

PDP F&M U8-13



Winter Training Program 2017-18



Date: Oct. 18th 2017



Meeting Overview

- **Welcome**
- **Philosophy**
- **Club Composition**
- **Roles/ Responsibilities**
- **Winter Program Procedures**



Philosophy

Mission

- **To develop our local youth to play intelligent and competitive soccer. We strive to maximize each player's ability, potential and interest to create accessibility at the highest possible level for each individual in the sport.**
- **To provide a high quality training environment for players and coaches, including facilities and support staff, to facilitate proper instruction of technical skill sets, encourage improvisation, teach principles of play, and tactical awareness.**

Club Composition



1. Players

2. Coaches

3. Technical Staff

4. Parents

5. Administrative Staff



Player Responsibilities

- 1. Abide by all club policies and league rules**
- 2. Commit by attending all practices and games**
- 3. Be on time and ready to play**
- 4. Demonstrate a positive attitude, be enthusiastic and respectful**
- 5. Learn to work collectively and contribute to a positive training atmosphere**
- 6. Be disciplined and focus on the immediate task; following the instructions and direction of the coaches.**
- 7. Be willing to ask questions**
- 8. Play with creativity and intelligence**
- 9. Play their best during all practices and games**
- 10. Represent the club and self with respect and pride**

Coach Responsibilities



- Provide and communicate the team objectives and specific team policies. To schedule and plan all activities in coordination with the program training cycles.
- Provide an enjoyable, constructive learning platform while focusing on the welfare of the team and the individual players.
- Support and implement the club's policies and its technical plan.
- Prepare and execute meaningful training sessions.
- Be organized and attend all coaches meetings held by tech staff (CTC).
- An LSC coach should be committed educator, ethical, respectful, prepared, certified, a good communicator, a leader, and inspirational. Our coaches should be ambassadors for the club.

A mediocre coach talks, A good coach explains, The best coach inspires.



Parent Responsibilities

- 1. Be committed, attend all team practices, games, activities and help players to be punctual**
- 2. Support and encourage all the players, LSC teams and coaches**
- 3. Refrain from coaching from the stands or sidelines**
- 4. Be respectful towards opposing parents and abide by facility rules**
- 5. Refrain from commenting on opposing players and coaches**
- 6. Avoid negative comments towards officials**

Focusing on the process, will better the outcome



F&M U8 to U13

LTPD (Long Term Player Development)

Stage 3, Learning to train (Golden age of learning)

Children are less self-centered and are capable to reflect on their actions and to learn from their mistakes. This provides an optimal window for further developing their skills to learn the basic principles of the game in a fun and challenging environment “ Learning by doing.”

Training Template

10% general movement, 10% coordination, 40% technique, 40% small sided games, (1v1, 2v1, 2v2, 3v2, 3v3, 4v4).

Winter program F&M U8



Schedule

- **1 gym (January start) & 1 field turf** November through end of April
- A tech staff member will be present for both sessions
- Technical staff will execute practices & periodically help the coaches while they execute a practice

Tournaments and/or exhibition games

- To be scheduled by the coaches and agreed upon by the parents
- Tournaments: **1 minimum, 2 maximum**
- Exhibitions games: **3 minimum, 6 maximum**
- These are supplemental and do not count towards training attendance

Winter Program F&M U9-13



Practices per week

- **U9: 3 times per week.** 2x field turf (2.5 hours) plus one hour gym.
- **U10: 3 times per week.** 2x field turf (2.5 hours) plus one hour gym.
- **U11-12: 2 times per week.** 2x field turf (2.5 hours)
- **U13: 2 times per week.** 2x field turf (3hours)
- A tech staff member will be present for 1, possibly 2, sessions per week. Staff will execute practices & periodically help the coaches while they execute a session.

Tournaments and exhibition games

- Tournament: **1 minimum, 3 maximum**
- Exhibition games: **3 minimum, 8 maximum**
- **LLLL League play/ Futsal optional**

Practice Schedule Notes



- Posted online at www.lakeshoresoccer.ca
- Technical program begins week of November 13.
- U8 train as collective group and play as one division (equal teams)
- Division 1-2 train as collective group U9- U10
- U11-13 AA and A divisions train separately

GK training



David Odorico, head coach of goal keeping, and his staff will prepare and execute specific training sessions with all the GK's throughout the winter .

U8 to U10

- Thursday evenings: 1h00 sessions
18h-19h

U11 & 13

- Saturday morning: 1h30 session
- 9h to 10h:30
- **Start date is Nov. 16th**



Game Format/ Roster Sizes

U8 (5 v 5) 12 - 13 player roster

U9 & 10 (7 v 7) 13 - 14 player roster

U11 & 12 (9 v 9) 15 player roster

U13 and on (11 v 11) 16 – 18 player roster

Evaluation & Selection Process

M&F U8 to U10



November 1 to the end of December

Evaluations

- Self evaluation form to be completed by each player and then submitted to the head coach
- The evaluation form will be reviewed by the head coach and returned with feed-back

Selections

- None

January to the end of February

Evaluations

- Self evaluation form to be completed by each player then submitted to the head coach by February 1
- The evaluation form will be reviewed by the head coach and returned with feed-back

Final Selections

- Final roster Div. 1 & 2 (U8 two or three equal teams)

Evaluation & Selection Process

F&M U11 & 13



November 1 to the end of December

Evaluations

- Self evaluation form to be completed by each player and then submitted to the head coach
- The evaluation form will be reviewed by the head coach and returned with feed-back

Just prior to the Holidays

Selections

- AA to A (if necessary) OOC player meetings.

End of February

Evaluations

- Self evaluation form to be completed by each player and then submitted to the head coach.
- The evaluation form will be reviewed by the head coach and returned/ player meetings

April 1

Final Selections (U8 selections April 30)

- AA to A to HL

Selection Protocol



All player selections will be decided by the designated head coach, 2 assistants per team and the assigned tech staff member(s).

Any coach who is also a parent will not take part in the selection of their child. The remaining coaches, the designated tech staff member and Amy or Jeff Lagendyk will evaluate the player.

All final roster selections will be approved by our technical coordinators for these age groups (Amy and/or Jeff Lagendyk).

The technical coordinators will create the on-field training program and conduct periodic coaching meetings throughout the winter.

Final Selections Procedure



- A **minimum of 50% attendance** is required to be considered for any competitive summer roster. Attendance will be taken every session and provided to the technical coordinators monthly.
- The attendance sheet can be reviewed/consulted upon request.
- The designated head coach will communicate the final player selections to each player and parent by:

Letter (PDF) via e-mail.

*****Parents/ players can request a meeting with the coach/technical staff*****



April Training

- Any age that LSL offer two division 1 groups, we will carry two division 1 teams. We will not field a division 2 team.
- We will never carry two division one teams in the same group.
- U8 program will continue until April 29. Technical staff continues.
- U9-U13 summer selections will continue to train in assigned time slots and costs allocated to summer budgets.
- Technical staff will continue to be assigned to team practices



Winter fees

The winter fees cover the gym and or field costs, the technical staff, and administrative fees. **Exhibition games, league play and tournaments costs are not included.**

U8 uniforms included. All other PDP uniforms (red) may be ordered via the head coach or at the LSC office @ \$40 per kit (shirt/shorts/socks).

<u>U8</u>	\$425 per player
<u>U9-U10</u>	\$460 per player
<u>U11-12 AA</u>	\$765 per player
<u>13 AA</u>	\$840 per player
<u>U11-12 A</u>	\$550 per player
<u>U13-U14 A</u>	\$485 per player



**SOCCER TRAINING MUST BE MEANINGFUL,
IT MUST LEAVE A MARK ON THE MIND.**

Thank you !

Questions ?