

# Valley District Soccer Association

presents

## Coaxing the FUNdamentals Developmental Academy

offered to

### U8 aged Boys & Girls

**Born in 2002 & 2003**

The program runs from October 19<sup>th</sup> until February 8<sup>th</sup>  
(excluding December 21<sup>st</sup> & 28<sup>th</sup>)

Tuesdays 4:00 - 5:00 p.m.

**Cost is \$75.00 (t-shirt included)**

Registration and fee can be mailed to:

Angela Morrison PO Box 144, Kentville, NS B4N 3W4

Or dropped off at the Indoor Centre during regular business hours

**This 15 week program will help young players to develop:**

**Locomotor Skills** - running, side stepping, jumping, leaping, stopping & starting

**Stability Skills** - balance (static and dynamic) and dodging

**Social Skills** - players will show improvement in interaction with other children within a structured learning environment that stresses play & imagination.

**Dribbling** - players will attempt to use both feet, improve balance & coordination

**Shooting** - players will attempt to shoot the ball using the instep (laces) of both the right & left foot

**Passing** - players will attempt to pass the ball using inside of the left & right foot.

**Controlling** - players will attempt to control the ball before passing it ( AVOIDING KICK &CHASE).

**Scrimmage** - players will attempt to use all the general space versus swarming around the ball.

Players will also begin to understand the concept of cooperation and attempting to make passes to team mates.

**Affective** - Players will have fun, develop self-confidence, and intrinsic motivation towards the game of soccer.

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Player's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City / Postal Code: \_\_\_\_\_

Email Address: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone: \_\_\_\_\_

T-Shirt Size: YS YM YL YXL

#### **ASSUMPTION OF RISK & AGREEMENT TO ABIDE BY CLUB BYLAWS, POLICIES AND PROCEDURES**

There is a potential risk of injury involved in training and participating in any sport. Soccer Nova Scotia has tried to create a safe and controlled environment for safe participation. The club and officials have established rules in conjunction with the governing body for participation and conduct on and about the area that should be followed.

This is to certify that I, as parent / guardian with legal responsibility for this participant, on behalf of the participant, do consent and agree to the assumption of risk and agreement to abide by Soccer Nova Scotia and Valley District Soccer Association's by-laws and policies and procedures. X \_\_\_\_\_

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