



FOOTHILLS
SOCCER CLUB

GRASSROOTS
2025



OUTDOOR SOCCER
PROGRAM DETAILS



FOOTHILLS GRASSROOTS



At Calgary Foothills Soccer Club, we have built an environment where we encourage our young players to have fun, be creative, and grow a "love for the ball." We do this by applying coaching tactics and strategies that place fundamental movements and skill development at the forefront of practices, sessions, and games.

Our focus is to ensure that every player experiences soccer in a fun learning environment that cultivates friendships. We focus on the "skill-hungry years" from three to nine and build on the key motor skills that will provide a solid foundation for their ABCs (agility, balance, and coordination).

At the same time, we develop our volunteer coaches into innovative leaders equipped with the skills to engage our players through passion and flexibility. We share, celebrate, and support our Grassroots coaches by promoting boundless enthusiasm, which will support the growth of our players.



FOOTHILLS GRASSROOTS

FAQ

HOW DO I REGISTER?

Click the Registration button under the Grassroots drop-down menu on the website to access Foothills' Member Zone. If you are new to the Foothills family, you need to set up a family profile. You can then add your children, and the programs available for registration for that child will show automatically for you to choose. Please note you are not registered until you have completed payment.

I MISSED THE REGISTRATION DEADLINE. IS IT TOO LATE?

If online registration has concluded, please contact our registrar at admin@gofoothills.ca and indicate the age group for which you wish to register. We will then check to see if there is room.

WHERE DO I LOG IN TO THE MEMBER ZONE? I FORGOT MY PASSWORD. HOW CAN I LOG IN?

Click the Registration button under the Grassroots drop-down menu to access Foothills' Member Zone.

Use the email address you used for your family member profile. If you forget your password, there is a link where you can have the password sent to the email address we have on file.

I CAN'T AFFORD TO PUT MY CHILD THROUGH SOCCER. CAN YOU HELP?

Everyone should have the opportunity to play! Those who require financial assistance may apply through [Kidsport](#), a program funded by various sports associations.

Please contact our registrar at admin@gofoothills.ca for more information.

MY ADDRESS/PHONE NUMBER HAS CHANGED. HOW CAN I ENTER THE NEW NUMBER?

You can update your contact information or address by logging into your Member Zone.

WHAT DOES MY CHILD NEED?

For players aged U4-U8, soccer cleats are required for outdoor play and indoor soccer shoes for the indoor season. Runners may also be utilized for either season, along with shin pads and a water bottle. For these age groups, the team will provide a jersey, socks, and shorts that they may keep.

WHAT IS MINIFEST

Minifest is our end-of-season wrap-up party for Grassroots members. [Click here](#) and scroll to the "Focus on Fun" section to learn more and see a video from our last [Minifest](#).

CAN I REQUEST TO PLAY WITH A FRIEND?

Yes, you can ask to play with a friend in the request box during registration. We do our best to accommodate but please note that not all requests are guaranteed.

CAN I REQUEST A PRACTICE TIME?

Yes, you can request a time slot in the request box during registration. We do our best to accommodate but please note that not all requests are guaranteed.





CALGARY

FOOTHILLS



U4

BORN 2021/2022 LITTLE DRIBBLERS

Little Dribblers is an introduction to soccer to get the children moving and keep them active. Our players are provided with physical literacy activities followed by small-sided soccer games.

The technical curriculum requirements are not about teaching the techniques of soccer but about letting the children enjoy the game and become friends with the ball.

TEAMS

Mixed boys and girls teams coached by parent volunteer coaches with the support of Foothills staff. *Free coach clinics and materials are provided to our volunteers throughout the season.*

SCHEDULE / LOCATIONS:

MONDAYS

6:00-7:00 PM (Langdon)

SATURDAYS

10:00-11:00 AM (Auburn Bay, Chaparral, Canyon Meadows)

ALL PROGRAM FEES INCLUDE

Grassroots Jersey, Shorts, Socks and Medals.

REGISTRATION \$125 + COMMUNITY MEMBERSHIP FEE

Register at WWW.GOFOOTHILLS.CA / MAY 3RD, 2025 - JUNE 27TH, 2025 | MINIFEST JULY 6TH



CALGARY

FOOTHILLS



U5

BORN 2020 ACTIVE START

In our U5 Active Start Program, we focus on the physical literacy stage of our players' development, focusing on creating games and challenges that will encourage movements with and without the ball, such as running, jumping, throwing, hopping, balancing, and kicking.

We teach basic soccer skills combined with movements that will help our players develop key physical movement skills. Our trainers are qualified and follow the CSA guidelines for coaching Active Start sessions. Our trained staff work to build our players' social skills by creating games that involve teamwork through set challenges.

TEAMS

Mixed boys and girls teams coached by parent volunteer coaches with the support of Foothills staff. *Free coach clinics and materials are provided throughout the season.*

SCHEDULE & LOCATIONS

MONDAYS & WEDNESDAYS

6:00 - 7:00 PM (Canyon Meadows, Deer Ridge, Evergreen, Langdon, Legacy, Mahogany and New Brighton and Walden)

TUESDAYS & THURSDAYS

6:00 - 7:00 PM (Auburn Bay, Chaparral, and Cranston)

SESSION FORMAT:

Each day is half a team session (skills and activities and half mini-games.)

ALL PROGRAM FEES INCLUDE

Grassroots Jersey, Shorts, Socks and Medals.

REGISTRATION \$160 + COMMUNITY MEMBERSHIP FEE

Register at WWW.GOFOOTHILLS.CA / MAY 5TH, 2025 - JUNE 27TH, 2025 | MINIFEST JULY 6TH



CALGARY

FOOTHILLS



U6

BORN 2019 ACTIVE START

In our U6 Active Start Program, we focus on the physical literacy stage of our players' development, focusing on creating games and challenges that will encourage movements with and without the ball, such as running, jumping, throwing, hopping, balancing, and kicking.

We teach basic soccer skills combined with movements that will help our players develop key physical movement skills. Our trainers are qualified and follow the CSA guidelines for coaching Active Start sessions. Our trained staff work to build our players' social skills by creating games that involve teamwork through set challenges.

TEAMS

Mixed boys and girls teams coached by parent volunteer coaches with the support of Foothills staff. *Free coach clinics and materials are provided throughout the season.*

SCHEDULE & LOCATIONS

MONDAYS & WEDNESDAYS

6:00 - 7:00 PM (Canyon Meadows, Deer Ridge, Evergreen, Langdon, Legacy, Mahogany, New Brighton and Walden)

TUESDAYS & THURSDAYS

6:00 - 7:00 PM (Auburn Bay, Chaparral, and Cranston)

ALL PROGRAM FEES INCLUDE

Grassroots Jersey, Shorts, Socks and Medals.

REGISTRATION \$160 + COMMUNITY MEMBERSHIP FEE

Register at WWW.GOFOOTHILLS.CA / MAY 5TH, 2025 - JUNE 27TH, 2025 | MINIFEST JULY 6TH



CALGARY

FOOTHILLS



U8

BORN 2017/2018 FUNDAMENTALS

Fundamentals is the second stage of our players' development. However, we also continue to support those players who are just trying soccer for the first time. In recognition of this mix, we continue working on physical literacy, building into individual techniques with a ball. We create learning environments that are stimulating and engaging for players.

TEAMS

Mixed boys and girls teams, which are led by parent volunteer coaches with the support of Foothills staff. *Free coach clinics and materials are provided throughout the season.*

SCHEDULE

MONDAYS & WEDNESDAYS

6:00 - 7:00 PM (Auburn Bay, Chaparral, and Cranston)

7:00 - 8:00 PM (Langdon)

TUESDAYS & THURSDAYS

6:00 - 7:00 PM (Canyon Meadows, Deer Ridge, Walden, Legacy, Mahogany, New Brighton and Evergreen)

ALL PROGRAM FEES INCLUDE

Grassroots Jersey, Shorts, Socks and Medals.

REGISTRATION \$195 + COMMUNITY MEMBERSHIP FEE

Register at WWW.GOFOOTHILLS.CA / MAY 5TH, 2025 - JUNE 27TH, 2025 | MINIFEST JULY 6TH



CALGARY

FOOTHILLS



U7

BORN 2018

DEVELOPMENTAL

This program is designed for enthusiastic young players who wish to play in a competitive environment. Our trained parent coaches will continue to work on the players' development by creating competitive soccer sessions and games. The curriculum will focus on spatial awareness, ball mastery and combinations, teamwork and social skills, individual skills, 2v1's and 1v1's, and passing/shooting techniques.

TEAMS

Boys and girls ONLY teams coached by parent volunteer coaches with the support of Foothills staff. *Free coach clinics and materials are provided throughout the season.*

SCHEDULE / LOCATIONS:

TUESDAYS & THURSDAYS
6:00 - 7:00 PM (Parkland)

Development Program Includes:

Tuesdays: Team Practice to Develop Ball Mastery Skills

Thursdays: Ball Mastery Followed by 4v4 Games

U8 SKILLS PROGRAM

Optional for an additional fee. (\$295)

ALL PROGRAM FEES INCLUDE

Grassroots Jersey, Shorts, Socks and Medals.

REGISTRATION \$225

Register at WWW.GOFOOTHILLS.CA / MAY 5TH, 2025 - JULY 11TH, 2025 + SEPT 1ST - SEP 26TH 2025



CALGARY

FOOTHILLS



U8

BORN 2017

SKILLS CENTRE PROGRAM

This is the developmental skills program we will offer our U8 players. We recognize there is a need and a want for players to have more time on the ball in their prime skills acquisition years where they will have more face time with our technical staff to focus in on skill development to create technically proficient players while growing their love for the game.

TEAMS

Boys and girls ONLY teams coached by parent volunteer coaches with the support of Foothills staff. *Free coach clinics and materials are provided throughout the season.*

SCHEDULE / LOCATIONS:

TUESDAYS & THURSDAYS
6:00 - 7:00 PM (Parkland)

SATURDAYS
BETWEEN 10:00 - 12:00 PM (Deer Run)

Tuesdays: Team Practice to Develop Ball Mastery Skills

Thursdays: Ball Mastery Followed by 4v4 Games

Saturdays: Skills Program Run By Foothills Technical Staff

ALL PROGRAM FEES INCLUDE

Grassroots Jersey, Shorts, Socks and Medals.

REGISTRATION \$225 + \$295 SKILLS PROGRAM

Register at WWW.GOFOOTHILLS.CA / MAY 5TH, 2025 - JULY 11TH, 2025 + SEPT 1ST - SEP 26TH 2025