

Outdoor May-June 2024



Skill Centre Program Details
U9 to U11 (2013-2016 born)



Mission, Vision, Values



Our Mission

To provide an enjoyable and professionally run soccer experience for athletes who aspire to reach their full potential

Our Vision

To be the #1 environment in Saskatchewan for player progression, advancement, and opportunity

Our Values

Professionalism, Quality, Growth Mindset, Family





Philosophy: The ASTRA Way

ASTRA's philosophy is heavily rooted in ball mastery and dominating 1v1 and 2v2 situations. Focusing on these skills at a young age ensures our players are comfortable with the ball and have the ability to impact the game in a positive way. With the acquisition of individual technical skills comes a sense of self-confidence, creativity, and bravery, all of which are required in order to take risks and make the big plays that get ASTRA players noticed. Even as players grow and progress through the different stages of development, our focus always comes back to the individual and their personal development within a team environment.

If as a parent you value any of the following behaviours, then ASTRA Soccer Academy is **NOT** the best environment for your player:

- Coaches constantly micro-managing every action and decision on the field during games and training
- Specializing in one position at U7, U9, U11, and U13
- Telling players to kick the ball away when faced with defensive pressure



What is a Skill Centre?

It is highly encouraged that all parents view the Canada Soccer Skill Centre document here: [Skill Centre](#)

Skill Centres provide a challenging, enjoyable environment for players to develop and nurture the skills required to succeed in the game of soccer. By taking a structured, long-term approach to player development based around the principles of Long-Term Player Development (LTPD) – our young players will develop the foundation of fundamental skills required to succeed at whatever level of the game they aspire to reach.

As a [National Youth Club Licence holder](#), ASTRA is committed to operating a licensed Skill Centre with the following objectives in mind:

- 1) Contact time with the ball will be high
- 2) Training will resemble the game
- 3) Training will be fun for everyone
- 4) Skill Centre's will be accessible
- 5) Players and parents will receive meaningful feedback from coaches



What is a Skill Centre? Continued...

Prior to the introduction of the Canada Soccer Skill Centre Program, ASTRA Soccer Academy was already achieving many of these requirements through its existing Developmental Programs. The trainable skills and developmental outcomes in both programs remain the same.

The main differences between our Skill Centre Programs and our Developmental Programs are as follows:

- Skill Centre athletes train twice and play one in-house match per week. Developmental Programs train once and play in one in-house match per week. Skill Centre athletes take part in Skill Centre events hosted by the Saskatchewan Soccer Association.
- The Skill Centre is lead by a Canada Soccer Children's License Certified Coach. Developmental Programs are lead by a C License Certified Coach.



Skill Centre Intake Process

- Tryouts are not permitted
- As per Canada Soccer guidelines, invitations may be sent out to no more than 50% of the allotted Skill Centre positions
- 50% of the Skill Centre positions must remain first-come first-serve (open registration)

Breakdown of Skill Centre Groups

- U9 Girls = 32 available spots - Phase 1: May - June
- U9 Boys = 32 available spots - Phase 1: May - June
- U11 Girls = 30 available spots - Phase 1: May - June
- U11 Boys = 30 available spots - Phase 1: May - June

U9/U11

Objectives

- Provide a safe and fun learning environment
- Develop physical literacy and soccer specific movement patterns
- Learn the skills necessary to dominate a variety of 1v1 and 2v2 situations and master the ball
- Ignite a passion and love for the game





Tournaments & Exhibition Games

- Saskatoon Youth Soccer does not allow ASTRA Soccer Academy teams to enter the SYSI Leagues. For this reason, ASTRA teams rely on tournaments, exhibition games, and in-house leagues for regular matches during the indoor season.
- U9 and U11 ASTRA teams will enter local tournaments and tournaments across Saskatchewan. Teams may also participate in arranged exhibition matches or Club Day events. The Saskatchewan Soccer Association hosts Skill Centre events and ASTRA is invited to participate in these.
- Each group will aim to attend 1-2 tournaments and will be entered into an age-group and division based on the developmental needs of the group.
- These tournaments are used as developmental benchmarks to showcase the individual skills that are being trained each week.
- Rosters are selected based on the availability of players. U9 rosters are generally balanced when more than one team is entered. U11 rosters are tiered based on the ongoing assessment of players throughout the training phase. Team rosters may change from one event to another.





Why ASTRA U9/U11 Programs?

- Nationally certified coaches
- ASTRA is recognized by the Canadian Soccer Association as a National Youth Club License Holder and adheres to developmental "best practices"
- Age-appropriate content
- A focus on individual skill development
- Players train and play in a format specifically designed for this age and stage of development
- A clear and proven pathway for player development: **ASTRA Player Pathway**





Under 9 Girls Skill Centre - 2015/2016 Born

- Season Length: May - June
- Training Frequency: 2 Training + 1 Game
- Session Duration: 60 mins
- Contact Hours: 26 hours
- Training Days & Times: Mondays (5:30pm-6:30pm) & Fridays(5:30pm-6:30pm) @ UMEA Sports Field
- Game Day: Wednesdays (5:30pm-6:30pm) @ UMEA Sports Field
- Game Day Format: 4v4 + GKs
- Program Fee: \$400 (early bird until Feb 29), \$425 (Mar 1-30), \$450 (April 1-30) - payment is made in monthly instalments
- Tournaments: Hollandia Cup (May) - Tournament fees are an additional cost
- Limit of 32 players accepted into this program





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Under 11 Girls Skill Centre - 2013/2014 Born

- Season Length: May - June
- Training Frequency: 2 Training + 1 Game
- Session Duration: 75 mins
- Contact Hours: 32.5 hours
- Training Days & Times: Tuesdays (5:30pm-6:45pm & Fridays (5:30pm-6:45pm) @ UMEA Sports Field
- Game Day: Thursdays (5:30pm-6:45pm) @ UMEA Sports Field
- Game Day Format: 7v7
- Program Fee: \$550 (early bird until Feb 29), \$575 (Mar 1-30), \$600 (April 1-30) - payment is made in monthly instalments
- Tournaments: Hollandia Cup (May), QC Regina (June 7 -9) Tournament fees are an additional cost
- Limit of 30 players accepted into this program





Under 11 Boys Skill Centre - 2013/2014 Born

- Season Length: May - June
- Training Frequency: 2 Training + 1 Game
- Session Duration: 75 mins
- Contact Hours: 32.5 hours
- Training Days & Times: Tuesdays (5:30pm-6:45pm & Fridays (5:30pm-6:45pm) @ UMEA Sports Field
- Game Day: Thursdays (5:30pm-6:45pm) @ UMEA Sports Field
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Required Clothing

The following items are required by all U9 and U11 Skill Centre Stream Players:



Training Jersey



Training Shorts



Training Socks

All items can be purchased online through our ASTRA Store

Orders placed prior to the start of the season will be brought to the training field in preparation for the first day of training. Orders placed during the season will be brought to the field within 5 days of the order being placed. If you would like to pick your order up from the office, please contact chris@astrasoccer.ca to arrange a pickup time.



Financial Assistance

The following programs can be used to help cover or offset program fees:



KidSport Program



Canadian Tire JumpStart



Refund Policy

- In the case of serious injury or illness, athletes are eligible to receive a full refund* for the number of training sessions missed. A medical note is required within 7 days of injury or illness. This only applies in situations where the athlete will miss more than 30 consecutive days of training.
- Families who relocate more the 50km away and can no longer attend training will receive a full refund* for the remaining training sessions.
- A full refund* of registration fees will be returned if there are insufficient player or team registrations to offer the program, league, camp, or clinic.
- Registration for a program is commitment to attend the program. Cancellations more than 14 days prior to the start of the program will be offered a 50% refund*. 100% of fees paid can be kept as a credit for use at a later date.
- Less than 14 days before the program start date: 25% of the fees paid will be refunded*.
- After the program starts, no refunds will be issued unless the family relocates or there is a serious injury or illness with medical note which requires the player to miss more than 30 consecutive days.
- *All refunds done online by credit card will be minus a 5% transaction fee charge.



Frequently Asked Questions

Please visit the following link for a list of Frequently Asked Questions:

[ASTRA FAQ's](#)

