



# U9 Outdoor 2022 Program Outline

## FOR WHO?

Players Born January 1, 2013 to December 31, 2014 (Gender specific play unless not enough players registe)

Players born 2013 & 2014 must play in this age group unless exceptional circumstances are determined by the Technical Staff

## PHILOSOPHY

To give players the opportunity to develop their movement ABC's and learn the basics of the game while emphasizing FUN, cooperation, and maximum time on the ball. The focus is individual development, ball mastery and physical literacy, whilst beginning to learn to cooperate with a teammate.

To develop a player's individual relationship with the ball, to want it, how to find it, deal with it, feel comfortable with it, keep it close.

Developing all players confidence with the ball, the more they will become involved, and the more fun they will have with soccer.

The two nights per week will be balanced between fun practicing and 5v5 games. All players will have equal playing time. The environment will be positive, and the emphasis is on fun and falling in love with the game.

## 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

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.

In-service coaching workshops will be held before and during the season.

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



# U9 Outdoor 2022 Program Outline

## COACHING CONT.

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

- Patience.
- Good humor.
- Clearly understand the capabilities and limitations of this age and appreciate the power of learning by watching.
- Ability to demonstrate basic ball mastery skills.

A weekly session will be led by a Master Coach from the SPDSA Technical Department. The other weekly session will be volunteer coach led (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 activities and games

## PROGRAM STRUCTURE

The Master Coach led 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.

Each session is 60 minutes in length

There are 3, 10-minute stations (Fundamental Movement/Coordination, Soccer Technique, and 1v1 games)

Followed by 1, 30-minute station (5v5 games)



# U9 Outdoor 2022 Program Outline

## FIELD SET UP

Two teams share a game field, using half each for the first three activities. They then use the whole field for the 5v5 game (play against each other).

Use Pugg goals as nets.

Mark the field with cones if the field isn't lined.

Size 4 soccer ball only.

Game management

No scores to be kept. Equal playing time for all players.

When the ball goes out of bounds, restart with a pass-in or dribble in (NO THROW INS).

No emphasis on team concepts or positions. Players should be encouraged to not fear having the ball, to be creative and to take chances.

Don't punish mistakes. Don't play safe. Don't make winning the key.

## FRIEND REQUESTS

- We do not allow full or partial teams to register.
- One reciprocal friend request per player may be submitted upon registration.
  - While we do our best to accommodate player requests, they are not guaranteed. The top priority at the start of the season is to create balanced teams for each age group. Requests that prevent this from being achieved will not be accommodated.
  - If more than one friend is requested, only the first name listed will be considered.
  - Players cannot request coaches. No exceptions.
- Volunteer coaches will have their own child on their team.
- We cannot switch children to a different team once formed due to the many moving parts and many special requests.
- Two coaches wishing to coach together will be permitted. However, no friend requests will be honoured, and the co-coach request will be considered the player request.
- Friend Requests submitted after the Regular Registration deadline will not be honoured.



# U9 Outdoor 2022 Program Outline

## COMMITMENT LEVEL

The community program does not entail the same level of commitment as our Phoenix program; however, players that sign-up are expected to participate in most games and practices. Team rosters are sized to maximize playing time; as a result, non-attendance will have an impact on the whole team.

## 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

Games will be Tuesday/Thursday evenings either a 6pm or 7.15pm Start Time

\*GAME / PRACTICE DAYS AND TIMES ARE SUBJECT TO CHANGE

## REGISTRATION AND FEES

Early Bird Rate - \$290.00 - Paid in full at time of Registration

Regular Rate (Starting March 2nd) - \$315.00 - Paid in full at time of Registration

Late Registration Rate (Starting March 23rd) - \$340.00 - Paid in full at time of Registration.

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 23 may have players put on a waitlist, dependent on the program's availability.

Register [ONLINE](#)