



# Program Outline

## U5/U6 Boys & Girls Outdoor 2021

### FOR WHO?

U5 - Players Born January 1, 2016 - Dec 31, 2016

U6 - Players Born January 1, 2015 - Dec 31, 2015

Gender-specific play, unless not enough players register, then genders will be mixed.

Players must be registered in their respective age group, based on birth date.

### PHILOSOPHY

**“Me and My Ball”** 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 of how to manipulate the ball. The ball is their friend!

**FUN ACTIVITIES** - Foster a love for the game. 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 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](mailto: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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### 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 stations 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.

### THE SEASON

- 2 x 60-minute sessions per week
- Season Length – 9 weeks starting the week of April 26, 2021, and ending the week of June 27, 2021. Week 1 is weather dependent and will not be rescheduled. Any remaining games that need to be rescheduled will be in accordance with the SPDSA rescheduling guidelines. (Program dates subject to change based on COVID19 restrictions)
- End of Season Wrap Up - June 26th and 27th

#### Days/Nights of Play

- Choice of Monday and Wednesday evenings or Tuesday and Thursday evenings 5:30 pm & 6:30 pm start times (Times will rotate as much as possible. There is no option to choose a start time)
- Game days and start times may be subject to change, pending field availability.
- Games will be played in Sherwood Park. Field location to be determined.

### REGISTRATION AND FEES

- \$215.00 Early Bird rate until March 15th. Rates will increase by \$25.00 on March 16th.

DEADLINE TO REGISTER IS MARCH 23RD

- Fees include a training kit consisting of shorts, socks and a jersey. (Players are required to provide shin pads and footwear).