

# MISSION SOCCER CLUB



## TOTS U4/U5

SPRING 2018



### 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 best practice station based teaching methodology whereby the Child and Parent will be assembled into small manageable groups and assigned to start at a specific station. The Child-Parent groups will then rotate through the stations during the session. The program content and details outlined below will be led by a TOTs Staff Coach with Youth Coaching Assistants.

### PROGRAM CONTENT

<b>Physical</b>	Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching
<b>Technical</b>	The player and the ball: Running with the ball, dribbling the ball, controlling the ball, passing and shooting the ball
<b>Tactical</b>	Developing cooperative play with Parent or other players in a basic 2v2 game situation
<b>Mental</b>	FUN, fascination, and passion for play

Program content will be delivered by the Club's Staff Coach and Youth Coaching Assistants

### PROGRAM DETAILS

<b>Program Window</b>	April 2018 to June 2018
<b>Program Length</b>	10 Weeks
<b>Program Sessions</b>	10 Sessions
<b>Program Day</b>	Thursdays
<b>Program Start &amp; End Date</b>	Start Date: April 12 <sup>th</sup> ; End Date: June 14 <sup>th</sup>
<b>Program Session Length</b>	Maximum 50 minutes
<b>Program Start Times</b>	5:45 PM
<b>Program Location</b>	Mission Sports Park or Local Schools
<b>Program Fee</b>	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
<b>Program Uniforms</b>	Returnable Jerseys are provided by Club. Shorts and socks will be provided for Players who did not play in the Fall 2017/Winter 2018 TOTs program
<b>Program Players Equipment</b>	Mandatory requirement – all players are required to wear shin guards Safety requirement – highly recommended that all players wear soccer boots

