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Section 1: Parental Workshops

We believe that most parents harbor positive intent when it comes to their involvement with their child's sporting experiences. However, often we witness many parents inadvertently causing stress for both themselves and their child due to misguided beliefs and behaviors being applied. This stress can be alleviated through our highly productive and insightful parental workshops. During our parental workshops, we deliver powerful information – based on contemporary empirical evidence – that will help parents build positive, inspiring relationships with their child. Ultimately, we demonstrate how parents can become a bedrock of positive support throughout their child's sporting experiences. Our parental workshops are delivered by highly-qualified, internationally renowned, coaches/lecturers, who have acquired a wealth of experience and knowledge throughout their respective careers. During our parental workshops, we discuss themes such as:

-  **Self-awareness and definitions of 'winning'.**
-  **The 'reverse-dependency trap' in youth sports.**
-  **The long-term journey, empathy, and humility.**
-  **Leading by example and educating yourself.**

Section 2: (FMS) Fundamental Movement Skills Program

Research has demonstrated that if we can nurture physically confident children, then we provide them with a better chance of leading a healthy, productive, and active lifestyle later in life. By working on key fundamental movement skills, we can help young people express their true capabilities; we will enable them to become more 'physically literate' individuals. Not only do fundamental movement skills facilitate an individual in their quest to lead a healthier lifestyle, but they also provide youngsters with the 'building blocks' or foundation to progress more effectively in their chosen sport. The ABC's (agility, balance, and coordination) of movement are particularly imperative in the sport of soccer – young players need to be proficient in these areas so they can then master soccer-specific skills. During our fundamental movement workshops, we discuss themes such as:

-  **Understand what fundamental skills are, and why they are crucial.**
-  **Design and deliver warm-ups that promote movement skill development.**
-  **Design and deliver body weight management training exercises that promote developmentally appropriate movement skill development.**

Section 3: (IAC) Inspire Activity in the Community Program

Our aim is to inspire more young people – regardless of age, gender, socio-economic status, disability, ethnicity or religious beliefs – to take part in soccer-related activity. We eradicate many traditional barriers, ensuring more individuals can derive the wide-ranging social, physical, and psychological benefits associated with soccer participation. We aspire to increase soccer participation in more places across the nation. Through our ‘Inspire activity in the community’ initiative, we offer the following:



Community outreach coaching sessions delivered by our coaching team.








Help with Equipment and educational resources.



Coaching education and volunteer leadership classes.

Section 4: A Soccer Introduction - Developing Passion

We firmly believe that if we help more youngsters develop a passion for soccer from a young age, we will provide more with a greater chance of unlocking their true potential in the long-term. In our 'A Soccer introduction – developing passion' workshops, we provide adults with an understanding of how this objective can be met during the early stages of development. The aim for any youth soccer organization must be: 'Develop the passion, then develop the player'. If more organizations collectively adhere to this ethos, we will help to increase the retention rates in youth soccer nationwide. During these workshops, we discuss themes such as:

-  **How to structure practices so that players are constantly engaged.**
-  **The importance of establishing challenges that meet each child's progressive needs.**
-  **How to foster an autonomy-supportive environment.**
-  **The importance of establishing positive coach-athlete relationships.**
-  **The benefits of allowing young players to take ownership of the decision-making process.**

Section 5: Lead by Example - Building New Programs/Clubs

As an extension to our 'Inspire activity in the community' initiative, we continue to support many groups in their quest to instigate new programs and clubs in their local communities. We also demonstrate how these new programs and clubs can be sustained in the long-term. During these workshops, we discuss themes such as:



Securing funding/financial aid.



Budget management advice.



Arranging new insurance agreements.



Website design and I.T support.



Administration/human resource guidance.



Sustainability of the program or club.



Workforce development.