



Calgary West Football Club

Grassroots Pathway

Grassroots is an opportunity for all players to get started in the sport of soccer. This is where children develop a passion for the sport and fall in love with the beautiful game. Grassroots is the beginning of your soccer journey and the coaching objective here is simple, ensure that this experience is FUN and enjoyable while revolving around a child-friendly environment.

U4 - U10 PLAY & TRAIN

This is our recreational program where players will have an opportunity to use their imagination, be creative and learn through trial and error. Mistakes are okay & encouraged. Players will develop basic physical literacy skills like running, jumping, throwing, and catching in a fun environment with positive reinforcement. Most importantly, players will be introduced to basic skills of the game, dribbling, passing, and shooting.

U7 - U9 CMSA GRASSROOTS LEAGUE COMPETITIVE PROGRAMS

The start of competitive soccer. This is the FUNdamental stage of our Long-Term Player Development (LTPD). Coaches will focus mainly on developing the fundamentals of the game. Players will have an opportunity to apply these fundamentals in a "Festival" format league hosted by CMSA. These "Festivals" are 3v3, 4v4, and 5v5 games where players feel comfortable and safe to apply and show their newly learned skills against different opponents.

U4 - U12 DISCOVERY PROGRAM

This program will provide players with an opportunity to sharpen their tools and enhance their soccer experience. Players that are trying to move from a recreational program to a competitive program will have an opportunity to develop their soccer skills in a dynamic and encouraging environment. Players can stay in our Discovery Program until U12 or look to transition out of it into a more competitive environment for the start of any season.

U10 - U12 COMPETITIVE PROGRAMS

Competitive Programs are the next step of competitive soccer, players are placed on teams based on their skill level. Development Plus+ and Development teams play a regular season against all the teams in CMSA. The focus here will be mainly to master the basic skill and get introduced to the tactics of the game and a more competitive environment.

U10 - U12 DEVELOPMENT PLUS+

The Development Plus+ Stream is for players who play soccer as their primary sport and participate year round. These seasons are longer as they span April - October and games are played all over the city. You can expect 3-4 activities per week as part of this program.

U10 - U12 DEVELOPMENT

The Development Stream is for players who play multiple sports or looking to play part-time soccer. This is a short season April - July and are more regional games closer to your home. You can expect 2-3 activities per week as part of this program.