



PROGRAM & SESSION STRUCTURE

Introduction

With a playful, fun, and creative approach, our sessions focus on:

- ✦ Developing essential motor skills and coordination.
- ✦ Building individual and social confidence.
- ✦ Instilling a lifelong love for sports and physical activity.



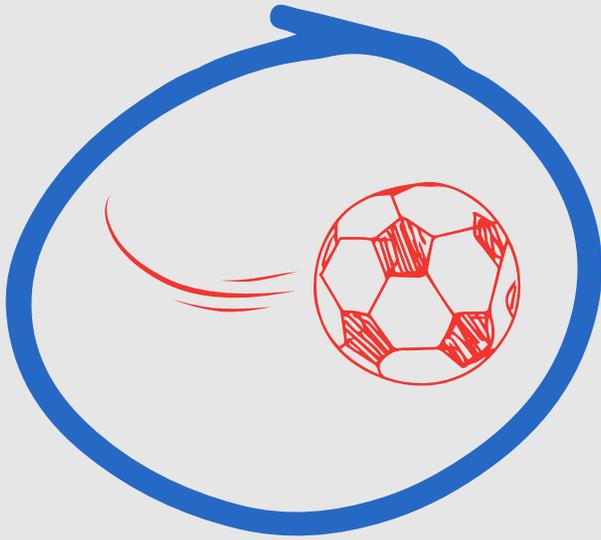
Parent & Player

Parent involvement is a key component of our U4-U5 Program, especially in the early sessions, as it helps create a supportive and familiar environment for your child. As the program progresses, parent participation will gradually decrease, allowing your child to build independence and develop their confidence on and off the field.



Our U4-U5 Program is more than soccer — it's about sparking curiosity and confidence that will benefit your child for years to come.





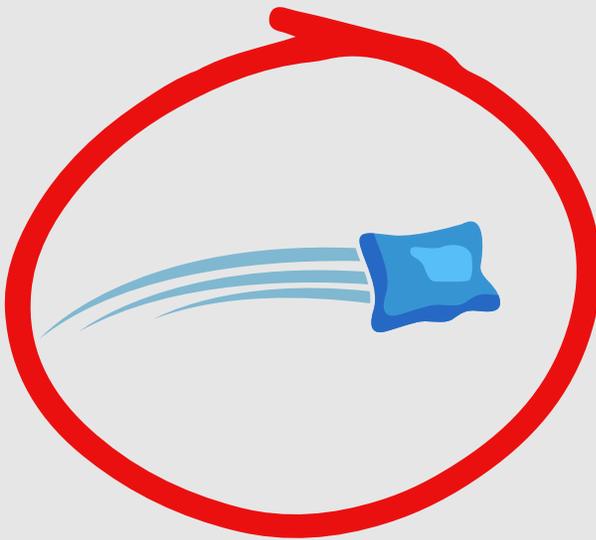
TECHNICAL SKILLS

This is when players use skills learned to dribble and score a goal!



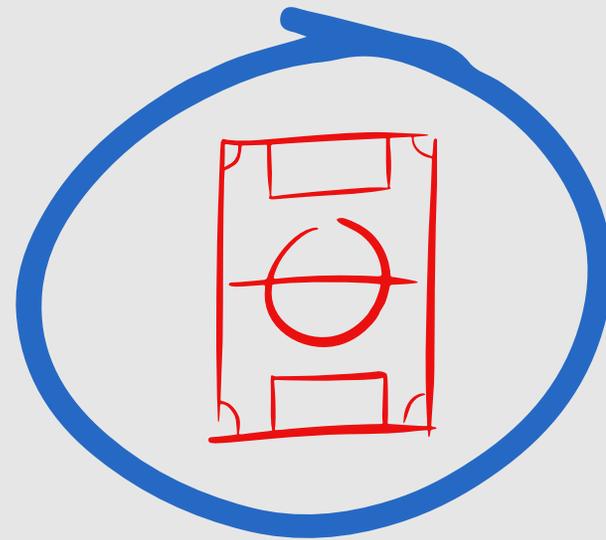
PHYSICAL LITERACY

This involves movement, such as running, jumping, stopping, starting, and changing direction.



OBJECT PLAY

This is any play that uses physical resources such as bean bags, bubbles, tunnels and parachutes!



IMAGINATION PLAY

This is any time that the child is using their imagination to play!



Station Model

Station 1

Small-Sided Games

1v1, 2v2 small-sided games:

These fun, fast-paced games give young players plenty of touches on the ball and help them build confidence.

Station 2

Soccer Activity

A fun activity that involves developing a player's soccer technique—which revolves around core skills such as dribbling, passing, and shooting the ball—(1) Getting lots of touches on the ball. (2) Fun tasks that motivate players to use different techniques. (3) Plenty of positive feedback.

Station 3

Physical Literacy

Agility – running, changing direction, speeding up/slowing down, & stopping.

Balance – hopping, jumping, & landing.

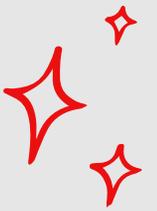
Coordination – combining different movements, moving with the ball, falling & getting up safely.

Station 4

Discovery Play

Through themed adventures, children develop physical literacy and soccer skills using fun props, stories, and different objects to stay engaged and active.

SESSION LAYOUT



Opening & Closing Ceremonies

Station 1: SSG

**Station 2: Soccer
Activity**

**Station 4: Discovery
Play**

**Station 3: Physical
Literacy**

