



# NEVER TOO OLD TO MOVE THE BODY

WALKING SOCCER



# INSPIRATION FOR THIS

WALKING SOCCER

NOVA SCOTIA

For more information

Call 902.210.6498

<https://www.walkingsoccernovascotia.com>

Spring 2019 CBC News from Nova Scotia



# PHYSICAL LITERACY SKILLS

Body Movement (locomotor) skills

- Walking

Body Control Skills    Stability: balance, stretch, turn, stop, dodge

- Agility
- Balance
- Co-Ordination

Object manipulation

- Kicking
- Throw
- receive

# FUNCTIONAL MOBILITY COMPONENTS

1. Cardio respiratory endurance
2. Anaerobic capacity
3. Muscular strength
4. Muscular endurance
5. Balance
6. Coordination
7. Body composition
8. Flexibility

Walking soccer has a positive effect on each of these components of functional mobility.



# WHAT WAS RIGHT

Motivation to do something different – something that grand kids were doing

To learn new skill

To challenge on self

To have fun



# WHAT WENT WRONG

Time of year, summer is the time to be outside and we used an indoor gym

Time of day, the 50+ were still working, could try evening (there was interest just not right time of day)

When it is new it will take time to develop – (light the fire)

















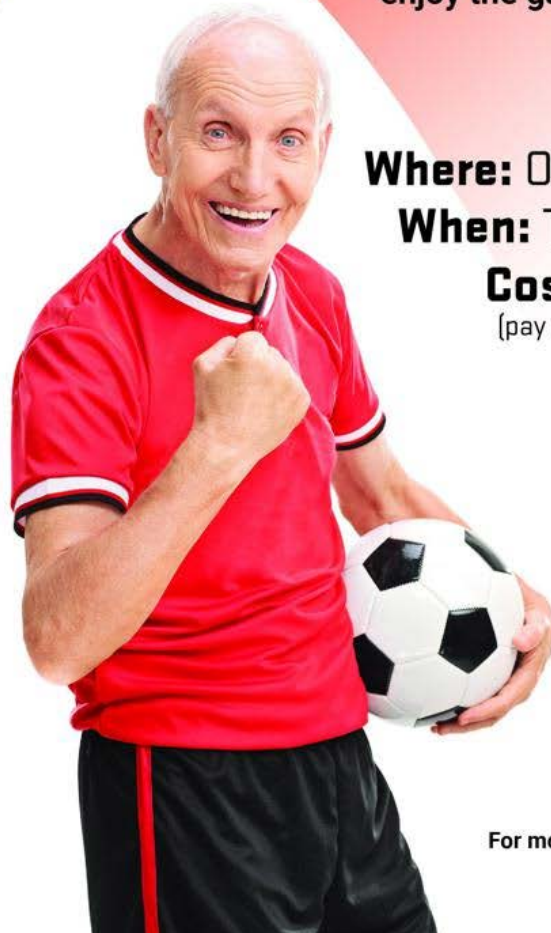




# WALKING SOCCER

"a slower version of the beautiful game"

Low-impact soccer, a game ideal for those with mobility constraints, or are unable to enjoy the game in its traditional format.



**Where:** Ontario Soccer Centre

**When:** Tuesday 10am - 11am

**Cost:** \$5.00 per session  
(pay upon arrival, no need to pre-register)

**Dates:**

April: 11, 18, 25

May: 2, 9, 16, 23

Play or learn the game  
in a fun and social  
environment!

Ontario Soccer Centre  
7601 Martin Grove Road, Vaughan  
For more information: [cwatt@ontariosoccer.net](mailto:cwatt@ontariosoccer.net)  
or 905-265-8873 ext 270

# RESOURCES:

[https://en.wikipedia.org/wiki/Walking\\_football](https://en.wikipedia.org/wiki/Walking_football)

Check out Wikipedia and you can get rules on how to play.

Walking soccer is happening in other parts of the world, it could be the new pickleball here in Alberta.



# Questions