



Soccer Clinic Overview

Dear Parents/Guardians,

This year, the YMCA Sports Clinics will be following guidelines put forth by the Canada Soccer Pathway when creating programming for our soccer clinics. The Pathway focuses on encouraging lifelong participation, and is built around the principles of the Long-Term Player Development model and physical literacy.

Long-Term Player Development Model

The LTPD is a model used to understand human development from childhood to adulthood, through a series of stages. Experts in sports science have identified seven stages—each with its own physical and psychological characteristics. When young soccer players are able to train and practice in an environment that is appropriate to their stage of development, they not only perform at their best, but they also have more fun.

Stage One: Active Start

(ages 0-6)

Gives the youngest players the opportunity to develop basic movement skills like running, jumping, landing, kicking, throwing, and catching in a fun setting built around informal play and positive reinforcement. *

Stage Two: Fundamentals

(ages 6-10)

Allows children to develop their movement ABCs—agility, balance, coordination, and speed—and learn the basics of the game while emphasizing fun, cooperation, and maximum time on the ball.*

* as outlined in Canada Soccer Pathway

Building healthy
communities

YMCA of Timmins



Canada Soccer Pathway: Training Model

Canada Soccer recommends a “station” approach to training. It is our hope that with enough volunteer coaches, we will be able to implement this training method in our clinic. Each practice will be developed around 4 main “pillars” which include: General Movement skills, Coordination, Soccer Technique, and Small-Sided Games. Incorporating these 4 pillars will help develop well-rounded young players with a foundation in physical literacy, solid soccer skills, and a love for the game.

What You Can Expect

As with years prior, our practices will include: warm up activities, skill-based games, small-sided game (occasionally), and a cool down. Each practice will be developed around a certain skill the players are being introduced to that day. **Children will learn and develop these skills through games/activities related to each soccer technique.** As these children still learn by playing games and using their imagination, it is recommended that coaches teach the different techniques of soccer through various games and activities. Children learn best when they are having FUN! Again, there are no games scheduled for this clinic, however some groups may participate in scrimmages towards the end of their practices. A healthy snack will be given to each player at the conclusion of practice.

“When children learn the right skills at the right time—supported by a caring community of parents, coaches, and volunteers—they become more confident in their abilities and have a lot more fun. This means more of them will grow into healthy, active adults with a lifelong love of the game” – Soccer Canada

If you have any questions or concerns, please feel free to contact our Community Programs Coordinator, Rori Millions at aurora.millions@timmins.ymca.ca

Building healthy
communities

YMCA of Timmins