

TOTS U4/U5 – Winter



PROGRAM OVERVIEW

Aligned to the CSA Long Term Player Development guidelines for Active Start (U4 to U6), the TOTs U4/U5 program teaches age specific physical literacy and soccer technical skills through fun oriented exercises and small sided games. Through these exercises and games, Players develop the necessary fundamental movement skills that will provide the foundation for learning fundamental sports skills at older ages. Parents are expected to participate in each session guiding and playing with their child during the program content. The program will be delivered using a FUTSAL environment (smaller indoor balls) and best practice station based teaching methodology (Child and Parent will be assembled into small manageable groups and assigned to start at one of four (4) stations). The program content and details outlined below will be led by a TOTs Staff Coach with Coaching Assistants.

PROGRAM CONTENT

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: Running with the ball, dribbling the ball, controlling the ball, passing and shooting the ball
Tactical	Developing cooperative play with Parent or other players in a basic 2v2 game situation
Mental	FUN, fascination, and passion for play

PROGRAM DETAILS

Program Window *	January 5th, 2016 to March 9th, 2016
Program Length	10 Weeks
Program Sessions	10 Sessions
Program Day	Thursdays
Program Start Date	January 5th, 2016
Program Session Length	Maximum 50 minutes
Program Start Times	Between 5:30 PM and 6:00 PM
Program Location	Local Schools
Program Fee	\$TBD per Player
Program Uniforms	All Players shall receive Jersey, Shorts and Socks
Program Players Equipment	Mandatory requirement – all players are required to wear shin guards Safety requirement – highly recommended that all players wear soccer boots