



**WATERLOO MINOR SOCCER CLUB**  
**Grassroots Development Program (U9-U10)**

**PROGRAM OUTLINE**

<b>Number of Players</b>	12 player game roster maximum Maximum of 48 players per age group/gender
<b>Parent Orientation Session</b>	Orientation Sessions will be scheduled to provide an opportunity for athletes and parents to learn about the Grassroots Development program. Parent Information session - September
<b>Player Orientation Session</b>	The Club has organized a series of four (4) orientation sessions to be hosted over two weekends at RIM Park. The full schedule for the orientation will be available here: <a href="http://waterloounited.com/travel/open-tryouts/">http://waterloounited.com/travel/open-tryouts/</a>
<b>Playing Format</b>	7v7 No scores / standings Match Officials assigned to every game
<b>Program Structure</b>	November - August Breaks on statutory holidays; Two (2) week Christmas Holiday Break No training March break Games will be played on grass and turf fields
<b>League Competition</b>	May to August 14 games (Home & Away Games) Saturday game days
<b>Indoor Training</b>	November to April (Weather dependent) Two (2) 50 minute sessions per week on turf  U9 Boys – Friday (6pm) and Sunday (3pm) U9 Girls – Wednesday (6pm) and Sunday (12pm) U10 Boys – Friday (7pm) and Sunday (4pm) U10 Girls – Wednesday (7pm) and Sunday (1pm)
<b>Outdoor Training*</b>	May to August (Weather dependant) Two (2) 75 minute sessions per week *Training locations/surface types may change. Days/Times TBC
<b>Festivals</b>	Two (2) festival registration fees. One (1) winter and One (1) summer
<b>Game Day Roster Coaches</b>	Learn to Train certification Respect in Sport Making Ethical Decisions Making Headway Valid Police Record Check Valid First Aid & CPR certification



## **DEVELOPMENT CURRICULUM**

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<b>Coach Technical Standards</b>	Respect in Sport Making Ethical Decisions Making Headway Valid Police Record Check Valid First Aid & CPR certification
<b>Technical</b>	Aerial reception control Receiving: bottom of foot, insides, outsides Passing: any surface Ball Striking: with laces (right & left) 1v1 Skill Development (fakes and feints) Running with the ball, dribbling, turning Double moves Ball Mastery: all surfaces
<b>Tactical</b>	Combination play 1v1: change of space, change of direction 2v1: recognition of overload (i.e. 2v1) Spatial awareness Support play Individual transitions
<b>Principles of Play</b>	1v1 to 3v3 to 4v4 - Small sided games Depth, width, improvisation, individual transitions
<b>Physical</b>	A,B,C's (Agility, Balance, Coordination) Running technique Agility with the ball Promotion of basic self-confidence Positive attitude Discipline
<b>Mental</b>	Promotion of basic self-confidence Positive attitude/positive energy Discipline Mental resiliency
<b>Player Evaluations</b>	Two (2) written player evaluations per year Parent/Player feedback session upon request



**PAYMENT SCHEDULE & PROGRAM ADMINISTRATION**

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<b>Program Cost per player</b>	\$820 (To be approved by the BoD at September Board meeting)
<b>What is included?</b>	League Registration Ontario Soccer Registration and Insurance All training/game facilities Player Ball Match Officials 2 Festivals Coach Education for all coaches
<b>What is not included?</b>	Memorable events Home/Away Uniform, Training Kit, Tracksuit, bag will be purchased directly with supplier
<b>Fee Payment Schedule</b>	To be confirmed and approved at the September Board meeting

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<b>Fee Assistance</b>	Fee assistance is available through several sources including:  City of Waterloo (\$300) - Waterloo residents only KidSport KW Canadian Tire Jumpstart
<b>Program Leadership</b>	Carl Horton, Technical Director Colin Foy, Grassroots Technical Coach
<b>Additional Notes</b>	Information contained in this document is subject to change at the discretion of Waterloo Minor Soccer Club at any time.