



U4 Mixed (DOB 2014) – INDOOR 2017-2018

- Registration is on **first come first serve basis**.
- Players required to have own shin pads, shorts and socks.
- Jersey will be supplied.
- Season starts around Mid **October –Mid February**, Saturday Mornings (1 hour)
- Location: Ardrossan Elementary Gym or Holy Redeemer Gym 9:00am-10:00am

FOCUS ON FUN AND PLAYER DEVELOPMENT

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. There is no game or teams in opposition; instead players are encouraged to explore movement with their ball with the support of a coach, and parent.

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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