

# PGYSA IMPACT SC

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## 2022-23 Indoor Program

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### What is Initiation Soccer?



Developed by Terrol Russell

### **What is Initiation Soccer?**

- Physical Literacy is learning to move in a coordinated way.
- Building the motivation, confidence, physical control, understanding, and knowledge to maintain physical activity throughout life.
- Gaining the ability to move in time and space with efficiency, purpose, and confidence.
- Reading and perceiving information from one's environment and responding appropriately (e.g., moving into space to catch or kick a ball).

### **Why is Physical Literacy important?**

- The IMPACT SC is a modern-day youth Sport Club and sees the bigger picture. We currently have a Club Strategic Management Plan and Club playing Model. We are building a framework that meets all Provincial and National standards as we want to become a leading organization.
- Decades ago, Youth spent more time outdoors. Unfortunately, this does not happen as much today. Due to this, we are finding that movement and cognitive skills formerly refined within outdoor "Play" environments, are now being refined in organized, structured, environments. To produce healthy children, reduce injury rates (e.g., knee injuries in females), and strengthen the brain, Physical Literacy development is a mandatory addition to today's Sport & Activity structure.

### **Why do the children use both their hands and feet during Initiation Soccer sessions?**

- When developing the whole body, the hands and feet play an important role. By using different tools (e.g., ball, stick, paddle, etc.) we prepare our children's body and brains to acquire the "feeling" needed to move and respond in any situation.
- By using the hands and feet, the child learns the game fundamentals faster. For example, children learn how throw the ball in during game restarts or develop the goalkeeper fundamentals quicker.
- Use of the hands and feet (i.e., in games like Handball, Kick-Catch, Chest-Ball) allows our youth to place/control the ball on/with various parts of the body. As our young athletes grown, they are more comfortable controlling the ball with any part of the body, in any situation, at any point within the game.

### **Why is my child playing with all sorts of different sports equipment?**

- Within our Initiation Soccer program, we use a variety of sports and activity equipment to develop skillsets. The Soccer Ball, Rugby Ball, Hockey Stick, Tennis Ball, and Balloon, all play a role. We look at all our equipment as a tool that challenges the brain and body to create solutions.
- Getting comfortable with physical contact with another object is also part of the curriculum. When playing Soccer at higher levels, it can be very physically demanding. Athletes must be able to know what it feels like to be in contact with another body or object.

### **Why don't we just play soccer games at this age?**

- We do play games; they just do not all look like the Soccer Matches we see the professionals play on TV.
- We must remember that our youngest population are not shrunken down adults. Just as we wouldn't see a group of three/four-year-old children play a game of volleyball or basketball, soccer is no different.
- At this age our children are still learning about direction, boundaries, colors, and how to move with a round thing at their feet or in their hands. The most important role we play is letting the children fall in love with activity and moving within their environment.

### **How will the Initiation program benefit my child in the future?**

- Regardless of whether a child commits to soccer or another sport, we have a responsibility and a duty to help in the holistic development of all children.
- By developing the adequate Motor Skills, young Athletes maintain improved coordination, increased body awareness, stronger intellectual skills, and a more positive self-image.

### **How does Physical Literacy help children eventually participate in higher level sport?**

- By being more physically literate, more options become available. This is because the Athlete is more competent performing the actions required by a specific sport or activity.
- When playing soccer at a higher level, performance demands, and expectations increase very quickly. Athletes must be able to perform on the square-inch: At-Pace, On-Demand, & Under-Pressure.
- For soccer players, it takes years of training to be able to balance on one foot and manipulate the ball, all while holding off a defender, and changing direction and pace. Without the proper brain and body development, it is very difficult to perform under these demands.

### **I never did Physical Literacy as a Child, so why is my child doing it now?**

- The world we grew up in back in the 70's, 80's and early 90's no longer exists. Research shows that Physical Literacy Soccer programs are needed because many children are not learning the basic movement skills. In the future, Physical Literacy programs will become normalized and expected to be provided by all sport and activity providers.

### **Online Physical Literacy Resources**

<https://www.cbc.ca/parents/learning/view/what-is-physical-literacy-and-why-does-it-matter>

<https://www.cbc.ca/parents/learning/view/6-simple-ways-to-support-physical-literacy-in-kids>

<http://sportforlife.ca/physical-literacy/>

<https://phecanada.ca/activate/physical-literacy>

<http://physicalliteracy.ca>

<https://www.participaction.com/en-ca/resources/physical-literacy>