

# Outdoor May - June 2024



**Developmental** 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

# 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





# 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**





# 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
- Each group will aim to attend 1 tournament 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 and team concepts 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.





# Under 9 Girls Dev. - 2015/2016

- Season Length: May - June
- Training Frequency: 1 Training + 1 Game
- Session Duration: 60 mins
- Contact Hours: 18 hours
- Training Days & Times & Locations:
- **Group #1- UMEA Group (North end)**
  - Training on Mondays 5:30pm-6:30pm @ UMEA (Lawson Heights)
  - Game on Wednesdays 5:30pm-6:30pm @ UMEA (Lawson Heights)
- **Group #2 - James Anderson Group (Eastside) + North End Game Day**
  - Training on Tuesdays 5:30pm-6:30pm @ James Anderson (Eastside)
  - Game on Wednesdays 5:30pm-6:30pm @ UMEA (Lawson Heights)
- Program Fee:
  - Early bird price: \$275 (February 1 - February 29)
  - Regular Price: \$300 (March 1 - March 31)
  - Late Registration: \$325 (April 1- April 30)





# Under 9 Boys Dev. - 2015/2016

- Season Length: May - June
- Training Frequency: 1 Training + 1 Game
- Session Duration: 60 mins
- Contact Hours: 18 hours
- Training Days & Times & Locations:
- **Group #1- UMEA Group (North end)**
  - Training on Mondays 5:30pm-6:30pm @ UMEA (Lawson Heights)
  - Game on Wednesdays 5:30pm-6:30pm @ UMEA (Lawson Heights)
- **Group #2 - James Anderson Group (Eastside) + North End Game Day**
  - Training on Tuesdays 5:30pm-6:30pm @ James Anderson (Eastside)
  - Game on Wednesdays 5:30pm-6:30pm @ UMEA (Lawson Heights)
- Program Fee:
  - Early bird price: \$275 (February 1 - February 29)
  - Regular Price: \$300 (March 1 - March 31)
  - Late Registration: \$325 (April 1- April 30)







# Under 11 Girls Dev. - 2013/2014

- Season Length: May - June
- Training Frequency: 1 Training + 1 Game
- Session Duration: 75 mins
- Contact Hours: 21.25 hours
- Game Day Format: 7v7
- Training Days & Times & Locations:
  - Training on Tuesdays 5:30pm-6:45pm @ UMEA (Lawson Heights)
  - Game on Thursdays 5:30pm-6:45pm @ UMEA (Lawson Heights)
- Program Fee:
  - Early bird price: \$350 (February 1 - February 29)
  - Regular Price: \$375 (March 1 - March 31)
  - Late Registration: \$400 (April 1- April 30)





# Under 11 Boys Dev. - 2013/2014

- Season Length: May - June
- Training Frequency: 1 Training + 1 Game
- Session Duration: 75 mins
- Contact Hours: 21.25 hours
- Game Day Format: 7v7
- Training Days & Times & Locations:
  - Training on Tuesdays 5:30pm-6:45pm @ UMEA (Lawson Heights)
  - Game on Thursdays 5:30pm-6:45pm @ UMEA (Lawson Heights)
- Program Fee:
  - Early bird price: \$350 (February 1 - February 29)
  - Regular Price: \$375 (March 1 - March 31)
  - Late Registration: \$400 (April 1- April 30)





# Required Clothing

The following items are required by all U9 and U11 Developmental 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](mailto: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](#)

