

Attention CASA U12 – U18 Coaches

Alberta Soccer in partnership with Canada Soccer is set to roll out FIFA 11+ and Movement Preparation programme to prevent injuries

As part of the FIFA Women's World Cup Canada 2015™ Legacy, the Canadian Soccer Association will be moving forward with a project to implement the FIFA 11+ conditioning program for children aged 12 years and over, and the Canadian Sport for Life Movement Preparation program for children aged 7-11 years old, in all Canadian Soccer Association clubs across Canada by subsidizing coach training for these two programs for the next three years.

11+ is a complete warm-up programme to reduce injuries among male and female football players aged 12 years and older. The FIFA 11+ and the Canadian Sport for Life Movement Preparation programmes will help prevent injuries that can lead to significant time away from sports, increase physical literacy, focusing on movement skills and will enable youth to continue participation in physical activity, thereby promoting healthy living. Preventing injury and building resiliency will keep youth engaged in sports, will provide a more enjoyable experience, and will maintain sport participation. Teams that performed 11+ at least twice a week had 30 – 50% less injured players.

<http://site3742.goalline.ca/event-search.php?cat=129>

LINK TO REGISTER IS ABOVE

If you have any issues registering please contact the CASA Office

Course Details

Date and Time: May 6, 2017 9:00am - 5:00pm

Course Type: FIFA 11

Description:

Come prepared to be active on the field. Recommended that you bring water bottle and paper and pen/pencil for classroom sessions.

Organizers Details

Organizers: CASA

Host District: D5. Central Alberta Soccer Association

Contact Email: davidmccarthy.coach@gmail.com

Name: Lacombe Junior High School

Address: 5830 50 Street, Lacombe

Postal Code: T4L 1G5

Field: Lacombe Junior High School (5830 50 St., Lacombe)