



L.T.P.D.
long term player development



Seaway Valley Soccer Club

Spring Intro to Soccer Program (Active Start)

U3-5 (born 2021,2022,2023) Informational Brochure 2026





Introduction

This brochure is intended to help parents understand the Seaway Valley Fall development program for both boys and girls Under 3 to 5.

At U3 to U5 our spring development program focuses on an introduction to skills development through a 8-session course that focuses on weekly themes and fun games for players.

Whether you have already played or are playing in our house league program over the summer and winter or are new to the game our fall skills program our aim is to develop kids who can run, jump, sprint, roll, spin with grace and precision, while also being comfortable with a ball at their feet. We get parents involved so kids can feel comfortable and focus on having FUN.

Some game play is included in the program of course, and basic playing concepts are introduced, but the emphasis is on physical literacy (overall athleticism), individual soccer skills, and of course FUN! We want these players to learn to love the game first!

Children at this age are like sponges, absorbing a great deal of what they see and experience first-hand. They are also capable of developing a serious love of the game at this age, if exposed to the right environment and offered plenty of encouragement.



Spring Intro to Soccer Program Schedule



Age	Genders	Days	Dates	Time	Location	Cost
U3 to U5 (2021,2022 and 2023)	Mixed	Saturday mornings	March 14th, 21st, 28th , April 4 th , 11 th , 18 th , 25 th , and May 2nd	9am to 10am Or 8am to 9am	Benson Centre	\$100

Intro to Soccer Program

- Full compliance with Ontario Soccer mandated LTPD guidelines.
- 32 players maximum, ensuring good player-to-coach ratios.
- 6 sessions of activities, exercises and games.
- Staffed by certified and experienced coaches.
- Aimed primarily at all those players who love to have FUN!
- Parent involvement in sessions for comfort and to ensure players can focus on FUN!
- Cost include a practice T-shirt.



Training Format



Each session will typically be held in station style group training, which is the Ontario Soccer preferred method of training for grassroots players.

Simply put, each session will consist of a number of stations that vary but are based on a theme, i.e. dribbling, passing, shooting. Groups will rotate through each different station in order to experience all activities and coaches.

Depending on the training content, players may be grouped by ability in order to keep the training environment challenging for all involved.

The coaching staff will teach and encourage players to effectively apply correct technique and insight while allowing player creativity so players can learn with confidence. Parent involvement at this age ensure kids can focus on FUN!



- 25% - General Movement
- 25% - Balance and Agility
- 25% - Soccer Technique
- 25% - Small Sided Games

Session: Sunday Outdoor Training		Duration: 90 minutes		Date: 19 June	
<p>Session objectives: Focus on tight control and accurate and strong passes. Keeping head up after leading players.</p> <p>Session warm-up: 10 minutes exercise</p> <p>Skills warm-up: Gates - Short pass (20), inside volley (15), high-volley (15), chest-volley (15), header (15), kg sprint (15).</p>					
<p>Activity 1: Bananas Four Corners</p> <p>Duration: 10 minutes</p>		<p>Description</p> <p>Players run through the gate and pass to either in front, left or right dependent on what the coach has called.</p> <p>The player should sprint to the corner that they passed to.</p> <p>Progression:</p> <p>Pass on weaker foot.</p>		<p>Coaching Points</p> <p>Strong Communication.</p> <p>Solid firm and accurate passes.</p> <p>Close control through gate.</p> <p>Head up to avoid traffic.</p>	
<p>Activity 2: Bananas Four Corners</p> <p>Duration: 10 minutes</p>		<p>Description</p> <p>Players run through the gate and pass to either in front, left or right dependent on what the coach has called.</p> <p>The player should sprint to the corner that they passed to.</p> <p>Progression:</p> <p>Pass on weaker foot.</p>		<p>Coaching Points</p> <p>Strong Communication.</p> <p>Solid firm and accurate passes.</p> <p>Close control through gate.</p> <p>Head up to avoid traffic.</p>	
		<p>Description</p> <p>Ball carrier run to middle.</p> <p>Defender close in when.</p> <p>Attacker returns the ball to starting position.</p>		<p>Coaching Points</p> <p>Focus on body position.</p> <p>Beat age.</p>	
		<p>Description</p> <p>Defender passes ball to attacking player and attempt to head the attacking player and score.</p>		<p>Coaching Points</p> <p>Body position.</p> <p>Pushing attacker to the outside.</p>	



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