



North Bay Shield 2019 April 12 - August 28th (21 Weeks)

Coaches: HC: Alfredo Ricciuti, AC: Frank Ricciuti, AC: Anthony Nucara
Manager: Liane Eyre

Purpose of the program:

North Bay Shield vision is to create a safe, fun, and competitive environment for the purpose of developing U-9 boys physical literacy and soccer skills by dedicating time and commitment to long term player development.

Commitment:

Commitment to hold consistent weekly practice(s) and potentially participating in soccer festivals and exhibition game(s) both local and out of town.

Tentative INDOOR practice schedule - 6 weeks (April 12 - May 17th) as follows: (subject to change)

Location: St Joseph's Scollard Hall Gym

Time: 7:30 pm - 8:45 pm

- Friday April 12th.
- Friday April 19th - **No practice - Good Friday.**
- Friday April 26th.
- Friday May 3rd.
- Friday May 10th.
- Friday May 17th - **No practice Victoria Day weekend.**

*** After May 17th, we hope to be practicing outdoors (or sooner weather permitting?)* **

Tentative OUTDOOR practice schedule - 15 weeks (Wed May 22 - Wed Aug 28th):

2 practices per week as follows: (subject to change)

- Monday and Wednesday evenings 7:15 pm - 8:30 pm.

(outdoor practice locations to be determined and communicated)

Practice Requirements/Expectations:

- Players always come prepared for practice by being on time
- Appropriate foot attire ie indoor/outdoor soccer shoes (mandatory)
- Shin guards (mandatory)
- Shorts/appropriate long pants
- Socks covering shin guards
- Sports goggles (if applicable - strongly encouraged for safety)
- Water bottle (strongly encouraged)
- No watches or jewelry
- No Hat/ball cap
- Parents are welcome to stay or drop off/pick up

Practice format (75 mins max):

- Team huddle & Warm up with/without ball - physical literacy
- Water break (coaches prepare for activity)
- Technical activity - unopposed and repetition.
- Water break (coaches prepare for activity)
- Skill Activities - with opposition and competition.
- Water break (coaches prepare short sided game(s))
- 20 minute small sided game - conditions/restriction/ competition/ fun (2x 10 mins halves and water break)
- Cool down, clean up, team huddle/cheer.

Weekly practice topics/themes:

- Dribbling
- Passing & Receiving (Ball control)
- Shooting
- Support (running to space. Moving without the ball)
- Shielding the ball
- Individual defending
- Small Group Defending
- Individual Offence
- Small Group Offence
- Goaltending

Cost and Budget:

To be determined. We will communicate this important information to the team once finalized. This is dependent on soccer festival availability, exhibition game(s) options , etc...

Team communication:

Coach/parent communication will occur in person, phone, email text, and Teamsnap for practice schedule and exhibition/festival game details.

Enrolment and Registration:

To enrol with North Bay Shield; you need to register your son for summer recreation house league soccer with North Bay Youth Soccer Club. See below for link to register.

Recreation House League:

Enrolment for the 2019 youth soccer registration is currently available. Visit the youth soccer office website below for registration and details.

<http://www.northbayyouthsoccerclub.com/en-us/home.aspx>.

We look forward to another fun soccer season.

Kick, Run, have Fun!

Thank you,
Coach Alfredo [705 494 5565](tel:7054945565), alfricciuti@hotmail.com
Coach Frank,
Coach Anthony Nucara