

Future STARS!



General Program Information

Future STARS! is a skill development program, NOT a soccer league. The format of the program follows the guidelines of the *Active Start Stage* presented by Sport Canada's Long-Term Athlete Development Model. If you are interested in learning more about LTAD, information can be found at www.ltad.ca

Sessions for both QUASARS! and PULSARS! are designed around soccer activities where each child is 1 on 1 with their own ball as much as possible. Both groups also spend at least one activity each practice focused exclusively on a general motor skill that is universal to athletic activity and general physical fitness (i.e. running, jumping, balance).

QUASARS! and PULSARS! each spend a portion of each practice in a competitive situation suited to their developmental level. For the Quasars! this often begins as 1 vs. 1 "match", progressing to 2 vs. 2 and 3 vs. 3. For the Pulsars!, each session ends with a 3 vs. 3 (micro-soccer) game.

QUASARS!

Quasars! is a "parent and tot" program. Each STAR! is required to have a parent/guardian with them on the field who is actively involved in the practice. Parents often serve as partners in activities and always act as "encouragers" to get their STAR! involved in the games/activities. Early on in the sessions and often for the youngest STARS!, parents should not hesitate to go so far as taking their STAR! by the hand and playing hand-in-hand as a team whenever needed. As the STARS! get more comfortable and the activities allow, they should be encouraged to participate with increasing independence.

Participants are divided into groups with a goal of approximately 8 athletes per coach. The groups are organized initially based solely on chronological age. However, the format of the sessions is flexible enough that if your child is better suited to another group or gravitates towards a particular activity in any given session, feel free to go with that. The main objective is for the STARS! to have a positive introduction to soccer. If that means that he/she spends the session "kicking about" on the field with mom/dad rather than focusing on the planned activities so be it. That said, we do encourage STARS! to at least attempt to stay with their group so they get to try all the various skills being introduced.

Routine is very important at this level. You will find each practice follows the same basic format but revolves around a different theme each week intended to engage the STARS! imagination and keep them interested. Each practice ends with 1 vs. 1 matches, a team cheer, sticker and a healthy (nut-free) snack.

PULSARS!

Pulsars! participate independently and are divided into groups with a goal of approximately 8 athletes per coach. Pulsars! sessions are more typical of what you might see at an older age group in that they are designed around a particular soccer skill (i.e. dribbling, passing, etc.).

Pulsars! will spend about one-third of each practice competing in 3 a-side games (occasionally 4 vs. 4). This micro-format naturally creates the triangle formation of players on the field which is the basic shape of the game of soccer.

After the game, the practice wraps up with a team cheer, sticker and a healthy (nut-free) snack.