



### **Player Requests Policy:**

Player requests will only be considered in the following priority:

1. Parents that are volunteering as a coach in the soccer program
2. Both players must request each other on the registration (one friend only)
3. Friend/Player requests will only be considered for same birth year participants. We will not consider requests that are made for more than 1 birth year apart

\*coaches requests are not permitted

*Trying to coordinate the many player requests we receive each year, has made it difficult and time consuming to prepare the team rosters.*

**Coaches: We are also always short coaches due to our large soccer program. We hope you will consider coaching in order to help the program run smoothly.**

**Teams:** Children are placed on teams according to their birth year. Planned groups:

U4 mixed gender

U5 mixed gender

U6 mixed gender

U7 girls

U7 boys

Subject to change

**Duration:** 2 sessions per week **Season:** May and June (Weather Permitting)

### **Game Days:**

U4, U5, U6: Mondays and Wednesdays at 6:00 pm. All games at Gateway Recreation Centre.

U7: Tuesdays and Thursdays at 6:00 pm. All games at Gateway Recreation Centre.

**Game days may change**

### **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

[Jersey deposits of \\$75 is required.](#)

### **AGES 4-7 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-minutes training, 30-minutes game

**Maximum Group** - 10 players

**Coaches:** Volunteer coaches are required to run the program. Please consider coaching.

Standards set by the Manitoba Soccer Association for community centre coaches:

1. Obtain a criminal record check and child abuse check (this is paid for and administered by Gateway)
2. Complete Respect in Sport for Activity Leaders (free program online, which can be taken at anytime, approximately 2.5 hrs)
3. Complete age appropriate minimum Coaching Clinic; 2 parts- online piece and on field piece (administered by Phoenix) Gateway will pay for.