



SQS - TECHNICAL - Enjoyable

SSDSA is committed to running a program that focuses on long-term participation.

SSDSA's long term participation programming starts on the field with the kids. Our technical program promotes proper training by following ASA and CSA standards and programs which we deliver in a fun, safe and inclusive environment throughout our district.

Touching on each of the four corners of development.

Technical/Tactical - Players will learn and develop fundamental soccer skills with age-appropriate content.

Physically - Players will learn ABC's through general movements through fun and creative activities and games.

Social/Emotion - Players will be training in a fun, safe, inclusive, positive and nonjudgmental environment with players of the same age, and when possible same gender to help players be more comfortable in their environment and maximize their potential in the session.

Majority of our technical sessions are developing individual skill and creating 1v1 moments, but players also have group drills to help promote teamwork and communication.

Psychological - Players will be challenged in sessions with drills and activities incorporating different decision making aspects through individual skill based drills, 1v1 moments and group activities. 1v1s help the players be creative and be their own player. At the end of each session players and coaches debrief, and offer individual debriefs.

Further to our on-field training program, we are creating player pathways for players who want to continue playing soccer longer into the season by offering a Tier 3 and 4 continuation league which would extend into the summer months. At this time these teams are club run with support from SSDSA.