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Phone:  
647-482-5771

# Buckhorn "First Touch" Soccer Program

A Division of Peterborough City Soccer Club

Major Sponsor: Buckhorn District Lions Club



## Girls and Boys Ages 7-12

GIVE YOUR CHILD THE **FUN**DAMENTALS TO BE THE BEST THEY CAN BE, AND  
GAIN THE FOUNDATION NEEDED TO ENJOY THIS BEAUTIFUL GAME AT WHATEVER  
LEVEL YOUR CHILD MAY PLAY AT.

## **First Touch – The Program(8 Weeks)**

This fun“**Player Centric**” program is open to all recreational players from ages U7 to U12 looking for a game play program, plus the addition of technical development. Each session consists of 40 minutes of structured development training plus a game scrimmage.

### **The Training Curriculum – “Golden Age of Learning” following the principles of Long-Term Player Development (LTPD)**

This age group, starting with the FUNdamentals, is the “Golden Age of Learning”, developing soccer skills and speed. It is the optimum time when players are able to learn and master new techniques.

#### **Benefits:**

- Quality certified coaching for all stages of player development.
- Improvement of technical soccer skills such as ball mastery, dribbling, passing, shooting, and group play.
- Gain confidence
- Make new friends
- The program will also focus on *physical literacy* to develop agility, balance, coordination, flexibility, and suppleness with and without the ball.



#### **What will you notice, as parents?**

As players progress through the program, there will be shifts in emphasis in their developmental stages and goals. The early stages emphasize individual technical skills, while the later stages progressively introduce more emphasis on team tactics. You can think of the process as shifting from “Me and the Ball” at the “Fundamental” stage U7-U9, to the increasing complexity of “Collective Play” through the “Learning to Train” stage U9-U12.

#### **Registration**

**Summer session:**

**\$ 80.00**

**Fees include training jersey.**

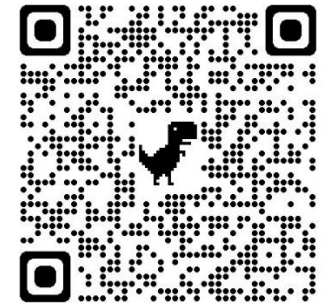
**7/8 Year Olds:            Tuesdays, June 4 – July 23, 5:00 – 6:15 pm**

**9/10 Year Olds:         Wednesdays, June 5 – July 24, 5:00 – 6:15 pm**

**11/12 Year Olds:       Tuesdays, June 4 – July 23, 6:30 – 7:45 pm**

**Location: Buckhorn Public School, 1783 Lakehurst Road,**

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**Program Director:Andy Hing**

**Former Pickering SC Academy Technical Staff Coach**

**Current Peterborough City SA Technical Staff Coach**

**and all-around good guy ☺**

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