

U4 Little Dribblers – Indoor 2018/19 Program Outline

For Who?

For Girls and Boys (Mixed) Born January 1st, 2015 to December 31st, 2015

Philosophy – “Me and My Ball”

To give players the opportunity to develop basic movement skills in a FUN setting, built around informal play and positive reinforcement.

The focus is on fun and simple games that develop very basic technical skills in a FUN atmosphere. The emphasis is on movement exercises and games that promote a feel for the ball while teaching basic movements within a fun but play setting. Everything at this age is FUN, FUN, FUN.

Coaching

Parent/Volunteer Coaches (each team will ideally have at least 4 parent volunteers that can be on the field with the players) will be appointed for the season and will run the stations each week, with assistance from the technical staff. Head coaches will receive a \$100 credit towards their child's registration, upon submission of required team information, a valid Criminal Record Check and equipment returned to the SPDSA by the specified deadlines. Only one head coach per team is eligible for the credit.

The best qualities of a coach for this age player are,

1. Patience.
2. Good Humor.
3. A willingness to see the world through a child's eyes and speak their language.
4. The ability to accept that the children's play will not look at all like soccer.

Only registered team officials and players are allowed on the field, benching area, change rooms or in the hallways. Parents not volunteering, will be able to enjoy the games from the stands only.

Technical Led Program

All sessions will be overseen by a Master Coach from the SPDSA Technical Department and technical assistants. Age and stage appropriate session plans will be provided electronically throughout the season to all coaches.

Program Structure

Programs are structured following the Canada Soccer and FIFA Preferred Training Model. In this approach each training session is built around 4 activity “stations” that the players move around at regular intervals. The 4 stations focus on,

- Fundamental Movement,
- Soccer Technique,
- Coordination
- 1v1 Games

Each session will be 45 minutes in length, with 4 activities of 10 minutes each.

Field Set Up – 1 Pitch at Millennium Place divided into 8 areas of approximately 15 x 15 yards. 4 stations in 1 half of the field and the same 4 stations in the other half of the field. Players rotate through one set of 4 stations in groups of 8-10.

A1 Fundamental Movement	A2 Technical Activity
A4 1v1 Games	A3 Coordination
B1 Fundamental Movement	B2 Technical Activity
B4 1v1 Games	B3 Coordination

The Season

Season length 13 weeks, starting October 27th and ending of February 9th, (no sessions November 10th, December 22nd and 29th)

A 3v3 games festival will be run twice during the season (1 before the Christmas break and 1 after).

Players may be put on a waitlist, dependent on the program's availability.

Days of Play

Saturday mornings at Millennium Place. Dates, days and times are tentative.

Registration and Fees

Early Bird by August 31, 2018 - \$175.00

Regular by September 18, 2018 - \$200.00

*Late after September 19, 2018 - \$225.00

Fee includes uniform (jersey, shorts, socks). Players are require to have their own shin pads and indoor shoes.

*Please note that registrations received after September 18th, may have players put on a waitlist, dependent on the program's availability.