

U5-U6 Active Start – Indoor 2018/19 Program Outline

For Who?

U5 – Players born January 1st 2014 – December 31st 2014

U6 – Players born January 1st 2013 – December 31st 2013

Gender specific play unless not enough players register, then genders will be mixed. Players must be registered in their respective age group, based on birth date.

Philosophy – “Me and My Ball”

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

At this 1st stage of development the emphasis is on

1. **Physical Literacy** - Building players body control and developing the **ABCs (agility, balance, coordination & speed)**. Running, jumping and landing are the focus.
2. **Ball Mastery** - players develop an understanding on how to manipulate the ball. Dribbling, turning, throwing, catching and striking the ball are the focus. The ball is their friend!
3. **FUN ACTIVITIES** - Foster a love for the game.

Children at this age love to use their imagination when they play so games are designed with this in mind. We aim to limit activities where players wait in lines to perform a pre-determined movement or required action.

Coaching

Parent/Volunteer Coaches will be appointed for the season and will run the activities each week, with assistance from the SPDSA Technical Department. 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.

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

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

Program Structure

The Program is adapted from the Canada Soccer and FIFA Preferred Training Model. In this approach each training session is built around encompassing the four areas shown below

- Fundamental Movement/Coordination,
- Soccer Technique,
- 1v1-2v1 games, and
- Small Sided Games.

Each session will be 55 minutes in length, split as shown below

1. Warm up activity focusing on fundamental movement/coordination (8-10 minutes)
2. 2 stations focusing on technique and 1v1-2v1 activities (10 minutes each)
3. 3v3 games against another team (20-25 minutes)

Field Set up – as shown below, 1 pitch at Millennium Place will be divided into 4 areas of 18 x 30 yards. Teams will warm up in their area and go through their 1st station, then teams 1 and 2 (and 3 and 4) will rotate position to go through the 2nd station. They then all end with 3v3 games against the other team.

Team 1	Team 2	Team 3	Team 4
Warm Up Technique Station	Warm Up 1v1-2v1 station	Warm Up Technique Station	Warm Up 1v1-2v1 station
3v3 Game Team 1 v Team 2	3v3 Game Team 1 v Team 2	3v3 Game Team 3 v Team 4	3v3 Game Team 3 v Team 4

The Season

Season length 15 weeks, starting October 20th and ending February 23rd (no sessions November 10, December 22nd and 29th and February 16th)

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

Days of Play

Saturday mornings & early afternoons at Millennium Place. Playing dates, days and times are tentative

Registration and Fees

Early Bird by August 31, 2018 - \$215.00

Regular by September 18, 2018 - \$240.00

*Late after September 19, 2018 - \$265.00

Fee includes uniform (jersey, shorts, socks). Players are required 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.