

MISSION SOCCER CLUB



TIMIBTS U6/U7

SPRING 2018



PROGRAM OVERVIEW

Aligned to the CSA Long Term Player Development guidelines for Fundamentals (U6 to U9), the TIMBITS U6/U7 program continues to teach age specific physical literacy, technical skills and cooperative play through fun exercises and games. All players will be assigned to a balanced team under the guidance of a certified volunteer coach. Each week will consist of one (1) training session and one (1) game. Training will be delivered using best practice teaching methodology consisting of physical literacy, technical skills and small sided game situations. With our philosophy of “Let them Play”, games are scheduled to allow players to apply their learned skills against like-minded players.

The program content and details outlined below will be led by a TIMBIT Staff Coach supported by Coaching Assistants.

PROGRAM CONTENT

Physical	Develop ABCs (Agility, Balance, Co-ordination and Speed) as well as physical literacy movements of running, jumping, twisting, kicking, throwing and catching
Technical	Movement exercises and games designed to promote a feel for the ball, gaining ball control in receiving passes, dribbling, running with the ball, passing less than 25 meter, shooting on goal and basic goalkeeping techniques
Tactical	Small children are egocentric thus playing with the ball is the most important objective. However, they now need to be introduced to small sided games of 2v2, 3v3... to learn co-operative play between players and understanding of game situations
Mental	Basic awareness of environment to build game intelligence and decision making

Program content will be delivered by team head coaches under the direction of a Club's Staff Coach

PROGRAM DETAILS

Program Window	April 2018 to June 2018
Program Length	10 Weeks
Program Sessions	10 Training Sessions + 9 Game Days
Program Days	Training - Wednesday / Games - Saturday
Program Start & End Dates	Training – Start Date: April 11 th ; End Date: June 13 th Games – Start Date: April 14 th ; End Date: June 16 th
Program Session Length	All training and games are 1 hour
Program Start Times	Training – 5:45 PM / Games: 9:00 AM
Program Location	Mission Sports Park & Local Schools
Program Fee	Players who played in the Fall 2017/Winter 2018 season - \$95 per player Players who did not play in the Fall 2017/Winter 2018 season - \$120 per player. The incremental \$25 fee covers Association registration and insurance fees
Program Uniforms	Returnable Jerseys are provided by Club. Shorts and socks will be provided for Players who did not play in the Fall 2017/Winter 2018 TIMBITS program
Program Players Equipment	Mandatory requirement – all players are required to wear shin guards Safety requirement – highly recommended that all players wear soccer boots

