



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.

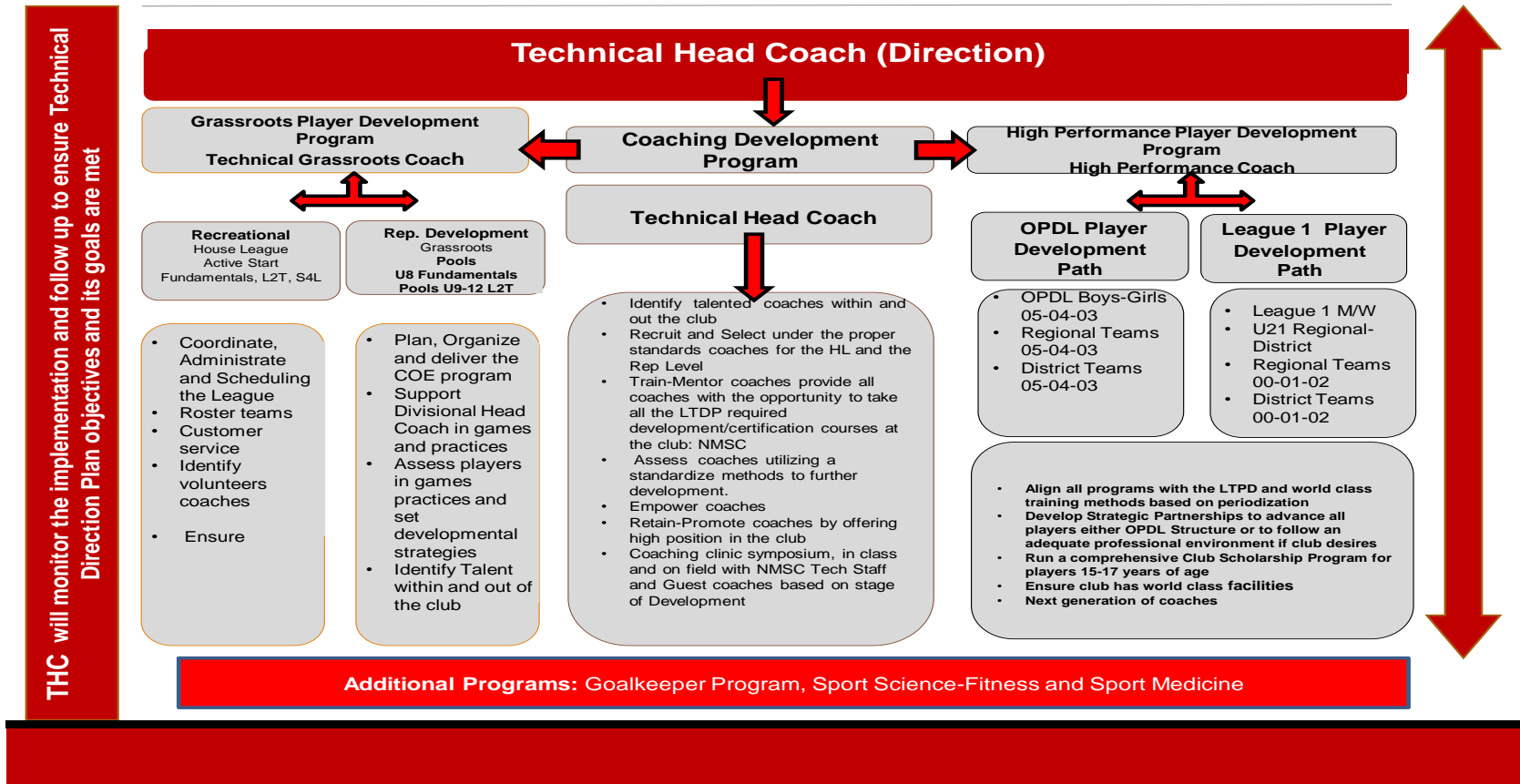
Is here where our children get their first experience in soccer. Most of our players at this young ages love soccer and they are dreaming to become in a professional soccer players. For this reason is our responsibility to provide with a Fun, Safe and Learning Experience environment, ensuring that this 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 bal.	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



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

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



Fundamentals U6-7-8: Curriculum

General Player Characteristic of Age Appropriate Development Fundamentals Characteristics

U6	U7	U8
<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • Players now understand the game's purpose is to score more goals than their opponents. • Still a lot of individual play 	<ul style="list-style-type: none"> • Players' understanding that acting with the ball purposefully will lead to success is developing. • Combining basic motor skills with ball control is now encouraged

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 Coaching Measures

FUNDamentals U6-U8

Technical

Dribbling -Shooting-Running Turning

Physical

Basic Skill Motor

Social/Emotional

Listen Quietly, Respect/Discipline, Communication

Psychological/Mental

Motivation Self Confident



FUNDAMENTALS BU6-7-8: Curriculum

Development Stage: BG U-6-7-8 Fundamentals Practice Objective:
Fun with the Ball


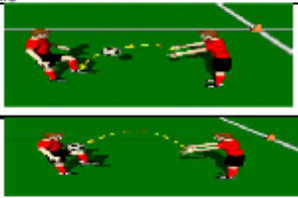




Physical	Technical	Tactical	Psychological	Social
Practice Objective: Develop A,B,C with/without ball	Practice Objective: Introduce basic individual skills	Practice Objective: No Tactical objectives at this age	Practice Objective: Create a safe, positive environment	Practice Objective: Feel comfortable and confident with the ball and others

Fundamentals Practice Content Distribution

Physical 30%	Technical 50%	Tactical	Psychological	Social 20%
<ul style="list-style-type: none"> • Running Forward • Running Back Ward • Jumping • Skipping • Hopping • 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"> • Freedom 	<ul style="list-style-type: none"> • Motivation • Self-confident 	<ul style="list-style-type: none"> • Communication • Listening • Respect • Discipline

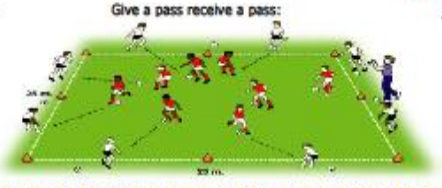





Additional Components	U6	U7	U8
Playing Format	3V3	4V4 or 5v5 with GK	4V4 or 5v5 with GK
Rosters Size	6 players Max	8 Players Max	10 Players Max
Practice	30-45 Minutes	30-45 Minutes	30-45 Minutes
Training Game Ratio per Week	1	1	1-2 if possible
Length of indoor/outdoor Season 16 weeks		Club uses certified Game Leaders	

Sample Session For PDP



COE: Grassroots Fundamentals UB		
Phase	Time	Activity Name: Warm up
Warm Up	20	 
		
		-Ball on ground/volley from foot to head-include aerial ball
		Graphic as sample. Basic Movement: Jumping, Rolling, Running forward, Sideways, Backwards, etc.
Phase	Time	Activity Name: Global-Analytical-Global Rotation
Warm Up	20	
		
Objective/Emphasis	Technical: Ball control, Receiving, Passing, Support	Attack vs Defense 2v1 (U8), 3v2 (U9-10), 3v4 (U11, 12) Setup: Set up a 30 X 30 grid with one side playing to goal. Coach assigns 3 defenders who wear an alternate jersey. The attackers begin with the ball. A keeper should be defending the goal Instructions: Instruct the players to exploit their numerical advantage and finish with a shot on goal. Attackers should move the ball looking for the open player and holes in the defense. Defenders should attempt to break-down the attack and will gain experience in how to cover a one-down situation. Defensive players should complete a pass to the coach to end the attack. The coach should then give the ball
		Keeping Possession 3v1 (U8,9,10)-4v1,4V2(U11,12) Setup: Create a grid that is approximately 10X10 yards. Split players into groups of 6. Place 3 players inside the grid as attackers in an alternate jersey. The remaining 3 players line up as defenders behind one corner cone with the supply of balls. Instructions: -The first defender passes a ball into the 3 attackers. -The defender immediately steps into the grid and become the defender creating a 3v1 inside the grid. -The 3 attackers attempt to put together as many passes as possible. The attackers continue passing until the defender wins the ball, or the ball is knocked out of play. -Once the play is dead, the next defender plays into the same 3 attackers, and play resumes.
Decision making	Tactical: Reading the game	Attacking the net 3V1 (U8, 9, 10) 3V2 (U11, 12) Setup: Designate 2-3 defenders in red to rotate 1 at a time every 2-3 attacks. Have the keeper be in goal with the remaining players form 3 lines (left, center, right) approximately 20-25 yards from the goal. The ball should start with the center player. Instructions: The center player starts with the ball and 1 player from each group attacks the defender (playing 3v1). The attackers should string together quick accurate passes to off balance the defender and keeper and attempt to score. Defenders should rotate after 2-3 attacks.
		Emphasis: -Let the players play -Let players be creative and make their own decisions -Use the retreat line
Warm Up	20	

Sample Session For PDP

COE: Grassroots Fundamentals US

Phase	Time	Activity Name: Warm up	
Warm Up	20	 <p>Give a pass receive a pass:</p>	 <p>Physical Literacy</p>
Emphasis		<p>Players without a ball jog around the area calling for a pass from the servers. The player receiving the ball must use a particular receiving technique and pass back to server, then move quick to a different server. Upon the command of the coach the players change roles</p>	<p>Graphic as sample. Basic Movement: Jumping, Rolling, Running forward, Sideways, Backwards, etc.</p>
Phase	Time	Activity Name: Global-Analytical-Global Rotation	
Warm Up	20	 <p>Control, Look, Play</p> <p>50 ft x 12 ft.</p>	
Objective/Emphasis		<p>SSG: 3V1/3v2 Passing Game</p> <p>Setup:</p> <ul style="list-style-type: none"> -Create a small field 20x15 with pop nets -2 teams <p>Sequence:</p> <ul style="list-style-type: none"> -Three players begin the attack from one end. -At the same time one players runs forward from the opposite goal line to defend his/her goal to create a 3v1 situation. After second ball is played coaches coach will change the attacking role to the other team. <p>Coaching Points:</p> <ul style="list-style-type: none"> -Part of foot, Message of pass, pace of pass -Passing and support -Let players be creative and make their own decisions 	<p>Passing Diamond Pattern:</p> <p>Setup:</p> <ul style="list-style-type: none"> -Create a diamond grid as shown -Place players at each cone -Players pass and follow the pass -Players should check away from the cones to simulate movement from a defender to gain space <p>Objective:</p> <ul style="list-style-type: none"> -develop passing and receiving with both feet. <p>Progression: 1-Passing, 2-Double pass and 3- penetration pass</p> <p>Coaching Points</p> <p>When receiving with one foot the first touch needs to be well judged to play across the body for second touch with the other foot and in the right direction with another one touch</p>
			 <p>www.SportSessionPlanner.com</p>
			<p>SSG 3V3 2 nets without GK'S 10 min</p> <p>Setup:</p> <ul style="list-style-type: none"> -Create a 3v3 game as shown -No goalies -One touch goal <p>Objective:</p> <ul style="list-style-type: none"> -After a few passes (vary the number accordingly). Team can score by one touch only. -Team that score obtains the ball for the next play. <p>Coaching Points:</p> <ol style="list-style-type: none"> 1. SPACE - open body ready to receive a pass 2. TOUCH - 1st touch goes the way they want to pass 3. PASS & MOVE - move to provide support <p>-Let players be creative and make their own decisions</p>
Warm Up	20		<p>Emphasis:</p> <ul style="list-style-type: none"> -Let the players play -Let players be creative and make their own decisions -Use the retreat line

COE: Grassroots Fundamentals U8

		Activity Name: Warm up	
Phase	Time		
Warm Up	20	<p>Give a pass receive a pass: Control, Look, Play</p> 	<p>Physical Literacy</p> 
Emphasis		<p>Players without a ball jog around the area calling for a pass from the servers. The player receiving the ball must use a particular receiving technique and pass back to server, then move quick to a different server. Upon the command of the coach the players change roles</p>	<p>Graphic as sample. Basic Movement: Jumping, Rolling, Running forward, Sideways, Backwards, etc.</p>
<p>Objective/Emphasis</p> <p>Technical: Ball control, Receiving, Passing, Support Tactical: Freedom to Decision making Reading the game Psychological: Motivation Social: Communication</p>			
Game	40		<p>Emphasis:</p> <ul style="list-style-type: none"> -Let the players play -Let players be creative and make their own decisions -Use the retreat line -Game Leader acting as referee

Additional Considerations

At the Fundamentals Level NMSC follows the LTPD Coaching Strategies:

- 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 players at all times as per NMSC policy.
- Player Ratio 1 Coach/Parent for Team
- Parent/Coaches are encourage to obtain the OS Fundamentals Course. The club is running this course. Please visit the NMSC website for more information: <https://nmsc.net/coach-courses/>
- Club Implements a max 20 competition days per season.
- At the U8 age group the club implements the retreat line at the correct location (1/2 way line)
- Players are placed on correct sized fields with correct sized goals

Note: Club runs an inclusive program at the U8 development stage. Players and Parents are welcomed to participate in this program at all times. To more information Please visit our NMSC website.

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.
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