



## U5 Grassroots Developmental

This is an introductory level to soccer called "ACTIVE START" through the Canada Soccer Association (CSA).

CSA Active Start is a program for young children to learn basic movement skills through fun, and informal play. It's part of the Canada Soccer Pathway, which aims to encourage children to participate in soccer throughout their lives.

### What does CSA Active Start teach children?

- running,
- jumping,
- landing,
- kicking,
- throwing,
- catching,
- agility,
- balance,
- coordination, and
- speed.

### What does CSA Active Start do for children?

- Helps children develop fundamental movement skills.
- Helps children feel competent and comfortable participating in physical activity.
- Helps children build connections between their brain and muscles.
- Helps children learn to explore risk and limits in safe environments.

### What equipment will my child receive from Didsbury Minor Soccer?

- jersey
- shorts
- soccer socks
- soccer ball

### What equipment do I need to provide?

- appropriate shin guards
- athletic shoes (runners/ soccer shoes)

On behalf of the soccer club, we are thrilled to be a partner with you on your child's journey to learn the sport of soccer. To keep connected and up to date with the soccer club, if you have not done so already, we encourage you bookmark our website and like our Facebook account.

<https://didsburysoccer.ca/>  
[Facebook Page](#)