

# CC Riders Program Descriptions



Updated 2019

## U4 Coed

For most of our players in this age category, this will be their introduction to soccer. Emphasis at this age is placed solely on children having fun. There will be no formal team play or scheduled games. Players will meet once a week and participate in station based training, ran by volunteer parents and at least one CC Riders station coordinator.

Activities will include small sided games, as well as a modified version of the CSA approved Active Start training program.

Parents and guardians will be encouraged to not only help the station coordinators run the stations, but to be actively on the field with their children, learning the game together.

### Physical-

Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.

### Technical-

The player and the ball - Running with the ball, dribbling, controlling, kicking and shooting.

### Tactical-

None

### Mental-

Fun, fascination and passion for play

## U6 Boys and Girls Recreation

Parents or guardians no longer have to be on the pitch with their players. Station based practices will be based on the CSA approved Active Start development program.

Players will meet twice per week, for station based training sessions. Each station will focus on different aspects of the young players development, including small sided games.

### Physical-

Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.

### Technical-

The player and the ball - Running with the ball, dribbling, controlling, kicking and shooting.

### Tactical-

None

### Mental-

Fun, fascination and passion for play

## U8 Boys and Girls Recreation

Players continue to practice using station formats, ran by station coordinators and volunteer coaches, twice per week.

Station practices will be based off of the CSA approved FUNdamentals training program.

U8 players will be split into groups once per month to participate in one day jamborees.

### Physical-

Develop the ABC's of movement - Agility, balance and coordination. As well as running, jumping, throwing, twisting and catching.

### Technical-

Movement exercise/games designed to promote a feel for the ball. Receiving passes, dribbling, passing less than 25m, kicking and shooting.

### Tactical-

Small children are egocentric - playing the ball is the most important objective. However they now need to be introduced to cooperation with other players. They gain understanding of the game through playing situations.

### Mental-

Basic awareness of environment to build game intelligence and decision making.

## U10 Boys and Girls Recreation

Players who sign up for U10 recreation soccer will meet twice per week. Once for training sessions, and once for game night.

Training sessions will be based off the CSA's Learn to Train development program, and games will emphasize fun and teamwork.

### Physical-

This is an optimal window for trainability of speed, flexibility and skills.

### Technical-

Building a greater repertoire of soccer related movements: technical skills are developed in training within the context of basic soccer games.

### Tactical-

Developing environment awareness and encouraging decision making; simple combinations, marking and running into space.

### Mental-

Golden age of learning; intrinsic motivation is developed by the fun and enjoyment that foster desire of play; imagination, creativity, increased demands, discipline.

## Skill Centre Program

Skill Centres replace the former Academy Program. Skill Centres are a National approach as recommended by Canada Soccer and endorsed by Soccer Nova Scotia.

Players looking for a program with more emphasis on development and skills can sign up for our skills centre program.

Our program will consist of U9, U10, U11 and U12 boys and girls. Players will train together twice per week, and will play games in the Nova Scotia Soccer League, against other skill centre teams from across the province, as well as be able to participate in tournaments.

Players will be loosely grouped by age, but can be moved between groups as required.

There are no tryouts for players registered for Skills Centre programs. Anyone wishing to pursue more skills training and development are encouraged to sign up and partake.



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## U13 Coed Recreation

Our U13 recreation program is a community based league designed for players leaving the mini program who wish to keep playing, but who want to do so with more emphasis placed on staying active, rather than competing at high levels. Teams will have one game per week, and one practice per week, run by team coaches.



## Teen League- U15-U19

This program takes a more recreational approach to the game. Although coaches will work with their players in terms of skills development, there is an emphasis on fun and simple enjoyment of the game. Players that join this program do not have to tryout for team placement, and it is realized by its organizers that these soccer players might enjoy other summer sports and activities, not having to commit such a high level to the program as with the competitive teams. These programs run as co-ed programs.

Teams will have one game and one practice per week, to be run by team head coaches.



## U13, U15, U17, U21 Competitive

These competitive teams participate in the Nova Scotia Soccer League, and continue to provide a pathway for players to pursue high performance soccer, whilst gaining the knowledge needed to grow as players, and as people. This is in thanks to our dedicated coaches who commit most of their summers to ensure our boys and girls are receiving the best soccer program we can deliver. Many players who play on these teams go on to play university soccer, and will continue to play the sport well into adulthood.

Teams typically play at least one season game per week, and generally have two training sessions, with all our coaches being trained in “soccer for life”

### Physical-

Follow appropriate guidelines in the areas of endurance, strength and flexibility training to remain active or play competitive.

### Technical-

Learn new skills, or use and maintain skills already acquired.

### Tactical-

Basic tactics are sufficient to enjoy the game at a recreation level. More advanced are required at a competitive level.

### Mental-

Focus on having fun, in addition to stress release and fitness discipline.