

Manitoba Soccer Association Inc.

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To: MSA Youth Club Members / Stakeholders / Soccer Community

From: Raff Cantafio, MSA Player Programs Development Manager

cc: MSA Board of Directors and Staff
Scott Dixon, WYSA Executive Director

Date: November 27th, 2025

Re: Grassroots Information – One Month Sample Sessions

Dear Stakeholders and Soccer Community Members, we hope you are doing well.

As a brief reminder, the Talent Development Guide, the WYSA Grassroots Meeting Summary, and the Frequently Asked Questions were shared with the full membership as previously communicated to outline the research, structure, and expectations guiding Manitoba's Grassroots direction for U8 to U13. These documents are also available on our website for reference at the following link:

<https://manitobasoccer.ca/content/grassroots>

As part of our ongoing process of supporting clubs through this transition, we are now providing a new resource. This one month sample for U8 to U10 offers a complete example of how Grassroots programming can be organized and delivered using the station based model. It includes a clear weekly calendar, arrival activities, technical objectives, recommended group organization, and fully detailed session plans for each training theme. The sessions cover dribbling, passing and receiving, shooting, pressing, and one versus one actions, along with a review week. The review week is a simple summary session that blends activities from the previous weeks to reinforce the learning themes in one combined format. Each activity includes diagrams, setup guidance, coaching points, and options to progress or simplify based on the needs of the players.

The intention is to give clubs a practical and accessible example of how Grassroots programming can operate within a full month of training. This is a support tool that can be adapted to fit the needs and resources of each club.

We will continue supplying materials and updates as we work toward the full provincial implementation timelines. Thank you for your continued collaboration and commitment to creating a consistent and meaningful development environment for all young players in Manitoba.

If you have any questions, please feel free to reach out.