

MISSION SOCCER CLUB



MINI U8 TO U10 RECREATION

SPRING 2018



PROGRAM OVERVIEW

Aligned to the CSA Long Term Player Development guidelines for Fundamentals (U6 to U9) and Learn to Train (U9 to U12), the **Mini U8 to U10** Recreation program continues to develop a player's physical literacy, soccer technical skills and game understanding through age and development appropriate programming. All Players are placed onto **"Balanced"** teams using a fair and transparent evaluation process at the beginning of the soccer season. These teams play against like-minded teams from other Clubs located in throughout the Lower Mainland and Fraser Valley. See below for program content and details.

PROGRAM CONTENT

Physical	This is an optimal window for trainability of speed, flexibility and skills thus this program continues to focus on ABCs (agility, balance, co-ordination and speed)
Technical	Building a greater repertoire and proficiency of soccer related movements through repetition, technical skills are developed in training and within the context of basic soccer games.
Tactical	Developing game awareness and encouraging decision making with and without the ball, executing simple combination play between teammates and basic understanding of attacking and defending principles
Mental	Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that fosters a desire to play; imagination, creativity, increased demands, discipline

Program content will be delivered by assigned team head coaches supported by on-site Club's Staff Coaches

PROGRAM DETAILS

Program Window	March 2018 to June 2018
Program Length	12 Weeks
Program Sessions	10 to 12 Training Sessions + 10 Game Days
Program Days	Training – U8s: Mondays, U9s: Tuesday, U10s: Wednesdays Games – Boys: Saturdays and Girls: Sunday
Program Start & End Dates	Training - U8s: Monday, March 26 th ; U9s: Tuesday, March 27 th and U10s: Wednesday, March 29 th ; Games – Boys (April 7 th) and Girls (April 8 th)
Program Session Length	Training – 1 hour / Games – maximum 50 minutes (2 x 25 minutes)
Program Start Times	Training – 5:45 PM to 6:45 PM / Games – 9:00 AM to 3:00 PM
Program Location	Mission Sports Park & Local Schools + Other Club Fields
Program Fee	Players who played in the Fall 2017/Winter 2018 season - \$135 per player Players who did not play in the Fall 2017/Winter 2018 season - \$160 per player. The incremental \$25 fee covers Association registration and insurance fees
Program Uniforms	Non-Returnable jerseys will be provided. Shorts and Socks will be provided to Players who did not play in the Fall 2017/Winter 2018 MINI program.
Program Players Equipment	Mandatory requirement – all players are required to wear shin guards Safety requirement – highly recommended that all players wear soccer boots

