



# U4 Outdoor 2022 (COED) Program Outline

## FOR WHO?

Players Born January 1, 2018 to December 31, 2018

Players born 2018 must play in this age group unless exceptional circumstances are determined by the Technical Staff

## PHILOSOPHY

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 sessions each week, with assistance from the technical staff. Head coaches will receive a \$100 credit towards their child's registration at the end of the season after equipment has been returned & upon submission of required team information and a valid Criminal Record Check to the SPDSA by the specified deadline. 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.



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## COACHING CONT.

All head coaches and assistant coaches are required to complete the MANDATORY online Respect in Sports training. If you have one from another sport and was completed within the last 5 years, there is no need to redo the training. Please contact our office for the link to complete the RIS training and once complete, please email a PDF copy of your RIS Certificate to our office at [office@spdsa.net](mailto:office@spdsa.net) There is NO CHARGE for our members and fees are covered by the SPDSA.

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/ bench 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.



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## THE SEASON

Starts May 7 and runs to till June 25th (Dates subject to change)

End of season wrap up - June 18th and 19th 2022  
1 x 45 minute sessions per week

### Days of Play

Program takes place on Saturday mornings either at 9:30am or 10.30am Start Time.  
(Times will rotate as much as possible. There is no option to choose a start time)

**\*PROGRAM DAYS AND TIMES ARE SUBJECT TO CHANGE**

## REGISTRATION AND FEES

Early Bird Rate - \$160.00 - Paid in full at time of Registration

Regular Rate (Starting March 2nd) - \$185.00 - Paid in full at time of Registration

Registration Deadline is March 22nd , registration can still take place after this date if space is available.

Fee includes uniform (jersey, shorts, socks). Players are required to have their own shin pads and Outdoor shoes.

\*Please note that registrations received after March 22 may have players put on a waitlist, dependent on the program's availability.

Register [ONLINE](#)