

# Western Spirit FC

## SQUIRTS PROGRAM



Dear Parents and Players,

Western Spirit is delighted to bring the squirts program to all three to five year old boys and girls within the local community. The Program will be run by our Director of Coaching, Dave Gilman as well as qualified coaches from our club.

Sessions for Squirts will be held between Saturday 11 February and Saturday 24 March 2012 consisting of an eight week block. These sessions will be held on Saturday mornings from 9am to 10am at our junior fields at Camira Recreation Reserve, Dale Road Camira.

The Squirts program is the only recognised and endorsed program for 3-5 years and was introduced by Football Queensland. We are proud to be associated with this program

### What is the Quest Squirts program?

The Quest Squirts program has been created to develop the football skills of 3 to 5 year olds. The program will enhance the opportunities for young children to receive quality, consistent coaching. The hope is that in acquiring basic skills, participating children will not only learn correct technique but will also develop a love of the “world game”.

The Quest Squirts program promotes football-based exercise and activity for younger children who are not able to be registered to play. It can be used as a stand-alone program at specific times during the week or as a way of involving younger family members on weekends while their older brothers and sisters play scheduled matches.

The program is not a “technical coaching” program, but a tempered introduction to the great sport of football. The very basics of the game are introduced and experienced by the participants through different drills, practices and games.

The football itself is the Coach’s main tool and this ought to be utilized as much as possible. Elite players are not the ultimate outcome we are seeking, rather the development of the individual participant’s gross motor skills in conjunction with them becoming physically active. Running, stopping, ball control, jumping, turning, balance, agility, movement and general co-ordination are all skills to be acquired and improve.

Needless to say, all sessions have to be fun practices. The coach has to be seen as fun, not as the “finger-wagging” teacher or instructor.

### What do we teach in Quest Squirts football?

#### **Coordination (body)**

The very essence of movement should be an integral part of each session. Basic skills such as running, jumping, turning and twisting are to be introduced.

#### **Motor Skills Development**

With or without a ball, the children are to be challenged in simple gross-motor skill movement.

#### **Hand-Eye and Foot-Eye Coordination**

This is integral for all sports and ought to be developed whether or not football is ultimately their chosen sport.

### **Introduction to Stretching, Exercise and their Health Benefits**

Full body stretches are not advocated, but rather an introduction to such activities to educate the children on the benefits of healthy lifestyle choices.

### **Basic Fundamentals of the Game and it's Skills**

The skills are introduced in a fun and relaxed manner. By introducing the information in a subtle way, the children are learning the basic fundamentals under the guise of having fun.

### **Balance**

This element is important not just for football, but for life in general. One-legged stand has never been so much fun with and without the ball.

### **Games and the Focus of Fun – not Winning**

After several weeks of sessions and practice the concept of a game becomes instinctive in the participant's football development. Simple throw-ins and goal-kicks skills are taught, but they are basically allowed to have fun and permitted to learn through play. Participation and having fun is the key element we are seeking to promote.

### **Sportsmanship**

We seek to instill in participants a need to show courtesy to others as they would like to be shown. The program aims to develop good athletes who accept winning and losing in the same spirit and manner. Encouragement of a positive outlook, to always look forward to the next game, is something we hope to instill.

### **Rules and Regulations**

We are aiming to give the children very basic rules so they can enjoy the game to a greater level. The concept of tackling and body contact will be addressed and monitored where needed.

### **Respect for Others and their Space**

An underlying theme will "Be respectful of all players and officials". Enjoyment from participating in the game, regardless of the result, is to be fostered.

### **Session Guidelines**

0 -10 minutes -> Warm up – Co-ordination, motor skills, stretching

10 – 18 minutes -> Skills of the game introduced through fun activities

Drinks

20 – 30 minutes -> Balance, Hand-eye / Foot-eye co-ordination

30 – 40 minutes -> Skills of the game introduced through fun activities

Drinks

42 – 50 minutes -> Shooting or Single-Sided-Game (SSG) or "Beat the Coach"