



Program Outline

2027 Winter Recreational Training Programs (U5-U18)

PROGRAM OVERVIEW

North Mississauga SC offers a range of recreational soccer programs that allow athletes to have fun, stay active and develop social skills. All recreational programs are offered only once a week to allow players to combine soccer with other activities. If you would like to join more high-intensity soccer programs, please explore the NMSC- Grassroots, Competitive and High Performance programs.

KEY ELEMENTS OF THE PROGRAM BY AGE GROUP

Winter Recreational Match Training U5-U7

1. **Format:** This program is designed for co-ed players aged 5–7 and is built around the game as the primary learning environment. Players are divided into 2 teams (2v2, 3v3, 4v4 max) and engage in a continuous 50-minute match with coaching over the top, rather than frequent stoppages. It creates a free-flow environment in which players experiment with new skills and creative game solutions.
2. **Focus:** Creating a positive, engaging learning environment that prioritizes enjoyment, confidence, and involvement. Modern coaching methodology encourages young players to learn through small-sided games, where decision-making, movement, and ball interaction occur naturally and repeatedly within a match environment.
3. **Curriculum:** Through free-flow play and guided discovery, with simple coaching interventions, players develop a love for the game while building strong foundations aligned with Grassroots and Children's Diploma principles. Using child-friendly vocabulary, we address behaviours depending on game moments (e.g., who has the ball).

Winter Recreational Training Program U8-U18

1. **Format:** This program supports co-ed players aged U8–U18 by strengthening their confidence in the Recreational environment and is ideal for players seeking additional playing time and more contact with the ball.
2. **Focus:** This focus is for players looking to improve their Recreational performance. It is based on repetition, game understanding, and confidence, allowing players to improve their technical skills, movement off the ball, decision-making, and overall match performance within a structured and enjoyable recreational setting.
3. **Curriculum:** Sessions follow an involved coaching methodology using a Game – Activity – Scrimmage structure, ensuring learning remains connected to real-game moments. Players develop across the four corners of the LTPD model—technical, tactical, physical, and psychological—through simple, repeatable soccer actions.

WHAT IS INCLUDED

- 1 Session per week on Turf- Mattamy Sports Park Dome
- Recreational Training Uniform - Adidas Jersey, shorts, socks (cleats and shin guards not included)
- Communication Tools - Playmetrics
- Player Insurance - Ontario Soccer

STANDARDS

- Age-Specific Curriculum
- Qualified Coaches with Mandatory Coach education courses completed
- All Coaches 18+ with valid VSC
- Programs align with Canada Soccer standards

SCHEDULED DATES

Age Group	Dates/Location
U5-7 Saturday 9:00 - 10:00 am	January 9,16,23,30. February. 6,13,20,27. March 6,13,27. April 3,10,17,24. Location: Mattamy Sports Park (Dome) - 5320 Ninth Line Price: Regular price \$300
U8-9 Saturday 12:00 - 1:00 pm	January 9,16,23,30. February. 6,13,20,27. March 6,13,27. April 3,10,17,24. Location: Mattamy Sports Park (Dome) - 5320 Ninth Line Price: Regular price \$300

U10-12 Saturday 12:00 - 1:00 pm	January 9,16,23,30. February. 6,13,20,27. March 6,13,27. April 3,10,17,24. Location: Mattamy Sports Park (Dome) - 5320 Ninth Line Price: Regular price \$300
U13-18 Saturday 9:00 - 10:00 am	January 9,16,23,30. February. 6,13,20,27. March 6,13,27. April 3,10,17,24. Location: Mattamy Sports Park (Dome) - 5320 Ninth Line Price: Regular price \$300

UNIFORM & EQUIPMENT

Includes an Adidas recreational kit (1 jersey, 1 pair of shorts, 1 pair of socks). Jersey colour will depend on the program type. Players are required to bring their own soccer cleats and shin pads, or they will not be allowed to participate for safety reasons. Also, jewellery and casts of any kind are not allowed.

REGISTRATION

To secure your place in the program, all registrations are completed online via Playmetrics using the link on our NMSC website. Spots are limited. Once registered and rostered, the weekly schedule and sub-field location can be viewed on Playmetrics closer to the program start date.

PROGRAM FEE

PROGRAM	FEE
2027 Winter Recreational Training Program/Match Training Program 15 weeks on a turf field	Regular price \$300 Payment Plan Available Acceptance fee - \$200 Final Installment - 100 (Feb. 1st)

PAYMENT METHODS

The Club has transitioned to a cashless system via PlayMetrics. Families can pay with Visa, Mastercard, American Express, or Visa Debit with no additional fees. **E-transfers and cash are not accepted.** Full payment is due at registration.

REFUNDS

All refunds are subject to the Club's [Refund Policy](#). Cancellations due to inclement weather are not eligible for refunds.

FEE ASSISTANCE

Fee assistance programs may be available directly through KidSport and Jumpstart. You can apply to both, and some programs accept multiple applications each year. Please verify directly with the respective funder, as the club has no affiliation with them.



[KidSport](#)



[Canadian Tire Jumpstart](#)

ADDITIONAL NOTES

The information contained in this document is subject to change at the discretion of NMSC and its partners to meet established standards. The Club reserves the right to change the date, location, day, and time based on field availability and registration numbers.

Family Discount: Register 3 or more children in our Recreational Training program, and receive a one-time discount of \$25 per child

Bundling Discount: Register for both the Recreational League and the Training programs and receive a 10% Bundling Discount.

Play-Together Request (Friend Requests): All Requests will be accommodated if received 2 weeks prior to the start of the program (for this training program only).