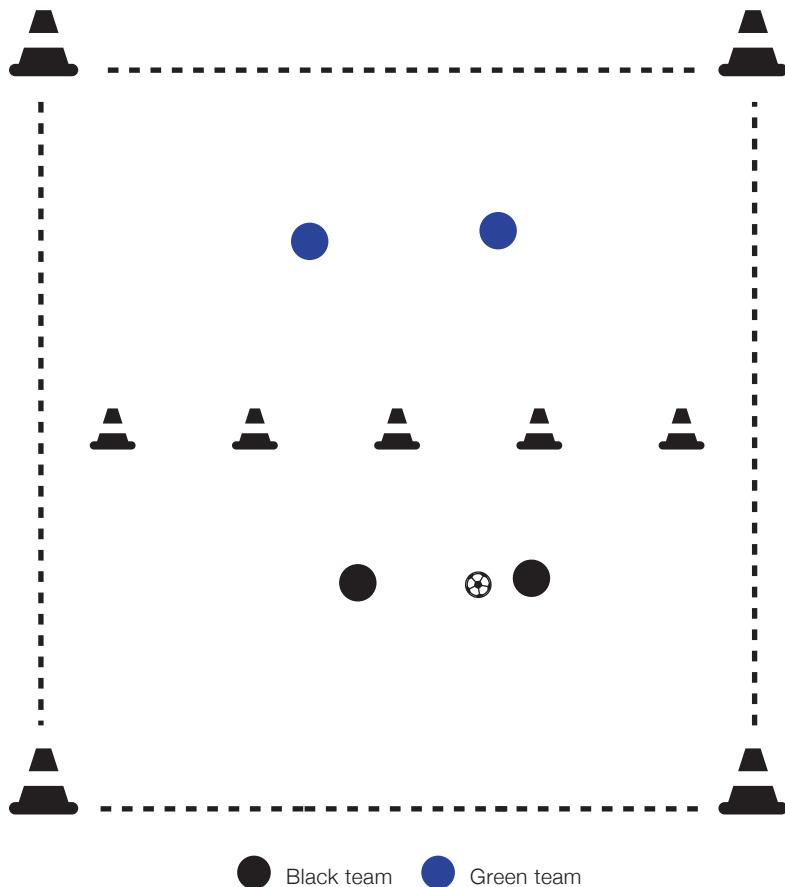
2 teams. Players must connect a certain number of passes inside of main grid before dribbling into designated end zone. Play first to 5 points.

ALTERNATIONS:

"Switch" by passing the ball with hands only. Heads up, talking, movement of the ball and open passing lanes.

SMALL - SIDED GAMES

ACTIVITY 5: "SOCCER TENNIS"



SET UP:

A miniature court. 20x8 yard grid with cones across center to signify the net.

HOW TO:

2 players per team. 4 per court. Each team gets one bounce on their side. Must volley over the line of cones to opponents side. Winner determined by end of time or reaching designated points. Points are obtained when other team fails to volley it back or the ball bounces too many times. Serves are taken from the back.

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**FOR ANY QUESTIONS, PLEASE EMAIL
OUR LEAGUE DIRECTOR OSCAR@ALBIONSCLV.ORG OR
VISIT OUR WEBSITE AT
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