

2017/18

WOMENS

Fall Winter Program Guide

Ottawa
Internationals
Soccer Club

1237 Newmarket St
Ottawa, ON
K1J 9J4

ottawasoccer.com



TABLE OF CONTENTS

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

OISC Women’s Scrimmage Program Summaries

[Women’s Kickaround](#) (Basic/Entry Level Skills)4

[Open Play](#) (Intermediate Level Skills).....4

Training and Fitness Programs

[Women’s So-Fit](#) (Basic/Entry Level Skills)5

[Fury Intensive Skills](#) (Intermediate Level Skills)5

OISC WOMEN'S Program

Integrated Teams and Soccer Fitness/Skills Training

The Women's Soccer Program of the Ottawa Internationals Soccer Club (OISC) has teams and provides soccer skills and fitness training year-round for women of all ages and experience. It is one of the fastest growing Women's Soccer Programs in Ottawa and, unlike many others, it is aimed at teaching women the skills they need to learn in order to play and enjoy soccer.

Our OISC Women's soccer players participate in indoor soccer in the Fall and Winter through our popular training and scrimmaging Programs for all levels of skills and experience. Newcomers to the sport can learn skills and participate in basic soccer training and games for the pure fun and enjoyment of kicking a ball and meeting new friends without fear or peer pressure. More advanced players already with the Club or playing at an intermediate level can continue to hone their skills and enjoy technical training while playing more competitive scrimmages.

Soccer Skills & Fitness

Too often, women are introduced to soccer by being thrust onto a team without any instruction. They are required to "play to learn", and often thrown into some tense situations without proper training. The OISC Women's Program takes a different approach to Women's Soccer – we believe in the "learn to play" approach, not the reverse!

The Ottawa Internationals Women's Program takes soccer skills and fitness training seriously. We offer integrated skills enhancement program designed to help women of all skill levels learn and develop their game. The Women's Program is designed to link soccer training and soccer team participation based on soccer experience and skill levels, so that women at various skill levels can play on a team and continue to develop their soccer fitness and skills with other women of comparable experience and expertise.

Our integrated approach can help all women players' progress from entry-level and basic skills through to an advanced, competitive level of soccer, offering everyone the chance to move along the progression of play at their own pace and their own choice. **The training programs listed below are offered for the coming indoor season (beginning on October 14, 2017 to end of March 2018)**, however, these programs continue **outdoors (April 2018 to end of August 2018)**, and each of the **indoors and outdoors** phases have separate registration processes, so you can balance off your soccer training and your personal schedule to suit your lifestyle and needs.

Our "integrated" teams and training/fitness approach for the upcoming indoor season includes the following Scrimmaging and Training/Fitness Programs, which are summarized below. For more information about each program, kindly consult our website at <http://ottawasoccer.com/programs/adult/womens-adult-soccer-program/>

OISC Women’s Scrimmage Program Summaries

OISC Women’s Kickaround (Basic/Entry Level Skills)	Dates: Oct 14th - April 11th
	Time: Saturdays from 10:30 am to 12 Noon Field 1
	Location: Functional Training Academy
	Cost: \$300
	This is a fun, supervised soccer program on Saturday mornings for soccer moms, beginners to the sport or those returning to soccer who just want to kick a ball, learn some skills and discover the beautiful game. Each session is 90 minutes long, and includes 30 minutes of skills training with an experienced and professional soccer coach and 60 minutes of scrimmaging in two 30 minute fun games supervised by a referee who can also dispense with soccer advice and pointers.
OISC Open Play (Intermediate Level Skills)	Dates: Oct 14th - April 11th
	Time: Saturdays from 9 -10:30am Field 2
	Location: Functional Training Academy
	Cost: \$225
	A brand new scrimmaging program aimed at Intermediate skilled players who have already gained experience playing in rec or competitive level soccer with the Club or with other teams. Each week, registered players will be paired up with other registered players on evenly-balanced teams and simply given the chance to play 60 minutes of fun soccer with new and existing teammates - in addition, the players will be provided with a well-organized 30 minute warm-up and skill session to lead them into the fun open scrimmage session.

OISC Women's Training/Fitness Program Summaries

Women's So-Fit (Basic/Entry Level Skills)	Dates: Oct 14th - April 11th
	Time: Saturdays 9 AM to 10:30 AM Field 1
	Location: Functional Training Academy
	Cost: \$300
	Our very popular entry level and basic skills program for women who are interested in soccer fitness and in learning some of the skills required to play the game at the recreational league level. The So-Fit program, which has helped to introduce hundreds of women to soccer for more than a decade, will be delivered on Saturday mornings during the Fall and Winter indoor season, running from 9:00 AM to 12 Noon.
OISC Fury Intensive Skills (Intermediate Level Skills)	Dates: Oct 14th - April 11th
	Time: Saturdays 10:30 AM -12noon Field 2
	Location: Functional Training Academy
	Cost: \$300
	A new intermediate level soccer skills development and enhancement program will be delivered on Saturday mornings for women who may have already attended So-Fit or who have played some soccer in the past and wish to really work at and focus on improving specific skills with expert instruction. Introduced in the summer of 2017, Intensive Skills has received tremendous reviews from initial participants who enjoyed the low-ratio of trainers to players and the personalized approach to training soccer skills. The program curriculum covers most of the key soccer skills such as passing, shooting, dribbling, trapping, and defending.

More Info

Any questions can be sent to the **OISC VP, Women's Program, Lorne Abugov** by e-mail at womens@ottawasoccer.com.

Players must be 18 years of age by December 31, 2017 to be eligible to participate in the OISC Adult Womens' Soccer Training/Fitness and Scrimmaging Programs.