



“Individual commitment to a group effort – that is what makes a team work, a company work, a society work, a civilization work.” Vince Lombardi.

Good day athletes, coaches, parents and staff,

My name is Terrol Russell and am the new Director of Club Operations for the Prince George Youth Soccer Association (PGYSA). Recently we conducted an internal programming review and will be evolving our programming slightly for the remainder of the 2018 outdoor season.

Although the current programming model has provided a sound base for our members, we feel a slight transition will strengthen our development model and provide additional support to our Grass Roots athletes, coaches, and officials.

The purpose (the why) of this change is threefold:

1. Build Club and Community unity while building togetherness within our members.
2. Adapt our training and match models to engage our youth’s critical thinking and problem-solving skills.
3. Provide an ‘event’ based environment for our Grass Roots athletes, whereby the athlete and their family can look forward to a weekly family match-based event.

The implementation strategy is one in which small ‘tweaks’ will be made weekly until the end of the summer season. For the month of September, we will strategize together to build a solid foundation for the future.

Step One – Game-Day Saturdays

The first programming adaptation for our Grass Roots Club members is the designation of Saturday’s sessions as **Game-Day Saturdays**.

As of Saturday May 26, 2018, our Saturday sessions will consist of:

1. The Grass Roots fields (U5-U8) will be separated into four quadrants, as per current practice.
2. Each team will meet at their Designated Field Number as assigned to their team at the start of the season.
3. Each **Game-Day Saturday** session will be a total of one-hour (60 minutes) in length, broken up into four-phases of 12-13 minutes and a 2-3 minute transition period in-between each phase.
4. Phase One will consist of a Preparation/Physical literacy focus, where each coach is empowered to design various movements and activities to engage the athlete and prepare them for their matches.

- a. It is asked that during this phase each athlete please be provided a ball and are challenged to contact the ball a minimum of 100 times using various parts of the body.
 - b. Additionally, while working with the ball it is asked that each athlete be challenged to move in various ways. For example, can athletes be challenged to tumble, fall, roll, throw, kick, jump, hop, skip, roll their arms, side-step, Carioca, somersault, etc. Please feel free to use cones, hurdles, balls, or a variety of equipment to challenge the athletes.
5. At the conclusion of Phase One, each team within the quadrant will connect with the squad they are scheduled to play for the Game-Day Saturday.
 - a. Please note your entire team plays the opposition's entire team.
 - b. This gives opportunity for the athletes to rest, hydrate, and learn how to take turns subbing.
 - c. This is also crucial as coaches and athletes stay connected, creating a team atmosphere.
 - d. Directing the athletes also becomes more efficient as coaches know and direct their own players and are able to do so using their names.
 6. Three 12-minute 4v4 or 5v5 (dependant on your team numbers) matches can be played during the second, third, and fourth phases.
 7. With this adaptation excitement can be built within the athletes and provide them a weekly event they can look forward too.

***** Please note**

- Some age-groups consist of an uneven number of teams, therefore the schedule has been designed so the athletes and coaches are provided an extra 12-15 minute training block.
- During this block the coaches can provide extra training opportunities or divide the player's on their own team and play a 4v4 or 5v5 intrasquad match.
- Please use this time to engage the athletes, build their excitement, and challenge them in a variety of ways.

Definitions

Game-Day Saturday – A weekly match-based event for our Grass Roots athletes.

Grass Roots – PGYSA Development structure for all athletes under the age of twelve.

Quadrant – Each of the field used for Grass Roots programming is separated into four equal sized zones. Each of the four zones is referred to as a quadrant.

Phase – Each match on **Game-Day Saturdays** is separated into four 12-minute segments, referred to as a phase. A three-minute transition period between phases allows for the coaches to communicate with the athletes, the athletes to have a short water-break, and for the subsequent match to be organized.

Physical Literacy – A training focus on movement skill development of the Grass Roots athlete. Focused programming in this area allows for athletes to learn various ways to move within their environment and prepare their bodies for participation in a variety of sports.