

ACTIVE START ONE-WITH-ONE® PROGRAM

PARENT GUIDE



Volume 1

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March 5, 2012

Dave Nutt, Director of Football (Soccer) Operations
Saskatchewan Soccer Association
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Saskatoon, SK S7S 1P5

Dear Dave,

As the largest participation sport in Canada, soccer impacts approximately 500,000 children aged 12 years and younger or approximately 60% of the registered membership of the Canadian Soccer Association (CSA).

Building a healthy nation and achieving international success start immediately at the entry level of the sport. The Canadian Soccer Association recognizes that this is a critical period of development, and as such, is committed to improving the quality of programs through the Wellness to World Cup (W2WC) Long-Term Player Development (LTPD) model and the quality of the service provided to every child entering the game. This would not be possible without the assistance and support of provincial technical leaders, coaches, clubs, and districts.

One of CSA's W2WC principles is to set national standards for skill development, coordinated support services, and appropriate training and competition according to the age and stage of growth and development, with qualified coaching and officiating. The CSA is delighted to see the implementation of our plan to this degree in Saskatchewan. The determination and initiative of the technical leaders of the Saskatchewan Soccer Association are a driving force for the implementation of LTPD across the country.

Collaboration, cooperation, accessibility, inclusion, fairness, respect, playing and meeting others – these are all benefits that we promote in our physical literacy stages, while, of course, encouraging enjoyment on the field.

We are sure that these resources will serve as excellent tools for those who want to become champions of LTPD. We thank you for your contribution to the development of soccer in Saskatchewan.

Sylvie Béliveau
LTPD Manager
Canadian Soccer Association

So this is Soccer!

This booklet is for parents of first-time players. These days, many children are taking their first serious kicks of a soccer ball at age 3 or 4, others leave it later to 5 or 6 years of age. The fact is that it's never too late to start playing!

It doesn't really matter at what age your children start, provided he/she (or they) have fun and enjoy the total experience. As a parent, this may be your own first real experience with soccer. In North America, many adults have not been exposed to the game having grown up on a diet of the more traditional North American sports — football, baseball, basketball and hockey.

With that in mind, the object of this book is two-fold:

1. To help you to help your child have a fun time through soccer.
2. To let you, the parent, know more about the game so you can watch and, maybe participate in, and enjoy the world's favourite sport.

Have fun!

Why is soccer a great game for kids?

Soccer is becoming increasingly popular in Canada. More children play soccer in Canada than the accepted national sport of hockey, with over 850,000 registered players.

Why is soccer so popular, particularly with young players?

- It is healthy exercise and promotes a healthy lifestyle
- It builds essential life skills like teamwork, cooperation, sportsmanship, etc.
- It is a game for life (from age 4 to age 94)!
- There are no gender barriers: soccer is a great game for both boys and girls and, at the younger ages, they can and should play together
- Size is not a factor
- Players of all ability can participate
- Compared to other sports it is relatively cost effective to participate in soccer
- Little space is needed, particularly with the scaled-down modified version of soccer recommended for the younger players
- There is lots of action to keep young players engaged, particularly in small sided soccer recommended at young ages
- It is the world's favourite game and is played everywhere in the world
- High performance opportunities are beginning to be more available in North America, including professional soccer and ever increasing scholarship and financial support opportunities in both Canadian and American colleges and universities.

The game succeeds because of you!

Although soccer now employs tens of thousands of people (professional players, coaches, administrators, equipment suppliers) in North America, it only succeeds because of the hundreds of thousands of volunteers who coach, manage and administrate the community programs.

Can you help? You already are, just by reading this booklet. It will help give a broader picture of the benefits of soccer for your child (and for you!).

You can have fun helping your child learn and develop the skills that will bring greater enjoyment and accomplishment right in your own back yard, as we have shown in some of the pages in this booklet, the associated Activity Pages and through the Active Start One-with-One® Program.

If your child is playing, chances are that you will be asked to coach or assist the coach (if you haven't been already!). If you do get the invitation, don't dismiss the opportunity too quickly. You may not know much about the game and therefore, feel intimidated, don't be!

Some of the best soccer coaches in Canada started off from a zero soccer knowledge base, but they began with an open mind and a concern for the children — far better qualities than being a technical guru of soccer.

The game is the best teacher and good organization, changes of activity and fun soccer games are the key. In this hectic, demanding, bustling society, you just can't spend enough quality time with your children. Take on the role of parent coach and you'll be pleasantly rewarded by the chunk of fun, quality time that you will spend together.

At the younger age, we shouldn't really refer to the person in charge of practice or the games as "Coach" anyway, it's not coaching, it's "helping", "organizing" and "facilitating" even "fun raising."

However, if coaching or "facilitating" is not what you are comfortable doing, there are many other things that will help your child and other children enjoy soccer. Registration, equipment acquisition, sponsorship, orange supplier, team manager, club board member or just a good, understanding, supportive soccer parent, are all equally important roles.

The game continues to grow and your child will grow with it, and your involvement will enhance the enjoyment for your child and his or her friends.

A simple game... only complicated by numbers, coaches (and some of the rules!)

At the basic level, soccer is a simple game. There is a field of play (boundaries) within which the game is played.

There is a goal (or "net") at one end into which the ball must enter for the attacking team to score a goal (not points: a "goal" is one goal) and another goal at the other end which the defending team does everything within the rules to stop the ball from going in.

The ball is moved from one end of the field to the other by feet (either "dribbling" the ball or passing the ball). Players are also permitted to use any other part of their bodies, except their hands and arms, but this doesn't happen often with young children. The only exception is the goalkeeper, who is allowed to

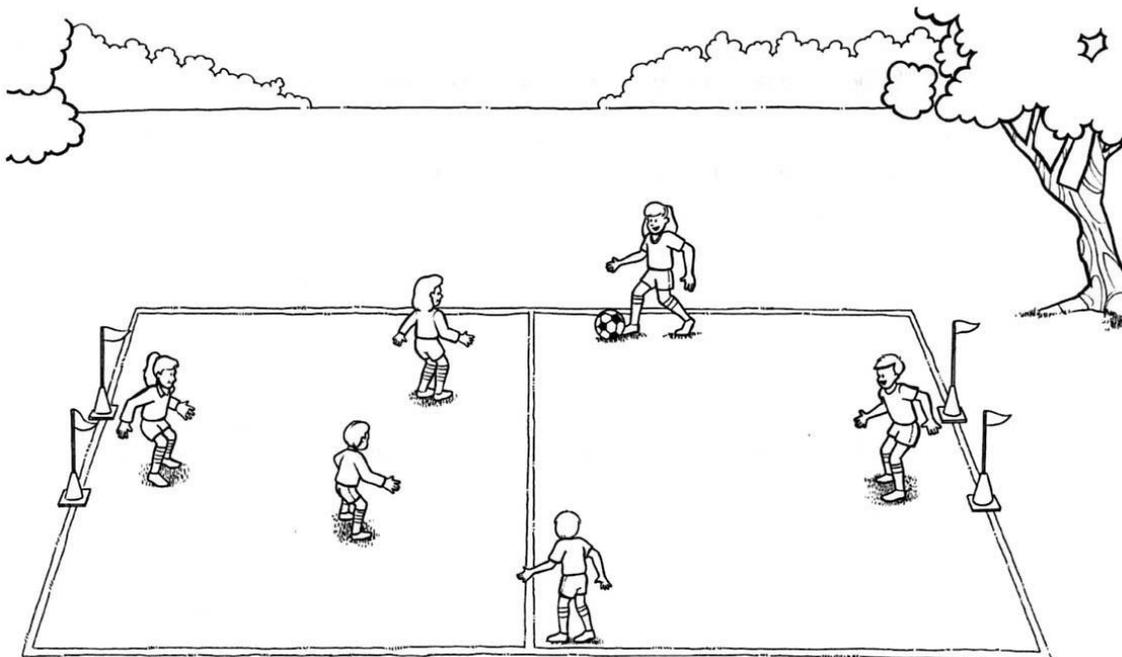
use hands to stop the ball from entering the net and to throw a pass. Similarly, when the ball goes out on the sides of the field, the game is re-started by a throw-in with the hands.

The game becomes more complicated as the numbers increase, culminating in the adult 11-vs-11 version of the game. The 11-a-side game is totally unsuitable for children under 13 years old. Why? Because 22 players are sharing one ball. In 60 minutes of play, if the time with the ball was shared equally, it would mean each player would be in contact with the ball for less than three minutes — and some wouldn't get as much as that. The leading authorities of soccer recommend leaving serious 11-vs-11 soccer until children are 13 years or older.

Scaling the game down to make it Kids' Size Soccer is logical, educationally sound and...much more fun! More kicks of the ball! More goals! More saves! More everything!

Playing "positions" is for the birds (or for older kids). As soon as players start playing permanent positions (striker, midfielder, left side defender, goalkeeper, right winger), it's recognition that they have particular abilities which are more effective in certain parts of the field. But it's also an admission they have weaknesses that should not be exposed by being in certain parts of the field. A poor shooter must be found a position away from the scoring action. A player with a weak left foot must be played on the right side of the field. A poor header of the ball cannot be played in the center of the defense. For younger players, the soccer world is their oyster. They can all shoot, save and score. They can all defend and attack as the game ebbs and flows from one exciting goal area to another. The smaller the numbers on a side, the greater the opportunity to do all of these things and the greater the enjoyment!

The diagram below shows a 3-vs-3 game, which is the culmination of the Active Start One-with-One® Program and first steps of the FUNdamentals stage. In the Active Start stage, 3-vs-3 soccer is still too big. Two's company, three's a major crowd for these young players!



Equipment

The basic equipment for soccer consists of:

- Jersey
- Shorts
- Socks
- Shin Guards
- Shoes

At the youngest level, a T-shirt is fine as a jersey. Some organizations may wish to include the jersey or T-shirt as part of the registration fee or pursue sponsorship. The Tim Horton's Tim Bits Sports Program will often provide t-shirts as a team sponsorship. Speak to your local restaurant if you are interested in this opportunity.

Shin guards are essential. It's a law of the game. While 4, 5 and 6 year olds are not likely to tackle dangerously, it's necessary to get children used to wearing them. Try to make sure you don't have shin guards that are too big. Remember, they are shin guards not knee guards!

Soccer shorts are designed to give freedom of movement as well as making a young player feel good (a real soccer player!) and they cost only a few dollars.

The same with the socks, the law says shin guards should be covered by the socks, so that's why soccer socks are knee length and can be folded over at the top of the shin guard.

Shoes, cleats, soccer cleats...these are usually the most expensive item of equipment, but also the most important! The major problem is, as the children grow, their shoes don't!

At the top levels of the game, the pros and college players have at least three pairs of shoes (sometimes four or five) to cater to the different playing surfaces and conditions. Hard surfaces, soft grass, turf and wet conditions each demand different considerations and different cleat formations and combinations. At younger ages, one pair is all that is needed for most surfaces.

Our recommendation is to use a "molded" or "multi-studded" shoe, which has 20 to 30 small cleats molded into the sole of the shoe. Most soccer specialty stores will know exactly what you want if you ask for "molded" shoes. It may not be grammatically correct or properly descriptive for a non-soccer person, but if the sales person doesn't know what you mean, you're in the wrong store. "Multi-studs" will elicit the same response.

The design of the sole varies by manufacturer, but they all do the same job. They give a good grip on grass and dirt fields and stop kids from slipping and sliding even when it's wet. Later on, as the intensity of competition heightens the momentum of the game, the "molded" shoe on its own won't be good enough for all surfaces, but there's no need to worry about that until children are 12 or 13 years old.

If children are playing inside on a gymnasium floor, the "molded" shoe is not suitable. A flat-soled sports shoe is fine.

How fast do children grow out of them? Too fast!

This is where you have to make some choices. Do you buy shoes a little on the big side and start by wearing two pairs of socks? Do you buy the cheapest? This could produce blisters and discomfort. Do

you get involved with a soccer swap? Some clubs have a system for swapping shoes. Providing some precautions are taken, that can work, although some may not like the idea!

The best advice is not to go for the cheapest — if you can afford it. But don't go for the top-of-the-line either. It's unnecessary. And buy them a little on the large size and use ankle socks below the soccer socks until the child grows into them.

The ball is everything

The ball is the most important piece of equipment, without it, there is no game!

FIFA, the governing body of soccer, categorizes soccer ball sizes.

- Size 5 is the adult ball.
- Size 4 is for 9 to 12 year olds.
- Size 3 is for players under 9.

There are also some specially developed balls which are lighter, more child-friendly for kicking and don't hurt as much if a child is inadvertently hit with the ball. See if your local soccer store or sports store have any.

Whatever ball is used make sure it is a hand-stitched leather or synthetic leather. The plastic, laminated soccer balls that are now thankfully fast disappearing from the fields of North America are not child-friendly or even adult-friendly. They hurt to kick, to head and if accidentally hit by a misplaced pass or shot.

Our belief is that every child should have a soccer ball, to bring to practice and to have fun in the back yard.

“Winning isn’t everything... It’s the only thing!”

Vince Lombardi, the great football coach, certainly knew what he was doing with his teams. He was credited with the above quotation, but for sure he wasn't coaching 3 to 6 year olds.

Winning is everything in the professional leagues, in the Olympics and in the World Cup of Soccer, but for young players starting out in the game it is irrelevant. It will do more harm than good if they are brainwashed by the importance of winning and losing too early. The parent will have the biggest influence on the right philosophy and environment for their child.

We know winning and losing becomes increasingly important as children move into their teens and begin to take stock of the adult world they will soon be joining. In soccer, as we have pointed out elsewhere, a good team and a good coach will play players in positions that emphasize their strengths and minimize their weaknesses. The successful coach will play players alongside one another who complement each other, but also to compensate for their respective weaknesses. “The total team performance should be greater than the sum of the parts!”

There is very clear evidence to show that many, many young athletes who are outstanding at 7 years of age are not outstanding at 17, and vice versa.

Our role as soccer parents in the early years is to allow the children to develop a love for the game. They will only do this if they are allowed to express themselves, to make mistakes and learn from them, to try all the skills of soccer and to grow with the game without pressure from Mom or Dad to “do well.”

It's our job as parents to try to make the game of soccer (or baseball or basketball or hockey) as enriching an experience as we possibly can. And if our young players only run up and down the field for 40 minutes, make some good kicks and some not-so-good ones, but enjoy the whole experience...we are all doing a great job and the children are keeping fit and healthy.

The Soccer Pyramid

Soccer is truly the world's game. The Federation of International Football Associations (FIFA), which has headquarters in Zurich, Switzerland, has 208 national associations nations — 15 more than the United Nations. The world is split into six confederations: Europe, Africa, Asia, Australasia, South America and then our own, called CONCACAF (the Confederation of North America, the Caribbean and Central America with 35 member countries).

Each country has its own national association, with Canada being represented by the Canadian Soccer Association (CSA). Within Saskatchewan, the Saskatchewan Soccer Association (SSA) is the designated Provincial Sport Governing Body (PSGB) and is a full member of the CSA. As such, SSA is entrusted by the statutes of FIFA and the constitutions of CSA and SSA with the mandate of fostering, developing and promoting soccer in Saskatchewan.



The Saskatchewan Soccer Association is comprised of full and associate member associations, which are in turn made up of clubs, zones, community associations and individual players, coaches, managers, referees and volunteers. Registered members of the Saskatchewan Soccer Association are entitled to participate in sanctioned soccer activities within the province.

History of the game

Soccer has been played in some form or other since civilization began. Historians believe that cave men played their own brand of soccer, using whatever was available for a ball (rocks, animal bladders, even human heads); however, it was around 2000 years ago that the first games of “football” were recorded.

The modern game has its roots in England, where it goes back to the third century. The present laws of the game began to take shape in 1848, when the private schools of England met at Trinity College, Cambridge, and drew up the “Cambridge rules” to help standardize the laws of football. The English Football Association (known the world over as “The FA”) was formed in 1863, and remains the main authority on the laws of the game worldwide, in cooperation with FIFA.

British sailors took the game around the world, but in the Canada and the United States, the immigrants who helped make these countries great brought their game of football with them. From Boston's Oneida Football Club of the mid-19th century, to the immigrant miners of Nanaimo, British Columbia, about the same time, the game “arrived” in North America a long time ago and has been gaining momentum ever since.

The soccer world finally organized itself internationally by forming the world governing body (FIFA) in 1904. The first World Cup of soccer was organized by, and played in, Uruguay in 1930. Of the 13 nations, only four were from Europe, Yugoslavia, Romania, France and Belgium with the United States also participating.

It is only in the last two decades — with the extension of participation of countries from Asia, Africa, Oceania, Central America, the Caribbean and North America — that the World Cup has become truly global. In 1982, the number of World Cup finalists was increased from the 16 nations to 24 to accommodate this growth. In 1986, Canada participated for the first and only time in the World Cup in Mexico. In 1988, the decision was made to go to 32 qualifying, which remains the current format.

The play downs for each World Cup take over two years. No sooner has World Cup finished then, within a matter of months, the play downs start for the next quadrennial — to whittle down almost 200 nations to the 32 finalists.

On the women's side, the first Women's World Cup was not held until 1991, but the event has quickly grown and gained popularity. In 2015, the event will expand to 24 teams and will be hosted in Canada.

Youth World Cups are also played every second year at the Under 20 and Under 17 levels for both males and females and have become an excellent opportunity to see the next great soccer stars!

In America and Canada, the “soccer explosion” has continued now for four decades with millions of young players involved in programs. While soccer is well established in the communities and colleges, it is just starting to establish itself as a major spectator sport. The North American Soccer League appeared to have made a breakthrough with teams such as the New York Cosmos, Tampa Bay Rowdies, Minnesota Kickers, Montreal Manic and Vancouver Whitecaps drawing major league-sized audiences. But the league was unable to sustain itself and folded in 1985.

The L.A. Olympics in 1984 showed the world that the United States could organize major soccer events, with Canada also participating and reaching the quarter finals of this competition. The “football” component of the Olympics easily outdrew every other sport, which so impressed the world, and in particular FIFA, that the men's World Cup for 1994 was played in the United States. The '94 World Cup was outstanding, both commercially (biggest crowds ever for a World Cup final and the largest number of

television viewers) and in terms of the quality of entertaining soccer. Consequently, the base was laid for the re-establishment of a top flight pro league — Major League Soccer, which commenced operations in 1996. MLS has continued to grow since 1996, with the first Canadian team, Toronto FC, joining the league in 2007. The MLS is now comprised of 19 teams, including 3 from Canada with the Vancouver Whitecaps and Montreal Impact having joined Toronto FC.

Soccer's International Appeal

The fact that anyone can play soccer anytime and anywhere has created a world full of players, and a world full of fans.

Television has been the biggest factor in making players from every corner of the world household names. The European Championships, the South American Championships, the World Club Championships, the Olympics and the World Cup are all watched by a worldwide audience.

For instance, as far back as 1982, the championship game of the men's World Cup played in Spain between Italy and West Germany was watched by an estimated audience of one in every five of the world's population — a billion people!

In terms of participation, there are nearly 1 million registered players in Canada, making soccer the country's largest participation sport.

Saskatchewan Soccer Association and the Long Term Player Development Model

As the leader in developing the sport of soccer through quality programs and services, the Saskatchewan Soccer Association (SSA) is committed to the implementation of the Canadian Soccer Association's Long Term Player Development (LTPD) Model: Wellness to World Cup.

It is the role of the SSA to educate our membership on the philosophy and principles of the LTPD and establish best practices for the development of stage-appropriate programming for implementation at the local level. This guide, along with the related volumes, is designed to assist our local members with creating and delivering enjoyable, LTPD-appropriate programming across all levels of their involvement in the game. The SSA staff and volunteers will continue to provide support, guidance and assistance to our local membership as we move forward with the implementation of new programming under these new guiding principles and philosophies. We look forward to working with our many dedicated members for the betterment of the game, so that all players can participate in an appropriate program for their level of experience, expertise, development and commitment.

Long Term Player Development Model Overview¹

The LTPD is a philosophy of soccer player development, training, competition and recovery based on biological or developmental age (i.e. physical maturity) rather than chronological age. It is player centred, coach driven and administration, sport science and sponsor supported. This philosophy means that, as providers of soccer programming, we respect the developmental needs of our players first and foremost. We also ensure that our young players have fun while they learn so they will want to continue playing and we

¹ Adapted from the Canadian Soccer Association Wellness to World Cup: Volume 1. The complete document is available at www.canadasoccer.com.

provide challenging opportunities for high performance players so that they can develop their abilities and pursue excellence. All of these needs are addressed by the LTPD philosophy and principles. Originally developed as a general sport model by a group of world renowned experts, these principles have been interpreted for soccer by the nationally-recognized Canadian Soccer Association Expert Workgroup. The goals of the LTPD are to:

- Promote lifelong enjoyment of physical activity
- Provide a structured player development pathway
- Describe best practices from elite player development
- Create long-term excellence

A soccer player's development is divided in to seven stages. The first three stages of the LTPD encourage physical literacy for all players, regardless of their abilities or disabilities. At stages four, five and six, the focus is on developing excellence, while stage seven encourages lifelong physical activity with players choosing to enter this stage at any point in their playing career.

Page 12, taken from the Canadian Soccer Association's Wellness to World Cup: Volume 2 provides an overview of Canadian Soccer Association's LTPD Model. In addition, there are a number of more detailed documents available from the Canadian Soccer Association describing the LTPD at the following link: <http://www.canadasoccer.com/wellness-to-world-cup-s14682>. Finally, the general LTAD Work Group has an extensive library of resource information pertaining to the general principles of athlete development available on the Sport for Life website at www.ltad.ca.

Overview of Canadian Soccer’s LTPD Model

Figure 3

STAGE	LTAD Stage	Age & Focus	Skill Level	Program Level	Coaching Stage
Stage 1	Active Start “Child’s play”	“First Kicks” Females and Males U4 to U6	Fundamental movement and play	Play with parents and friends	Active Start In training
Stage 2	FUNDamentals	“Fun with the ball” U6 to U8 Females U6 to U9 Males	Fundamental movement and soccer skills	Entry Level Program Club Teams	FUNDamentals trained
Stage 3	Learning to Train	“Golden age of learning” U8 to U11 Females U9 to U12 Males	Developing soccer skills and speed	Club Teams Program Schools	Learning to Train trained
Stage 4	Training to Train	“Identifying the elite player” U11 to U15 Females U12 to U16 Males	Building physical capacities and developing soccer skills and tactics	District and Provincial Teams NTC Academies (provincial, school, private)	Pre-B License Provincial B License certified National B License trained
Stage 5	Training to Compete	“Developing the international player” U15 to U18 Females U16 to U19 Males	Refining skills and position play specific physical and mental training	NTC Youth National Teams Pro Teams	National B License certified A License trained
Stage 6	Training to Win	“Building the World Cup player” 18+ Females 19+ Males	Perfecting performance	Pro Teams (top ten leagues in the World) National Team	A License certified High Performance trained
Stage 7	Active For Life “Competitive”	“Soccer for amateur achievement” Females and Males 12+	Achieve personal best with intensive training	Competitive teams, universities, colleges	B Prep Provincial B License certified
	Active For Life “Recreational”	“Soccer for health and fun” Females and Males 12+	Soccer for fitness, fun and social interaction	Former players from all levels move to recreational activity	Active for Life trained





Stage 1: Active Start (Under 4 – Under 6 Female and Male)²

Children in the Active Start stage will be experiencing their first formal contact with sport. It is essential that this first experience is positive in order to develop a love of soccer and begin the process of it becoming “a game for life”.

In the Active Start stage, soccer contributes to the well-being of children by engaging them in the sport while teaching them basic movements. At this introductory level, the object is to get moving and to keep active.

Page 14, taken from the Canadian Soccer Association’s Wellness to World Cup: Brochure provides more details on the Active Start stage of the LTPD Model. The full document is available from the Canadian Soccer Association at the following link: <http://www.canadasoccer.com/wellness-to-world-cup-s14682>.

² Adapted from the Canadian Soccer Association’s Wellness to World Cup: Volume 1. The complete document is available at www.canadasoccer.com.

1

STAGE 1: Active Start

U4-U6 Female and Male “FIRST KICKS”

Soccer contributes to the well-being of children by engaging them in the sport while teaching them basic movements. At this introductory level, the objective is to get moving and to keep active.

Where:	Home, daycare, schools, clubs, community, parks and recreation centres.
Why:	Provide early opportunities for children to learn basic soccer elements.
Who:	Technical leaders, parent coaches, parents, educators, caregivers.
Coaching:	Training in Physical Literacy (CSA Program).

- **Physical** – Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.
- **Technical** – The player and the ball: Running with the ball, dribbling, controlling, kicking and shooting.
- **Tactical** – None.
- **Mental** – Fun, fascination, and passion for play.

Game Structure:

No competitive games – adult and child play together informally.

Recommended training times:

30 to 45 minutes.

Season Length:

4 to 16 weeks Winter/Spring/Summer, indoor and/or outdoor.

Recommendations:

- Player success is encouraged. While the adult should challenge the child player, they should allow the child to “score” goals and “beat” the adult opponent.
- Adult discontinues play when the child has lost interest.



Canadian Soccer Association Long Term Player Development - *Wellness to World Cup Presented by BMO*

Back Yard Fun

You can have plenty of soccer fun with a ball in the back yard or in the park if the yard is not big enough. From 1-vs-1 to 2-vs-2 to 3-vs-3 and any of the activities presented in the One-with-One® Program, the scope is almost unlimited.

One major thing you should do when you go out for soccer fun is to encourage your child to kick with the “other foot.” Two-footed players in soccer are much admired and it makes it more fun to play when you are not afraid of kicking the ball with your non-dominant foot.

Have a look in your child’s Activity Pages booklet for fun back yard games.

SSA Active Start One-with-One® Program

In the Active Start stage no competitive games should be played, with learning taking place as an adult and child play together informally. While play may be informal, it is possible to provide this opportunity within a structured setting aimed at providing a safe, stimulating and fun learning environment. As these young “athletes” enter soccer, we do not want to intimidate them, so in line with the principles of the LTPD, Mom and/or Dad (or brothers, sisters, grandparents) can be the child’s first “teammate”. This will avoid a potential negative reaction as the child has a significant trusted person to play with – One-with-One!

In partnership with Byte Size Coaching, the Saskatchewan Soccer Association has developed a One-with-One® program, which is the ideal soccer structure for young athletes entering soccer for the first time at the Active Start stage. One-with-One® is exactly as it states, one child playing alongside a significant other person in their lives (Mom, Dad, Brother/Sister, Grandparents, etc.). A child’s first “teammate” is someone with whom they are totally at ease. A One-with-One® session is led by a trained Learning Facilitator with the overall objective being to provide “fun soccer” for child and parent alike. Within this fun environment is a focus on development and learning and in particular gaining a comfort level with the ball prior to progressing in to game situations. Simple techniques of the game such as running with the ball and kicking with both feet can be easily accomplished at this early age, provided we place the child in the right environment and they have fun as these skills are developed. The parent’s role is equally important in a One-with-One® program, it is the same as it is in life, being caring and supportive as your child’s first soccer “teammate”.

Unless a child demonstrates advanced development from extensive play in informal settings, first participation in a formal soccer program, whether at Under 4 or Under 6, should be considered within the Active Start stage. It should be recognized that some Under 6 players, who demonstrate developmental maturity and have participated previously in an Active Start program may fall within the FUNdamentals stage. As LTPD is based on developmental age rather than chronological age, care must be taken in ensuring all young athletes are placed in a developmentally appropriate program.

Recognizing that there are significant differences in the learning ability of an Under 4 and an Under 6 player, despite them being within the same stage, Byte Size Coaching and the SSA have developed two separate One-with-One® programs. One-with-One® Part 1 is designed for younger Active Start athletes and would typically be applicable to Under 4, while One-with-One® Part 2 is more advanced and would be more appropriate for Under 6 athletes.

Glossary of Terms

ATTACKER: A player looking to help score a goal when his or her side is in possession of the ball.

BALL CONTROL: The act of receiving the ball from a pass or interception using the feet, thigh or chest.

BICYCLE KICK: An overhead kick made famous by Pele, the legendary Brazilian player.

BLIND SIDE: An expression to describe a run made by an attacking player without the ball on the back side or blind side of a defender in order to receive the ball in an unmarked position.

CAP: An award given to every player who represents his or her country in England, Scotland, Wales and Northern Ireland. In years gone by, a tasseled, gold-braided cap was given to every player for each game. Today, one cap is given for a series of games such as the World Cup. Being “capped” has come to mean being selected to represent your country in an international match.

CHALLENGE: Where an opponent tries to separate a player from the ball. There are certain strict rules applied to ensure that a challenge is fair and safe.

CHIP PASS: A short, lofted pass over opponents. It is executed with a short, stabbing action under the ball to make the ball go high and spin backwards so that on returning to the ground it does not run away from a teammate.

CLEATS: Pieces of leather, rubber or plastic attached the sole of the shoe and sticking out from the shoe to prevent slipping.

COACH: The teacher of an athlete or sports team.

CORNER KICK: Awarded to the attacking side when a defender plays the ball over the defending end line. The kick is taken from the corner nearest where the ball went out of play.

CROSS: A pass that is made for the wings (flanks) into the penalty area, often in the air.

DEFENDER: A player helping his or her team to prevent the opposition from scoring.

DIAGONAL PASS: A slanting pass played through and behind opponents, producing an opportunity for a teammate to run on to the ball.

DIRECT FREE KICK: A free kick where a shot can be taken directly at the goal by the kicker (usually awarded for a major foul).

DRIBBLING: The skill of running forward with the ball under close control while evading challenges from the opposition.

FAKING: Pretending to do one thing before doing another in an attempt to unbalance and fool a defender.

FIELD: The area where the game is played, bordered by the goal lines and the sidelines.

FORWARD: A player in an advanced position, where the main expectations are for skilled attacking play.

FOUL: An illegal challenge such as a trip, push or kick; or a deliberate hand ball. A foul is punished by conceding a free kick to the opposition.

FREE-KICK: A free pass or shot awarded after a foul by an opponent — such as tripping, handling, etc. In 11-a-side soccer, the opposition has to stand at least 10 yards from where the free kick is taken. In small-sided soccer the distance is between 3 and 8 yards depending on the game format.

GOAL KICK: Taken from in front of the goal after the attacking team has last touched the ball prior to it going out of play over the goal line (e.g. shot and missed the goal).

GOAL POSTS: Two vertical posts of wood or metal that are placed on the end line of the field to be the objective of the game. To score “a goal,” the ball must go through the posts. The goal posts are joined across the top by a horizontal bar to form the “goal.”

GOAL: The award for getting the ball over the goal line and inside the net.

GOALKEEPER: The only player who can handle the ball in the goal box (or penalty area in 11-a-side play).

HEADER: A pass or shot made with the forehead.

INDIRECT FREE KICK: A free kick where the ball must first be passed to a teammate before a shot can be taken at the goal (usually awarded for a minor foul).

JAMBOREE: A soccer festival where multiple games are played for fun and records and standings of wins and losses are not recorded.

JERSEY: Name of the shirt that’s part of the team uniform.

KICK-OFF: The way a game is started or re-started after half time or after a goal is scored. The ball is kicked off from the center of the field.

LOW DRIVE: A powerful low shot or pass made by striking the ball with the front of the foot (laces).

MLS: Major League Soccer, the premier professional soccer league of North America.

MULTI-STUDS: Shoes with numerous small rubber cleats molded into the sole of the shoe.

OFFSIDE: A special rule for 11-a-side soccer which places some restrictions on when and where the attacking players can go in the attacking half of the field.

OPPONENTS: Players on the opposing team.

PASS: The movement of the ball from one player to another — usually by kicking.

PENALTY AREA: Area in front of the goal which varies in size according to the age of players and the size of the field. If a foul is committed by a defending player in the penalty area, it can result in a free shot at goal (see penalty shot). In adult soccer, the penalty area is often referred to as the 18-yard box because the penalty area extends 18 yards along the goal line from each of the goal posts and 18 yards out from goal (the 18-yard line). In adult soccer, the penalty shot is taken from inside the penalty area — 12 yards in front of the middle of the goal.

PENALTY SPOT: The place within the penalty area from which a penalty shot is taken. In 11-a-side soccer, it is 12 yards out from the center of the goals.

RECOVERY LINES: The straight line back to goal after a field player has been caught out of position following a failed attack or attempt to tackle.

RECTANGLE: A four-sided figure with two sides that are longer than the other two; the shape of a soccer field.

ROUND-ROBIN: A formula used in tournament or jamboree play where each team in a group plays each other once. Usually there are four teams per group.

SAVE: When a goalkeeper, and sometimes a defender, stops the ball from entering the goal.

SHIN GUARD: A piece of protective equipment worn over the shin and under the socks. The shin guard helps to prevent injury from a misplaced tackle.

SHOT: An attempt to score a goal by kicking or heading the ball.

SHOUT! A word in soccer to describe the loud communication between players, required because of the distances involved and (sometimes) the crowd noise.

SIDELINE: The line that marks the limit of the field on the sides - sometimes called the touch line.

SIX STUDS: Shoes for use on grassy and/or wet fields with six plastic cleats screwed into the sole of the shoe.

STRATEGY: The overall plan for how to win a game.

STRIKER: An advanced forward player usually operating in and around the central area where shots on goal are taken.

SWEEPER: The rearmost central defender who organizes and covers other defenders.

TACKLE: A challenge made by a defender with the feet, on an opposing player who has the ball.

TEAM: A group of players who combine together with a common purpose.

TEAMMATES: Players on the same side.

THROW-IN: A special way of re-starting the game after the ball has gone out of play over the sideline

TOURNAMENT: A short period of time, usually a weekend, sometimes a week, where groups of teams compete against each other sometimes two games a day (with shortened times) culminating with a tournament champion.

TRIANGLE: A figure with three straight sides; a shape that is used in soccer to form a team play between three players.

UNIFORM: The standard jersey, shorts and socks worn by every player except the goalkeeper, who wears a distinguishing jersey.

UNMARKED: When one's own team has the ball, a player in an open position where there are no opposing players.

WALL PASS: A pass between two teammates where the player making the first pass moves forward and receives the ball back from the cooperating teammate who one-times the ball and therefore acts like a “wall.”

WING: The area towards the sidelines in the attacking half of the field — sometimes referred to as the flanks.

ZONE: An area of the field which is not described by actual field markings. Usually coaches refer to and describe “zones” to give a player a better idea of where they should position themselves at different times of the game.



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