



# U7 Indoor 2021/2022 Program Outline

## FOR WHO?

U7 - Players born January 1st, 2015 - December 31st, 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 allow players to develop basic movement and ball mastery skills in a FUN setting, built around informal play and positive reinforcement.

At this 1st stage of development, the emphasis is on.

1. Physical Literacy - Building player's body control and developing the ABCs (agility, balance, coordination & speed). Running, jumping, and landing are the focus.
2. Ball Mastery - players develop an understanding of how to manipulate the ball. Dribbling, turning, throwing, catching, and striking the ball is the focus. The ball is their friend!
3. 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. We aim to limit 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 run the activities each week, with assistance from the SPDSA Technical Department. Head coaches will receive a \$100 credit towards their child's registration upon submitting required team information, a valid Criminal Record Check, and equipment returned to the SPDSA by the specified deadlines. Only one head coach per team is eligible for the credit.

All head coaches and assistant coaches must complete the MANDATORY online Respect in Sports (RIS) training. If you have one from another sport 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 CONTD

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

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

1. Patience.
2. Good Humor.
3. A willingness to see the world through a child's eyes and speak their language.

Only registered team officials and players are allowed on the field, benching area, change rooms or in the hallways. Parents not volunteering, will be able to enjoy the games from the stands only.

## TECHNICAL LED PROGRAM

All sessions will be overseen by a Master Coach from the SPDSA Technical Department and technical assistants. Age and stage-appropriate session plans will be provided electronically throughout the season to all coaches.

## PROGRAM STRUCTURE

The Program is adapted from the Canada Soccer and FIFA Preferred Training Model. In this approach, each training session is built around encompassing the four areas shown below

Fundamental Movement/Coordination,  
Soccer Technique,  
1v1-2v1 games, and  
Small-Sided Games.

Each session will be 55 minutes in length, split as shown below.

1. Warm-up activity focusing on fundamental movement/coordination (8-10 minutes)
2. 2 stations focusing on technique and 1v1-2v1 activities (10 minutes each)
3. 3v3 games against another team (20-25 minutes)



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## PROGRAM STRUCTURE CONTD

Field Set up - as shown below, 1 pitch at Millennium Place will be divided into 4 areas of 18 x 30 yards. Teams will warm up in their area and go through their 1st station, then teams 1 and 2 (and 3 and 4) will rotate positions to go through the 2nd station. They are then all end with 3v3 games against the other team.

Team 1  
Warm-Up  
Technique Station  
3v3 Game Team 1 v Team 2

Team 2  
Warm-Up  
1v1-2v1 station  
3v3 Game Team 1 v Team 2

Team 3  
Warm-Up  
Technique Station  
3v3 Game Team 3 v Team 4

Team 4  
Warm-Up  
1v1-2v1 Station  
3v3 Game Team 3 v Team 4

## THE SEASON

Season length 16 weeks, starting October 16 and ending February 17 (no sessions November 11, December 23,25,30 and January 1, 22)

Days of Play

Thursday Night Games, Alternate-day Sunday. Saturday Practices  
Game and practice Day, dates, and times are tentative.

## REGISTRATION AND FEES

NEW for 2021/22 Indoor Season - Payment Plan Available

Early Bird Rate - \$290.00 - Paid in full at time of Registration  
Early Bird Rate (Payment Plan) - \$300.00  
\$150.00 - Due at time of Registration  
\$150.00 - Due on September 15th.

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

There are no payment plans for Regular Registrations.

Fee includes uniform (jersey, shorts, socks). Players are required to have their own shin pads and indoor shoes.

\*Please note that registrations received after September 20 may have players put on a waitlist, dependent on the program's availability.

Register [ONLINE](#)