

**SOUTHS UNITED FOOTBALL CLUB INC.**

# **Squirts Program**



Adopted 23 December 2015

### *OVERVIEW*

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2010 was the inaugural year for the Squirts Program at Souths United Football Club. This program was met with relative success during the first year that provided significant foundation and identified improvement potential that supported the continuance of the program in 2011 and subsequent years as long as the needs of the community support this program. This program follows the criteria set and endorsed by Football Queensland that provides an opportunity to develop the football skills of 3 to 5 year olds which ensures that participants and clubs are covered by the state insurance program.

There is significant uptake of this program with participating clubs actively operating a Squirts Program.

The objective of the Squirts program is to enhance the opportunities for young children to receive quality, consistent coaching and by acquiring basic skills, participating children will not only learn correct technique but will also develop a love of the “world game”. The Squirts program at Souths United has and will continue to broaden the scope of opportunity for keen and energetic youngsters and inject growth potential into the Junior – MiniRoos ranks as they progress.

The 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. It is not a “technical coaching” program, but an introduction to soccer through fun activities and participating in different drills, practices and games.

The program consists of 50 activities which may be adjusted to suit the age group, skill and social level of the child and/or children.

The football itself is the Coach’s (Squirt’s Leader) main tool and this ought to be utilised 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 improved. Needless to say, all sessions have to be fun practices. The Squirt Leaders have to be seen as fun, not as the “finger-wagging” teacher or instructor.

A Squirts Calendar will be made available to all Squirts participants (parents) and published on the club Website: **[www.southsunited.org.au](http://www.southsunited.org.au)**

Updates to this calendar will be advised by the Squirts Program Director, however it will be the responsibility of parents/guardians to remain abreast of any session changes.

### *PROGRAM GOALS*

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It is envisaged that the participating “Squirts” will develop an initial appreciation of soccer and also develop further:

- **Coordination (body):** Through running, jumping, turning and twisting
- **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**
- **Introduction to Exercise:** Also encouragement of healthy lifestyle choices.
- **Balance:** 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
- **Sportsmanship:** Showing courtesy and respect to others; encouraging positive outlook – always look forward to next game
- **Basic Rules and Regulations**

This is achieved through a number of key activities that have been planned by the Squirts Leaders, in accordance with recommended activities and program structure provided by Football Queensland.

#### **A typical session would include:**

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

**10 – 18 minutes:** Skills of the game introduced through fun activities

*Drinks Break*

**20 – 28 minutes:** Balance, Hand-eye / Foot-eye co-ordination

**28 – 36 minutes:** Skills of the game introduced through fun activities

*Drinks Break*

**36 – 45 minutes:** Shooting or Single-Sided-Football game or “Beat the Coach”

There are up to 50 activities outlined in a Squirts program that the “coach” can utilize.

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.

It is important that parents provide support and understanding to the program intent and specifically to the Squirts Leaders as they execute program activities each week.

## Souths United Football Club – Squirts Program

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### *PROGRAM RESOURCES*

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Key to the success of this initiative is the appointment of the following key positions:

- Squirts Program Director
- Squirts Group Leader
- Squirt Leaders (for each group) – minimum of 5

The Squirts Program Director and Group Leader roles benefit from person/s who are committed and if possible, experienced adult players/coaches. Senior players (men or women); newly qualified coaches who are looking to enhance their skills/experience/confidence or; university students looking to gain extra credit/experience in teaching young children (preferably in physical education) would be ideal.

As this program will be operated by club volunteers, “Squirt” parents are encouraged to take on a Squirt Leader role or become an assistant to this role. Junior Players aged 12 years or higher may participate as a Squirt Leader (on recommendation from the Vice-President – Juniors: Divisional and on approval of the Squirts Program Director) and, under the guidance of the Squirts Group Leader. Program information and coaching support/direction will be provided by the Managing Football Director.

Football Queensland endorses this program and participants and clubs will be covered by the state insurance program.

Registrations will be available online via the My Football Club website.

For all the details, refer [www.southsunited.org.au](http://www.southsunited.org.au) and look under the 2016 Sign-on Tab or Squirts Tab.

#### **Program Scope**

Program Capacity: 45 players

Program Duration: **Session Blocks:**

Block 1 - 9 weeks: week beginning Monday 18 April 2016

Block 2 – 9 weeks: week beginning Monday 11 July 2016

**Note: Saturday 18 June 2016 will be reserved for Squirts Photos (tbc)  
Week beginning Monday 5 September 2016 includes short session and presentation**

Session Times: Proposed 4.30pm – 5.15pm Midweek  
Day and time to be confirmed

Location: Souths United Field 4 (or as advised)

***PROGRAM AWARENESS & PERFORMANCE***

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- Regular communication and information will be dispersed by the Squirts Program Director as appropriate
- Program information will be available on the Club website
- Key Program information will be provided at sign on and; included in the 2016 Handbook and communicated as deemed appropriate.
- Regular program checkpoints will be performed and as scheduled by the Program Director and Club President
- Program feedback will be sought at the end of program block.