



# SOCCER 4 FUN REC PROGRAM GENERAL INFORMATION

## Information Package

Everything you need to know to get started with a fun summer of soccer! Just click the links on the right!



**When & where?**

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**What to bring?**

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**What to do? Parents' Guide!**

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**Our Programs Information**

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**Safety Information!**

**Got Questions?**

## WHAT TO EXPECT

What you need to know about our program, staff & how to get in the game

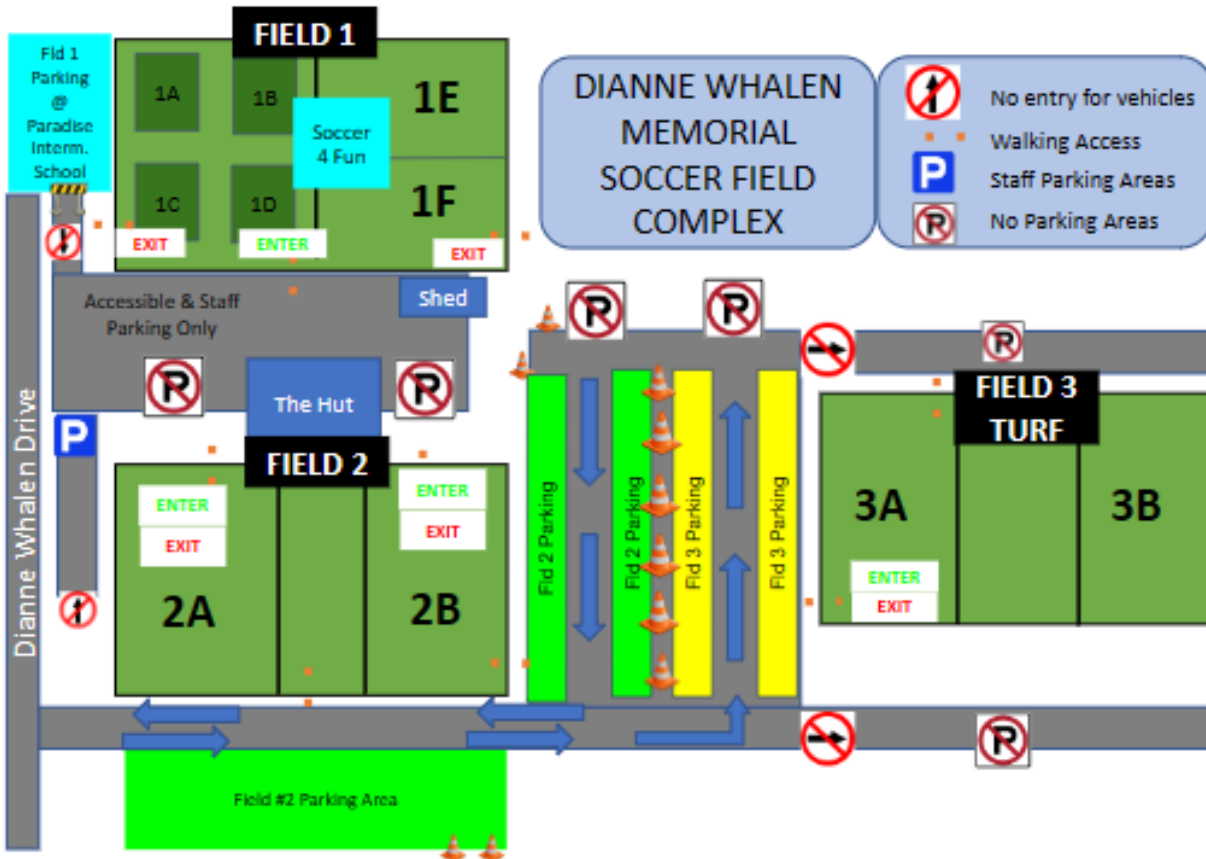
as a **volunteer**

Move, Touch, Play!

# where?

The entire Soccer 4 Fun program (all ages) will be run at Dianne Whalen Complex on Field #1. Within Field # 1 there are multiple Small Sided Game fields. Simply report to the location indicated on the schedule for your age group referring to the map below. Our staff will do the rest. Please note no parking is permitted in the upper parking lot so please use the available parking at Paradise Intermediate School.

## Diane Whalen Memorial Soccer Complex (McNamara Drive)



# When?

Typically, players should arrive 5 minutes prior to their scheduled start time. See our website “Recreational” Webpage to view Schedules.

**Weather Cancellations?** Paradise Soccer Club will endeavor to announce any cancellations due to inclement weather by 4pm on our website, through our Facebook and twitter account. Please check these sites at 4 pm on any days where the weather is inclement. In addition, conditions may require last-minute decisions to be made on the field at the club’s discretion. We appreciate your understanding.

For updates & cancellations please see **Website:** [www.pysa.ca](http://www.pysa.ca) **Twitter:** @PYSInfo **Facebook:** <http://www.facebook.com/pscnl>

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# What to bring?



Jersey Day

Jerseys are handed out on Jersey Day Details of Jersey Day are posted on our website/socials. Tots also receive a ball to take home and bring every session.

## Need to Have.....

**Sneakers or Cleats suitable for soccer!**

**Water Bottle (not glass)**

**Wear your team Jersey, shorts or sports pants and thick socks**

**Shin Pads (strongly recommended for U5 and older)**

**For inclement weather please wear appropriate underlayers**

**TOTS must bring the ball you were given with your Jersey**

## Nice to Have.....

**Snack for when you are done!**

**Sunscreen applied prior if required!**

**A Smile on your face!**

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# What to do?

A guide for Soccer Parents!

**Watch from outside the Fence – The grass and the area inside the fence is a safe space for the players & staff only!**

U5 Players (the youngest FUNdamentals Group) are just being introduced to structured activity. Parents may be contacted and asked at the discretion of our staff to come onto the field as and when needed to help their child if they are having difficulty with the activity or interaction with the group

**Bring a chair & Relax**

Remember the game for an 8 yr old looks nothing like the adult game

**A Long Term Approach to development is about giving the kids what they need based on their age.**

**FREEDOM - Making their own decisions makes it fun for them, and making mistakes is what helps them learn!**

**Let them Play**

**Don't shout or coach**

## **DROP OFF**

Players are to remain outside the gates until staff signal to come in at the start. A Warm up area will be set up so at the start players can play with their own ball or pass with a partner

**Ask them if they had fun**

**Don't ask them if they won**

**Players will compete naturally from a young age! The result is not important!**

Give them a snack and tell them it was fun to watch

**Don't talk about what they should do next time**

## **PICK UP**

Please ensure you are waiting at the gates when players are dismissed. Players are instructed stay with staff if they cannot see their guardian

**Got Questions?** Instructors should be fully focused on the players to deliver the best possible experience to each individual child. They are there for your kids for the whole session. During the first week Field Marshalls/club reps will be available wearing blue Paradise Club Apparel and happy to provide general information and take note of any questions or enquiries that you may have. After June 8<sup>th</sup> contact [reccoord@pysa.ca](mailto:reccoord@pysa.ca) if you have questions. Prior to June 8<sup>th</sup> questions can be directed to [coordinator@pysa.ca](mailto:coordinator@pysa.ca) We ask that parents do not approach instructors as between 4pm and 8pm they are working hard and in a coordinated effort to be as efficient as possible & any distraction can affect delivery of the program.

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# Recreational Soccer 4 Fun Programs

## “TOTS” Program

This Parent & Tot program is designed to involve parents, one parent per child is required to actively participate with their child in the fun activities!

Parent & Tot  
Program

1 parent & 1  
ball per child

Parent on the  
field actively  
engaged

Guide your  
child, hold  
their hand

Help them  
understand  
the activity

The instructors will signal the start of Activity 1, You should bring your water and belongings with you and place them to the side of the field near your station. The instructor will quickly explain the rules and demonstrate and then it's time to play! You will rotate through three different Activities Stations which are designed to be fun first and will promote physical literacy, and general coordination as well as soccer coordination! Breaks between activities are for water and to allow again for unstructured free time until the instructor signals to regroup!

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**Activity 1 – Led by Instructor 8 to 10 mins**

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**Break – 2 to 3 mins**

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**Activity 2 – Led by Instructor 8 to 10 mins**

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**Break –2 to 3 mins**

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**Activity 3 – Led by Instructor 10 mins**

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# “FUNdamentals” Program

## Overview

Based on the CSA LTPD Model Fundamentals stage for players aged 4-8 years old. Players will be divided into small groups and work with an instructor who will lead then through Fun Activity Games and then progress into dividing the players into teams to play small sided games or scrimmages which are overseen by Game Leaders (could be an instructor or volunteer parent). Sessions last for 45 minutes. At the younger ages additional activities will be incorporated with sessions sometimes including 3 or 4 activities. For U5 Small Sided Games (SSG's) will be introduced gradually over the course of the summer. U6 players will play SSG's for minimum of 25 minutes. For U7 and U8 players will spend 15-20 minutes on activities (one or two activities per session) and then 25-30 minutes on SSG's.

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### **Activity 1 – Example “Traffic Lights” Game**

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### **Activity 2 – Example “Quicksand” Game**

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### **Small Sided Games (Scrimmages 3v3 up to 6v6)**

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# “REC Leagues” Program Overview

Our Rec Leagues for Under 9/10, and Under 11/12/13 adopt a more structured approach to game play with fixed rosters and scheduled fixtures. Teams will warm up first and then play one game against another team each day. For U9/10 Warm Up includes a Fun Activity & game length is 40 minutes. For U13 game length is 50 minutes.

## “Competition Rounds”

Once again, we will hold Competition Rounds throughout the summer for our Rec League Teams. These short bursts of child friendly competition with schedules scores and standings posted on our website. There will be no elimination with all teams playing the same number of games. We have introduced child friendly scores & standings for U9/10 & U11/12/13 REC Leagues (see below).

Under 9/10 Teams	Under 11/12/13 Teams
Holland	Brazil
Senegal	Germany
USA	France
Canada	Canada

### Child Friendly Approach to Competition for U10 & U13

In addition to the traditional scoring systems with Result based Points awarded just for U10 and U13 we will also have points that will be available for other aspects for example fair play.

Teams can earn points in each game they play as follows;

- 1) Result - 3 points for a win, 2 points for a tie, one point for a loss.
- 2) Goal Points - 1 point per half if your team scores a goal in each half (2 points maximum per game)
- 2) Fair Play - 1 point can be awarded by referee for Players Fair Play (Good sportsmanship, respect for teammates and opponents and referees decisions). 1 point can be awarded by Field Marshalls for Coach Fair Play (Rotating - players on the team rotate through playing various positions). 1 point can be awarded by Field Marshalls for Parent Fair Play (parents not shouting instructions at players, zero tolerance of abuse to officials).
- 3) Technical - Passing Strings - 1 point per game available if your team plays with a passing style as opposed to booting the ball up the field.

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# What to Expect?

**TOTS** Again, this year we will have one staff instructor with each group of around 12 to 20 players depending upon attendance. These staff will follow a program & lead the parent and tot through simple games & activities designed for fun with their ball! While parents are required to be engaged throughout they are not required to be overly active. It's not necessary to break a sweat – although of course you can if you want to!



**FUNDamentals U5 to U8 program!** This program will continue to strive to provide the players with a fun experience that keeps them coming back for more! Fun Activities will start the session off with players getting lots of touches on lots of balls and so developing their skills. The duration of these activities will decrease as you move up each year as players develop a love for the game itself and enjoy and benefit from more Game Time! See Program details below! Parent Game Leaders are most needed for U5 and U6! This year for the U7 and U8 age groups we will be applying adapted Metro League rules which will help teach the players the basic rules of the game & will help to develop our young referees.

## **REC LEAGUES - Weekly Friendly Fixtures for U9/10 and U11/12/13!**

At these older age groups we will be formalizing our Games into a more structured team and league like feel. Each night teams will play a scheduled fixture against one other team in the League. Some rounds will be exhibition rounds interspersed with exciting “**Competition Rounds**” which will have child friendly scores & standings. Each team will have a parent coach with support from one of our staff. We will have certified and paid officials for both divisions and will follow Metro rules. See details below! After a two-week period to ensure teams are balanced we will launch this league – more info to come.

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# Program Overview / Summary

**Fun activities** will be incorporated in the first part of the session in particular for younger age groups and lead into Small Sided Games to finish. Stimulating activities with a soccer ball that involve elements of soccer where players learn by doing rather than being taught or instructed!

**More Small Sided Game Playing Time for each individual!** More Soccer Fields! Our field sizing and Small Sided Game team sizes are appropriate for the age groups and are based on Long Term Player Development Guidelines. We have maximized the number of fields we can build in the space available in order create more pitches to enable all of the children to play during the Game component. Our session duration also matches age appropriate guidelines. Within our fundamentals programs each child gets more playing time and little or no bench time!

**Game Leaders for U5/U6/U7/U8, Referees for U8 & Older!** We need parent volunteer Game Leaders to help instructors to oversee small sided games to help supervise when multiple games are happening simultaneously (sometimes up to 9 games) and generally help out throughout the session. We may employ referees for U8 to teach the rules of the game to our young players and also to develop our budding referees.

## **The Program**

### **Tots (30-35 minutes)**

3 Fun Activities for Parent and Tot to enjoy together

### **FUNDamentals - Under 5 to Under 8 (45 minutes)**

Fun Activities & Small Sided Games with Simplified Rules of the game supervised by Game Leaders/Referees

### **REC LEAGUES - Under 9/10 (55-60 minutes)**

10-15 minutes - Fun Activity (one activity to warm up and start the session off with some fun and touches on the ball)

40 - 45 minutes – Min 2 x 20 minute halves. Small Sided Games Metro Rules applied, Youth level Referees

### **REC LEAGUES - Under 11/12/13 (55-60 minutes)**

5 to 7 minute Warm Up

50 – 55 minutes – Min 2 x 25 minute halves. Small Sided Game (maximum 8v8) Metro Rules applied, Entry level Referees.

# Our Staff .....

..... all of the staff will be wearing clearly identifiable clothing and have clearly defined role They have been handpicked based on their soccer playing and coaching experience as well as their experience in working with and leading youth groups. They are police screened, first aid trained.

**Coordinators** – Our Co-ordinators are the REC Program Leads responsible for overseeing the entire REC program and supervising and managing Instructors. Concerns? Email [reccordinator@pysa.ca](mailto:reccordinator@pysa.ca)!

**Instructors & Interns** – Lead the various small group activities and supervise the Games, trained on a weekly basis by our Coordinators in order to develop the skills needed to deliver a quality soccer program for the young players in our community. Most of our staff have also completed the Canadian Soccer Associations Fundamentals Coaching Course.

**Game Leaders** are volunteers either willing parents or soccer players/aspiring coaches there to assist the instructors as and when needed and to help guide the players through fun activities and/or small sided games!

**Referees** are trained & certified at Youth & Entry Levels and as part of our referee development program are gaining valuable experience within the house league to eventually referee in league play.

**Abuse of referees is growing in some sports. In an attempt to reduce the potential for abuse by player, coaches and supporters/spectators our Association has adopted a Zero Tolerance Policy. Please read the policy found on our web page.**

**Parent Volunteers** will act as Team Managers in REC Leagues & Game Leaders for FUNdamentals and are asked to pitch in and help out as and when needed. Game Leaders are just there to assist from dealing with a distracted player to overseeing a Small Sided Game to ensure fair play. No worrying about planning sessions or managing team line changes! See Game Leader info below. If you signed up for information on volunteering opportunities our volunteer coordinator will be in touch. Email [reccordinator@pysa.ca](mailto:reccordinator@pysa.ca) to volunteer.

**Field Marshalls** – During the initial start-up period designated persons in bright pinnies (PSC Board Members) volunteering their time to be the point of contact to liaise with the parents and take note and document queries, enquiries or concerns from parents at the field before, during and after the session.



**Want to Volunteer!**

# **BECOME A GAME LEADER**

**WE NEED YOU! Sign up when you register your  
child online!**

**Game Leaders assist our coaches and supervise small sided games for U5/U6/U7/U8 age groups. To promote active participation we operate a multitude of games simultaneously and so need volunteers to help supervise those game fields. They are not a coach, they are not a referee.**

**Game Leaders will be there to achieve a few  
objectives on the field:**

- 1) Enable children to have a fun and rewarding experience while competing in activities / small sided games.**
- 2) Ensure player safety.**
- 3) Implement simplified rules while keeping the game moving -- limiting stoppages and assisting the young players with all restarts.**

# MOVE

Our Goal is to **TRIPLE** the  
**number of steps** each  
player takes in a practice!

# TOUCH

We want to **TRIPLE** the  
**number of touches** on the  
ball that each player has  
in the time available!

# PLAY

Children love to play so their experience  
start to finish should be about playing and  
having fun. That's what its all about!



## New Programs for **2016** and beyond . . .

For more information email: [infopysa@gmail.com](mailto:infopysa@gmail.com) or visit [www.pysa.ca](http://www.pysa.ca)



# Team-mate Requests

Every year we are inundated with requests for players to be placed on teams together with friends, the main reason being for carpooling purposes. Please note that carpooling will always be possible regardless of which team they play on as our program is run at one location and one time slot for any given birth year regardless of team placement. Also for Fundamentals players are not assigned to fixed teams but rather assigned colours and each session will be divided into groups teams in a flexible and variable way so even if players are assigned the same colour they may not play together.

We do want to allow the opportunity, where it is warranted, to make friend requests through our online request form (link below). Our staff will not be permitted to entertain any requests at the field the day Soccer 4 Fun starts or anytime after that. While we will do our best to accommodate requests submitted by the deadline (**Sunday June 8th 11:59pm**) we cannot promise to do so.

For Tots and Fundamentals - Players born 2022 to 2017 are permitted to request to be on a team with one or two players maximum, and only by mutual consent between the families involved.

For REC Leagues - Players born 2012 to 2016 are only permitted to request to be on a team with one other player maximum, and again, only by mutual consent between both children involved. Requests may not be possible if they interfere with the creation of balanced teams.

Please refrain from making requests unless your child has experienced anxiety or social issues. We ask that you only make requests if you think it is necessary for your child to participate in the sessions. As mentioned, Carpooling is not a valid reason for requests, as all children in the same age group will always be on the same field at the same time, so there is no need to request to be on the same team in that situation. They can still carpool if on different teams. Also please understand that for Tots and Fundamentals just because a child has the same jersey colour as a friend, this does not mean they will be together the whole session. Groups/Colours are split up into mini teams when games are played, which will vary from one day to the next. If your child has social anxiety or is just really shy and you feel that being with a friend or two is essential for them to participate, we are willing to accommodate for that reason. Requests must be made through the Online Form - [click here to make a request](#).

If your child really needs to be with a friend, we will do our very best to accommodate that request. Deadline to add your request into this form is by **Sunday June 8th 11:59pm**. When making a request you will be asked to confirm that you have consent of the parents of the one child (for Rec Leagues - 2016 and earlier birth years) or maximum of two children (for Tots and Fundamentals 2017 to 2022 birth years) other than your own. You will also be asked to provide their email address for verification. That being said, only **one** person needs to make a request on behalf of the families involved. Chain requests are not permitted (ie player 1 requests player 2 who requests player 3 and so on) and will result in all requests being denied. Any questions can be directed to [reccoord@pysa.ca](mailto:reccoord@pysa.ca).

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## General Movement Skills

Physical Literacy is just as important as the ability to read and write. The most important step toward developing physical literacy is mastering fundamental movement skills. Keeping the children active and engaged as much as possible (rather than sitting on the bench or standing in a line up waiting for a turn) will not only have health benefits but will ensure they are developing physical literacy skills and soccer coordination skills. Our programs are designed to ensure that the children are engaged to the maximum so no more sitting on the bench waiting for a turn! No benches, no lineups! We will use the active time we gain for fun activities that teach them the game! For more information, please check out <http://canadiansportforlife.ca/> or <http://www.phecana.ca/programs>

## FUN Activity Based Learning

Stimulating activities with a soccer ball that promote fundamental skills, movements and decision making. These activities are designed to teach implicitly meaning no instruction is required the activity itself is the teacher. Just by doing they are learning basic soccer techniques such as dribbling, passing or shooting. Using lots of balls and/or small group sizes ensures lots of touches on the ball!

## Small Sided Games

Small sided games range from 2v2 for the younger age groups up to 8v8 for the older age groups. The time allocated to playing small sided games will vary based on what is appropriate for the given age group. Remember, the game for them does not and should not look like the adult game of soccer, but this is their time and it's their game so let them enjoy the game how they want to play it. The coaching staff will guide them where and when needed but the beauty of soccer is it's a very simple game so we don't need to bog them down in rules early on in their development.

## Long Term Player Development

Sports programs in Canada and across the world are moving towards a long term approach to developing athletes. With an age appropriate approach to activities and training programs the goal is to provide a fun, safe and stimulating environment in which each individual child can continue to develop a love for the game! In order to achieve this at PYSA the children will be better grouped with other players at the same developmental level, for instance one way to ensure this is using one-year age brackets. Rather than playing U6 players together with U5 players the U6 registered (2010, 2011 born players) will be separated into two groups. Where numbers allow this may be the case for other age groups also. For more information, please check out

<http://www.canadasoccer.com/canada-soccer-pathway-ltpd-s16879>

## What's Changing – The New Look and Feel

Our Programs will look very different moving forward. We will introduce more flexible programming, which is multileveled and inclusive to cater to various individuals needs, commitment level. On the field at times it should look like organized chaos but if you look through the chaos you'll see children that are more active and happier than before. You have to remember that kids are ok with chaos, adults maybe not! You will see staff coaches that are more engaged, more supported and trained and empowered to interact with the children! During the Small Sided Games our goal is to reduce or eliminate bench time through using more mini fields and a more flexible approach to managing teams. For U10 and younger age groups you will see our coaching staff acting as Game Leaders for the Small Sided Games rather than referees. At these young age groups the game leaders will supervise the games and help the players understand what they are supposed to do. In a nutshell our goal is MORE ACTIVE FUN FOR EVERYONE!



Head Office:  
Community Centre  
782-PYSA (7972)  
  [www.pyssa.ca](http://www.pyssa.ca)



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# Safety .....

1. Players should only bring plastic water bottles to the field. Glass water bottles can easily break causing injury to your child or another child.
2. During games, players waiting on the sidelines should wait outside the fence & will not be permitted to play soccer. This is not only a distraction, but is also a safety concern. Please remain outside the fence, at your scheduled start time you can enter the fenced area, no earlier please unless staff say so!
3. Players are not permitted to climb on the nets.
4. No jewelry (including earrings and studs).
5. Sunscreen should be worn when necessary.
6. Players should come to the field with a water bottle to avoid dehydration.

## DANGER

### GOAL POST SAFETY

No Hanging On or Moving Goal Posts

### THE START

**Players are to remain outside the fence until staff signal to come in at the start A**

**Warm up area will be set up so right away players can play with their own ball or pass with a partner**



**L.T.P.D**  
long term player development

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