

Soccer Tune-Up Camp

AGE GROUP	COST	WHEN	TIME	PLACE
U8, U10, & U12	\$50	MAY 5 & 6	1-4PM	MHC

Join Jim Loughlin(Head Coach of the Rattlers Soccer Program) and select Rattlers soccer players at the 2012 Outdoor Soccer-Tune Up Camp! This camp will be a great tune-up for the Outdoor season.

We will focus on teaching the *technical and tactical* fundamentals of passing, dribbling, and shooting. These fundamentals will be taught through small sided games, tag games, relay races, and other types of exploratory games. Each participant receives a t-shirt on the first day of the camp.



GUIDING PRINCIPLES

Canada is a world leader in the science of Long Term Athlete Development (LTAD).

When the LTAD paper was released the governing bodies of all sports saw the benefits and started work on their own sport specific version.

In 2007 the Canadian Soccer Association released it's version called "Wellness to World Cup". Since the release of this document Provincial and Municipal bodies have been working hard to have their programming fall in line with these recommendations.

The MHSA is committed to using the CSA Wellness to World Cup paper as the guide from which the programming within it is modeled.

We believe that by conforming to globally recognized science we are being responsible in our programming and providing the best environment we can for young athletes to develop.

For details on LTAD the following websites are available:

www.ltad.ca www.canadasoccer.com
www.albertasoccer.com
www.medicinehatsoccer.com

MEDICINE HAT SOCCER ASSOCIATION

Developmentally focused:Excellence
driven www.medicinehatsoccer.com

MINOR SOCCER PROGRAM



MEDICINE HAT SOCCER
ASSOCIATION
59 Tweed Ave. NW

MEDICINE HAT, T1A 6W3

WWW.MEDICINEHATSOCCER.COM

U10 Program

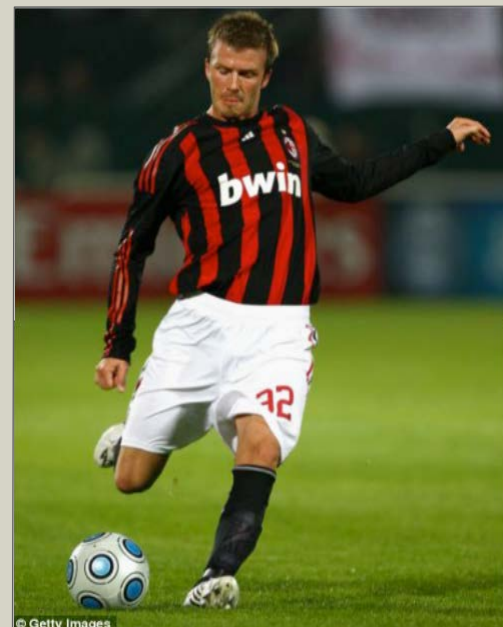
- Teams will play 7v7
- Goal size 6ftx18ft
- Teams play 2 games per week
- Teams consist of Max 15 players
- All players are played equally
- Players play in all positions during the season. Including goalkeeper
- Volunteer coaches
- 7v7 game ensures players are more involved in the game, including transition from defending to creating attacking opportunities
- More opportunities for players to score goals! (Pure excitement!) improves self-esteem and self-confidence
- Greater development for goalkeepers; more shots = more ACTION!
- The Small Sided Game environment is developmentally appropriate for our players
- Winning is De-emphasized-No standings will be kept at this age group. As per CSA LTPD guidelines

U12 Program

- Teams will play 8v8
- Goal size 6ftx18ft
- Teams play 2 games per week
- Teams consist of Max 16 players
- All players are played equally
- Players play in all positions during the season. Including goalkeeper
- Volunteer coaches
- 8v8 game ensures players stay involved in the game, including transition from defending to creating attacking opportunities
- More opportunities for players to score goals! (Pure excitement!) improves self-esteem and self-confidence
- Greater development for goalkeepers; more shots = more ACTION!
- The Small Sided Game environment is developmentally appropriate for our players
- Players progress logically from 7v7 to 8v8. Game format is more complex, It is the next step for young players
- Winning is De-emphasized-No standings will be kept at this age group. As per CSA LTPD guidelines

U14/16/18 and High School Program

- Teams will play 11v11
- Full size goals are used (8ft x 24ft)
- Teams consist of 16-20 players
- Teams play up to 2 games per week
- Volunteer coaches
- Standings and medals are now introduced. This is in line with CSA LTPD



Registration fees cover cost of the House league only. Details of all MHSA programs can be found on our website www.medicinehatsoccer.com