



Program Outline

U4 Timbits Outdoor 2021

FOR WHO?

For girls and boys (Mixed) Born January 1, 2017 to December 31, 2017

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 technical staff's assistance. Head coaches will receive a \$100 credit towards their child's registration upon submitting required team information and a valid Criminal Record Check to the SPDSA by the specified deadline. Credits will be issued when equipment is returned at the end of the season. 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 it 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 the SPDSA covers the fee for the RIS program.

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

The best qualities of a coach for this aged 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.



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SEASONAL PLAN

- Season Length – 8 weeks starting May 1 ending June 27 (Program dates subject to change, based on COVID-19 restrictions)
- 1 x 45 minutes of soccer per week
- Days/Nights of Play - Saturday mornings – Sherwood Park (Field location to be determined)
- Start times of 9:30 am or 10:30 am (Start times will be rotated as much as possible. There is no option to choose a start time)
- End of Season Wrap Up - June 26th and 27th.

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.

REGISTRATION AND FEES

- \$155.00 Early Bird rate until March 15th. Rates will increase by \$25.00 on March 16th.

DEADLINE TO REGISTER IS MARCH 23RD.

Fees include shorts, socks and jerseys. (Players are required to provide shin pads and footwear.