



Virtual Training Program

A program to keep our players connected, active and on the move. Our club plans to start this Monday, May 18th, a free virtual training program. The purpose of this program is to offer our members the chance to reconnect in a context of soccer and work on the technical, physical and theoretical aspects of this beautiful sport while respecting the recommended measures in terms of social distancing.

Go ahead, sign up quickly and invite your friends to do the same. Great opportunity to convince your friends to start playing soccer in the total comfort of your home.

* Please note that only members already registered in one of our summer programs will receive information and the details of this program.

Program Overview :

	LUN/MON	MAR/TUE	MER/WED	JEU/THU	VEN/FRI	SAM/SAT	DIM/SUN
U15 & U17	TECHNICAL WORK	CORE STRETCHING	RUNNING CLUB	TECHNICAL WORK	CULTURE SOCCER CLASSROOM SESSION	RUNNING CLUB	CARDO CONDITIONING
U11 & U13	TECHNICAL WORK	CORE STRETCHING	TECHNICAL WORK	CARDO CONDITIONING	CULTURE SOCCER CLASSROOM SESSION		

Weekly Schedule :

Technical Session	Physical Training	Classroom session
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	Year of Birth	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Girls	2009-2010	4 pm	4 pm	4 pm	4 pm	12 pm		
	2007-2008	5 pm	5 pm	5 pm	5 pm	1 pm		
	2005-2006	4 pm	4 pm		4 pm	5 pm		4 pm
	2003-2004	6 pm	6 pm		6 pm	4 pm		6 pm
Boys	2009-2010	4 pm	4 pm	4 pm	4 pm	2 pm		
	2007-2008	5 pm	5 pm	5 pm	5 pm	3 pm		
	2005-2006	5 pm	5 pm		5 pm	6 pm		5 pm
	2003-2004	5 pm	5 pm		5 pm	6 pm		5 pm



Technical Coordinators:

Girls U11 (2009-2010) : Alexandra Roy
Girls U13 (2007-2008) : Zoe Brockbank
Girls U15 (2005-2006) : Tarik Nait Ajjou
Girls U17 (2003-2004) : Tarik Nait Ajjou
Boys U11 (2009-2010) : Alexane Dupuis
Boys U13 (2007-2008) : Alexane Dupuis
Boys U15 (2005-2006) : Tarik Nait Ajjou
Boys U17 (2003-2004) : Tarik Nait Ajjou

Types of training :

- **Technical sessions:** 20-30 min work on technical elements (Juggling, ball handling, dribbling, passing). Combine the technical skills with a short acceleration. Finish with a "combination" of technical gestures.
- **Physical sessions:** Core, muscular or cardiovascular training without using weight. The content can vary from series of muscular exercises to running and bike rides, depending on the age group.
- **Theoretical sessions:** Football culture, technical and tactical concepts, training, game positioning, questions & answers and others.

*All sessions will be live except the "Running Club" session

What do you need to do to have access to this program?

1. Registration in one of the 2020 summer technical programs using the following link:
<https://soccerdieppe.powerupsports.com/index.php>
2. Access to a computer, tablet or smartphone compatible with "Zoom" application.
3. A "Zoom" link will be shared by the facilitators directly by email to the parents for each session.
4. Equipment and space: Indoor shoes, a soccer ball and a small space (3 to 5 m²)

A first experience:

We would like to point out that our employees are working hard to ensure that this pilot project is a good experience for our players. We will do our best to ensure good communication, avoid connection issues, and provide quality content. However, there will be adjustments and modifications to be made during the first sessions.

We therefore seek the understanding, flexibility and help of all Soccer Dieppe members in order to properly supervise and support our players to have access to the content of this program (especially the first sessions) and successfully complete this pilot project.



Hope to see soon you on the field !!!

Soccer NB, Sport NB and the Government of New Brunswick, are in continuous communication concerning "Return to Play". There is also a strong willingness for collaboration between the Dieppe Soccer club and the city of Dieppe.

We can assure you that an operational plan is currently being developed for approval by our governing authorities. Our club is committed to implementing the various protocols and restrictions recommended for a safe "Return to Play" for our members.

The "Return to Play" will be very limited and gradual in its early stages, we encourage you to register as soon as possible to reserve your spot. You can choose the "Pay at the office" option which will allow you to finish the registration process without making any payment.

*Register link: <https://soccerdieppe.powerupsports.com/>

** Please ignore the automated payment reminders sent through our registration system