



North Mississauga Soccer Club

Recreational

Grassroots Curriculum

Here at NMSC the Grassroots is the foundation of our Player Development Pathway , perhaps the most important part of it.

Is here where our children get their first experience in soccer. Most of our players at this young ages love soccer and they are dreaming to become in a professional soccer players. For this reason is our responsibility to provide with a Fun, Safe and Learning Experience environment, ensuring that this experience is positive and enjoyable. As life process we at NMSC believe in the rationality behind of the LTPD (Long Term Player Development) which is putting player first and his/her development over result oriented.

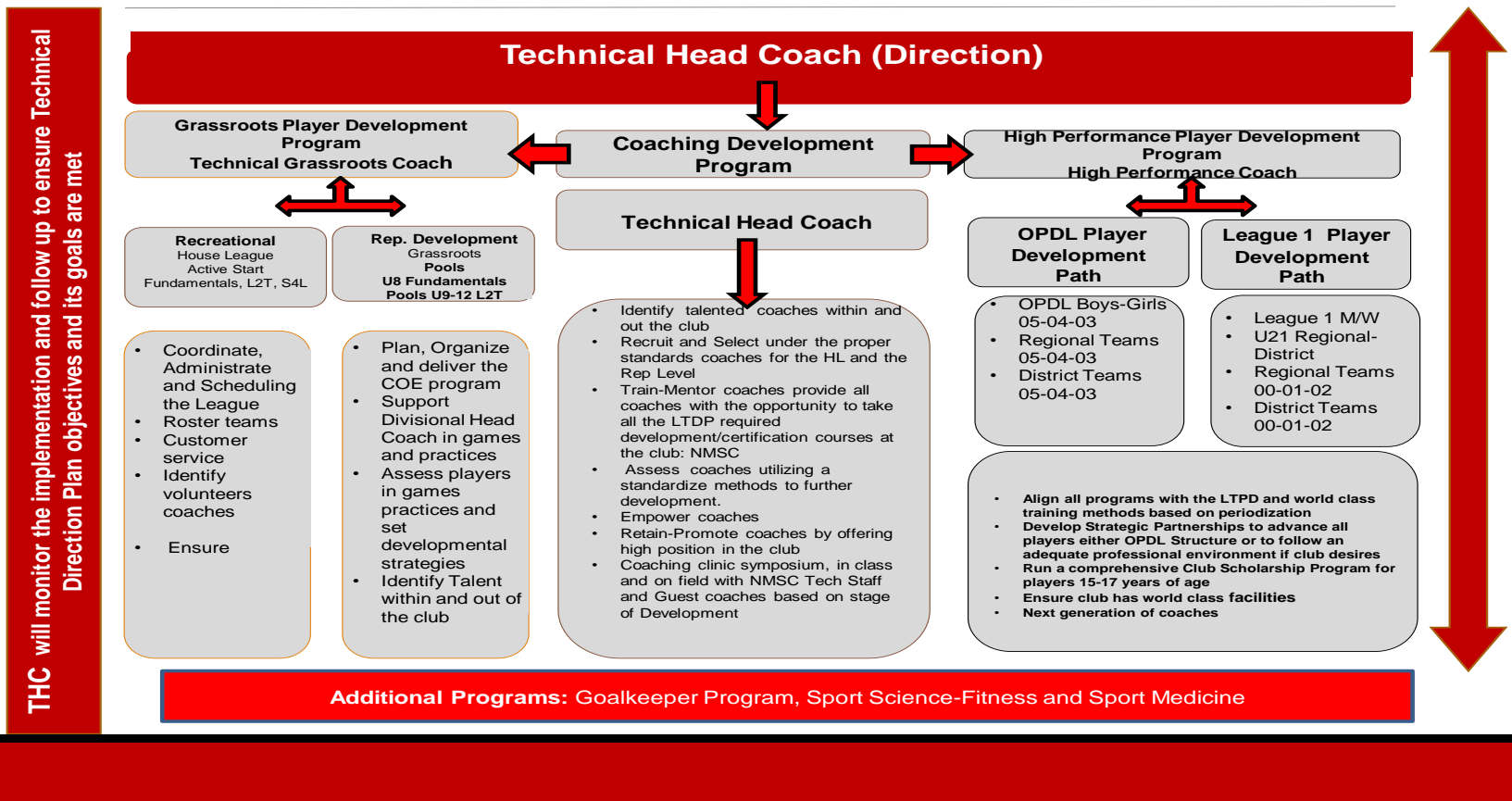
That said, the coaching goal here is clear and precise : Make them love the game and create passion for it.” Coaching young players is not about trophies you win. It's about making difference to a young person's life.



Club Structure

North Mississauga Soccer Club offers Recreational, Competitive and High Performance Levels

NMSC Club Structure following the new Technical Direction Plan 2018-2021



**North Mississauga Soccer Club
Grassroots Program**

General player Characteristic of Age Appropriate Development

Active Start U4-U5: Characteristics		Fundamentals U6-U8: Characteristics			Learn To Train U9-12 Characteristics
U4 Players have a very short attention span Players are easily distracted They want to play with their ball There is no sense of sharing the ball.	U5 There is no ability yet for team play. Sharing is still an alien concept, passing the ball is not yet comfortable for them. They are only able to understand very simple rules	U6 Able to understand very basic coaching info like stay in the area, attack in the direction etc. Learning through trial and error. Biggest challenge is learning to control the moving ball with their feet	U7 Players now understand the game's purpose is to score more goals than their opponents. Still a lot of individual play	U8 Players' understanding that acting with the ball purposefully will lead to success is developing. Combining basic motor skills with ball control is now encouraged	U-9 Players' understanding of team play, direction and opponent is developing. Great age to teach on soccer specific techniques and skills U10 More feeling and understanding for team work. Understanding playing without the ball. develops U11 Perfect mental and physical ability for developing motor skills. Preference for specific positions becomes clearer. Developing an understanding of individual roles in relation to team. U12 Like to compete and compare. Socially aware, critical of own performance and that of??? Others. Ideal mental and physical condition in this age group. Imitates idols.

Four Corner Development Model:

Consists of technical, psychological, physical and social/emotional components. Each corner reflects a wide aspect of a player's development that has to be considered. The progressive development of players is fundamental to the enjoyment, technical competency and retention in the game. Places players at the center of the development process with soccer experiences that meet the four key needs

Physical	Technical/Tactical
Psychological/Mental	Social/Emotional

Grassroots General Practice Recommendations

Active Start		FUNdamentals			Learn To Train U-9/U10U11/U12
U4	U5	U6	U7	U8	
<ul style="list-style-type: none"> It must be Fun! Every Child with ball Let parent, grandpa, sibling assist with the session Emphasis on Fundamental Movement Skills Development Physical Literacy Do not worry about teaching the techniques 1v1 basic Change activity very often 	<ul style="list-style-type: none"> As previous year, plus Parents present but not on the field, unless player needed More Physical Literacy More emphasis in technique, add competitions 1v1, 2v2 basic Change activity very often No goalkeepers yet 	<ul style="list-style-type: none"> Individual technical work player and the ball Incorporate general movement skills in games and activities Introduction of basic skills Introduce play in one direction, towards nets or targets. SSG 1V1,2V2 	<ul style="list-style-type: none"> Same like previous year, plus Continue individual technical work player and the ball Games, activities, exercises should be fun and with lots of movement SSG 1V1,2V2,3v3 	<ul style="list-style-type: none"> Same like previous year, plus Add simple tactics-get away, keep the ball, get ball back, Basic Goalkeeper introduction 	<ul style="list-style-type: none"> Continue to develop ball mastery in a larger environment with more teammates and opponents Develop the ability to control the ball and look Introduce decision making for the next play and apply the proper technique Develop the ability to run with the ball towards net and away from goal to gain space and use width Develop 1v1 using different fakes and changes of direction, shielding, Develop passing the ball using different surfaces both feet Introduce combination play Develop shooting skills Introduce volleys

General Grassroots Coaching Methodology

Explain brief and precise-Show them! Demonstrate. Let 'm play. Keep the environment positive, safe and enjoyable. Use the game to teach. Allow players make decisions. Encourage creativity and improvisation. Set appropriate and realist challenges, Parents and siblings can be a role model in practices.

Grassroots at NMSC

Developmental League					House League Recreational				
Club Program	Stage of Development	Year-round Training Cycle	LTPD Model Guidelines	CLUB Organization	Club Program	Stage of Development	Year-round Training Cycle	LTPD Model Guidelines	CLUB Organization
Centre Of Excellence COE	FUNDamentals U8 L2T U9-12	COE 18 weeks indoor COE 18 weeks outdoor	-OSA Developmental Matrix -OSA Player Development Model -Four Corners of player approach: Technical, Physical, Physiological, Social -OSA Game Day Roster -OSA/PHSL festivals Guidelines and polices	Developmental League: -Pool of Players -Pool training together -Player Train/Play at their level - Festivals Day Roster -Divisional Head Coach -Head Coaches per each team -OSA age appropriate Certifications -MED/RIS	PDP (Panther Development Program)	Active Start, Fundamentals, L2T,	PDP 22 weeks indoor PDP 8 weeks outdoor	-OSA Recreational Matrix -OSA Player Development Model -OSA Four Corners of player approach: Technical, Physical, Physiological, Social	House League Applied the OSA Recreational Matrix

Panther Development Program
Panther Development Program House League-Recreational Program

Development Stage: BG U-4, 5 Active Start
First Kicks

Physical 40% Practice Objective: Develop A,B,C with/without ball	Technical 40% Practice Objective: Introduce basic individual skills	Psychological Practice Objective: Create a safe, positive environment	Social 20% Practice Objective: Feel comfortable and confident with the ball and others
<ul style="list-style-type: none"> • Running Forward • Running Back Ward • Jumping • Skipping • Hoping • Crawling • Twisting • Rolling • Others Sports 	<ul style="list-style-type: none"> • Running with the ball • Dribbling • Shooting • Ball Control • Passing 	<ul style="list-style-type: none"> • Motivation • Self-confident 	<ul style="list-style-type: none"> • Communication • Listening • Respect • Discipline

Development Stage: BG6, 7, 8 Fundamentals
Fun with the Ball

Physical 30% Practice Objective: Develop A,B,C with/without ball	Technical 50% Practice Objective: Introduce basic individual skills	Psychological Practice Objective: Create positive, learning environment	Social 20% Practice Objective: Increase comfortable and confident with the ball and playing with teammates
<ul style="list-style-type: none"> • Agility • Basic Motor Skills • Perception • Awareness • Others Sports • Acceleration • Reaction 	<ul style="list-style-type: none"> • Running with the ball • Dribbling • Shooting • Ball Control • Receiving • 1v1 Attacking • Passing 	<ul style="list-style-type: none"> • Motivation • Self-confident • Self-control • Determination • concentration 	<ul style="list-style-type: none"> • Communication • Listening • Respect • Discipline • Cooperation

Development Stage: BG 9,10,11,12 Learn to Train
Golden age

Physical 17% Practice Objective: Improve speed, A,B,C with/without ball	Technical 70% Practice Objective: Improve possession and transition	Psychological Practice Objective: Create positive, challenging learning environment	Social 10% Practice Objective: Cooperation with teammates in collective tasks during practice	Tactical 3% Practice Objective: Introduce younger ages and develop older ages
<ul style="list-style-type: none"> • Agility • Basic Motor Skills • Perception • Awareness • Balance • Coordination • Speed • Acceleration • Reaction • Stamina • Strength 	<ul style="list-style-type: none"> • Running with the ball • Dribbling • Shooting • Ball Control • Receiving • 1v1 Attacking • Passing • 1v1 defending • Shielding the ball • Finishing 	<ul style="list-style-type: none"> • Motivation • Self-confident • Self-control • Determination • Concentration • Commitment • Competitiveness 	<ul style="list-style-type: none"> • Flair Play • Communication • Sharing • Listening • Respect • Discipline • Cooperation • Problem Solving 	<ul style="list-style-type: none"> • Possession • Transition • Combination • Play out of the back • Pressing

High Priority Medium Priority



Active Start U4-U5: Curriculum

General Player Characteristic of Age Appropriate Development Active Start Characteristics

U4

- Players have a very short attention span
- Players are easily distracted
- They want to play with their ball
- There is no sense of sharing the ball.
- **Parent involvement in activities and games is highly recommended**

U5

- There is no ability yet for team play.
- Sharing is still an alien concept, passing the ball is not yet comfortable for them.
- They are only able to understand very simple rules
- **Parent involvement in activities and games is highly recommended**

Four Corner Development Model:

Consists of technical, psychological, physical and social/emotional components. Each corner reflects a wide aspect of a player's development that has to be considered. The progressive development of players is fundamental to the enjoyment, technical competency and retention in the game. Places players at the center of the development process with soccer experiences that meet the four key needs

Physical
Psychological/Mental

Technical/Tactical
Social/Emotional

Grass roots Coaching Measures

Active Start U4-U5

Technical: right/left foot

Dribbling -Shooting-Running Turning-Receiving the ball

Physical:

Running Forward, Back Ward, Jumping, Skipping, Hopping, Crawling, Twisting

Social/Emotional

Listen Quietly, Respect/Discipline, Communication

Psychological/Mental

Motivation Self Confident



Active Start U4-U5: Curriculum

Development Stage: BG U-4, 5 Active Start Practice Objective: First Kicks

Physical	Technical	Tactical	Psychological	Social
Practice Objective: Develop A,B,C with/without ball using plenty motor activities	Practice Objective: Introduce basic individual skills in a 1v1 Situations	No Tactical Objective at this age	Practice Objective: Create a safe, positive environment with lots of praise	Practice Objective: Feel comfortable and confident with the ball and others

Active Start Practice Content Distribution

Physical 40%	Technical 40%	Psychological	Social 20%
Practice Objective: Develop A,B,C with/without ball	Practice Objective: Introduce basic individual skills 1v1 Situations	Practice Objective: Create a safe, positive environment	Practice Objective: Feel comfortable and confident with the ball and others
<ul style="list-style-type: none"> • Running Forward • Running Back Ward • Jumping • Skipping • Hoping • Crawling • Twisting • Rolling • Others Sports 	<ul style="list-style-type: none"> • Running with the ball • Dribbling • Shooting • Ball Control • Passing • 1v1 Situations 	<ul style="list-style-type: none"> • Motivation • Self-confident 	<ul style="list-style-type: none"> • Communication • Listening • Respect • Discipline







Additional Considerations

- At the Active Start Level coaches are encouraged to create a welcoming environment for players at this age. Coaches must be using positive behaviors to manage players. Praising, motivational communication and Positive feedback are applied.
- Coaches must allow players to be creative and empower them to make their own decisions. Sessions must include a realistic game situations.
- Equal time must be apply for payers at all times.
- 1v1 situations as supposed SSG. (future)
- Player Ratio 1 Coach/Parent for Team
- Parent/Coaches are encourage to obtain the OS Active Start Course. The club is running this course. Please visit the NMSC website for more information: <https://nmsc.net/coach-courses/>



Sample Session For PDP





PDP: Active Start BG U4, 5

Phase	Time	Activity Name: Warm up: Parents Participation is crucial Focus: Physical Literacy/Ball Familiar	
Warm Up	10/15 Minutes		
		Touches on the ball: Parents can help acting as cones spreading their legs so the players pass the ball through the legs Graphic as sample. Basic Movement: Jumping, Rolling, Running forward, Sideways, Backwards, etc. Parents participate as role models	
Phase	Time	Activity Name: Station-Based-Training	
Game Activity Game	20/25 Minutes Rotation every 8-10 Minutes		
Emphasis based on the 4 corners Technical: Ball Familiar/Dribbling Physical: A,B,C,s Motor Development Social: Listening, follow up Psych: Building Confidence		Activity Name: Follow the leader Each child partners with his/her parent and finds space inside the playing area not too close to other pairs. As well as being purposeful each exercise described should be treated as fun/inventive and is performed alternately by the child and parent together. Jogging forward – child follows parent – parent weaves around the area. As coach shouts change they quickly switch roles	Name of Game – Chain Soccer Set up a small grid, depending on number of players. Separate players/parents into 2 teams as shown below. Number players 1, 2,3,4,5 etc. Call out a number. That numbered player/parent combo from each team enters into the field to challenge for the ball. Players try to score on opposing side while defending their own side. Parents and players not called can act as goalies on their side.



Sample Session For PDP

PDP: Active Start BG U4, 5

Phase	Time	Activity Name : Warm up: Parents Participation is crucial Focus: Physical Literacy/Ball Familiar	
Warm Up	10/15 Minutes		
		Touches on the ball: Players and Parents dribbling the ball a coach's command! Players Dribbling! Parents Dribbling! Taking turns. Role change after coach says: ISTOP	Basic Movement: Jumping, Rolling, Running forward, Sideways, Backwards, etc. Parents participate as role models
Phase	Time	Station Based Training	
Game Activity Game	20/25 Minutes		
Emphasis based on the 4 corners Technical: Ball Familiar, dribbling Physical: Basic Movements Psychological: Building Confidence Motivation Social: Communication- Listening		Focus- Bal Familiarity Activity Name: Pirate Pete Introduction Divide the players into two teams. One team has to run through the channel to get to the treasure (balls). The other team kicks the ball to their team mate trying to hit the other team with the ball below the knee as they run through. If players get struck by the ball they have to go back and try again. When players get to treasure (Ball) they bring back a peace back to their ship. Players change roles after a set time. Count the pieces (Balls) each team collects. Coach must involve Parents in these activity	Game 1v1 to goal Players vs Parents Organization: Set up a small grid, depending on number of players. Separate players into 2 teams (players v Parents) as shown above. Number players and Parents 1, 2,3,4,5 etc. Call out a number. That numbered Player-Parent on each team must race around the cones into the field where a ball is placed. Players are trying to both defend and score on the same net. Encourage celebrations after a goal! Parent must walk toward the ball to allowed players some distance.



Disclaimer:

- All this and more information regarding the Grassroots in Ontario can be found on the below links from the Ontario Soccer:

<http://www.ontariosoccer.net/player-grassroots>

- Please refer to this link for further Player, Coaching and Parents Education. Also, for the Recreational Matrix, and additional Friendly Sessions.