



ASTRA Soccer Academy Training Centre

In September of 2021, ASTRA Soccer Academy secured its own 12,000 square foot training centre as a permanent home for all Grassroots and Fundamentals programming as well as the head office for all ASTRA operations. Our vision was to create a unique training space that encourages players to express their individual creativity while also developing the fundamental technical skills necessary to enjoy the game for many years. Although the facility is not a full-time training solution for ALL age groups within ASTRA, we hope that it may facilitate the growth of our Grassroots program in a format that is both enjoyable and conducive to learning. In addition to these training benefits, we welcome the opportunity to operate a small-sided league format for youth and adult players for years to come.

1. What makes this training centre unique?

- The training centre consists of two boarded playing areas on turf as well as three smaller turfed technical training areas that are specifically designed for 1v1's and rebounder training. These playing areas serve as technical training spaces as well as small-sided fields for 3v3 – 5v5 matches (dependent on the participant's age).
- The training centre itself is a tool to accelerate the development of creative and attack-minded players. This is achieved by naturally placing players in situations where they must rely on their technical skills because of limited time and space. Players are always within striking distance of the goal which also helps to develop a sense of urgency as every situation is a goal scoring opportunity.

2. Why did ASTRA invest in creating this training space?

- We needed a space that allowed us to focus on the development of each individual player get back to our original focus of developing technically proficient players.
- To provide flexibility in scheduling and to allow us to create a variety of training options and programs to make ASTRA more accessible for players of all abilities.
- A consistent training space for current and future programs to grow and develop.
- A place to call home where parents and siblings are encouraged to support players in a welcoming environment.

3. How will players benefit from this format of training and gameplay?

- From a content perspective, ASTRA is committed to placing a heavy emphasis on the technical skill development of each individual player. Players who learn these ball mastery skills from an early age are typically more confident in their abilities and therefore enjoy longer playing careers.
- Reduced time and space on the ball means quicker decisions and a greater reliance on instincts and individual skill. Small-sided games also teach players to combine with one or two other teammates because everybody has a role to play.
- The boards allow for maximum touches on the ball and constant adaptation.

4. Which age groups is this training centre intended for?

- The primary focus is on our Grassroots and Fundamentals age groups (HappyFeet, U7, U9, U11).
- Older age groups have the option of supplemental technical training in smaller group settings.
- ASTRA has received probationary approval from the Saskatchewan Soccer Association to operate small-sided leagues for youth and adult players within this facility – we are looking forward to offering this fun and exciting format to players of all ages and abilities!

5. Where is the training centre and when will it be open for training?

- The building is located at 630 – 56th Street East. We're on schedule to have everything finished by the middle of December in preparation for our official launch in January 2022!