



REAL DREAMS REAL SOCCER Ignite your passion!

Northern United FC is a youth soccer club in Prince George for players between the ages of 5 and 18 who want to play soccer in an inclusive, fun, safe, positive and challenging environment. Offering high quality training along with competitive games and tournament play, our program helps young athletes build skills and passion for the world's most popular sport.

Whether new to the sport or experienced and competitive, Northern United FC has a home for you.

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Programs

GRASSROOTS

Boys/Girls U5-U8 - \$90.00 + \$45.00 (NUFC Players Kit)

Northern United FC Grassroots (Active Start/ FUNdamentals) Program, are the first two stages of the Long Term Player Development Model (LTPD) which is centered on developing a passion for the game. This is achieved by creating as many opportunities as possible for every child to touch the ball as often as possible in a stimulating, fun and safe learning environment where the kids are actively engaged with the introduction of basic fundamental skills and understanding of the game.

Kids will participate in a variety of fun and interactive games, with or without the ball, and increase their confidence as individuals as well as in group interaction. The aim is to encourage physical literacy (agility, balance, coordination, basic motor skills) and soccer skill development (particularly ball handling and game play) for all players, regardless of their abilities or disabilities. This along with participation in other sports and physical activities is important for balanced athletic development. With a mix of exercise and games kids will be given the opportunity to develop social skills and above all have FUN!

Schedule May 9-July 13 / September 12-28
Location PGSS Fields

	Thursday	Saturday
U6-/U8 Girls	6-7pm	9-10am
U6-/U8 Boys	6-7pm	9-10am

JUNIOR DEVELOPMENT

Boys/Girls U9-U12 - \$140.00 + \$45.00 (NUFC Players Kit)

This stage of the LTPD model is Learning To Train and is also known as 'The Golden Age of Learning'. This stage introduces players to disciplined training and begins to develop understanding of principles of play alongside their skills practice. Repetitions are important to develop technical excellence but creating a fun and challenging environment is still paramount to stimulate learning and promoting a love of the game.

Players want to learn imaginative skills so skill development is very important as players learn best by "seeing and doing." At this age players are placed into ability groups to maximize their training environment. Every Player develops at their own pace and therefore movement is essential in creating a successful development program.

Schedule May 6-July 13 / September 9-28
Location PGSS Fields

	Mondays	Wednesdays	Saturdays
U9-10 Boys/Girls	6-7:30pm	6-7:30pm	10-11:30am (Girls Games)
U11-12 Boys/Girls	7:30-9pm	7:30-9pm	11:30-1pm (Boys Games)

DEVELOPMENT

Boys/Girls U13-U18 - \$140.00 + \$45.00 (NUFC Players Kit)

Northern United FC Development program incorporates the last four stages of the LTPD model. At this stage players are more proficient at performing basic and soccer specific skills. They are exposed to training environments to extend their mental, physical, tactical and technical capabilities when confronted with pressure situations. Potential depends on their own effort and at this stage players can choose to specialize in one sport and pursue a competitive stream, or they can continue participating at a recreational level and thereby entering the Active for Life stage.

Northern United FC encourages every player to have the opportunity to be involved in soccer as part of a lifelong commitment to active, health and involved lifestyles.

Schedule May 6-July 13 / September 9-28
Location PGSS Fields

	Tuesday	Thursday	Saturday
U13-18 Girls	7-8:30pm	7-8:30pm	1-2:30pm (Girls Games)
U13-18 Boys	7-8:30pm	7-8:30pm	2:30-4pm (Boys Games)

Associate Member of:



BC SOCCER