



# GLEN SHIELDS FUTBOL CLUB



## SUMMER 2016 RECREATIONAL PROGRAMS

### ME & MY BALL, AGES 4-6

- The children will be engaged in sport while learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching
- Fundamental sports skills + fundamental movement skills = physical literacy
- The focus is on fun and freedom to play with the ball
- Led by Professional Coaches and Youth Development Coaches

#### Boys and Girls U4 & U5 (2012 & 2011)

- Tuesday Nights
- 6:30pm-7:30pm

#### Boys and Girls U6 (2010)

- Wednesday Nights
- 6:30pm-7:30pm

### FUN WITH THE BALL FUNDAMENTALS, AGES 7-9

- The children will be engaged in sport while developing the ABCs of movement: agility, balance, co-ordination and speed
- Fundamental sport skills + fundamental movement skills= physical literacy
- The focus is on individual player development, fun and freedom to play with the ball
- Led by Professional Coaches and Youth Development Coaches

#### Boys and Girls U7 (2009)

- Thursday Nights
- 6:30pm-7:30pm
- Girls & Boys will be separated

#### Girls U8/U9 (2008 & 2007)

- Thursday Nights
- 6:30pm-7:30pm

#### Boys U8/U9 (2008 & 2007)

- Monday Nights
- 6:30pm-7:30pm

### GLEN SHIELDS FUTBOL CLUB HOUSE LEAGUE DIVISION, AGES 10-14

- Focus is on physical activity and team play
- Fun is still paramount
- Equal playing time
- 6:30pm practice followed by 7pm refereed game
- Volunteer coaches

#### U10/11 Boys (2006 & 2005)

- Wednesday Nights
- 7 vs 7

#### U10/U11 Girls (2006 & 2005)

- Tuesday Nights
- 7 vs 7

#### 12-14 Boys (2004, 2003, 2005)

- Monday Nights
- 9 vs 9

#### 12-14 Girls (2004,2003,2002)

- Thursday Nights
- 9 vs 9 \*