



**SKILL-CENTRE  
PROGRAM  
U8-U14**



# U8-U14



## SKILL-CENTRE PROGRAMMING

### OUTLINE

Our Skill-Centre program welcomes all players in the U8-U14 age groups. Within the program we have a wide range of playing levels and experience. Our goal is to provide a meaningful experience for every child.

To provide more meaningful environments for our players we have two (2) streams of soccer. Our Recreational stream provides a FUN environment for players to enjoy learning the sport. Our Development program is designed to provide an environment for players to work towards reaching the Competitive program.

### RECREATIONAL | U8-U14

**Our Development** stream is open to players of all levels, and experience. Here we provide a fun environment that is focused on learning skills and gaining confidence on the ball.

All **Development** competition is in-house.

### DEVELOPMENT | U8-U14

Our Development Stream caters to Tier 2, 3 and 4 players who enjoy being challenged and/or aspire of playing in the Competitive Program.

**Development** players will be placed on a Skill-Centre League Team and will have the option to participate in outside Tournaments throughout the Winter Season. Top performers will also play in exhibition games against Clubs from Calgary and surrounding areas.

### SKILL-CENTRE PROGRAM STREAMS

### TRAINING PRINCIPLES

#### 1. Contact Time with the Ball

At every skill-centre session our program aims to provide as much time on the ball as possible for every participant. Our sessions always include a Ball-Mastery segment where we teach 1-2 ball-mastery skills per session. We will also include 1v1 activities/games to ensure our players build an understanding and confidence in 1v1 situations. Additionally, we will include small-sided games in our program to ensure players are more engaged during game-play.

#### 2. Training that Resembles the Game

All activities and games within our sessions involve decision making and game-like actions. We are committed to developing intelligent footballers and believe in designing constraints-led activities and games.

#### 3. Training will be Fun for everyone

We design and tailor our sessions to the level and mindset of the player. This means we can adapt/adjust each station throughout a session to ensure every child's needs are met. We understand it is imperative to provide individual feedback and challenges, so all players are engaged.



# U8-U14



## FEMALE SKILL-CENTRE PROGRAM *Recreational Stream*

### OUTLINE

Our skill-centre program provides a fun, learning environment for every child. The Development stream is our recreational level stream for players who are either new to the sport, wishing to play with friends, and/or are seeking a lower commitment to organized sport.

### BIRTH YEAR

2010-2017

### PROGRAM DATES

**Block 1:** October 15 – December 16

**Block 2:** January 6 – March 10

**Indoor Pass:** October 15 – March 10

### LOCATION

SLS Centre, 800 Griffin Road

### KIT

- Timbits Uniform: Jersey, Shorts & Socks | **Free (OR)**
- Macron Kit: Jersey, Shorts & Socks | **\$50**

### THE PROGRAM | 2 Sessions

- 1 Practice per week** | 55 Minutes
- 1 Small-Sided session per week** | 55 Minutes

### PROGRAMMING DAYS

- Monday:** 5-5:55pm
- Wednesday:** 5-5:55pm

### GROUPINGS

Players will be grouped based on age. Groups will include players from 2 birth years.

### COACHING STANDARDS

All coaches in the Skill-Centre Program have completed their relevant NCCP training.

### COACHING METHODOLOGY

To create a fun, and positive learning environment where we foster a passion of the sport for every child.

### GOALS OF THE PROGRAM

- To provide an enjoyable soccer experience.
- To teach players the fundamentals of the game.
- To ensure players who wish to move on to further levels acquire the tools needed to make the next step up.

### GAMES

Each week players will participate in games that best suit the level of player to maximize time on the ball, decision-making, goals and FUN.

## REGISTRATION

Goes live Friday July 19 at noon  
10% Discount with Early Bird Pricing  
Program space is limited

## COST

Block 1 | \$275  
Block 2 | \$275  
Season Pass | \$450



# U8-U12



## FEMALE SKILL-CENTRE PROGRAM *Development Stream*

### OUTLINE

The **Development** stream in our skill-centre is **new** this Indoor and will be designed for players who enjoy training and are interested in competitive play. This program provides a weekly 5v5 game in Cochrane with opportunities to call-up to the competitive program for players who are excelling.

### BIRTH YEAR

2013-2017

### PROGRAM DATES

**Indoor Season:** October 15 – March 10

### LOCATION

SLS Centre, 800 Griffin Road

### KIT

- Timbits Uniform: Jersey, Shorts & Socks | **Free (OR)**
- Macron Kit: Jersey, Shorts & Socks | **\$50**

### THE PROGRAM | 3 Sessions Per Week

- Academy Session:** Wednesday
- Team Session:** Friday
- Games:** Saturday AM in Cochrane

### PROGRAMMING DAYS

- Wednesday:** 6-7pm (1/3 of Field)
- Friday:** 5:30-6:30pm (1/3 of Field)
- Saturday:** 5v5 OR 7v7 Game

### GROUPINGS

Players will be grouped based on age. Groups will include players from 2 birth years.

### COACHING STANDARDS

All coaches in the Development Program have their National Coaching Certification Program (NCCP) Training OR Provisional License Training.

### COACHING METHODOLOGY

To create a fun, and positive learning environment where we foster a passion of the sport for every child.

### GOALS OF THE PROGRAM

- To provide an enjoyable soccer experience.
- To provide a positive learning environment where each player can develop and grow.
- To prepare players for competitive play.

### GAMES

Players within the Development Stream will play 1 x 5v5 game per week. All games will be played in Cochrane.

## REGISTRATION

Goes live Friday July 19 at noon  
10% Discount with Early Bird Pricing  
Program space is limited

## COST

Season Pass | \$625



# U8-U14

## MALE SKILL-CENTRE PROGRAM *Recreational Stream*

### OUTLINE

Our skill-centre program provides a fun, learning environment for every child. The Development stream is our recreational level stream for players who are either new to the sport, wishing to play with friends, and/or are seeking a lower commitment to organized sport.

### BIRTH YEAR

2010-2017

### PROGRAM DATES

**Block 1:** October 15 – December 16

**Block 2:** January 6 – March 10

**Indoor Pass:** October 15 – March 10

### LOCATION

SLS Centre, 800 Griffin Road

### KIT

- Timbits Uniform: Jersey, Shorts & Socks | Free
- Macron Kit: Jersey, Shorts & Socks | \$50

### PROGRAM DATES

**Block 1:** October 15 – December 16

**Block 2:** January 6 – March 10

**Indoor Pass:** October 15 – March 10

### THE PROGRAM | 2 Sessions

- 1 Training session per week | 55 Minutes
- 1 Small-Sided Game Day | 55 Minutes

### PROGRAMMING DAYS

- Monday OR Tuesday:** 5-5:55pm
- Wednesday OR Thursday:** 5-5:55pm

### GROUPINGS

Players will be grouped based on age. Groups will include players from 2 birth years.

### COACHING STANDARDS

All coaches in the Skill-Centre Program have completed their relevant NCCP training.

### COACHING METHODOLOGY

To create a fun, and positive learning environment where we foster a passion of the sport for every child.

### GOALS OF THE PROGRAM

- To provide an enjoyable soccer experience.
- To teach players the fundamentals of the game.
- To ensure players who wish to move on to further levels acquire the tools needed to make the next step up.

### GAMES

Each week players will participate in games that best suit the level of player to maximize time on the ball, decision-making, goals and FUN.

## REGISTRATION

Goes live Friday July 19 at noon  
10% Discount with Early Bird Pricing  
Program space is limited

## COST

Block 1 | \$275  
Block 2 | \$275  
Season Pass | \$450



# U8-U14



## MALE SKILL-CENTRE PROGRAM *Development Stream*

### OUTLINE

The **Development** stream in our skill-centre is **new** this Indoor and will be designed for players who enjoy training and are interested in competitive play. This program provides a weekly game in Cochrane against other Skill-Centre Teams, or other Clubs from Calgary, & surrounding areas. Teams will also have the opportunity to participate in outside Tournaments.

### BIRTH YEAR

2010-2017

### PROGRAM DATES

**Indoor Season:** October 15 – March 8

### LOCATION

SLS Centre, 800 Griffin Road

### KIT

- Timbits Uniform: Jersey, Shorts & Socks | **Free**
- Macron Kit: Jersey, Shorts & Socks | **\$50**

### THE PROGRAM | 3 Sessions

- 2 Training sessions per week** | 55 Minutes
- 1 Full-Game** | 50 Minutes

### PROGRAMMING DAYS

- Tuesday:** Training Session (1/3 of Field)
- Thursday:** Training Session ((1/3 of Field)
- Saturday:**
  - U8/U9:** 5v5
  - U10-U14:** 7v7 Game

### GROUPINGS

We will group players based on age, current level of play, and mindset.

### ROSTER SIZE

12-14 Players

### COACHING STANDARDS

All coaches in the Development Program have their National Coaching Certification Program (NCCP) Training OR Provisional License Training.

### COACHING METHODOLOGY

To create a fun, and positive learning environment where we foster a passion of the sport for every child.

### GOALS OF THE PROGRAM

- To provide an enjoyable soccer experience.
- To provide a positive learning environment where each player can develop and grow.
- To provide a bridging program that helps prepare players for Competitive Play.

### GAMES

Players will be placed on a Team Roster and play weekly matches against other Skill-Centre Teams, Exhibitions with other Clubs OR in outside Tournaments.

### CALL-UPS

Players who are excelling in the Development Program will have opportunities to call-up to Competitive Games throughout the Winter.

## REGISTRATION

Goes live Friday July 19 at noon  
10% Discount with Early Bird Pricing  
Program space is limited

## COST

Season Pass | \$625