



Summer 2019

Micro Program Information Meeting

4U & 6U



Agenda

- Introductions
- Soccer Canada & LTAD
- Technical details
- Volunteers/Coaches
- Registration details
- Administrative details
- Contact Info



Canada Soccer Strategic Plan



CANADA SOCCER NATION

2019-2021 STRATEGIC PLAN

DEVELOP • GOVERN • GROW



Canada Soccer Pathway

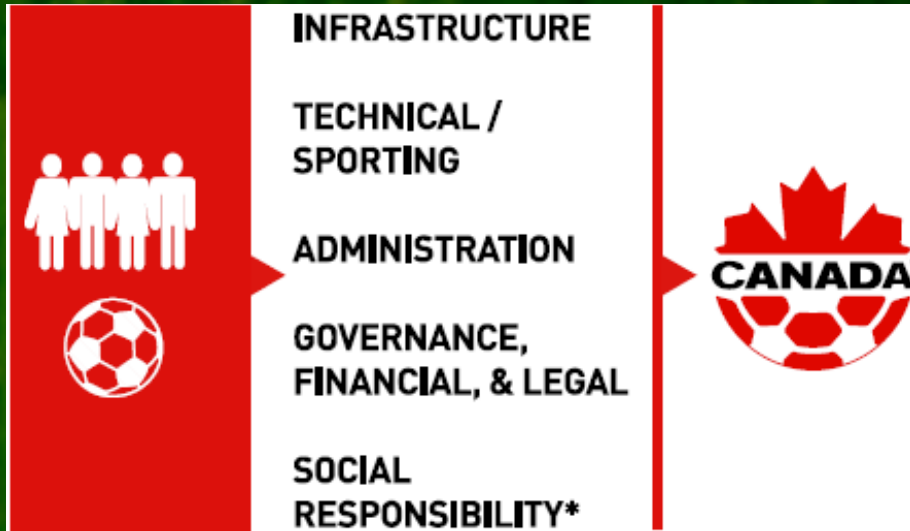


YOUR GOALS. OUR GAME.

“Whether they dream of playing for Canada, or simply want to have fun with their friends, taking the right approach to the game when children are young sets the stage for a life time of enjoyment”



Canada Soccer Club Licensing





LTPD Overview





Stage 1 – Active Start

WHY - Provide early opportunities for children to learn basic soccer elements.

WHO - Technical leaders, parent coaches, parents, educators, caregivers.

COACHING - Training in Physical Literacy, Active Start or FDSA GPS Clinics

GAME STRUCTURE -No competitive games – adult and child play together informally.

RECOMMENDED TRAINING TIMES - 30 to 50 minutes.

RECOMMENDATIONS - Player success is encouraged. While the adult should challenge the child player, they should allow the child to “score” goals and “beat” the adult opponent. Adult discontinues play when the child has lost interest.



Stage 1 – Active Start

Physical – Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching. •

Technical –The player and the ball: Running with the ball, dribbling, controlling, kicking and shooting.

Tactical – None

Mental – Fun, fascination, and passion for play



FDSA philosophy

- Create a supportive and **FUN** environment in which to enjoy the game of soccer
- A successful season is one which ends with a player wanting to play again





Levels of Soccer in NB

National Teams

Soccer NB Academy/Team Atlantic

Team NB
(Approx. 50 FDSA Players)

Premiership & Division I
(Approx. 350 FDSA Players)

Grassroots Soccer
Micro, Mini, Youth Leagues
(Approx. 1300 FDSA Players)



Why Station Based Training?

For the Coach

- Practices plans designed and consistent across program
- Coaches get to coach specific activities repeatedly, to gain comfort and mastery
- Coaches get to work with many players each week

For the Players

- Smaller periods of focus 10 min at a time
- Change of coaches to keep things exciting
- Larger variety in activities
- Many small built in breaks



Stations

- **Agility** – running, changing direction and speed
- **Balance** – hopping jumping and landing
- **Coordination** – movement combinations

- Lots of touches on the ball
- Fun competitions to motivate players to use technique
- Plenty of positive feedback

General
Movement

Soccer
Technique

Coordination

Game

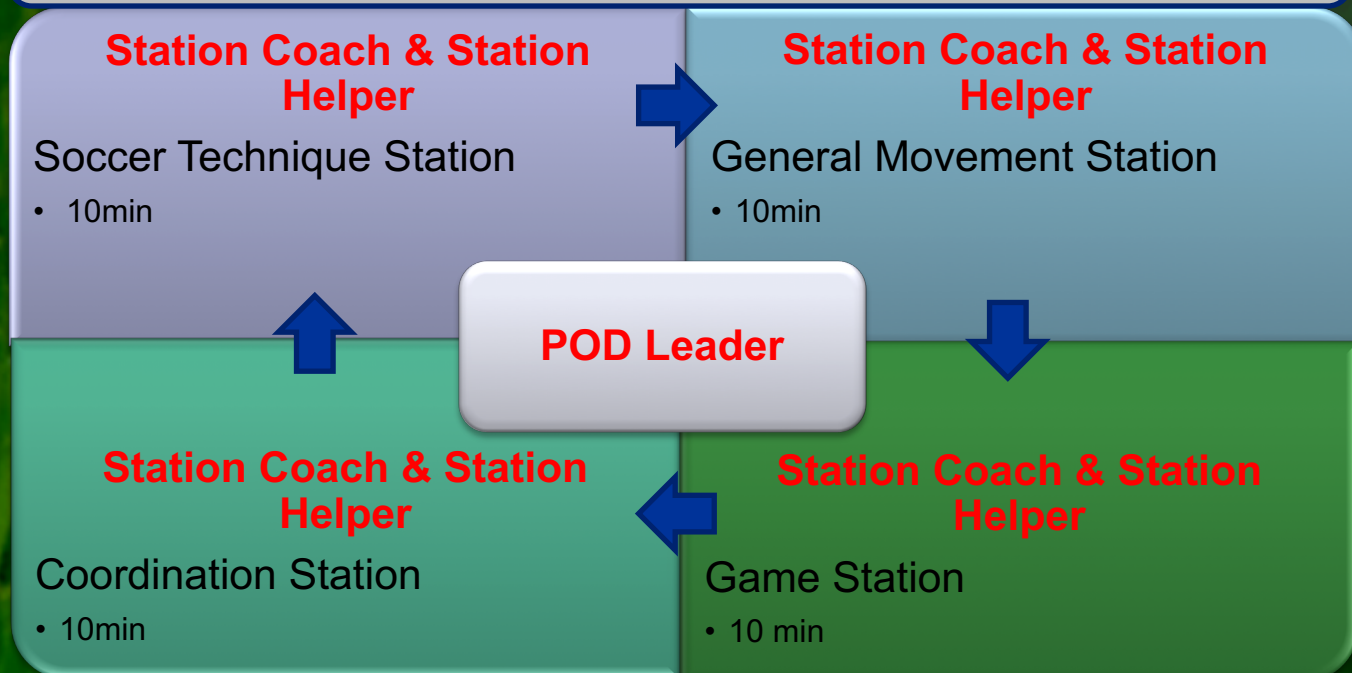
- Lots of touches on the ball
- Using different parts of the foot

- Fun
- Motivating
- Small groups playing in small areas
- A chance to practice individual skills



TYPICAL NIGHT OF PLAY

Set up of practice area (balls and cones) 10 min before



5 minutes wrap up.

Team cheers, stress positives of session, skill to practice at home.

POPSCICLES



Coach/Volunteer Roles

Program Leader

- 1 Northside Program Leader, 1 Southside Program Lead
- Responsible for overseeing all POD and Coaches on each side of the river
- Provide support for POD Leaders

POD Leader

- 1 POD Leader for each of the POD – Expecting 2 Northside, and 3 Southside
- Leads coaches and players in their particular PODs
- Main contact for all coaches and players in their POD

Station Coach

- 4 Station Coaches needed per POD
- Responsible for leading 1 station each week
- Responsible for bringing equipment (balls, cones, etc...) provided by FDSA

Coach Helper

- 4 helper coaches needed per POD
- Responsible for assisting POD Coach
- Works with single group of players each week and guide them around stations



Volunteers/Coaches

Volunteers – The More The Better

– Coach/ Volunteer Requests

Coach/volunteer Rebate - \$50 rebate offered to volunteers

Criminal Record Checks – required for all coaches in FDSA

- Better ensures the safety of the kids
 - 1 incident is too many
 - Protects our volunteers/coaches
 - In accordance with Insurance requirements
 - Parents have confidence FDSA is doing its due diligence to ensure a safe, fun environment for all
-
- Obtain from RCMP or City Police – FDSA will provide a letter upon request



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Micro Program Key Dates



4U

Fredericton High School

June 3

Nashwaaksis Middle School

June 4

6U

Nashwaaksis Middle School

June 3

Fredericton High School

June 4

Coaching Information Session

May 14th

GPS on-field Coach Clinic

May 25th

Active Start coach training Session

June 2nd

Photo Nights

Harvey Studios on fields

June 10 & 11

Year End Jamboree

August 18th

Volunteer Appreciation Night

TBC

Tim Hortons





2019 Registration Fee Structure

FDSA MICRO REGISTRATION FEE

Soccer NB Fee	25.50
<u>FDSA Fees</u>	<u>98.50</u>
Total Registration Fee	\$124.00

*PowerUp Sports

Prices include all taxes & transaction fees. If you pay by cash, cheque or debit at the FDSA office, a credit card fee of \$5.00 will be reversed at time of payment



What Do Registration Fees Cover?

- **Soccer NB/CSA Reg'n fees**
- **Insurance**
- **Training equipment**
- **Field Costs**
- **Referees**
- **League/Provincial Tourney Fees**
- **Technical Coaches**
- **Coach Training & Certification**
- **National Travel Fund**
- **Awards Gala & Awards**
- **Special Events – Soccer Day, Jamborees etc.**
- **Office Rent & Utilities**
- **Office Equipment**
- **IT & Website**
- **Staffing related expenses– Full & Part-time**
- **Club Mgmt/Database Licensing**
- **Banking/Merchant fees**
- **Marketing & Promotional Items**



Family Discount Policy

Families with 3 or more players in FDSA programs will continue to receive a family discount of \$15/player for recreational programs

Ex. Family has players registered for: Youth Girls, U8 Boys & U4 South

Discount: $\$15 + \$15 + \$15 = \45^*

*applied to Base Program Fee



Registration Info

- Please visit the following link: <http://fdsa.powerupsports.com> to set up a user profile and register.
- <https://fdsa.powerupsp.com/pub/res/HowortsToRegister.pdf>
- ALL registrations **MUST** now be completed using this system.
 - Payment Options: Online – Visa or Mastercard ONLY; In-Office – Cash, Cheque, Debit or Credit
 - NOTICE: A convenience fee is now included in all registration fees, you can pay in-office by Cash, Cheque or Debit only on May 4.



City Recreation Cards

City of Fredericton Recreation Cards

- Obtain from City Hall, City Rec Office or Fieldhouse Pool
- Free for city residents
- \$17 user fee for those outside Rec Service Agreement areas
- Must have to complete registration

Fredericton REC CARD

Participant: Evan Erb

Recreation No.: 201801389

Expiry: Sept 29, 2019

Initials of Issuer: SC



Field Closures

- City Recreation Department closes fields by 3pm
- Field Closures – City Recreation Facebook Twitter
@CityFredRec
- Updates on www.fdsa.org @fdsa.org (FB) &
@fdsasoccer (Twitter)
- Cancelling sessions that have already started
 - It is inappropriate to play when a storm with thunder and lightning is in the area.



Thunder/Lightning Policy

6.2 The decision to abandon play shall be made by the game officials, except that where no official is present (e.g. in mini games or at practices), this decision shall be made by the coach(es).

6.3 Notwithstanding section 6.2 above, if thunder is heard, or lightning is seen, play in that game shall be abandoned and all participants shall be directed to seek appropriate shelter, such as: a vehicle (windows rolled up); a building; or low ground. Immediate medical help must be sought if any individual is struck by lightning. The game may be restarted after 30 minutes of no further thunder or lightning, and with no more than a one (1) hour delay.

30 Minute Rule



Heat Policy

<u>Humidex</u>	<u>Code</u>	<u>Action</u>
Up to 30	Green	Normal play
30 to 37	Yellow	Mandatory water breaks (5 min. duration) every 20 min.
37 to 40	Red	No games played; no intense physical exertion; mandatory water breaks (5 min) every 20 minutes; 1 hour total practice time
Over 40	Black	Suspend all play and practices



Supplementary Information

- www.fdsa.org
- FDSA Office: 451-1342 info@fdsa.org
- Director of Micro Program: Dave Erb
microdirector@fdsa.org
- Facebook Page: www.facebook.com/fdsa.org
- Twitter - @fdsasoccer
- Instagram - @fdsa1986



Questions

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THANK YOU!