

Destination Soccer Parents,

Thank you for having your child participate in Destination Soccer this month. Our growing staff is excited to get going!!! Most of you receiving this know how Destination Soccer works, so this might be a reminder, but for those of you that are new, here is some information that will help everyone enjoy the experience better.

NOTE

Please arrive 15 minutes prior to start on the first day to introduce the staff to the parents, share the vision of the program and answer any questions the parents might have. **Game Days** are much easier to manage if the players arrive 10 minutes prior to start time instead of 10 minutes after ;)

BRING

A water bottle with water, a size 3 ball if you have one.

WEAR

If you have an NUU yellow shirt please wear it. If you don't have one you'll receive it on the first day in North Logan. Cleats or tennis shoes, shin guards covered by long soccer socks.

If you do not have a ball, cleats, shin guards or an NUU Jersey it is okay, we don't want to complicate things, just show up in comfortable play clothes (with a bottle of water) and be ready to have fun with the ball and some new soccer buddies.

COMMUNICATION

We try very hard to limit the amount of emails we send. Instead we use an app called Ollie where we send updates, reminders and you have direct contact with other parents, myself and staff. We feel that the communication element is lacking in youth sports and do our best to share updates and info without overdoing it. We over do it on our [facebook](#) and [instagram](#) page for those that want more updates and articles that will help you navigate your kids soccer experience.

If you are not part of Ollie please do so today.

NUU DESTINATION SOCCER Ollie for team management and our team code is 479-660-376. You'll use the code to join the Destination group. Please download the app and join at the following link: <https://ollsp.co/479-660-376>

Before you go any further... get on Ollie :)

PARENTS, YOU ARE THE MOST IMPORTANT PART OF YOUR KIDS SOCCER EXPERIENCE

We strongly encourage each parent to purchase the book [SOCCER STARTS AT HOME](#) because we admit that although we provide a great introduction to the ball and sport, there is no supplement for the time each kid can spend with the ball and a parent around the house. The link also has videos with activities that parents should be doing with their kids at home to prepare them for future demands in Destination Soccer and beyond.

HOUSEKEEPING

We have designed the weekly scheduling with the parents of the players in mind. Even though you signed up for a particular day we know that life happens and sometimes you need to adjust your schedule. So we have a document

where you can sign up for a preferred evening each week so it fits your schedule. The luxury of this is that you can also attend multiple sessions (at no extra cost) **IF** there are open spots at a particular session :)

If you need editing access to the document you will need to request access via D.M. to me on Ollie or send a request on google drive.

We ask that you sign your child up for one session a week and then on Sundays look at the week ahead of you and see if you want to add a session where there are openings. We want to limit each session to assure the experience is not watered down... sometimes we make exceptions, but it's a very big goal of ours.

Destination Soccer Schedule (Sign Up Sheet):

<https://docs.google.com/spreadsheets/d/1s1RspJqTwLW1zsYN3t4ziz1Fem0DV7HQcqiD0P2BNqQ/edit?usp=sharing>

Please review the INFO tab prior to attending the first session as it will answer some frequently asked questions.

Also, identify the two tabs (4-6 year olds & 6-7 year olds) and select the appropriate tab for your player. This is where you can commit to a primary session each week and add an additional session if there are openings.

The basic outline of the session goes as follows:

Minutes 0-12: FREE PLAY - kids arrive and play with their parents and friends, just like they were at a park.

Minutes 12-13: WATER BREAK

Minutes 13-27: Activity (Ball Familiarity)

Minutes 27-29: WATER BREAK

Minutes 30-45: 1v1 or 2v2 Activity

Minutes 45-47: WATER BREAK

Minutes 47-60: 2v2 Games

Please take advantage of the first 12 minutes each week and spend time with your child as they acclimate to the environment.

PLAYERS AT THIS AGE...

...enjoy their environment one minute and the next they don't. Many times these players are infatuated with THEIR OWN ball and have a hard time sharing it or using any other ball. Little things can trigger them. The activities are all age appropriate. However, children may have a hard time adjusting to the group environment and the social, physical and technical challenges that come with a new environment. We are very patient and recognize that every player operates differently. We strongly encourage parents to spend 5 minutes a day every day working on the Ball Feeling activities found in [this video](#) to build confidence and make them more comfortable with the ball.

A BOOK WE ENCOURAGE EVERY PARENT TO READ

Please take some time to purchase and read the book: [SOCCER STARTS AT HOME](#)

OUR APPROACH

We try our best not to tell players what to do, instead we ask them questions that guide them to discover what they already know or are capable of problem solving on their own. Learn more about [GUIDED DISCOVERY](#)

SOME ADVICE

Don't compare your child with others. Just watch your own child grow. A male player peaks in soccer at the age of 27 and a female at 24. We are just beginning to introduce them to ball manipulation and decision making, two difficult

things for most kids at this age. Patience is valued, the process for a player to dominate a ball takes a while, some longer than others. Our goal is for each child to develop at their own pace, as they learn to value the ball at their feet with our group trainings and at home with their parents.

TWO DOCUMENTS REGARDING DESTINATION SOCCER

- 1) [DESTINATION SOCCER - PROCESS](#)
- 2) [TRACKING PLAYERS PROGRESS THROUGH ARMBANDS](#)

See you on the field, we hope to see you on Ollie!!!

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