

Overview

Our Soccer program is fun, non-competitive and tailored to children and youth who love being active, are passionate about sport skills, and enjoy the outdoors.

Over the course of six weeks, players will learn the fundamental movement skills needed to play not only soccer, but many other sport activities. Each session includes a warm up activity, cardio circuit, soccer skill lesson, soccer drill rotations, scrimmaging, and a cool down activity.

Facilities

Sessions will always occur at the Township of Tiny Soccer Pitches located at 29 Concession 5 East, Tiny. Washroom facilities are located onsite, which have potable water, meaning water bottles can be filled up in the washrooms.

Inclement Weather

We play rain or shine, unless there is a severe weather warning. In that case, the session will take place on Thursday of the same week at the same time.

In case of cancellation due to inclement weather, participants will receive an email by 4:00pm on the day of the program.

Coaches

Our soccer coaches are registered volunteers with the Township of Tiny. Coaches receive specific training along with a comprehensive volunteer orientation built on best practices.

Please take the time to thank your coaches and support their efforts.

Soccer coaches are always needed and welcomed. Additionally, each coach will receive a free and guaranteed soccer registration. If interested, please contact Emma Clench, Community Recreation Coordinator, for more information at 705-526-4204 ext. 250 or eclench@tiny.ca.

Program Outline

Each practice focuses on helping participants develop skills in the following areas: balance, running, core strength, jumping, agility and endurance. Players will also focus on soccer related skills such as shooting, passing, and dribbling.

At each session, players will:

Arrive

Head straight to their designated net and sign in with their coach.

Warm Up

Follow along with their coach's warm up (i.e. walking, jogging, sprinting).

Soccer Circuits & Drills

Rotate through the soccer circuit and drill stations. These will focus on the three major soccer skills (shooting, passing, and dribbling) and improve endurance, agility, and fitness (i.e. obstacle courses, exercise challenges, etc.).

Scrimmage

Teams will split into two and put their skills to the test in an unstructured recreational match.

Cool Down

Follow along with the coach's cool down activity.

Sponsors & Support

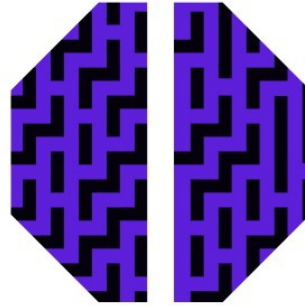
Tiny's Soccer Program receives financial support from Tim Hortons and many generous local businesses and community partners. Thanks to these sponsorships, your player is able to participate in an affordable quality soccer program.

If you are interested in sponsoring, please contact Grace Beaman, Community Engagement Coordinator, for more information at 705-526-4204 ext. 271 or gbeaman@tiny.ca.

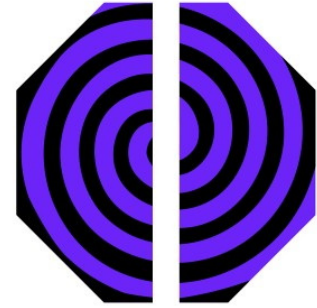
Tim Hortons



SIGNS OF A CONCUSSION



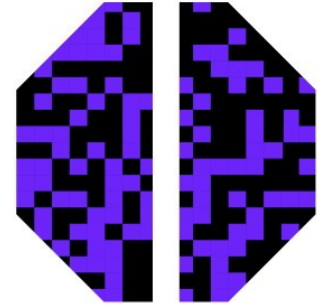
HEADACHE



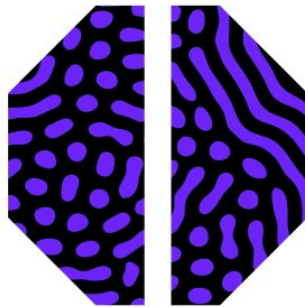
DIZZINESS



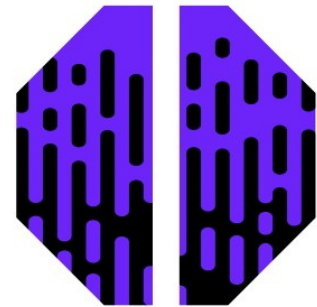
RINGING IN THE EARS



MEMORY LOSS



NAUSEA



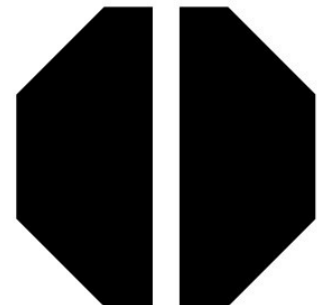
LIGHT SENSITIVITY

We all have a responsibility in recognizing a possible concussion following a hit to the head or body. If you're experiencing even one of these symptoms, stop playing, sit out and find help.

ontario.ca/concussions



DROWSINESS



DEPRESSION