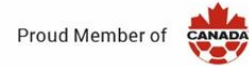




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## Information Bulletin

**Bulletin #:** I2017-031  
**Date:** June 22, 2017  
**To:** District Administrators, Presidents, Technical Directors, ORA, Associate Members  
**CC:** Ontario Soccer Board of Directors, Staff  
**From:** Bobby Lennox, Manager, Coaching Development  
**Subject:** Movement Preparation Workshops

In conjunction with Canada Sport for Life and Canada Soccer, Ontario Soccer is pleased to announce the launch of Movement Preparation Workshops.

As part of the FIFA Women's World Cup Canada 2015 Legacy, Canada Soccer are moving forward with the Canadian Sport for Life Movement Preparation program for children aged 7-years-old and older, for all soccer organizations across Canada.

Clubs and Academies in Ontario are encouraged to host a workshop for all coaches working in developmental age groups.

This project aims to help prevent injuries that can lead to significant time away from sports, increase physical literacy, promote healthy living, focus on movement skills and enable youth to continue participation in physical activity.

Preventing injury and building resiliency will keep youth engaged in sports, will provide a more enjoyable experience and will maintain sport participation.

For more information on the program and for information on hosting a Movement Preparation workshop for your club please [visit the Physical Literacy website.](#)

If you have any further questions please contact [Matthew Kassabian.](#)

