

U7 FUNDamentals – Indoor 2018/19 Program Outline

For Who?

U7 – Players born January 1st 2012 – December 31st 2012

Gender specific play unless not enough players registered in an age group, then genders will be mixed

Philosophy – “Me and My Friend”

To give players the opportunity to develop their movement ABC's and learn the basics of the game while emphasizing FUN, cooperation, and maximum time on the ball.

To develop player's individual relationship with the ball, to want it, how to find it, deal with it, feel comfortable with it, keep it close. We will encourage all players to dribble and “stay on the ball” during activities and play.

The main focus is individual development, ball mastery and physical literacy, whilst beginning to learn to cooperate with a teammate.

Coaching

Volunteer coaches are appointed for the season, and are supported on a regular basis by 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.

In-service coaching workshops will be held before and during the season.

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

1. Patience.
2. Good humor.
3. Clearly understand the capabilities and limitations of this age and appreciate the power of learning by watching.
4. Ability to demonstrate basic ball mastery skills.

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. Age and stage appropriate session plans will be provided electronically throughout the season to all coaches.

Program Structure

Practices will be provided based on the availability of facilities. Two teams may share the gym space.

Age and stage appropriate session plans will be provided electronically throughout the season to all coaches.

1 game per week at Millennium Place. 5v5 (4v4 plus a sweeper keeper).

10 minute warm up (all players with a ball), 2x20 minute halves (5 minute half time)

Game management,

1. No scores to be kept. Equal playing time for all players.
2. When the ball goes out of bounds, restart with a pass-in or dribble in (NO THROW INS).
3. No emphasis on team concepts or positions. Players should be encouraged to not fear having the ball, to be creative and to take chances.
4. Don't punish mistakes. Don't play safe. Don't make winning the key.

The Season

Season length 15 weeks, starting October 25th and ending February 24th (November 11, December 22 – Jan 4)

Days of Play

Thursday Night Games, Alternate day Sunday

Saturday Practices.

Game and practice Day, dates, and times are tentative

Registration and Fees

Early Bird by August 31, 2018 - \$230.00

Regular by September 18, 2018 - \$250.00

*Late after September 19, 2018 - \$275.00

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.