BIRTHYEARS (2011, 2012, 2013)

Teams: children are placed on teams according to their birth year (example: we will have a 4 year old teams, 5 year old teams and 6 year old teams)

Duration: 2 sessions per week **Season**: May and June

Game Days: Mondays and Wednesdays at 6:15 pm. All games at Gateway Recreation Centre.

Long Term Player Development Stage ONE First Kicks

At this stage, players should participate in simulating practices and games that develop basic technical skills in a FUN atmosphere. The emphasis should be movement exercises and games that promote a feel for the ball while teaching basic principles of play in a fun but structured setting. Informal games can be set up at the end of the practices or as part of a jamboree mixing exercising and games. NO Goalkeeping at this age. ALL players should learn the basic techniques of ball handling at different heights (not high balls) and throwing with one and two hands on the ground and in the air. Footwork is introduced including side-skip to get in line with the ball. Introduce division from a kneeling position.

Equipment Required by player: Shin guards and running shoes
A $75 jersey deposit cheque will be collected from the coach at the first team meeting.

AGES 4-6 Female and Male
Soccer contributes to the well-being of children by engaging them in the sport while teaching them the basic movements. At this introductory level, the objective is to get moving and to keep active.

GOAL: Provide early opportunities for children to learn basic soccer elements

Technical: The player and the ball dribbling, kicking and shooting. Introduce individual skills. Dribbling with all parts of the foot, combined with simple techniques for changing direction (turns, drag backs) Basic shooting where players experience success and the thrill of a goal.

Tactical: NO tactical instructions. Emphasis on the individual.

Physical: provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching

Mental: Fun, fascination and passion for play. Develop a passion for the game.

Lifestyle: enjoy a variety of sports and physical activities

Personal: Positive attitude and self esteem

Coaching: CSA Mini Soccer Course

Game Structure: No competitive games. Adults and Children play together informally.

Recommended Training Time: 30-45 minutes in duration with Three to Five minute drills

Maximum Group - 12 players mixed genders