



GRASSROOTS I

U5: FAMILY KICKS

U6: WEE KICKERS

U7: LIL' KICKERS

PLAYER / PARENT INFORMATION

Introduction

To all Players & Parents in the U5-U7 age divisions...

Welcome to the 2011 soccer season.

The purpose of this Booklet is to advise and guide you through the respective U5-U7 program arrangements, logistics and expectations.

You can be assured that our #1 priority is to provide our young, eager and enthusiastic players with a safe, fun environment and to encourage the development of individual skills, in order to maximize their full potential and enjoyment of the sport.

Utilizing the guidance from the Canadian Soccer Association (CSA) blueprint for Long-Term Player Development (LTPD)...“Wellness to World Cup” (relative stages 1 & 2 included in this booklet) (http://www.canadasoccer.com/wellness/2009_WellnessWorldCup.pdf) and by establishing a “Master Coach” for each program, the Magnuson Ford Mariners FC has initiated a new development program for all players in the U5-U7 age groups.

The Magnuson Ford Mariners FC does provide a range of coaching resources to your respective team coach, however, please remember, at all times, that your child would not have a place to play if it were not for the generous volunteers that do come forward to provide coaching support to your child and his/her team-mates. Your on-going support and respect for these individuals is fully appreciated.

Should you have any questions or concerns throughout your season, please do not hesitate to talk with your coach. If you feel the coach cannot assist with your concern/issue, then you are asked to contact the U5-U7 coordinator;

Mark Byrne - asamini274@gmail.com

Have a great season and I look forward to seeing you on the field.

Regards

Ian Knight

Ian Knight
Technical Director
headcoach@abbotsfordsoccer.com

STAGE 1: Active Start

U4 to U6

“FIRST KICKS”

At this introductory level, the objective is to get children moving and to keep them active. At daycares, schools, clubs, recreation centres and home small children can be provided with early opportunities to learn basic soccer elements. No competitive games should be played – the objective is for adults and children to play together informally.

The physical curriculum provides for learning basic fundamental movement skills such as running, jumping, twisting, kicking, throwing, and catching. The technical requirements are nothing more than encouraging children to enjoy playing with the ball one-on-one with an adult, practicing dribbling, kicking, and shooting.

Player success is encouraged. While the adult should challenge the child player, they should allow the child to “score” goals and “beat” the adult opponent. Adults are advised to discontinue play when the child has lost interest.

At this stage, players should participate in a variety of additional activities. Swimming and well-structured gymnastics programs are recommended to enhance the full range of basic movement skills and physical literacy.

- WHERE - Home, Daycare, Schools, Clubs, Community, Parks and Rec’ centres.
- WHY - Provide early opportunities for children to learn basic soccer elements.
- WHO - Technical leaders, parent coaches, parents, educators, caregivers.
- COACHING - BC Soccer Community Coach Children’s Course.

- **Physical** - Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.
- **Technical** - The player and the ball dribbling, kicking and shooting.
- **Tactical** - NONE.
- **Mental** - Fun, fascination, and passion for play.

Game Structure:

No competitive games- adults and child play together informally.

Recommended Coaching Times:

30 to 45 minutes

Season Length:

4 to 16 weeks Winter/Spring/Summer, indoor and/or outdoor.

STAGE 2: FUNdamentals
U6 to U9
“FUN WITH THE BALL”

At this stage, coaches and teachers should create a stimulating learning environment where the atmosphere is “Freedom and Fun.”

The physical curriculum emphasizes the ABCs of movement: agility, balance, co-ordination and speed, as well as running, jumping, twisting, kicking, throwing and catching. Technical instruction is introduced through movement exercises and games that promote a feel for the ball. This includes gaining ball control in receiving passes, dribbling, passing less than 25m, kicking the ball forward, and shooting on goal.

Keeping in mind that small children are naturally egocentric, basic tactical concepts involving basic cooperation between players can be introduced. Playing situations work best for teaching understanding of the game and building basic game intelligence and decision making.

Game formats should progress from 3v3 to 5v5 as the children grow through this stage, and the season should range from 12 to 20 weeks. In order to help de-emphasize competitiveness between coaches and parents, no league standings should be kept. A basic league fixture schedule can be created, but it is basically an extended jamboree format, and the emphasis is clearly on FUN.

All players should play equal time and try all team positions, including goalkeeping, and equal time should be allotted to both practices and games. Children should continue to participate in a variety of additional activities. Swimming and well-structured gymnastics programs are recommended, along with ball sports.

- **WHERE** - Home, School, Clubs.
- **WHY** - Provide opportunities for children to learn basic soccer elements.
- **WHO** - Physical education teacher, parent coach, team coach, club head coach.
- **COACHING** - BC Soccer Community Children Course.

- **Physical** - Develop the ABCs of movement: agility, balance, co-ordination and speed as well as running, jumping, twisting, kicking, throwing and catching.
- **Technical** - Movement exercises/games developed to promote a feel for the ball: gaining ball control in receiving passes, dribbling, passing less than 25m, kicking the ball forward, and shooting on goal.
- **Tactical** - Small children are egocentric – playing the ball is the most important objective; however, they now need to be introduced to co-operation between players. They gain understanding of the game through playing situations.
- **Mental** - Basic awareness of environment to build game intelligence and decision making.

Game Structure: Ranges from 3v3 to 5v5

Game Format	Squad Size	Game Duration	Ball Size	Min/Max Width	Min/Max Length	Goal Sizes (no larger than)
3 v 3*	Max 6	2 x 15 min	3\4	18 to 22m	25 to 30m	5f/1.52m x 8f/2.44m
4 v 4*	Max 8	2 x 15 min	3\4	20 to 25m	30 to 36m	5f/1.52m x 8f/2.44m
5 v 5*	Max 10	2 x 15 min	3\4	25 to 30m	30 to 36m	5f/1.52m x 8f/2.44m

*with or without goalkeeper- when no GK reduce goal size

Recommended Training Times: 30 to 60 minutes.

Season Length: 12 to 20 weeks, indoor and/or outdoor.

U5 Program – Family Kicks

Following the over-riding principles of Stage 1 – LTPD (above), this new and exciting program will not only introduce children to the fun of soccer but also, will educate the parents to on how to interact with their child at home and to further enhance the teaching, which will take place at the field.

The 10 week program will be split in to 2 sessions. (4 weeks & 6 weeks).

Session 1: July 6th – July 27th 2011.

Session 2: Sept 7th – Oct 12th 2011.

All sessions for the U5 “Family Kicks” season will take place at the following venue/time:

U5 Boys & Girls:

Wednesday 5.45pm – 6.45pm at Bakerview Elementary School.

Master Coach

Mr. Tony Waiters will oversee this hugely important program and will act as the Master Coach for all on-field sessions.

As part of the U5 training program, you and your child, will be guided by Tony and assisted with additional staff coaches appointed by the Club’s Technical Director.

The coaching sessions will include lots of simple, fun orientated games which are designed to allow the children to learn thru’ play.

There will be no structured games organized during these sessions but, the program will provide for the children to participate in 1v1 situations...mostly against a parent...where the child always wins!

U6 Program – Wee Kickers

Transitioning onto Stage 2 of LTPD (above) – “Fundamentals”, the Wee-Kickers program is designed to further develop individual physical literacy, progress the technical capability of the player and to introduce the player to some ‘co-operative’ drills and as such the early realization of team-mates!

Groups/teams are organized by gender. Each gender will be supplied with a Staff Coordinator coach, while the whole program will be overseen by one Master Coach.

Each session will consist of two elements

- i. Instruction
- ii. Games (3v3)

Where we have large enrolment, we will seek the help of parent volunteer’s to assist with the general organization of groups/teams and to oversee the ‘instruction’ element of the session.

The Instruction/coaching sessions will include lots of simple, fun orientated games which are designed to allow the children to learn thru’ play.

In the games element, we want the players to enjoy, experiment and have fun playing the game. For the most part, the players should be allowed to experience ‘freedom’ and NOT receive any instruction from the sidelines!

During this time, it is important that parents clap, cheer and encourage all players for their efforts.

The “Wee Kickers” program will run twice a week, commencing in July and ending in Oct. Unfortunately, due to the start of the regular soccer season in Sept, we have to utilize a second venue at that time and as such we do need to amend the schedule....

Schedule 1 (Boys & Girls):

Start: July 5th

End: Sept 1st

Days: Tuesday & Thursday

Time: 5.30pm – 6.30pm

Venue: Bakerview Elementary School

Schedule 2 (Boys):

Start: Sept 6th

End: Oct 29th

Days: Tuesday & Saturday

Time: 5.30pm-Tues & 9.30am-Sat

Venue (Tues): Bakerview Elementary School

Venue (Sat): Delair Park

Schedule 2 (Girls):

Start: Sept 8th

End: Oct 29th

Days: Thursday & Saturday

Time: 5.30pm-Thurs & 9.30am-Sat

Venue (Thurs): Bakerview Elementary School

Venue (Sat): Delair Park

Master Coach

Mr. Tony Waiters will oversee this important and fun program, and along with the MFMFC Technical Director, Ian Knight, will act as the Master Coach for all instruction sessions.

U7 Program – Lil’ Kickers

Continuing to utilize Stage 2 of LTPD (above) – “Fundamentals”, the Lil’ Kickers program will continue to focus and develop individual physical literacy, progress the technical capability of the player and will further the ‘co-operative’ appreciation of the individual player’s, as an additional team-mate will be introduced into the Games program, which now becomes 4V4!

Groups/teams are organized by gender. Each gender will be supplied with a Staff Coordinator coach, while the whole program will be overseen by one Master Coach.

Each session will consist of two elements

- i. Instruction
- ii. Games (4v4)

Where we have large enrolment, we will seek the help of parent volunteer’s to assist with the general organization of groups/teams and to oversee the ‘instruction’ element of the session.

The Instruction/coaching sessions will include lots of simple, fun orientated games which are designed to allow the children to learn thru’ play.

In the games element, we want the players to enjoy, experiment and have fun playing the game. For the most part, the players should be allowed to experience ‘freedom’ and NOT receive any instruction from the sidelines!

During this time, it is important that parents clap, cheer and encourage all players for their efforts.

The “Lil’ Kickers” program will run twice a week, commencing in July and ending in Oct. Unfortunately, due to the start of the regular soccer season in Sept, we have to utilize a second venue at that time and as such we do need to amend the schedule....

Schedule 1 (Boys & Girls):

Start: July 5th

End: Sept 1st

Days: Tuesday & Thursday

Time: 6.45pm – 7.45pm

Venue: Bakerview Elementary School

Schedule 2 (Boys):

Start: Sept 6th

End: Oct 29th

Days: Tuesday & Saturday

Time: 6.45pm-Tues & 10.45am-Sat

Venue (Tues): Bakerview Elementary School

Venue (Sat): Delair Park

Schedule 2 (Girls):

Start: Sept 8th

End: Oct 29th

Days: Thursday & Saturday

Time: 6.45pm-Thurs & 10.45am-Sat

Venue (Thurs): Bakerview Elementary School

Venue (Sat): Delair Park

Master Coach

Mr. Tony Waiters will oversee this important and fun program, and along with the MFMFC Technical Director, Ian Knight, will act as the Master Coach for all instruction sessions.