



U7-U13
SKILL CENTRE
PROGRAM

COCHRANE WOLVES FC

PROGRAM GUIDE

OUTDOOR 2025

APRIL 2025 – SEPTEMBER 2025



SKILL-CENTRE PROGRAM OVERVIEW U7-U13 Community Stream

Criteria	U7/U8	U9/U10	U11-U13
Ages/Birth Year	▪ 2018 & 2017	▪ 2016 & 2015	▪ 2014, 2013, 2012
Practice Locations	1. Bow Ridge 2. Matt Krol 3. Gleneagles Park	1. Bow Ridge 2. Matt Krol 3. Gleneagles Park	1. Bow Ridge 2. Matt Krol 3. Gleneagles Park
Program Options	Choose 1 or 2 practices per week + Game-Day	Choose 1 or 2 practices per week + Game-Day	Choose 1 or 2 practices per week + Game-Day
Bow Ridge Practice Days/times	▪ Monday/Wednesday 5-6pm Or 6:15-7:15pm ▪ Tuesday/Thursday 5-6pm OR 6:15-7:15pm	▪ Monday/Wednesday 5-6pm Or 6:15-7:15pm ▪ Tuesday/Thursday 5-6pm OR 6:15-7:15pm	▪ Monday/Wednesday 5-6pm Or 6:15-7:15pm ▪ Tuesday/Thursday 5-6pm OR 6:15-7:15pm
Matt Krol (Girls) Practice Days/times	▪ Mon/Tue/Weds 5-6pm OR 6:15-7:15pm	▪ Mon/Tue/Weds 5-6pm OR 6:15-7:15pm	▪ Mon/Tue/Weds 5-6pm OR 6:15-7:15pm
Gleneagles Park Practice Days/Times	▪ Tuesday/Thursday 5-6pm	▪ Tuesday/Thursday 5-6pm	▪ Tuesday/Thursday 5-6pm
Regular Program	▪ 1 or 2 Practices Per Week ▪ 1 x Game Per Week	▪ 1 or 2 Practices Per Week ▪ 1 x Game Per Week	▪ 1 or 2 Practices Per Week ▪ 1 x Game Per Week
Academy Session	▪ 1 Academy Session (Optional)	▪ 1 Academy Session (Optional)	▪ 1 Academy Session (Optional)
Coaching Requirements	▪ NCCP Coach Training (FUNdamentals) ▪ Respect in Sport	▪ NCCP Coach Training (Learn to Train) ▪ Respect in Sport	▪ NCCP Coach Training (Learn to Train) ▪ Respect in Sport
Coaching Roles	▪ Head Coach ▪ Assistant Coach	▪ Head Coach ▪ Assistant Coach	▪ Head Coach ▪ Assistant Coach
Roster Size (max)	▪ 9	▪ 10	▪ 11
Kit/Uniform	▪ Tim Bits Jersey, Shorts, Socks OR ▪ Macron Jersey, Shorts, Socks	▪ Tim Bits Jersey, Shorts, Socks OR ▪ Macron Jersey, Shorts, Socks	▪ Tim Bits Jersey, Shorts, Socks OR ▪ Macron Jersey, Shorts, Socks

Cochrane Wolves Spring Skill-Centre League

Game-Day	▪ Saturday AM	▪ Saturday AM	▪ Saturday AM
Game-Time	▪ 9am-10am OR 10:15-11:15am Times may rotate each week	▪ 9am-10am OR 10:15-11:15am Times may rotate each week	▪ 9am-10am OR 10:15-11:15am Times may rotate each week
Game-Field	▪ Bow Ridge Field	▪ Bow Ridge Field	▪ Bow Ridge Field
Game Format	▪ 5V5	▪ 6V6	▪ 7V7
Spring Season	▪ 6 Regular Games + End of Season Wrap-Up Tournament	▪ 6 Regular Games + End of Season Wrap-Up Tournament	▪ 6 Regular Games + End of Season Wrap-Up Tournament
Game Length	▪ 60 Minutes 25 Minute Halves	▪ 60 Minutes 25 Minute Halves	▪ 60 Minutes 25 Minute Halves
Cost	▪ Season Block: \$425 ▪ Spring: \$250-\$300 (8 Weeks) ▪ Summer: \$185 (6 Weeks) ▪ Fall: \$115 (4 Weeks)	▪ Season Block: \$425 ▪ Spring: \$250-\$300 (8 Weeks) ▪ Summer: \$185 (6 Weeks) ▪ Fall: \$115 (4 Weeks)	▪ Season Block: \$425 ▪ Spring: \$250-\$300 (8 Weeks) ▪ Summer: \$185 (6 Weeks) ▪ Fall: \$115 (4 Weeks)



SKILL-CENTRE PROGRAM U7-U13 Community Stream

OUTLINE

Our Skill-Centre program provides an opportunity for players of all abilities to participate in a fun, safe, inclusive and accessible program no matter their experience or level. This Spring season all skill-centre players will participate in our in-house league which will provide a weekly game and end of season tournament.

PROGRAM DETAILS

SEASON DATES

- **SPRING** runs April 28 to June 22
- **SUMMER** runs July 7 to August 17
- **FALL** runs September 2 to September 30

LOCATIONS

This **spring** our skill-centre program will run in 3 locations.

1. Bow Ridge - Coed
2. Matt Krol – **Girls Only**
3. Gleneagles - Coed

KIT/UNIFORM

- \$55 Macron Jersey, Shorts & Socks (Optional)
- OR FREE Tim Bits Uniform

ROSTERS

All players will be rostered onto a Team in their selected location. Rosters will be balanced to ensure competitiveness in games.

COACHING

All teams will have a dedicated coach who will have completed [NCCP Training](#)

VOLUNTEER COACHES

If you are interested in an Assistant or Lead coaching role please complete this [form](#).

LEAGUE DETAILS

LEAGUE DIVISIONS

1. U7-U8 | 2018 & 2017
2. U9-U10 | 2015 & 2016
3. U11-U13 | 2012, 2013 & 2014

LEAGUE GAMES

- 1 x 60 Minute Game Per Week
- 8 Games Per Season
- End of Season Tournament June 21-22

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

COST

2 Days Per Week | \$250

3 Days Per Week | \$300



FEMALE PROGRAM OVERVIEW U6-U13 Community Stream

Criteria	U6-U8	U9-U10	U11-U13
Ages/Birth Year	▪ 2019, 2018 & 2017	▪ 2016 & 2015	▪ 2014, 2013, 2012
Practice Locations	▪ Matt Krol	▪ Matt Krol	▪ Matt Krol
Matt Krol (Girls) Days/times	▪ Mon/Tue/Weds 5-6pm OR 6:15-7:15pm	▪ Mon/Tue/Weds 5-6pm OR 6:15-7:15pm	▪ Mon/Tue/Weds 5-6pm OR 6:15-7:15pm
Regular Program	▪ 1 or 2 Practices Per Week ▪ 1 x Game Per Week	▪ 1 or 2 Practices Per Week ▪ 1 x Game Per Week	▪ 1 or 2 Practices Per Week ▪ 1 x Game Per Week
Playing Format	▪ 5V5	▪ 6V6	▪ 7V7
Coaching Requirements	▪ NCCP Coach Training (FUNDamentals) ▪ Respect in Sport	▪ NCCP Coach Training (Learn to Train) ▪ Respect in Sport	▪ NCCP Coach Training (Learn to Train) ▪ Respect in Sport
Coaching Roles	▪ Head Coach ▪ Assistant Coach	▪ Head Coach ▪ Assistant Coach	▪ Head Coach ▪ Assistant Coach
Roster Size	▪ 9	▪ 10	▪ 11
Coaching Requirements	▪ NCCP Coach Training (Active Start OR FUNDamentals) ▪ Respect in Sport	▪ NCCP Coach Training (FUNDamentals OR Learn to Train) ▪ Respect in Sport	▪ NCCP Coach Training (Learn to Train) ▪ Respect in Sport
Coaching Roles	▪ Head Coach ▪ Assistant Coach	▪ Head Coach ▪ Assistant Coach	▪ Head Coach ▪ Assistant Coach
Roster Size (max)	▪ 9	▪ 10	▪ 11
Kit/Uniform	▪ Tim Bits Jersey, Shorts, Socks OR ▪ Macron Jersey, Shorts, Socks	▪ Tim Bits Jersey, Shorts, Socks OR ▪ Macron Jersey, Shorts, Socks	▪ Tim Bits Jersey, Shorts, Socks OR ▪ Macron Jersey, Shorts, Socks

Cochrane Wolves Spring Skill-Centre League

Game-Day	▪ Saturday AM	▪ Saturday AM	▪ Saturday AM
Game-Time	▪ 9am-10am OR 10:15-11:15am Times may rotate each week	▪ 9am-10am OR 10:15-11:15am Times may rotate each week	▪ 9am-10am OR 10:15-11:15am Times may rotate each week
Game Field	▪ Bow-Ridge Field	▪ Bow-Ridge Field	▪ Bow-Ridge Field
Game Format	▪ 5v5	▪ 5v5 or 6v6	▪ 6v6 or 7V7
Spring League Season	▪ 6 Regular Games + End of Season Wrap-Up Tournament	▪ 6 Regular Games + End of Season Wrap-Up Tournament	▪ 6 Regular Games + End of Season Wrap-Up Tournament
Session Duration	▪ 60 Minutes	▪ 60 Minutes	▪ 60 Minutes
Cost	▪ Season Block: \$425 ▪ Spring: \$250-\$300 (8 Weeks) ▪ Summer: \$185 (6 Weeks) ▪ Fall: \$115 (4 Weeks)	▪ Season Block: \$425 ▪ Spring: \$250-\$300 (8 Weeks) ▪ Summer: \$185 (6 Weeks) ▪ Fall: \$115 (4 Weeks)	▪ Season Block: \$425 ▪ Spring: \$250-\$300 (8 Weeks) ▪ Summer: \$185 (6 Weeks) ▪ Fall: \$115 (4 Weeks)



FEMALE SKILL-CENTRE REC PROGRAM U7-U13

Community Stream

OUTLINE

Our Female Skill-Centre program provides an opportunity for female players of all abilities to participate in a fun, safe, inclusive and accessible program together. The program will be led and delivered by female coaches. Our girls will play in our in-house league with a weekly game-day and end of season wrap up event.

DETAILS

SEASON DATES

- **SPRING** runs April 28 to June 22
- **SUMMER** runs July 7 to August 17
- **FALL** runs September 2 to September 30

LOCATIONS

This **spring** our skill-centre program will run in 3 locations.

1. Bow Ridge - Coed
2. Matt Krol – *Girls Only*
3. Gleneagles - Coed

KIT / UNIFORM

- \$55 Macron Jersey, Shorts & Socks
- OR FREE Tim Bits Uniform

ROSTERS

All players will be rostered onto a Team in their selected location. Rosters will be balanced to ensure competitiveness in games.

COACHING

All teams will have a dedicated coach who will have completed [NCCP Training](#)

VOLUNTEER COACHES

If you are interested in an Assistant or Lead coaching role please complete this [form](#).

LEAGUE DETAILS

LEAGUE DIVISIONS

1. U7-U9 | 2018 to 2016
2. U10-U13 | 2015 to 2012

LEAGUE GAMES

- 1 x 60 Minute Game Per Week
- 8 Games Per Season
- End of Season Tournament June 21-22

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

COST

2 Days Per Week | \$250

3 Days Per Week | \$300