



TUP SOCCER

INDOOR TERM 1 • NOVEMBER TO JANUARY

Grassroots Skills Training Info Package

Four stations, every session. Plus free Sunday
Game Days all term.

THE ESSENTIALS

Program: Grassroots Skills Training

Ages: 2019 to 2022 born players

Term 1: November 9, 2026 to January 31, 2027

Rate: \$29.99 per session, no upfront fee

Sunday Game Days: free when you register

AGE GROUPS

1UP Debut

2021 to 2022 born players

For players looking for a fun and enjoyable experience while learning the basics of the game. Players start the process of developing technical abilities and good player habits.

1UP Foundation

2019 to 2020 born players

Find the passion for the game. This is where players refine and further develop their habits to prepare them for U9 and competitive soccer. Players in U9 have the chance to move up to our Small Group Training.



VENUES

Cranston School

205 Cranston Dr SE, Southeast Calgary · Mondays

Seven Chiefs Sportsplex

19 Bullhead Road, Tsuut'ina Nation, just southwest of Calgary · Wednesdays

Renert School

14 Royal Vista Link NW, Northwest Calgary · Fridays

FREE SUNDAY GAME DAYS

Register for any training session and your player gets **7 Sunday Game Days at no extra cost.**

Sunday Game Days

November 8 and 22, December 6, 13 and 20, January 17 and 31

10:30am to 11:30am

DEBUT

11:30am to 12:30pm

FOUNDATION

OUR METHOD

Every Grassroots Skills session is split into four stations:

- **A fun arrival game**
- **An unopposed skills station** with a high number of repetitions to lock in important techniques
- **An opposed skills station** with a defender, so players try the new skill in a game realistic situation
- **A fun game station**



RATE AND PAYMENT

Per session rate: \$29.99. No upfront fees.

Sunday Game Days are free if you are registered for a training session.

- Your **first session is billed as an invoice.** This lets our accounting team create a client account for you and your player. Please pay it as soon as you can, with the credit card of your choice.
- **48 hours before** each following session, your credit card is automatically debited for that session.

- If you cannot make a session, use the reschedule process below and you avoid paying for it.

For anything to do with billing or invoicing, contact our Accounting Department at **accounting@1upsoccer.com**.

RESCHEDULE PROCESS

We offer reschedules for individual players, to deal with club conflicts and ever-changing schedules. Plan ahead and never miss a session.

- Complete a **reschedule form**, at least **48 hours before** the conflicted session
- Check your email for confirmation that we have received the request
- Ignore session reminders until you get confirmation that your reschedule has been processed
- Enjoy your new, conflict free session

Reschedules are processed based on the earliest preferred date you give us. That keeps them on time, and it can mean yours takes a little while to come through.

MAKE-UP SESSIONS

IF SOMETHING COMES UP

Should an unforeseen circumstance occur within **48 hours** of your session start time (facility booking conflicts, facility closure, or injury), 1UP will offer you a make-up session or credit towards another 1UP program.

Redeem it through the **reschedule form**.

CANCELLATION POLICY

1UP Soccer does not offer cancellations. In lieu of a cancellation, we will offer the player a rescheduled session. To qualify, we must receive your reschedule request **48 hours before** the conflicted session.

THIS SEASON'S 1UP TRAINING MENU

All sessions are carefully designed by head coach and founder **Graham Fisher**, alongside 1UP's Director of Player Development and current pro **Niko Myroniuk**, with Grassroots Director **Anthony Garmory**.

They consist of the player habits needed to excel in today's modern game, inside **game realistic** training activities. Niko brings real-life experience from the highest levels of youth and professional soccer. Graham contributes 7 years of youth and professional experience in Germany, Ireland, Spain and England, plus his 3 national coaching licenses.

See the full training menu at 1upsoccer.com/indoortrainingmenu2026

TRAINING OBJECTIVES

- Use **game-realistic training** to develop each individual into a more game-effective player
- Gauge each player's weaknesses and strengths, and improve both
- Use **question and answer** and **guided discovery** coaching to accelerate problem solving and creativity
- Grow each player's confidence, because confidence stems from preparation

WHAT TO BRING

- **1UP training shirt or jersey**
- **Black shorts and white socks**
- **Indoor turf shoes or runners**
- **Shinpads**
- **No ball needed**, balls are supplied
- **Plenty of water**
- **No clubwear please**

1UP APPAREL

Need kit? Training shirts, jerseys, socks and the full 1UP x PUMA collection are available anytime at **1upsoccer.com/shop**.

Players new to 1UP will need a training shirt or jersey for their first session.

MEDICAL INFORMATION

Our players’ safety is our first priority. Please read the below carefully.

- If there are any **medical concerns or injuries** you wish to highlight, please inform us by email before the session and we will add it to our records and make sure the coaches on site are aware.
 - If there are any **last-minute** medical concerns or injuries, please make sure you inform your coach before the session.
 - Please ensure your player packs all proper **medication** necessary (inhaler, EpiPen, and so on).
 - All 1UP Session Leaders are trained in **Standard First Aid**.
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COACHING STAFF

No parent coaches. Our coaching staff includes current and former pros, but more importantly our team is made up of fun, personable, energetic and knowledgeable leaders who have helped improve thousands of local ballers.



Anthony Garmory
GRASSROOTS DIRECTOR



McKenzie McLoughlin
GRASSROOTS PROGRAM COACH



Lennon Maguire
GRASSROOTS PROGRAM COACH



Tristan Léguillette
GRASSROOTS PROGRAM COACH



Yihyeon Kim
GRASSROOTS PROGRAM COACH



Marc Frey
GRASSROOTS PROGRAM COACH



Bryn Mortensen
GRASSROOTS PROGRAM
COACH



Anna Theroux
GRASSROOTS PROGRAM
COACH



Matteo Perizzolo
GRASSROOTS PROGRAM
COACH



Alex Cameron
GRASSROOTS PROGRAM
COACH



Rooney Biggs
GRASSROOTS PROGRAM
COACH



Keegan Biggs
GRASSROOTS PROGRAM
COACH

Also coaching: Mykena Walker, Dyma Kononchenko, Natalie Martineau and Emma Baker.

Meet the full team at 1upsoccer.com/our-team

KIDSPORT CALGARY

HELP WITH COSTS

We are proud partners of KidSport Calgary. Families who need help with the cost can apply for a grant towards registration fees.

Search **KidSport Calgary** to apply, or email us and we will point you the right way.

PHOTOGRAPHERS AND VIDEOGRAPHERS

Throughout the season your player will likely see both videographers and photographers shooting content. We post frequently with daily posts, and a very high number of videos on our Instagram story. Give us a follow:

- **Instagram** @1upsoccer
- **TikTok** @1upsoccer
- **YouTube**
- **Facebook** 1UP Soccer

#EnjoyTheProcess