

U4 little Dribblers program

- Players born in 2013
- Mixed groups of Boys & Girls
- One 60 minute session per week
- Cranston School
- Saturdays
- 9:30am - 10:30am Or 10:30am - 11:30am
- Led by trained Foothills coaches
- Runs Late October - Early March

Cost \$135

U5 Active start program

- Players born in 2012
- Mixed Boys & Girls teams
- Two 60 minute sessions a week
- Mondays & Wednesdays in Deer Run
- 6:00pm - 7:00pm in Deer Run
- Led by trained Foothills coaches
- Runs late October - March

Cost \$185

U6 Active start program

- Player born in 2011
- Mixed Boys and Girls teams
- Two 60 minutes sessions per week
- Mondays & Wednesday in Deer Run
- 7:00pm - 8:00pm
- Led by trained Foothills coaches
- Runs late October - Early March

Cost \$185

U8 Fundamentals program

- Players born in 2009/2010
- Two 60 minute sessions per week
- Tuesdays & Thursdays in Deer Run
- 6:00pm - 7:00pm & 7:00pm - 8:00pm
- Mixed Boys & Girls teams
- Led By trained Foothills coaches
- Runs late October - early March
- Free u8 skills session Fridays at Foothills Facility

Cost \$225



Foothills Soccer Club

Indoor Program Details 2016/2017

**SOCCER IN THE
COMMUNITY**



Grass Roots

At Foothills Soccer Club we look to create an environment where we encourage our young players to have fun, be creative and grow a "love for the ball".

We use appropriate coaching styles where the fundamental movements & skill development is at the forefront of our sessions/games.

Our focus will be to ensure every player enjoys the game of soccer in a fun learning environment within their community with friends.

We will focus on the "skill hungry years" from three to nine and build on the key motor skills that will provide a solid foundation for their ABC's (agility, balance and co-ordination. We try to create innovative coaches who can use a variety of teaching skills to engage our players through passion and flexibility.

FUN - FRIENDSHIPS - FOOTHILLS

U6 Samba Stars Cmsa league

- Players born in 2012/2011
- One 60 minute team practice Tuesdays
- One 60 min game Sundays at Soccer centre
- Mixed Boys & Girls teams
- Teams will be coached by parent volunteers

Cost \$250

u7 & u8 Girls Cmsa City League

- Players born in 2009 U8
- Players born in 2010 U7
- One 60 min team practice Wednesdays in local Gyms
- One 60 min Game Sunday at Soccer centre
- All Girls League
- Teams will be coached by parent volunteers
- Free skills session Fridays at Foothills Facility

Cost \$275



U7 & U8 Boys Cmsa City league

- Players Born in 2009 U8
- Players born in 2010 U7
- One 60 min team practice Monday or Wednesdays in local gyms
- One 60 min game Saturdays at Soccer centre
- All Boys League
- Teams will be coached by Parent volunteers
- Free skills session Fridays at Foothills facility

Cost \$275

Register online;

WWW.GOFOOTHILLS.CA

Registration For all Grassroots Players include:

Jersey - Shorts - Socks

Team & Individual Photo Package

Foothills Grassroots Medal