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# Walk, Don't Run!

## An Introduction to Walking Soccer

Eden Rakochy, Registrar

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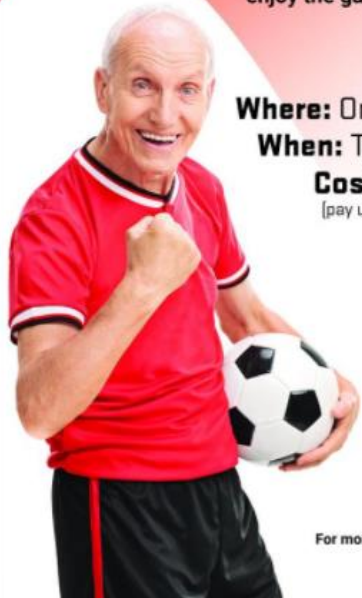
# What's the big deal with Walking Soccer?!?

- Over 800 teams in the UK – one of the fastest growing sports! Even has a Walking Football National body!
- Affordable and easy to operate
- Clubs all over the world are now offering Walking Soccer programs
- Canada is now catching up on the trend
- Currently programs in Ontario, Nova Scotia and British Columbia

# WALKING SOCCER

"a slower version of the beautiful game"

Low-impact soccer, a game ideal for those with mobility constraints, or are unable to enjoy the game in its traditional format.



**Where:** Ontario Soccer Centre

**When:** Tuesday 10am - 11am

**Cost:** \$5.00 per session  
(pay upon arrival, no need to pre-register)

**Dates:**

April: 11, 18, 25

May: 2, 9, 16, 23

Play or learn the game  
in a fun and social  
environment!

Ontario Soccer Centre  
7601 Martin Grove Road, Vaughan  
For more information: [cwatt@ontariosoccer.net](mailto:cwatt@ontariosoccer.net)  
or 905-265-8873 ext 270

# NEW Over 50's WALKING FOOTBALL

Every Friday (beginning 6th March) at  
3Gi Soccer, Shaw Lodge Mill, Halifax, From  
12.00 - 13.00. £4.00 per person including  
refreshments.



CONTACT CHRIS MITCHELL ON  
07947827627 FOR MORE  
DETAILS OR TO SIGN UP

@CalderdaleCCT @HalifaxRLFC @3GISoccer



# WALKING SOCCER DROP-IN!

DETAILS AND BENEFITS:

OPEN TO MEN AND WOMEN | AGES 55+ | LOW IMPACT | FULLY  
ACCESSIBLE BUILDING | AMPLE PARKING | HIGH QUALITY TURF | SOCIAL |  
GENTLE EXERCISE | NO EXPERIENCE NEEDED!

DATES AND TIMES:

SESSIONS HELD AT PICKERING SOCCER CENTRE, 1PM-2PM ON THURSDAYS  
MARCH 9, 23, 30 | APRIL 6, 13, 20, 27 | MAY 4



Only \$10 per  
session!

FOR MORE INFORMATION:

RAMIN MOHAMMADI

905.831.9803 X 211

[DIRSOCCERDEV@PICKERINGSOCCER.CA](mailto:DIRSOCCERDEV@PICKERINGSOCCER.CA)





## ACTIVE 55+

### Indoor Walking Soccer

Still have the love for the game, but your body won't let you play?  
Well now is your time to shine! Walking Soccer is coming to the Royal Distributing Athletic Performance Centre!  
*Same soccer rules...but running is a foul!*

Thursdays at 10:00am beginning February 16.  
Cost is \$5/person

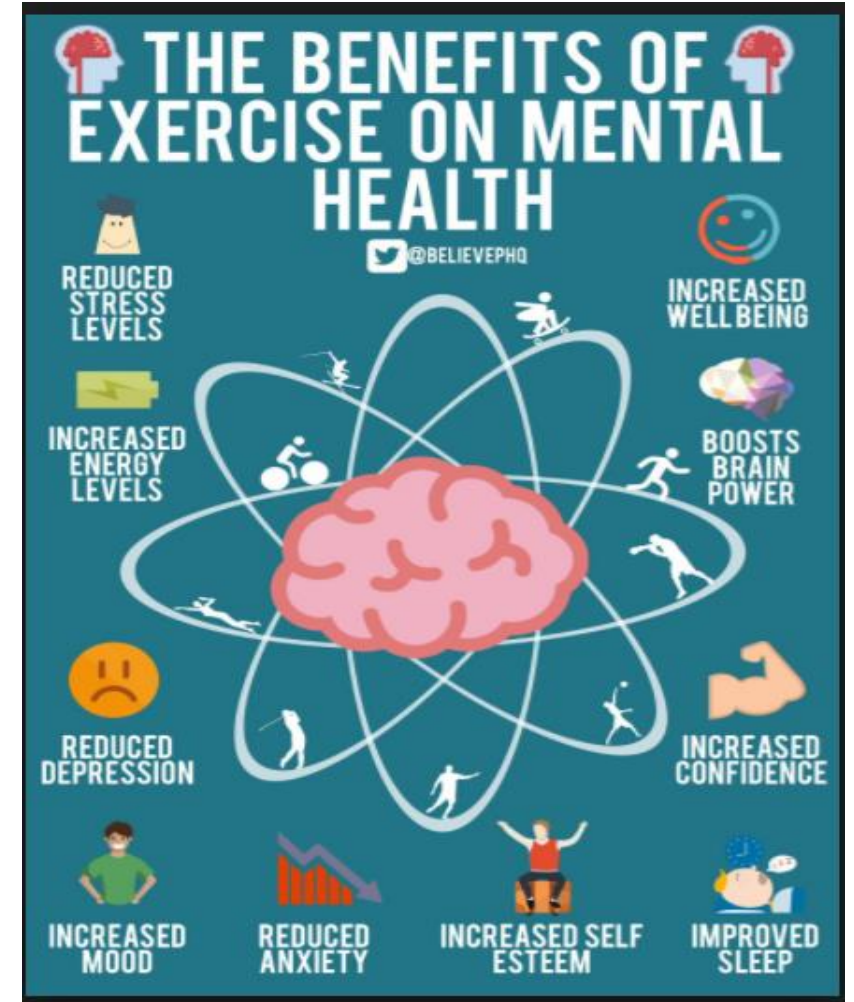
For more information, call 519-856-9596 ext. 201, email [dnichol@get.on.ca](mailto:dnichol@get.on.ca) or  
visit our website at [www.get.on.ca/RDAPC](http://www.get.on.ca/RDAPC). 7384 wellington Rd. 30 (Marden Rd), Guelph

Free sessions for  
February/March 2017.



# Benefits of Walking Soccer

- FUN!
- Mental Health Benefits - Exercise boosts your brain's resilience and ability to cope with stress and challenges
- Excellent way to stay fit and healthy
- Social Benefits – opportunity to be part of a team and meet new people
- Quench the thirst for competition
- Low-impact – walking can increase longevity and decrease risk of dementia
- Ideal for those with mobility constraints
- Reduces the risk of chronic disease such as heart disease and high blood pressure





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# Benefits to your Organization

- Become Saskatchewan's ground breakers for walking soccer!
- Can be run during off-peak hours!
- Eliminate a barrier to participation
- Introduce New Players to the Game
- Welcome back players that haven't been able to play due to injury or health
- Expand and differentiate your programming
- Possible new sponsorship, funding and partnership opportunities



# The Rules

- No contact
- Shoulder Height Restriction – ball has to be played relatively to feet
- No off-sides
- Goalkeeper's Area – No outfield players can enter the goal area, keepers must remain inside
- And of course.... Walking Only! One foot must be on the ground at all times!



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# Senior Program Grants

- Saskatchewan Seniors Mechanism - <http://skseniorsmechanism.ca/resources-programs/fitness/>
- Forever in Motion - <https://www.spra.sk.ca/funding/spra-grants/>
- Government of Canada - <https://www.canada.ca/en/employment-social-development/services/funding/new-horizons-seniors-community-based.html>
- Saskatchewan Soccer MAP Grant - [http://sasksoccer.com/page.php?page\\_id=59283](http://sasksoccer.com/page.php?page_id=59283)

# Referees

- Opportunity for retired or injured officials to remain a part of their soccer community
- Slow paced game to educate referees on the laws of the game
- Games available during off peak times





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# Support Offered by SSA

- Assistance with Walking Soccer promotional Kick-Off event
- Promotional materials – posters, brochures etc.
- Information on game rules and regulations
- Walking Soccer specific waivers
- Referee intro to walking soccer

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# Questions?

