



Scottish Hydro Super Skills

2011
Weekly Programme



Welcome to Scottish Hydro Super Skills

Once again, St Johnstone Football Club and Scottish Hydro have teamed up to provide lots of opportunities for boys and girls to play football. Whether you are a beginner or a talented player, you'll have a great time and improve your skills with the Scottish Hydro Super Skills programme.

We know how important it is for you to enjoy playing sport. We'll also show you the importance of respect within the game, showing the right attitude and improving your fitness. Our Blue Card Scheme and Scottish Hydro Player of the Year Awards, recognise youngsters who play with a positive attitude.

If you attend sessions regularly, you may be invited to attend two special sessions which will be held in July and November. During these sessions coaching staff from St Johnstone will be on the look out for local young stars. The club has also offered places for those with the highest attendance to take part in the Saints Half Time Challenge. See page five for more details.

This brochure provides all the information you need about our weekly programme. The sessions take place at McDiarmid Park and eight other venues around the area.

We want to make it as easy as possible for you to get involved so there's no need to pre-book — just turn up with your completed registration form, pay £2.60 to the qualified coach and enjoy your football. You'll find your registration form at the back of this brochure. Once you have registered, you will receive details of all activities in Scottish Hydro Super Skills and other Saints community activities.

Atholl Henderson

S.F.A. Community Coach — St. Johnstone F.C.

Super Skills Details

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Sponsors Welcome

Scottish Hydro has been a major employer in Perth for many years and we are pleased to support our home community through Scottish Hydro Superskills. Scottish Hydro and St Johnstone have excellent links in the community and over the last four years the programme has helped get thousands of kids active across the county.

We look forward to working in partnership with St Johnstone to provide a successful Scottish Hydro Superskills in 2011.

Liam Barn

Sponsorship Manager, Scottish Hydro



Saints Search for a Star

New for 2011 — Saints Search for a Star

We want to reward our regular attendees at Scottish Hydro Super Skills so this year we have introduced an exciting new initiative.

Any boy or girl from Primary 5 to Secondary 2 age, who attends 6 or more Super Skills sessions in the Spring Block (February to June) will be eligible to attend the SAINTS SEARCH FOR A STAR SESSION on Monday 4th July at McDiarmid Park. The scheme will be repeated in the autumn for a session on Thursday 17th November.

During these sessions, the coaches from Saints will be looking for recruits to join their youth development programme – a great opportunity for any aspiring footballer!

How to apply

Players of any standard are welcome. An application form will be made available nearer the time. You will need to get the form signed by the lead coach at your Super Skills venue to confirm that you have attended the required number of sessions. There will be no charge for either of the 2 sessions.

Saints Star Shows his Super Skills

St. Johnstone's KEVIN MOON was a regular at our McDiarmid Park Soccer Centre on Saturday mornings and attended many of our School Holiday Courses.

His ability and attitude to training saw him progress from the Super Skills programme into the youth development setup at St Johnstone. Through hard work and commitment, he eventually made the first team, impressing both Owen Coyle and Derek McInnes with his workmanlike style and natural ability.

Kevin has fond memories of the Community Sessions and remembers practising at home after learning new skills at McDiarmid Park.

"I used to love the games with my brother and my friends. We would compete to see who could beat the most players and I remember going straight home and practising as much as I could so that I would be the best at the next session", he said.

Kevin wants to see some more local kids joining him in the Saints first team. He has this advice for any budding professional footballer:



“Enjoy playing the small sided games but don’t forget that you need to practise. Try your hardest to improve your skills and make sure that you use them in games”

With lots of effort and commitment, you can give yourself a chance to play at a higher level. Come and enjoy the Scottish Hydro Super Skills Programme and you never know what can happen for you.

Saints Half Time Target Challenge

New for 2011 — Saints Half Time Target Challenge

Fancy a chance to play on the pitch at McDiarmid Park in front of thousands of fans? Well this is the opportunity you've been waiting for!

Players with the highest attendance at the Scottish Hydro Super Skills Programme will be selected by our coaches to take part in the Saints Half Time Challenge during a first team game in November or December.

The Challenge tests your accuracy as a striker using our custom-built target. The opportunity is open to all age groups and is a fantastic experience for any young player. There will also be complimentary tickets given out to participants at sessions leading up to this game.



Index

Contents

You can find details of dates, times, costs and age group for each session by turning to the appropriate page. For further information please contact Atholl Henderson on 01738 459 095 or atholl.henderson@yahoo.co.uk

McDiarmid Park Classes

Day	Event	Age Group	Page
Saturday	Soccer Centre	P1 — S2	8
Saturday	Goal Savers	P5 — S2	8
Monday	Soccer Sevens	P5 — P7	9
Wednesday	Mini Games	P1 — P4	10
Thursday	Girls Football	P4 — S2	11
Thursday	Skill Centre	P4 — P7	11

County Venue Classes

Day	Venue	Age Group	Page
Monday	Auchterarder	P1 — S2	12
Monday	Errol	P1 — S2	12
Tuesday	Almondbank	P1 — S2	12
Wednesday	Pitlochry	P1 — S2	13
Wednesday	Kinross	P1 — S2	13
Thursday	Blairgowrie	P1 — S2	13
Friday	Blair Atholl	P1 — S2	13
Friday	Kettins	P1 — S2	13

All Scottish Hydro Super Skills sessions cost £2.60, which is payable on the day. There is no need to pre-book — simply turn up with your payment and enjoy your football.

McDiarmid Park – Saturdays

Saints Soccer Centre

£2.60 per session (payable on the day)

PRIMARY 1 — SECONDARY 2

9.30am to 10.30am (P1-2)

10.30am to 11.30am (P3-4)

11.30am to 12.30pm (P5-S2)

Our popular Saturday mornings at McDiarmid Park are a must for any budding footballer.

There are 3 sessions for the different age groups throughout the morning, and you are sure to enjoy the specially devised training and games, with boys and girls of the same age. The number one priority is FUN and every player will learn to RESPECT everything that is good about the game.

There are lots of chances to score goals on our fantastic synthetic surface, right next to the main stadium.

Saints Goal Savers

£2.60 per session (payable on the day)

PRIMARY 5 — SECONDARY 2

11.30am to 12.30pm

Running alongside our Soccer Centre, we have Goal Savers, which is designed for aspiring goalkeepers. Learn to catch, throw, dive and kick the proper way and you will notice an improvement in your game very quickly if you attend regularly.

Month	Saturday Dates					No of Sessions
February			19	26		2
March	5	12	19	26		4
April	2	9	16	23	30	5
May	7	14				2
August			13	20	27	3
September	3	10	17	24		4
October	1	8	15	22	29	5
November	5	12				2
Total						27 sessions

McDiarmid Park – Mondays

Saints Soccer Sevens

£2.60 per session (payable on the day)

PRIMARY 5 — PRIMARY 7

5.00pm to 6.00pm

Join a SOCCER SEVENS team and take part in regular 7-a-side games throughout the year. This is a very popular session in our Super Skills Programme.

We will select a team for you to play with, under a qualified coach. Each session will consist of a brief warm-up or preparation routine, followed by a game, where everyone in the squad will get equal playing time and will be encouraged to express their skills and learn new ones. Everyone gets a chance to play in all positions within the team.

Month	Monday Dates					No of Sessions
February			21	28		2
March	7	14	21	28		4
April			18			1
May		9	16	23		3
August			15	22	29	3
September	5	12	19	26		4
October	3			24	31	3
November	7					1
Total						21 sessions



McDiarmid Park – Wednesdays

Saints Mini Games

£2.60 per session (payable on the day)

PRIMARY 1 — PRIMARY 4

5.00pm to 6.00pm

Boys and girls in Primary 1 to Primary 4 can play football on a realistic sized pitch, ensuring lots of touches of the ball and opportunities to score goals, dribble past opponents, make tackles and play passes.

Younger players can participate in our beginners group, with the more advanced taking part in regular mini challenges and small sided games.

This is our first introduction to team play and MINI GAMES encourages young players to make decisions in a fun and exciting environment.

Month	Wednesday Dates					No of Sessions
February				23		1
March	2	9	16	23	30	5
April			20	27		2
May	4	11	18			3
August			17	24	31	3
September	7	14	21	28		4
October	5			26		2
November	2	9				2
Total						22 sessions



McDiarmid Park – Thursdays

Saints Girls Football

£2.60 per session (payable on the day)

PRIMARY 4 — SECONDARY 2

5.00pm to 6.00pm

A mixture of skills training and small-sided games for girls only. Beginners or regular players are very welcome to come along, make new friends and enjoy our programme.

We would like to see more girls involved in the scheme — so don't be shy — get down to McDiarmid Park on Thursdays and join in.

Saints Skill Centre

£2.60 per session (payable on the day)

PRIMARY 4 — PRIMARY 7

5.00pm to 6.00pm

These sessions consist of a mixture of fun training and 7-a-side games.

Players will follow a specially devised skill development programme, gradually improving their technique and learning to adapt to game situations in all areas of the pitch.

Month	Thursday Dates					No of Sessions
February				24		1
March	3	10	17	24	31	5
April			21	28		2
May	5	12	19			3
August				18	25	2
September	1	8	15	22	29	5
October	6			27		2
November	3	10				2
Total						22 sessions

County Venues – Mondays & Tuesdays

Saints Soccer Centres have been very popular throughout Perth and Kinross and boys and girls of all standards are welcome to come along to a suitable venue to learn and practise new skills. All venues run during school terms in Spring and Autumn and remember that no-one needs to pre-book. Check the relevant times and dates, come along and join in.

Mondays

£2.60 per session (payable on the day)

PRIMARY 1 – SECONDARY 2

Community School of Auchterarder 6.00pm to 7.00pm

Errol Park 6.30pm to 7.30pm

Month	Monday Dates					Sessions
April			18	25		2
May	2	9	16	23	30	5
June	6	13	20	27		4
August			15	22	29	3
September	5	12	19	26		4
Total						18 sessions

Tuesdays

£2.60 per session (payable on the day)

PRIMARY 1 – SECONDARY 2

Almondbank Pitch

5.30pm to 6.30pm

Month	Tuesday Dates					Sessions
April			19	26		2
May	3	10	17	24	31	5
June	7	14	21	28		4
August			16	23	30	3
September	6	13	20	27		4
Total						18 sessions

County Venues – Wed, Thu, Fridays

Wednesdays

£2.60 per session (payable on the day)

PRIMARY 1 — SECONDARY 2 Pitlochry Rec 5.30pm to 6.30pm

PRIMARY 1 — SECONDARY 2 Loch Leven Campus 6.15pm to 7.15pm

Wednesdays — Pitlochry Rec and Loch Leven Campus						Sessions
April			20	27		2
May	4	11	18	25		4
June	1	8	15	22	29	5
August			17	24	31	3
September	7	14	21	28		4
Total						18 sessions

Thursdays

£2.60 per session (payable on the day)

PRIMARY 1 — SECONDARY 2 Blairgowrie Campus 5.30pm to 6.30pm

Thursdays — Blairgowrie Community Campus						Sessions
April			21	28		2
May	5	12	19	26		4
June	2	9	16	23	30	5
August			18	25		2
September	1	8	15	22	29	5
Total						18 sessions

Fridays

£2.60 per session (payable on the day)

PRIMARY 1 — SECONDARY 2 Blair Atholl Park 5.30pm to 6.30pm

PRIMARY 1 — SECONDARY 2 Kettins Park 6.15pm to 7.15pm

Fridays — Blair Atholl Park and Kettins Park						Sessions
April				22	29	2
May	6	13	20	27		4
June	3	10	17	24		4
July	1					1
August				19	26	2
September	2	9	16	23	30	5
Total						18 sessions



Registration Form 2011

This form should be completed, detached and given to the coach in charge at your first session in 2011. This will ensure that you are registered for Scottish Hydro Super Skills.

Name

D.O.B

Address

Postcode

Tel no.

Emergency Telephone no.

School

Any illness or condition that we should know about?

Parent's signature

Date

Photography — Press and/or promotional photographs of Scottish Hydro Super Skills activity may be taken. It will be assumed that all those taking part can be included in these photographs unless written notification to the contrary is made at the time of the booking.



NEED A HELPING HAND?

In 2010 we launched our Community at Heart programme. All of our 20,000 staff are encouraged to take a day off from their usual work to help a worthy cause. So far, we've collected pine cones for replanting forests, painted primary schools, cleared gardens in cancer centres, marshalled at community events and cleaned up river banks, to name just a few. If you have a project we could help you with, contact us at:

www.hydro.co.uk/aboutus/helpinghands



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