



Yaguars Indoor Winter Program  
Calling all passionate soccer players!!!

YAGUARS is a Sanctioned Soccer Club by Niagara Soccer Association

Yaguars' winter program runs for four to five months.

**DATES:** January 17 to April 25

Born 2021-2020-2019-2018:  
**Total weeks: 13**

**DATES:** January 13 to May 16, 2025

Born 2017-2016-2015-2014-2013-2012-2011-2010-2009  
**Total weeks: 17**

**Requirements:** Participation of parent in Yaguars' activities (Meetings, Fundraisings) are mandatory.

**Details:**

DATE	TIME	YEAR of Birth	PLACE	MINIMUM PARTICIPANTS
January To April 2025 Indoor				
Fridays from Jan 17 to Apr 25, 2025. No classes on Friday, Mar 14, Apr 18, 2025	6:00 pm -6:55 pm	2021-2020	Ferndale Public School	8
Fridays from Jan 17 to Apr 25, 2025. No classes on Friday, Mar 14, Apr 18, 2025	7:00 pm -7:55 pm	2019-2018	Ferndale Public School	8



TIME (PM)	MONDAY Jan 13 to Apr 28	TUESDAY Jan 14 to Apr 29	WEDNESDAY Jan 15 to Apr 30	THURSDAY Jan 16 to May 1 <sup>st</sup>	FRIDAY Jan 17 to Mar 28
<b>No classes on</b>	Monday Feb 17, Mar 10, Apr 21, 2025	Tuesday Mar 11, 2025	Wednesday Mar 12, 2025	Thursday Mar 13, 2025	Friday, Mar 14, Apr 18, 2025
<b>PLACE</b>	Westdale Public School St Catharines	Prince of Wales St Catharines	Ferndale Public School	Lincoln Centennial Public School	Ferndale Public School
<b>06:00-06:55</b>	2017-2016 U8, U9 Teams	2016-2015-2014 U9, U11 Teams	2016 U9 Team	2016-2015-2014 U9, U11 Teams	
<b>07:00-07:55</b>	2015-2014 U11 Team	2013-2012 U14 Team	2013-2012 U14 Team	2013-2012 U14 Team	
<b>08:00-08:55</b>	2011-2010-2009 U16 Boys Team	2011-2010-2009 MIXED U14 Girls, U16 Boys Teams	2011-2010-2009 MIXED U14 Girls, U16 Boys Teams	2012-2011-2010-2009 U14 Girls Team	2017 U8 Team

**OUTDOOR TRAINING – April 04 – May16, 2025**

DATE	TIME (PM)	YEAR of Birth	PLACE
Fridays from Apr 4 to May 16, 2025. No classes on Friday, Apr 18, 2025	7:00 pm -7:55 pm	2017-2016-2015-2014 U8, U9, U11 Teams	St. Catharines Collegiate HS
Fridays from Apr 4 to May 16, 2025. No classes on Friday, Apr 18, 2025	8:00 pm – 8:55 pm	2013-2012 U14 Team	St. Catharines Collegiate HS
Fridays from Apr 4 to May 16, 2025. No classes on Friday, Apr 18, 2025	09:00 PM – 09:55 PM	2011-2010-2009 U14 Girls, U16 Boys Teams	St. Catharines Collegiate HS

**What to bring**

- 1) Futsal shoes or indoor shoes (as per school rules, players must change their shoes before entering to the GYM- not exceptions).
- 2) Shinpads
- 3) Water
- 4) Soccer socks
- 5) Soccer shorts
- 6) Soccer jersey
- 7) Love for the game



Activities Include:



### ABCs of Futsal Players:

#### A. Agility:

Definition: The ability to move quickly and change direction efficiently while maintaining control.

Importance in Futsal: Agility allows players to maneuver around opponents, react swiftly to the ball, and perform quick transitions between offense and defense. It is crucial for maintaining high-intensity play and responding to the fast-paced nature of the game.

#### B. Balance:

Definition: The ability to maintain stability and control over one's body, whether stationary or in motion.

Importance in Futsal: Agility allows players to maneuver around opponents, react swiftly to the ball, and perform quick transitions between offense and defense. It is crucial for maintaining high-intensity play and responding to the fast-paced nature of the game.

#### C. Coordination:

Definition: The ability to use different parts of the body together smoothly and efficiently.

Importance in Futsal: Coordination is essential for executing complex movements, such as dribbling, passing, and shooting, in a fluid-controlled manner. It helps players perform skills accurately and with the right timing.

*"Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do." – Pelé*

