



Ardrossan ASC Soccer Club

U4 MIXED (2013- April 2014) – OUTDOOR 2017

- **3v3 no Keeper**
- Players born in **2013 to April 2014** must play in this age group unless exceptional circumstance determined by Ardrossan Soccer Club.
- Registration is on **first come first serve basis**.
- Players required to have own shin pads, shorts and socks.
- Jersey will be supplied.
- Games will be one day a week: **Monday or Wednesday**
- Tentative Season start: **May 1 to June 21** (dependant on weather and field conditions)
- Start times will be **6:00 pm** consisting of 30 minutes of practice followed by a 30 minute game.
- Games will be played at the **Ardrossan fields**
- Timbits Tournament will be held **on Saturday, June 3** at Uncas.

FOCUS ON PHYSICAL LITERACY AND THE SOCCER BALL

Our key focus is to introduce very young children to physical literacy and the soccer ball. Physical literacy is the ABC's of movement (Agility, Balance and Co-ordination). The development of any athlete starts with physical literacy and the ability to run, hop, skip and jump. Within our U4 soccer program, these are the key components we will focus on utilizing a soccer ball.

Volunteer Coaches are Essential

Coaching within Ardrossan Soccer is very rewarding opportunity. All we require is enthusiasm and an encouraging volunteer. We support all our coaches with in- house support from our experienced coaches within Ardrossan Soccer. We do require that all coaches have a valid Criminal Record Check on file with Ardrossan Soccer Club.

**Without volunteer coaches...we are unable to field teams
no matter how many children are registered.**

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