



# 2024 FUNDAMENTALS

## U6 (2018 YOB)

## U7/U8 (2017/2016 YOB)

1975 Clements Rd  
Pickering, Ontario  
905-831-9803  
[www.pickeringfc.ca](http://www.pickeringfc.ca)

The Fundamentals program is open to all players in U6 and U7/U8 age divisions regardless of experience and skill level. PFC Fundamentals provide players with the opportunity to learn the skills of soccer and grow their love of the game by participating in once-weekly drills and practice sessions that also include the introduction of small sided games in a team setting.

The 14 week season wraps up with a year-end event in August. For more information email [admin-rec@pickeringfc.ca](mailto:admin-rec@pickeringfc.ca)

### Under 6 - Boys or Girls Divisions

- Players born in 2018 – will turn 6 years of age during 2024
- Players are assigned to a team of no more than 9 players with a coach.
- In most cases the coach is a volunteer parent or a university/high school student who has participated in an information session.
  - Schedule is available from the coach, PFC website, and the SportNgin team app
- Session activities are created by PFC's Grassroots Program Director.
  - Activities are age related and involve touches of the ball, physical literacy and fun following Canada/Ontario Soccer guidelines.
  - Coaches are provided with the weekly activities via email in the week leading up to the session
  - Sessions will include a game:
    - Played within the team or with another team
    - Games are 3 players v 3 players (3 v 3) with no goalkeepers
    - No match officials – coaches will manage the game
- PFC staff on site to set the fields up and can assist the coaches.
- PFC has scheduled two different session nights for parents to select from – Tuesday or Wednesday – different locations – 6:30 start.
- Registration Fee includes:
  - Team coloured jersey, shorts, socks, individual picture, participation medal and all activities
  - All players receive a Size 3 soccer ball – bring the ball every week
  - Uniforms and balls are distributed by the coach

### Under 7/8 - Boys or Girls Divisions

- Players born in 2017 & 2016 – will turn 7 or 8 years of age during 2024
- Players assigned to a team of no more than 10 players with a coach.
- In most cases the coach is a volunteer parent or a university/high school student who has participated in an information session
- Teams will play one game a week and will have one practice a week.
  - Schedule is available from the coach, PFC website and the team app
- Coaches will run the practices designed by Grassroots Program Dir
- Games are 5 players v 5 players (5 v 5 including goalkeeper)
  - Halves are 2 x 20 (40 minute game)
  - Pass ins, dribble ins, retreat line @ half field but no offside
  - Match Officials assigned to games – all have completed the Ontario Soccer Small Sided Game Clinic
- Registration fee includes:
  - Home and Away Jersey in the PFC colours, shorts, socks, individual picture, participation medal and all activities
  - All players will receive a Size 4 soccer ball – players bring ball to games and practices
  - Uniforms and balls are distributed by the coach
  - The coach will be in contact with parents prior to the start of the season to introduce themselves and provide info on uniform pickup and the schedule