



# U7 Outdoor 2022 Program Outline

## FOR WHO?

Players Born January 1, 2015 to December 31, 2015 (Gender specific play unless not enough players register)

Players born 2015 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 and ball mastery skills in a FUN setting, built around informal play and positive reinforcement.

At this stage of development, the emphasis is on Physical Literacy - Building players body control and developing the ABCs (agility, balance, coordination & speed)

Ball Mastery - players develop an understanding on how to manipulate the ball. The ball is their friend!

Children at this age love to use their imagination when they play so games are designed with this in mind. There should aim to be no activities where players wait in lines to perform a pre-determined movement or required action.

## 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.

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.



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## COACHING CONT.

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.

One weekly session will be led by a Master Coach from the SPDSA Technical Department. The other weekly session will be run by the volunteer coach (session plans will be provided) Planting the seed of passion for soccer is the most important goal in this age group. All players must be active during activities and equal amounts of playing time given during fun games and 3 v 3 games.

## PROGRAM STRUCTURE

The program is structured following the Canada Soccer and FIFA Preferred Training Model. In this approach, each training session is built around 4 activity station's that the players move through at regular intervals.

The 4 stations focus on, Fundamental Movement/Coordination, Soccer Technique, 1v1 games, and Small Sided Games. Addressing all 4 of these at each session will help develop well-rounded young players with a foundation in physical literacy, solid soccer skills and, ideally, an enduring love for the game.

## FIELD SET UP

Two teams set their 20x30 yard fields up next to each other. They go through the first three activities then play the other team in the 3v3 game (1/2 the players from each team play on each field against ½ the players from the other team).

Each session is 60 minutes in length, with three activities of 10 minutes each (Fundamental Movement/Coordination, Soccer Technique, and 1v1 games) in 1 area of the field, followed by a 25-minute 3v3 game against another team.



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## THE SEASON

Starting week of April 25 and ending the week of June 20th, 2022

2 x 60 minute sessions per week

### Days of Play

Program takes place on Monday/Wednesday or Tuesday/Thursday evenings either a 5.30pm or 6.30pm 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 - \$245.00 - Paid in full at time of Registration

Regular Rate (Starting March 2nd) - \$270.00 - 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](#)