

2017/18

BOYS

U7-U12

Fall Winter
Program Guide

Ottawa
Internationals
Soccer Club

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TABLE OF CONTENTS

Please click on the links below or scroll down to view program info.

U7 – Futsal	3
U8 – Futsal	3
U8 – Futsal and Ball Mastery	3
U9 – Advanced	3
U9 – Advanced Plus Ball Mastery and SAQ	3
U9 – Futsal	4
U9 – Futsal Plus Ball Mastery and SAQ	4
U9 – Ball Mastery and SAQ ONLY	4
U10 – Advanced	5
U10 – Advanced Plus Ball Mastery and SAQ	5
U10 – Futsal	5
U10 – Futsal Plus Ball Mastery and SAQ	6
U10 – Ball Mastery and SAQ ONLY	6
U11 – Advanced	6
U11 – Advanced Plus Ball Mastery and SAQ	7
U11 – Futsal	7
U11 – Futsal Plus Ball Mastery and SAQ	7
U11 – Ball Mastery and SAQ ONLY	8
U12 – Advanced	8
U12 – Advanced Plus Ball Mastery and SAQ	8
U12 – Futsal	9
U12 – Futsal Plus Ball Mastery and SAQ	9
U12 – Ball Mastery and SAQ ONLY	9

U7 + U8 Futsal	Dates: Oct 14th - Feb 10th
	Time: Saturdays from 8-9 am
	Location: Franco-Cite Futsal Complex
	Cost: \$150
	Age Group: Players born in 2010 and 2011
	These sessions will be run as games, allowing players to learn developmental skills in a positive learning environment. Emphasis will be placed on the fundamentals of the game, and teaching teamwork and co-operative play.
U8 Futsal + Ball Mastery	Dates: Oct 14 th – Feb 10th
	Time: 6-7pm
	Location: Disalvo Turf Complex
	Cost: \$270
	Age Group: Players born in 2010
	The ball mastery sessions are for U8 players will play in DSP next summer but also wish to participate on a special club U8 squad participating in a proposed U8 summer series of festivals/exhibition games. It will focus on core foot skills with an emphasis on developing foot work and faster feet using a circuit approach. Players will work in individual areas with a focus on becoming more confident with his touch on the ball. This is excellent training for players wishing to move to competitive play at U9.
U9 Advanced	Dates: Oct 11th - Feb 14th
	Time: Mondays and Wednesdays from 6-7:30 pm
	Location: Franco-Cite Futsal Complex
	Cost: \$545
	Age Group: Players born in 2009
	These sessions will concentrate on technical skill development, for players interested in playing U9 Top Tier Competitive soccer in 2018. The technical aspects will be taught by a high-quality instructor and re-enforced through small-sided games. The team will also play on Saturdays in a competitive league under development that will use the various domes located throughout Ottawa. These 1 hr. games will run in a 7v7 format, and players will be selected to each game based on availability and rotation. The game schedules will not be available until October. This group will require a volunteer manager.
U9 Advanced (above) + Ball Mastery/SAQ	Dates: Oct 13 th – Feb 16 th
	Location: Fridays 6-7 pm at Canterbury High School
	Cost: \$635
	This session will be split between a half hour of Ball Mastery and a half hour of SAQ training. Ball mastery sessions will focus on core foot skills, fakes and feints with an emphasis on developing foot work and faster feet using a high intensity circuit. Players will work in individual areas and a key area of focus will be on 1v1 attacking situations. This session is ideally suited for players who would like extra training or who have a scheduling conflict with other sports. The SAQ sessions will concentrate on physical literacy skills which are critical for player development in competitive soccer.

U9 Futsal	Dates: Oct 10th - Feb 13th
	Location: Tuesdays 6-8pm (General Vanier PS); Wednesdays from 6-7:30pm; Saturdays 9-10am (Franco-Cite Futsal Complex)
	Cost: \$510
	Age Group: Players born in 2009
	These sessions will concentrate on technical skill development, for Tier 2/3 players. Emphasis will be placed on refining ball skills related to fundamental techniques: passing, receiving, dribbling and shooting the soccer ball. The technical aspects will be taught by a high-quality instructor and re-enforced through small-sided games. The team will also play on Saturday mornings in a new Futsal program, including 12 exhibition games against other clubs; 6 games will be played as home games, at the Franco-Cite Futsal Complex, and the remaining games will be played away. Each game will only require 10 players, so a rotation will be established by the coach, thereby ensuring each player participates in at least 6 games.
U9 Futsal (above) + Ball Mastery/SAQ (Note: Ball Mastery/SAQ is U9 and 10 combined)	Dates: Oct 13 th – Feb 16 th
	Location: Fridays 6-7 pm at Canterbury High School
	Cost: \$590
	This session will be split between a half hour of Ball Mastery and a half hour of SAQ training. Our ball mastery sessions will focus on core foot skills, fakes and feints with an emphasis on developing foot work and faster feet using a high intensity circuit. Players will work in individual areas and a key area of focus will be on 1v1 attacking situations. This session is ideally suited for players who would like extra training or who have a scheduling conflict with other sports. The SAQ sessions will concentrate on physical literacy skills which are critical for player development in competitive soccer.
U9 Ball Mastery/SAQ (only) (Note: Ball Mastery/SAQ is U9 and 10 combined)	Dates: Oct 13 th – Feb 16 th
	Location: Fridays 6-7 pm at Canterbury High School
	Cost: \$140
	This session will be split between a half hour of Ball Mastery and a half hour of SAQ training. Our ball mastery sessions will focus on core foot skills, fakes and feints with an emphasis on developing foot work and faster feet using a high intensity circuit. Players will work in individual areas and a key area of focus will be on 1v1 attacking situations. This session is ideally suited for players who would like extra training or who have a scheduling conflict with other sports. The SAQ sessions will concentrate on physical literacy skills which are critical for player development in competitive soccer.

U10 Advanced	Dates: Oct 11th - Feb 14th
	Time: Mondays and Wednesdays from 6-7:30pm
	Location: Franco-Cite Futsal Complex
	Cost: \$545
	Age Group: Players born in 2008
	These sessions will concentrate on technical skill development, for players interested in playing U10 Top Tier Competitive soccer in 2018. The technical aspects will be taught by a high-quality instructor and re-enforced through small-sided games. There will be competitive league play on Saturday that will use the various domes located throughout Ottawa. These 1 hr. games will run in a 7v7 format, and players will be selected to each game based on availability and rotation. The game schedules will not be available until October. This group will require a volunteer manager.
U10 Advanced (above) + Ball Mastery/SAQ (Note: Ball Mastery/SAQ is U9 and 10 combined)	Dates: Oct 13 th – Feb 16 th
	Location: Fridays 6-7 pm at Canterbury High School
	Cost: \$635
	This session will be split between a half hour of Ball Mastery and a half hour of SAQ training. Our ball mastery sessions will focus on core foot skills, fakes and feints with an emphasis on developing foot work and faster feet using a high intensity circuit. Players will work in individual areas and a key area of focus will be on 1v1 attacking situations. This session is ideally suited for players who would like extra training or who have a scheduling conflict with other sports. The SAQ sessions will concentrate on physical literacy skills which are critical for player development in competitive soccer.
U10 Futsal	Dates: Oct 10th - Feb 13th
	Location: Thursdays 6-8pm (General Vanier PS); Saturdays 10-11am (Franco-Cite Futsal Complex)
	Cost: \$510
	Age Group: Players born in 2008
	These sessions will concentrate on technical skill development, for Tier 2/3 players. Emphasis will be placed on refining ball skills related to fundamental techniques: passing, receiving, dribbling and shooting the soccer ball. The technical aspects will be taught by a high-quality instructor and re-enforced through small-sided games. The team will also play on Saturday mornings in a new Futsal program, including 12 exhibition games against other clubs; 6 games will be played as home games, at the Franco-Cite Futsal Complex, and the remaining games will be played away. Each game will only require 10 players, so a rotation will be established by the coach, thereby ensuring each player participates in at least 6 games.

U10 Futsal (above) + Ball Mastery/SAQ (Note: Ball Mastery/SAQ is U9 and 10 combined)	Dates: Oct 13 th – Feb 16 th
	Location: Fridays 6-7 pm at Canterbury High School
	Cost: \$590
	This session will be split between a half hour of Ball Mastery and a half hour of SAQ training. Our ball mastery sessions will focus on core foot skills, fakes and feints with an emphasis on developing foot work and faster feet using a high intensity circuit. Players will work in individual areas and a key area of focus will be on 1v1 attacking situations. This session is ideally suited for players who would like extra training or who have a scheduling conflict with other sports. The SAQ sessions will concentrate on physical literacy skills which are critical for player development in competitive soccer.
U10 Ball Mastery/SAQ (only) (Note: Ball Mastery/SAQ is U9 and 10 combined)	Dates: Oct 13 th – Feb 16 th
	Location: Fridays 6-7 pm at Canterbury High School
	Cost: \$140
	This session will be split between a half hour of Ball Mastery and a half hour of SAQ training. Our ball mastery sessions will focus on core foot skills, fakes and feints with an emphasis on developing foot work and faster feet using a high intensity circuit. Players will work in individual areas and a key area of focus will be on 1v1 attacking situations. This session is ideally suited for players who would like extra training or who have a scheduling conflict with other sports. The SAQ sessions will concentrate on physical literacy skills which are critical for player development in competitive soccer.
U11 Advanced	Dates: Oct 11th - Feb 14th
	Time: Mondays and Wednesdays from 7:30-9pm
	Location: Franco-Cite Futsal Complex
	Cost: \$545
	Age Group: Players born in 2007
	These sessions will concentrate on technical skill development, for players interested in playing U11 Top Tier Competitive soccer in 2018. <i>(Note: a player may be asked to move to the Futsal program based on his skill level.)</i> The technical aspects will be taught by a high-quality instructor and re-enforced through small-sided games. There will be competitive league play on Saturday that will use the various domes located throughout Ottawa and games are tentatively scheduled to be played between noon and 4pm. These 1 hr. games will run in a 9v9 format, and players will be selected to each game based on availability and rotation. The game schedules will not be available until October. This group will require a volunteer manager.

U11 Advanced (above) + Ball Mastery/SAQ (Note: Ball Mastery/SAQ is U11 and 12 combined)	Dates: Oct 13 th – Feb 16 th
	Location: Fridays 6-7 pm at Canterbury High School
	Cost: \$635
	This session will be split between a half hour of Ball Mastery and a half hour of SAQ training. Our ball mastery sessions will focus on core foot skills, fakes and feints with an emphasis on developing foot work and faster feet using a high intensity circuit. Players will work in individual areas and a key area of focus will be on 1v1 attacking situations. This session is ideally suited for players who would like extra training or who have a scheduling conflict with other sports. The SAQ sessions will concentrate on physical literacy skills which are critical for player development in competitive soccer.
U11 Futsal	Dates: Oct 12th - Feb 15th
	Location: Thursdays 6-8pm (Vincent Massey PS); Sundays 9-10am (Franco-Cite Futsal Complex)
	Cost: \$510
	These sessions will concentrate on technical skill development, for Tier 2/3 players. Emphasis will be placed on refining ball skills related to fundamental techniques: passing, receiving, dribbling and shooting the soccer ball. The technical aspects will be taught by a high-quality instructor and re-enforced through small-sided games. The team will also play on Sunday mornings in a new Futsal program, including 12 exhibition games against other clubs; 6 games will be played as home games, at the Franco-Cite Futsal Complex, and the remaining games will be played away. Each game will only require 10 players, so a rotation will be established by the coach, thereby ensuring each player participates in at least 6 games.
U11 Futsal (above) + Ball Mastery/SAQ (Note: Ball Mastery/SAQ is U11 and 12 combined)	Dates: Oct 13 th – Feb 16 th
	Location: Fridays 6-7 pm at Canterbury High School
	Cost: \$590
	This session will be split between a half hour of Ball Mastery and a half hour of SAQ training. Our ball mastery sessions will focus on core foot skills, fakes and feints with an emphasis on developing foot work and faster feet using a high intensity circuit. Players will work in individual areas and a key area of focus will be on 1v1 attacking situations. This session is ideally suited for players who would like extra training or who have a scheduling conflict with other sports. The SAQ sessions will concentrate on physical literacy skills which are critical for player development in competitive soccer.

U11 Ball Mastery/SAQ (only)	Dates: Oct 13 th – Feb 16 th
	Location: Fridays 6-7 pm at Canterbury High School
(Note: Ball Mastery/SAQ is U11 and 12 combined)	Cost: \$140
	This session will be split between a half hour of Ball Mastery and a half hour of SAQ training. Our ball mastery sessions will focus on core foot skills, fakes and feints with an emphasis on developing foot work and faster feet using a high intensity circuit. Players will work in individual areas and a key area of focus will be on 1v1 attacking situations. This session is ideally suited for players who would like extra training or who have a scheduling conflict with other sports. The SAQ sessions will concentrate on physical literacy skills which are critical for player development in competitive soccer.
U12 Advanced	Dates: Oct 11th - Feb 14th
	Time: Mondays and Wednesdays from 7:30-9pm
	Location: Franco-Cite Futsal Complex
	Cost: \$545
	Age Group: Players born in 2006
	These sessions will concentrate on technical skill development, for players interested in playing U12 Top Tier Competitive soccer in 2018. <i>(Note: a player may be asked to move to the Futsal program based on his skill level.)</i> The technical aspects will be taught by a high-quality instructor and re-enforced through small-sided games. There will be competitive league play on Saturday that will use the various domes located throughout Ottawa. These 1 hr. games will run in a 9v9 format, and players will be selected to each game based on availability and rotation. The game schedules will not be available until October. This group will require a volunteer manager.
U12 Advanced (above)	Dates: Oct 13 th – Feb 16 th
	Location: Fridays 6-7 pm at Canterbury High School
+ Ball Mastery/SAQ	Cost: \$590
	This session will be split between a half hour of Ball Mastery and a half hour of SAQ training. Our ball mastery sessions will focus on core foot skills, fakes and feints with an emphasis on developing foot work and faster feet using a high intensity circuit. Players will work in individual areas and a key area of focus will be on 1v1 attacking situations. This session is ideally suited for players who would like extra training or who have a scheduling conflict with other sports. The SAQ sessions will concentrate on physical literacy skills which are critical for player development in competitive soccer.
(Note: Ball Mastery/SAQ is U11 and 12 combined)	

U12 Futsal	Dates: Oct 12th - Feb 15th
	Location: Thursdays 6-8pm (Queen Elizabeth PS); Sundays 10-11am (Franco-Cite Futsal Complex)
	Cost: \$510
	Age Group: Players born in 2006
	<p>These sessions will concentrate on technical skill development, for Tier 2/3 players. Emphasis will be placed on refining ball skills related to fundamental techniques: passing, receiving, dribbling and shooting the soccer ball. The technical aspects will be taught by a high-quality instructor and re-enforced through small-sided games. The team will also play on Sunday mornings in a new Futsal program, including 12 exhibition games against other clubs; 6 games will be played as home games, at the Franco-Cite Futsal Complex, and the remaining games will be played away. Each game will only require 10 players, so a rotation will be established by the coach, thereby ensuring each player participates in at least 6 games.</p>
U12 Futsal (Above) + Ball Mastery/SAQ. Note: Ball Mastery/SAQ is U11 and 12 combined)	Dates: Oct 13 th – Feb 16 th
	Location: Fridays 6-7 pm at Canterbury High School
	Cost: \$600
	<p>This session will be split between a half hour of Ball Mastery and a half hour of SAQ training. Our ball mastery sessions will focus on core foot skills, fakes and feints with an emphasis on developing foot work and faster feet using a high intensity circuit. Players will work in individual areas and a key area of focus will be on 1v1 attacking situations. This session is ideally suited for players who would like extra training or who have a scheduling conflict with other sports. The SAQ sessions will concentrate on physical literacy skills which are critical for player development in competitive soccer.</p>
U12 Ball Mastery/SAQ (only) (Note: Ball Mastery/SAQ is U11 and U12 combined)	Dates: Oct 13 th – Feb 16 th
	Location: Fridays 6-7 pm at Canterbury High School
	Cost: \$140
	<p>This session will be split between a half hour of Ball Mastery and a half hour of SAQ training. Our ball mastery sessions will focus on core foot skills, fakes and feints with an emphasis on developing foot work and faster feet using a high intensity circuit. Players will work in individual areas and a key area of focus will be on 1v1 attacking situations. This session is ideally suited for players who would like extra training or who have a scheduling conflict with other sports. The SAQ sessions will concentrate on physical literacy skills which are critical for player development in competitive soccer.</p>