

1UP SOCCER



NOVEMBER 1 TO DECEMBER 20 • BLOCK 1

Mini 1uppers Info Package

Their first ever soccer session should be the
best 60 minutes of their week.

THE ESSENTIALS

Who it is for: Born 2023 to 2025

Block 1: November 1 to December 20, 2026

Session length: 1 hour (45 minutes of coaching, then 15 minutes of parent supervised free time)

Sundays, North: 9:00am at Renert School

Wednesdays, South: 5:00pm at Seven Chiefs Sportsplex

1UP MINIS OVERVIEW

Your player's first ever soccer session should be the best 60 minutes of their week. Mini 1uppers starts them from 18 months old, and for our youngest group you are right there on the field with them for that very first touch.

Every session is designed by Niko Myroniuk, current professional and 1UP Director of Player Development, alongside Anthony Garmory, who spent over 8 years coaching early years soccer in England with players as young as 18 months. This is not daycare with a ball. It is real, structured early development built for tiny humans.

1UP has trained over 10,000 players in Calgary, including current pros Aribim Pepple, Victor Loturi, Niko Myroniuk, and Dani Feria Estrada. Every one of them started somewhere.



AGE GROUPS

We run two separate groups. Players are never mixed across them, and every session is built specifically for the stage your player is at.

1UP Mini Beginners

18 to 30 months (1.5 to 2.5 years)

Their very first taste of the game, with you beside them. Players learn to move confidently with the ball while exploring fun, creative new ways to move their bodies. Coordination, balance, confidence, and a whole lot of excitement, all through play and positive encouragement.

Parents take part in this one. You are incorporated into the session and are required to attend alongside your mini baller, so please come in athletic clothing and be prepared to join in.

1UP Next Level Minis

31 to 48 months (2.5 to 4 years)

Their first organised activity on their own. This stage builds the foundations of the game and sets them up to move into our 1UP Grassroots Program with real confidence.

Players keep developing their movement skills while being introduced to proper game topics through adventure-style activities. **Parents are required to remain at the facility** in case of any complications during the session. Players in this group have the option of completing the session independently for the first time. If a parent is still needed out there with them, that is completely fine too.

WHERE AND WHEN

Sundays, North

November 1 to December 20, 2026 (8 sessions) · Renert School, 14 Royal Vista Link NW

9:00am to 10:00am

NORTH

Wednesdays, South

November 11 to December 16, 2026 (6 sessions) · Seven Chiefs Sportsplex, 19 Bullhead Road, Tsuut'ina Nation

5:00pm to 6:00pm

SOUTH

Want both? Register for both days and train twice a week. Just note the two venues sit on opposite sides of the city, so it is worth checking the drive before you book.

THE LAST 15 MINUTES

STAY AND PLAY

Every session is an hour. **45 minutes of coaching, then 15 minutes of free time** on the field.

The equipment stays out and the space is yours. Stay and play with your player for those 15 minutes. Parents supervise their own player during free time.

WHAT TO BRING

- **We bring your 1UP kit.** It is already paid for, and your coach hands it over at the first session. After that, wear it to training
- **Comfortable clothes** they can move in
- **Indoor running shoes**
- **A water bottle**
- **Parents of Mini Beginners:** athletic clothes, you are on the field

We bring everything else.

TRAINING MENU

All sessions are carefully designed by 1UP's Director of Player Development and current pro **Niko Myroniuk**, alongside Grassroots coordinator **Anthony Garmory**. Anthony has over 8 years of experience coaching early years soccer in England, where he developed players from as young as 18 months. These sessions are tailor-made to keep every Mini 1upper engaged and having fun.

Every session follows the same predictable flow so players know what to expect. We do adjust as we

go. If they are loving an activity, we stay in it. If they are ready to move on, we move on.

- **Free movement:** warm up exploration with simple equipment to build comfort and independence
- **Movement games:** playful coordination work with running, balancing, colours, and obstacles
- **Ball discovery:** beginner friendly dribbling, rolling, tapping, and chasing games
- **Adventure challenges:** treasure hunts, pirate games, and target kicking
- **Mini matches:** quick, non competitive play to build teamwork and confidence
- **Celebration:** high fives, team cheer, and a proper finish to every session

OUR METHOD

We blend movement exploration, early physical literacy, and playful activities with and without the ball to build coordination, balance, and comfort on the field. Age appropriate equipment, clear routines, and coaching that meets players where they are.

Running, jumping, dribbling, kicking, and learning to navigate space all come first. Formal technique comes later. Every session adapts to how engaged the players are, so every one of them finishes feeling included and excited to come back.



COACHING STAFF

Sessions are designed by Niko and Anthony and delivered by our Minis coaching team.



Niko Myroniuk
**DIRECTOR OF PLAYER
DEVELOPMENT**

Current professional player



Anthony Garmory
**GRASSROOTS PROGRAM
DIRECTOR**

*8 years coaching early years soccer
in England*



Keegan Biggs
MINIS COACH



Rooney Biggs
MINIS COACH



McKenzie McLoughlin
MINIS COACH



Tristan Léguillette
MINIS COACH



Alec Wells
MINIS COACH



Bryn Mortensen
MINIS COACH



Seiraj Shergill
MINIS 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, and plenty of
1UP families already have.

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

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 and CPR**.
-

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.

Please email us at
scheduling@1upsoccer.com.

CANCELLATION POLICY

1UP Soccer does not offer cancellations. In lieu of a cancellation, 1UP will offer the player a make-up session.

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.

1UP SOCIALS

Follow along on **Instagram**, **TikTok**, **YouTube** and **Facebook**, all @1upsoccer.

Their first touch is waiting. #EnjoyTheProcess