



# GLEN SHIELDS SOCCER CLUB



## ★ Give Your Kids ★ **FUNdamentals** ★ **for an Active Start**

# 1

### ME & MY BALL

**AGES 4-6**

- The children will be engaged in sport while learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching
- Fundamental sports skills + fundamental movement skills = Physical Literacy
- The focus is on fun and freedom to play with the ball

# 2

### Fun With The Ball FUNdamentals

**AGES 7-9**

- The children will be engaged in sport while developing the ABCs of movement: agility, balance, co-ordination and speed
- Fundamental sports skills + fundamental movement skills = Physical Literacy
- The focus is on individual player development, fun and freedom to play with the ball

The programs are being introduced in order to meet the goals of the Long Term Player Development (Sport Canada) developed by the Coaching Staff of our Canadian National Teams and Soccer Canada (Canadian Soccer Association). Please visit <http://www.ontariosoccer.net/LTPD.aspx> for further details on Long Term Player Development.



# WHAT WILL A SESSION LOOK LIKE?

Each age group will be together on one large field. One professional staff coach will be assigned to each age group. The professional coach will guide the volunteer coaches and organize the evening into 3v3, 4v4, or 5v5 games and skill sessions. The players will rotate every 12 minutes; the players will be engaged in games and skill sessions all night long with players not having to wait long periods of time to have a turn to play.

With this new format, it will not matter how many players are absent as it allows those who are present to play together as one age group. It will be much like street soccer in that teams are formed depending on those who show up to play. Your child can pick a partner and play with that partner all through the evening.

The new format will ensure physical activity, more time on the ball, real skills development and competition in a fun environment. The emphasis will be on competition amongst the children not winning for the adults.

## THE NEW FORMAT ELIMINATES THE FOLLOWING ISSUES FROM PREVIOUS YEARS:

- Not having enough players on the evening of play due to kids at camp or summer vacations
- Not having fair and balanced teams
- Addresses the volunteers' concerns about not having enough soccer experience to coach.
- Addresses the issues of not having enough interactive fun games to teach skills
- Playing to win instead of time to enjoy the sport itself.
- Age appropriateness of sessions. Long Term Player Development program was developed to work parallel to the stages of development of children.

