

U4 TIMBITS - OUTDOOR 2018 (MIXED)

For Who?

For girls and boys (Mixed) Born January 1, 2014 - December 31, 2014

Philosophy – “Me and My Ball”

To give players the opportunity to develop basic movement skills in a FUN setting, built around informal play and positive reinforcement.

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.

Fun activities should be used that encourage children to explore their physical abilities whilst including a ball with which to play. These should be activity based games that emphasize exploration and experimentation with the rolling, spinning, and bouncing qualities of the ball.

The soccer ball should be considered a toy.

Coaching

Parent/Volunteer Coaches will be appointed for the season and will run the stations each week, with assistance from the technical staff. Head coaches will receive a \$100 credit towards their child's registration, upon submission of required team information and a valid Criminal Record Check to the SPDSA by the specified deadline, and equipment returned at the end of the year. Only one head coach per team is eligible for the credit

A full season curriculum and individual session plans will be provided electronically for all coaches.

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

- Patience
- Good Humor
- A willingness to see the world through a child's eyes and speak their language.
- The ability to accept that the children's play will not look at all like soccer.

Only registered team officials and players are allowed on the field, benching area. Parents not volunteering, will be able to enjoy the games from the stands only.

Program Structure

Programs are structured following the Canada Soccer and FIFA Preferred Training Model. In this approach, each training session is built around 4 activity "stations" that the players move around at regular intervals. The 4 stations focus on,

- Fundamental Movement
- Soccer Technique
- Coordination
- 1v1 Games

Each session will be 45 minutes in length, with 4 activities of 10 minutes each.

The Season

Season Length – 8 weeks starting April 28 ending June 23 (Dates subject to change)

1 x 45 minutes of soccer per week

Jamboree – June 9th and June 10th

Days/Nights of Play - Saturday mornings – Sherwood Park (Field location to be determined)

Start times of 9:30am or 10:30am (Start times will be rotated as much as possible. There is no option to choose a start time)

Registration and Fees

\$150 Early Bird. Rates increase after March 2st by \$25.00 and again after March 18th.

Fee includes shorts, socks and jersey (Players are required to provide shin pads and footwear)

Fees include a Jamboree on: June 9th and 10th