



ASIB

PROGRAMME CDC ASIB

DÉVELOPPER LA PROCHAINE
GÉNÉRATION D'ATHLÈTES.





Programmes CDC

L'ÉVEIL DU TALENT PAR LE PLAISIR

ACQUISITION D'UNE TECHNIQUE
SPORTIVE

APPRENTISSAGES ADAPTÉS À L'ÂGE ET
AUX OBJECTIFS DE RÉUSSITE



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PROGRAMME CDC U4

Our CDC program for U4 players offers a fun and dynamic introduction to soccer. It allows young children to develop basic motor skills such as running, jumping, receiving a ball on the ground, kicking, throwing, and catching, all in a safe and motivating environment.

Focused on informal play and positive reinforcement, this program aims to stimulate children's enjoyment and engagement while providing them with their first soccer experience adapted to their age.

'This program is an excellent opportunity for young players to discover soccer in a fun and structured setting, where learning happens through play and enjoyment above all!'

Program Details:

- **Age:** Children born in 2021
- **Frequency:** 2 activities/week
- **Match format:** 4 vs 4
- **Matches:** 3 matches out of 4 activities
- **Practice in workshop format:** 1 out of 4 activities

Schedule:

- **Monday 6 PM:** CDC session (one session every two weeks)
- **Wednesday:** Matches (3 matches every two weeks)

Locations:

- Fields ED 1-2-5-6 and Pilet B

Price: \$210



* The programs and activity dates may be modified based on the number of registrations per category and the match schedules.



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PROGRAMME

CDC U5-U6

The CDC program for U5 and U6 categories is an ideal introduction to soccer for young children. It allows them to develop fundamental motor skills like running, jumping, ball reception, shooting, throwing, and catching in a caring and stimulating environment.

Emphasizing free play and positive reinforcement, this program encourages children's awakening and progression while ensuring a fun experience tailored to their development.

'This program offers young players a great opportunity to learn and have fun in a structured and friendly environment, where the joy of playing remains at the heart of the activities! 🏆🎉'

Program Details:

- **Age:** Children born in 2020 and 2019
- **Frequency:** 2 activities/week
- **Match format:** 4 vs 4
- **Matches:** 3 matches out of 4 activities
- **Practice in workshop format:** 1 out of 4 activities

Schedule:

- **Monday 6 PM:** CDC session (one session every two weeks)
- **Wednesday:** Matches (3 matches every two weeks)

Locations: Fields ED 1-2-5-6 and Pilet B

Price: \$210



The programs and activity dates may be modified based on the number of registrations per category and the match schedules.



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PROGRAMME CDC1 U7-U8

The CDC program for U7/U8 focuses on essential movement fundamentals, developing agility, balance, coordination, and speed. It also helps young players acquire game fundamentals while prioritizing fun, cooperation, and maximum ball contact time.

“ These programs are designed to provide an enriching experience where learning, fun, and individual progress are key in a structured and encouraging environment. 🏆👏 ”

Program Details:

- Age: Children born in 2018/2017
- Frequency: 2 activities/week
- Match format: 5 vs 5
- Matches: 1 match/week
- Practice in workshop format: 1

Schedule:

- Monday at 7 PM
- Thursday

Locations:

- ED 3-7, Pilet A, Desm, AV
- 1 coach for 8 players

Price: \$225



The programs and activity dates may be modified based on the number of registrations per category and the match schedules..



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PROGRAMME

CDC2 U7-U8

The CDC program for U7/U8 focuses on essential movement fundamentals, developing agility, balance, coordination, and speed. It allows young players to acquire game fundamentals while prioritizing fun, cooperation, and maximum ball contact time.

“ These programs are designed to provide an enriching experience where learning, fun, and individual progress are key in a structured and encouraging environment. 🌍👏 ”

Program Details:

- Age: Children born in 2018/2017
- Frequency: 3 activities/week
- Match format: 5 vs 5
- Matches: 1 match/week
- Practice in workshop format: 2

Schedule:

- Monday at 7 PM
- Tuesday at 6 PM
- Thursday: Match (schedule to be determined)

Locations:

- ED 3-7, Pilet A, Desm, AV

Price: \$285



The programs and activity dates may be modified based on the number of registrations per category and the match schedules.



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PROGRAMME

CDC1 U9-10

The CDC program for U9/U10 aims to refine essential motor skills, such as agility, balance, coordination, and speed. It helps young players develop their game understanding while emphasizing enjoyment.

'This program provides a dynamic and structured environment where each player can progress technically and tactically while having fun.



Program Details:

- Age: Children born in 2016 and 2015
- Frequency: 2 activities/week
- Match format: 7 vs 7
- Matches: 1 match/week

Schedule:

- Tuesday 7 PM: Workshop session
- Thursday: Match (schedule to be determined)

Price:

- \$225



The programs and activity dates may be modified based on the number of registrations per category and the match schedules.



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PROGRAMME

CDC2 U9-10

The CDC program for U9/U10 offers a more in-depth training framework focused on technical, tactical, and physical development. It emphasizes coordination, speed, and decision-making improvement while ensuring maximum fun and engagement with the ball.

‘This program is ideal for young players wishing to progress further through structured sessions tailored to their development. 🌐🚀”

Program Details:

- Age: Children born in 2016 and 2015
- Frequency: 3 activities/week
- Match format: 7 vs 7
- Practice in workshop format: 2
- Matches: 1 match/week

Schedule:

- Tuesday 7 PM and Wednesday at 6 PM
- Matches: Saturday (B) / Sunday (G)

Price: \$485



The programs and activity dates may be modified based on the number of registrations per category and the match schedules.



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PROGRAMME

CDC1 U11-12

The CDC program for U11/U12 is part of a key learning phase, where young players become more aware of their actions and capable of analyzing their game. This is an ideal time to refine their technical and tactical skills.

Emphasizing learning through practice, this program broadens their range of soccer-specific movements and deepens their understanding of fundamental game principles—all within a structured, enjoyable, and motivating environment.

'This program provides an optimal framework for players to progress, refine their technique, and enhance their game understanding while maintaining the joy of playing. 🏆 🔥

Program Details:

- **Age: Children born in 2014 and 2013**
- **Frequency: 2 activities/week**
- **Match format: 9 vs 9**
- **Matches: 1 match/week**

Schedule:

- **Wednesday 7 PM: Workshop session**
- **Thursday: Match (schedule to be determined)**

Price: \$235



The programs and activity dates may be modified based on the number of registrations per category and the match schedules.



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PROGRAMME CDC2 U11-12

The CDC program for U11/U12 aims to deepen player development by strengthening their technical, tactical, and physical skills. At this age, learning is highly effective, and players begin to analyze their game and understand core soccer principles.

The goal is to expand their movement repertoire, improve decision-making, and reinforce collective game comprehension, all within a motivating and structured environment.

'This program is ideal for players looking for more frequent training, skill refinement, and a better grasp of game principles. 🌐💡''

Program Details:

- **Age:** Children born in 2014 and 2013
- **Frequency:** 3 activities/week
- **Match format:** 9 vs 9
- **Matches:** 1 match/week

Schedule:

- **Wednesday 7 PM and Thursday 6 PM**
- **Matches: Saturday (B) / Sunday (G)**

Price: \$535



The programs and activity dates may be modified based on the number of registrations per category and the match schedules.



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PROGRAMME U13+ Rec

The program remains focused on play and enjoyment, with technical development as a priority alongside tactical strategy integration.

The game should remain simple and fun while incorporating learning of various techniques.

Program Details:

- **Age: Born in 2012+**
- **Frequency: 2 activities/week**
- **Match format: 11 vs 11**
- **Matches: 1 inter-city match/week**

Schedule:

- **Wednesday and additional time
TBD**
- **Matches: TBD**

Price: \$235



The programs and activity dates may be modified based on the number of registrations per category and the match schedules.

