



United DFC, Soccer Nova Scotia & Canada Soccer Present....

# UDFC Skill Centres

The new soccer program for U7 - U11s Prospects

United DFC is excited to announce we will be following Canada Soccer and Soccer Nova Scotia's lead by implementing Skill Centres, starting with the winter program 2018/2019!

In line with our UDFC values and mission, we strive to give every player an enjoyable experience within the game of soccer, regardless of their age, level of experience or ability. At the U7 to U11 prospect level, research has shown this happens when players can play with their friends and learn the game in a way that is best suited to development. The goal of the Skill Centre program is to allow ALL players the same positive experience, while still providing a challenging environment that will allow the players to develop at their own pace. This means that the players will enjoy and always want to come to soccer!

This means no more teams, no set teams, no more being selections and no more pressure. Just fun and development.



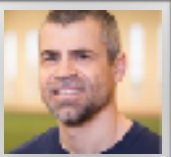
Adam Miller  
Director of Soccer

"Skill Centres will allow all of our players to develop at their own pace, while playing with their friends. Soccer is supposed to be fun, and you can see from the numbers, we lose a lot of players in these ages. Skill Centres is a great step in the right direction and will benefit ALL players long term."



Zach Bauld  
Prospects TD

"The Skill Centres model provides all of our prospect players with a fun, fast paced learning environment. They allow every player the opportunity to reach their full potential. I am looking forward to getting on the field with our players and coaches to help implement and grow through the Skill Centre philosophy."



Mesut Mert  
High Performance TD

"Skill Centres will provide players with the environment to acquire the necessary fundamental tools of the game in order to be successful in the latter stages of their soccer careers."



- Sessions will consist of Warm Up & 4 stations, with each section led by different coaches. The warm up allows friends to play together and fosters a social connection. The stations allow focus on particular game aspects and allows all players exposure to different coaches and coaching styles.
- **Warm Up**
  - Group warm up. All engaged, and involved. The session's groups can be selected here.
- **Conditioned Small sided Game**
  - Game led by coach with rules/conditions to stimulate problem solving and thinking.
- **Activity**
  - An activity that allows coaches to focus on a particular, game scenario or topic and get the players to explore solutions.
- **Physical Literacy**
  - Activities that challenge players to use their bodies in different ways and explore different movements
- **Free Play Game**
  - Its their game, so we let them pick the teams, rules and how they play!

## Why?

No research to suggest pre-puberty selections are accurate or effective

No more Tryouts!

All players deserve the same experience & opportunities

Players can play with their friends

More contact time with the ball

More effective coach development

Recreate game scenarios

Flexible scheduling for families

Challenging and FUN for all!

UDFC: As Many As Possible...For As Long As Possible...  
In The Best Environment Possible