



# Program Outline

## U7 Boys & Girls Outdoor 2021

### FOR WHO?

U7 - Players Born January 1, 2014 - Dec 31, 2014

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 Friend” 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 player's confidence with the ball, the more they will become involved, and the more fun they will have with soccer.

### COACHING

Parent/Volunteer Coaches will be appointed for the season and will run the sessions week with assistance from technical staff. 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. The SPDSA covers the fee for the RIS program.

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

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

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





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### PROGRAM STRUCTURE

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.

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.

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 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.

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)

### THE SEASON

Season Length – 9 weeks starting the week of April 26, 2021, and ending the week of June 27, 2021. Week one 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)

- 2 x 60-minute sessions per week
- End of Season Wrap Up - June 26th and 27th.

#### Days/Nights of Play

- Choice of Monday and Wednesday evenings or Tuesday and Thursday evenings 6:00pm and/or 7:00 pm start times.
- 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.





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### REGISTRATION AND FEES

\$215.00 Early Bird rate until March 15th. Rates will increase by \$25.00 on March 16th. The fee includes shorts, socks and a jersey. (Players are required to provide shin pads and footwear)

DEADLINE TO REGISTER IS MARCH 23RD

