



## 2021 FUNDAMENTALS

**U6 (2015 YOB)**  
**U8 (2014/2013 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 as the program will provide players with the opportunity to learn the skills of soccer through games and practices. At the Fundamentals level games are introduced to provide players the chance to be in a team setting and grow their love of the game by participating in games.

Here is what the Fundamentals program at the Pickering FC looks like! For more information email [admin-rec@pickeringfc.ca](mailto:admin-rec@pickeringfc.ca)

### Under 6

- Players born in 2015 – will turn 6 years of age during 2021.
- Two Divisions – Boys Division and Girls Division
- 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.
- Each team has an assigned area which is listed on the team schedule
  - Schedule is available from the coach, PFC website and the team app
- Activities for each session are created by the PFC's Grassroots Program Director.
  - The activities are age related and involve touches of the ball, physical literacy and fun
  - The activities follow the guidelines of Canada/Ontario Soccer for this age group.
  - 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 has staff on site to set the fields up and to assist the coaches when necessary.
- PFC has scheduled two different nights for parents to select from:
  - Tuesday at 7:30 pm – Woodlands Park (Dunbarton High School – Whites Rd/Kingston Rd)
  - Thursday at 7:30 pm – Creekside Park (Pickering Golf Club – 2575 William Jackson Dr)
- The outdoor program consists of two seasons of 7 weeks of sessions plus a year end Festival at Kinsmen Fields on September 11.
  - Season 1 will start, subject to Covid guidelines, week of May 24
  - Season 2 will start, subject to Covid guidelines, week of July 19
  - Parents will have the choice of registering for either Season 1 or Season 2 OR both
- Registration Fee includes:
  - Jersey, shorts, socks, individual picture, participation medal and all activities
  - All players will receive a Size 3 soccer ball – players bring the ball every week
  - Uniforms and balls are distributed by the coach



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### Under 7/8

- Players born in 2013 & 2014 – will turn 7 or 8 years of age during 2021.
- Two Divisions – Boys Division and Girls Division
- Players are 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.
  - Games are at 6:30 pm or 7:30 pm depending on team schedule for that week
  - Schedule is available from the coach, PFC website and the team app
  - Teams will be assigned to a set practice time and field for the season – 6:30 pm or 7:30 pm
- Coaches will design and run the practices. The PFC's Grassroots Program Director is available to assist coaches in designing practices.
- PFC has scheduled two divisions for the U7/8 Boys and U7/8 Girls program for parents to select from:
  - Monday practice/Tuesday game – games and practices at Creekside Park (Pickering Golf Club – 2575 William Jackson Drive)
  - Tuesday practice/Thursday game – games at Woodlands Park (Dunbarton High School – Whited Road/Kingston Road) and practices at Woodlands Park or EB Phinn PS (Altona Road) or Rick Hull Memorial Park (Rosebank PS - Rosebank Road)
  - Practices are 1 hour
- Games are 5 players v 5 players (5 v 5 including a goalkeeper for each team).
  - Halves are 2 x 20
  - Match Officials assigned to games – all have completed the Ontario Soccer Small Sided Game Clinic
- The outdoor program consists of two 7 weeks seasons – game and practice each week plus the Year End Festival at Kinsmen Park on September 11.
  - Season 1 starts, subject to Covid guidelines, week of May 24
  - Season 2 starts, subject to Covid guidelines, week of July 19
  - Parents have a choice of registering for either Season 1 or Season 2 OR for both seasons.
- 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