



**Summer 2019**

**Youth Program Information Meeting**

**U12 - 18**



# 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

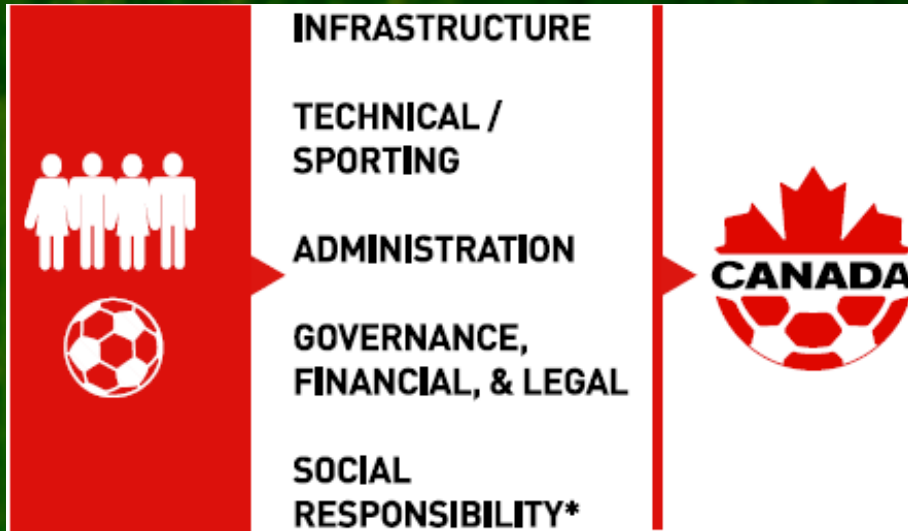


**YOUR GOALS. OUR GAME.**

*“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 7 – Active for Life

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

**GAME STRUCTURE** - Adapt the game structure to suit the level of play, number of players, and available space.

**RECOMMENDED TRAINING TIMES** - 75 to 90 minutes.

## **RECOMMENDATIONS:**

- Access for players of all ages, genders and ability.
- Costs to players should be minimized to ensure maximum participation.
- No league standings - emphasis on FUN at the recreational level.
- Appropriate ratio of training, competition and rest throughout the year; periodized planning is critical.



# Youth Program Training Priorities

## Technical

- Refinement of Defensive techniques
- Development of advanced techniques
- Refinement of footwork with and without ball
- Refinement of striking at distance

## Tactical

- Team Attacking
  - Positions and roles
  - Teamwork/passing and moving
- Team Defending
  - Positional Roles
  - Pressing and dropping off

## Physical

- Agility, Balance, Coordination
- Speed, Agility, Quickness
- Building the engine
- Introduce basic lifts

## Psycho/Social

- Fun
- Empowering Leadership
- Empowering decision making
- Encouraging competitiveness





# 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)



# 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



# Volunteers/Coaches

## Volunteers – The More The Better

- Coach/ Volunteer Requests

## Coach/volunteer Rebate - \$75 rebate offered to volunteers

- Attend pre-season coach meeting
- Attend on-field GPS workshop
- Regular attendance throughout the season



# 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



# Youth Program Key Dates

## Youth Boys

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Fredericton High School

June 3



## Youth Girls

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Fredericton High School

June 4

Coaching Information Session

May 14th

GPS on-field Coach Clinic

May 25th

Active Start coach training Session

June 2<sup>nd</sup>



Photo Nights

Harvey Studios on fields

June 10 & 11



Year End Jamboree

August 18th

Volunteer Appreciation Night

TBC



# 2019 Registration Fee Structure

## FDSA YOUTH REGISTRATION FEE

Soccer NB Fee	\$37.50
<u>FDSA Fees</u>	<u>\$169.50</u>
Total Registration Fee	<b>\$207.00</b>

### \*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 \$7.00 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

- 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](http://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](http://www.fdsa.org)
- FDSA Office: 451-1342 info@fdsa.org
- Youth Program Coordinator: Joe Hamilton  
youthdirector@fdsa.org
  
- Facebook Page: [www.facebook.com/fdsa.org](http://www.facebook.com/fdsa.org)
- Twitter - @fdsasoccer
- Instagram - @fdsa1986



# Questions

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**THANK YOU!**