Fundamentals Programs

ME AND MY FRIEND
SPDSA GRASSROOTS SOCCER
A STRONG GRASSROOTS GAME IS VITAL TO THE OVERALL HEALTH OF SOCCER IN ANY COMMUNITY.

If we take care of the beginning, the end will take care of itself.
The Framework accounts for all players within the SPDSA and provides a basic playing style to guide learning and development. Players may enter the grassroots pathway at any point in the framework.
U7-U8 BOYS AND GIRLS – INDOOR 2016-17

FOR WHO?

- U7 - Players Born January 1, 2010 to Dec 31, 2010, U8 – Players Born January 1, 2009 to Dec 31, 2009
- Gender Specific play unless not enough players register, then genders will be mixed

PHILOSOPHY - “ME AND MY FRIEND”

To give players the opportunity to develop their movement ABC’s and learn the basics of the game while emphasizing FUN, cooperation, and maximum time on the ball.

The main focus is individual development, ball mastery and physical literacy, whilst beginning to learn to cooperate with a teammate. Developing fundamental skills such as dribbling, running with the ball, striking the ball, and an introduction to passing and goalkeeping are the main objectives. Physical literacy using the ABC’s involving the ball is another key component.

To develop player’s individual relationship with the ball, to want it, how to find it, deal with it, feel comfortable with it, keep it close. Developing all players confidence with the ball, the more they will become involved, and the more fun they will have with soccer.

The two sessions per week will be balanced between fun practicing and the 5 v 5 game. All players will have equal playing time and will have an opportunity to play all positions equally.

The environment will be positive and the emphasis is on fun and falling in love with the game.

COACHING DEVELOPMENT

Parents are encouraged to be involved in the program as coaches and assistants, and are supported in their coaching development throughout the season by the FUNdamentals Technical Lead.

Session plans will be provided electronically for all coaches throughout the season.

A Coaching In-service will be provided for all volunteer coaches before the Indoor season starts and there will be a CSA/NCCP FUNdamentals coaching workshop.

The best qualities for a coach of this age of player are –

1. Patience
2. Good Humour
3. Clearly understand the capabilities and limitations of this age and appreciate the power of learning by watching.
4. Ability to demonstrate basic ball mastery skills.

Expectations of Coaches –

1. Create a Fun and Safe Environment
2. Know the subject, ask questions if you are unsure
3. Share a philosophy
4. Be organized and punctual
5. Look and Act the part
PROGRAM STRUCTURE – U7-U8

The U7-U8 program is structured with 1 practice per week on Saturdays (practices will be provided based on the availability of facilities) and 1 game per week at Millennium Place on Sundays.

A season long curriculum and practice session plans will be provided electronically for all coaches by the SPDSA Technical Department. The sessions will be based on the FUNdamentals stage of the Canada Soccer Association’s Long Term Player Development Framework. An example session is shown below,
GAME FORMAT –

- 5v5 (4v4 plus a sweeper keeper – should not just stand in goal, get them involved up the field when their team is attacking)
- 10 minute warm up (all players with a ball, 40 minute game (5 minute half time).
- 2 games take place on a full field at Millennium Place, field set up is shown below.

FULL FIELD AT MILLENNIUM PLACE

- Game field is half a pitch at Millennium Place.
- Use Pugg goals as nets.
- Mark the field with cones if the field isn’t lined.
- Size 3 soccer ball only.

GAME MANAGEMENT –

- No scores to be kept
- Fair and balanced playing time for all players
- When the ball goes out of bounds, restart with a pass-in or dribble in (NO THROW INS).
- No emphasis on team concepts or positions. Players should be encouraged to not fear having the ball, to be creative and to take chances.
- Don’t punish mistakes. Don’t play safe. Don’t make winning the key.
- Head Coaches of each team also referee the game (ensure a safe and fun environment for all players).
- Assistant coaches, Manager, and Timekeeper (if you have one) should be on the bench managing the players who are off the field and assisting with substitutions.
U8 GAME RULES –

**Scoring** – can occur from anywhere on the field BUT cannot be scored directly from a kick off, goal kick, free kick or when bringing the ball back into play. After a goal is scored, the teams line back up on their side of the field, and the team that conceded the goal kicks off.

**Restarts when the ball has gone out of play** – when the whole of the ball crosses the line, a player from the opposite team to the one that touched the ball last before it went out plays the ball back into play (either by passing or dribbling the ball back into the field).

**Fouls** – in the U7-U8 game these are usually unintentional and are the result of a lack of coordination and loss of body control. If a foul occurs, an indirect free kick is awarded. The opposing team are to be moved 5 yards back from the kick. The ball must be passed before a shot can be made.

**Goalkeeping** – NO dedicated goalkeepers. Allow all players to have a turn throughout the season. Sweeper keeper concept (they are also a player on the field and should not just stand in the net).

A goal kick is awarded if the ball crosses the goal line and was last touched by a player from the attacking team. The ball is placed anywhere inside the goal area and the goalkeeper passes the ball to a teammate (the opposing team moves behind the centre line and cannot move forward until the ball has been played).

When the goalkeeper has possession of the ball in their hands, they have the option of rolling or passing the ball to a teammate or dribbling the ball out themselves. As with the goal kick, the opposing team moves back behind the centre line and cannot move forward until the ball is in play.

**Corner Kick** – when a player on the defending team is the last person to touch the ball before it passes over their goal line, a corner kick is awarded to the attacking team.
The SPDSA U7-U8 program is based on the second stage in Canada Soccer’s Long Term Player Development model, **FUNDAMENTALS**.

At this stage of player development the focus is –

1. **Physical**
2. **Social**
3. **Technical**
4. **Psychological**

Key development points for this age of player are shown in the table below. These are used to structure the program and sessions to best suit the players.

<table>
<thead>
<tr>
<th>PHYSICALLY</th>
<th>PSYCHOLOGICAL/SOCIAL</th>
<th>MENTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Coordination and body control improve</td>
<td>1. Interests often change rapidly</td>
<td>1. Imaginative, spontaneous, creative</td>
</tr>
<tr>
<td>2. Learns best by being physically active</td>
<td>2. Still egocentric - each player wants a ball</td>
<td>2. Increased attention span</td>
</tr>
<tr>
<td>3. Needs to repeat activities to master</td>
<td>3. Enjoys initiating activities</td>
<td>3. Likes to be tested, but dislikes public failure</td>
</tr>
<tr>
<td>4. Reaction time is slow but improves as the child grows</td>
<td>4. Enjoys being praised by adults</td>
<td>4. Likes to try new activities</td>
</tr>
<tr>
<td>5. Fine motor skills are developing</td>
<td>5. Peer group becomes more important</td>
<td>5. Growing memory capacity = better learning</td>
</tr>
<tr>
<td>7. Lots of energy as endurance levels improve</td>
<td>7. Starting to develop powers of reasoning</td>
<td>7. Highly verbal</td>
</tr>
<tr>
<td>8. Boys and Girls have equal ability</td>
<td>8. Easily motivated and eager to try something new</td>
<td>8. Asks how, why, when?</td>
</tr>
</tbody>
</table>

Based on the above, the program is structured to maximize player development with:

1. Continued involvement of fundamental movement skills, running, jumping, skipping, throwing etc
2. Focussing on ball familiarisation skills and dribbling – 1 ball per player
3. Introduction of paired and cooperation activities
4. Help players understand a task by demonstration and asking questions
5. Repeating activities regularly
6. Encouraging trial and error, keep instruction to a minimum
7. Providing considerable encouragement
8. Introduction to small sided games 2v2-4v4, but don’t sacrifice practice sessions for games at this stage
9. All players receive fundamental goalkeeping skills, catching, throwing and diving
10. Introduce basic rules of the game
11. Avoiding temptation to place players in specific positions
Expectations of Parents -

1. Support all the players and all the coaches
2. Be punctual and ensure your child is organized for the session
3. Recognize the game is for the players not the parents
4. Seek out opportunities to gain knowledge to better support your child
5. Don’t coach – rather encourage the players
6. Observe a 24hr grievance rule
THE SKILL CENTRE

UNLOCK THE GAME WITHIN…
FOR WHO?

- US-U6 Players - Active Start Program, “Me and My Ball”
- U7-U8 Players – FUNdamentals Program, “Me and My Friend”
- U9-U10 Players – Learning to Train Program, “The Start of Us”
- U11-U12 Players – Learning to Train Program, “The Start of Us”

PHILOSOPHY

- The Skill Centre focus is on **individual player development**.
- Keen players need a program designed to deliver more training hours, in a structured environment, with skilled coaches.
- The Skill Centre provides an age and stage appropriate learning environment for all players, regardless of their baseline skill levels and game understanding.
- The Skill Centre is not to replace other grassroots programs, rather training at the Skill Centre complements these programs by enriching each players learning and development.

COACHING

- Sessions are led by the SPDSA Technical Department Staff.
- Parent coaches may assist at stations, as a coaching development opportunity.

PROGRAM STRUCTURE

- Program is structured following the Canada Soccer and FIFA Preferred Training Model. In this approach each training session is built around four activity “stations” that the players move around at regular intervals.
- The four stations focus on, Fundamental Movement, Soccer Technique, Coordination, and Small Sided Games.
- Each age and stage of development has a technical curriculum that follows the guidelines set out in Canada Soccer’s LTPD.
- Players are grouped based on age and stage of development.
- Sessions take place on Monday evenings at Millennium Place.
- See the SPDSA website for registration details.

BENEFITS OF SKILL CENTRE

- A training curriculum that respects the developmental age of players and recognizes the differences in baseline skill levels of players
- Consistency in the quality of coaching and training curriculum
- Extra training hours and individualized attention for players who possess a keen interest in the game.
- Development of the Player’s Technical (Ball Mastery, Ball Progression and Decision-making), Social (Respect and Values, Communication), Physical (Agility, Balance, Coordination, Speed) and Mental (Creativity, confidence, and concentration) skills.