

# PDP F&M U8-13



## Winter Training Program 2018-19



Date: Oct. 24<sup>th</sup> 2018



# 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**



# Administrative Staff

- Director General: **Kelly-Anne Soutter**  
[dg@lakeshoresoccer.ca](mailto:dg@lakeshoresoccer.ca)
- Competitive Boys: **Jeanette Boucher**  
[intercityboys@lakeshoresoccer.ca](mailto:intercityboys@lakeshoresoccer.ca)
- Competitive Girls: **Trish Mac Lean**  
[intercitygirls@lakeshoresoccer.ca](mailto:intercitygirls@lakeshoresoccer.ca)
- Technical Coordinator: **Tony Zacchia**  
[technical@lakeshoresoccer.ca](mailto:technical@lakeshoresoccer.ca)





## 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
- Technical staff will be present for both sessions
- Technical staff will execute practices & periodically assist the coaches while they execute drills, provide support and feed-back

## 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-U11D1: 3 times per week.** 2x field turf (2.5 hours) plus one hour gym.
- **U11D2: 2 times per week.** 2x field turf (2.5 hours)
- **U12AA-13AA: 2 times per week.** 2x field turf (3hours)
- A tech staff member will be present for an **average of 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](http://www.lakeshoresoccer.ca)**
- **Technical program begins November 1.**
- **U8 train as collective group and play as one division (equal teams)**
- **Division 1-2 train as collective group U9- U10**
- **U11 A and AA train together once and apart once per week.**
- **U12-13 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
- **Start date is Nov.8th**

## U11 & 13

- Saturday afternoon: 1h30 session
- 14h to 15h:30
- **Start date is Nov. 4<sup>th</sup>**



# Game Format/ Roster Sizes

**U8** (5 v 5) 10 players max. on game sheet, up to 11 on roster

**U9 & 10** (7 v 7) 13 players max. on game sheet, up to 15 on roster

**U11 & 12** (9 v 9) 16 players max. on game sheet up to 18 on roster

**U13 and on** (11 v 11) 18 players max. on game sheet, up to 25 on roster

# Evaluation & Selection Process

## M&F U8 to U10



### November 1 to the end of December

#### **Evaluations (Optional)**

- 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
- Players/Parents can request a performance review meeting.

#### **Final Selections**

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

# Evaluation & Selection Guidelines

## F&M U11 & 13



### **November 1 to the end of December**

#### Evaluations (Optional)

- 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 (Mandatory)

- 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 7**

#### Final Selections (U8 selections April 30)

- AA to A to HL



# Selection Protocol



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

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 Tony Zacchia will evaluate the player.

All final roster selections will be approved by our technical coordinator (Tony Zacchia) in collaboration with the designated tech staff member for these age groups.

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

# Final Selection Guidelines



- A **minimum of 50% attendance** is strongly suggested to be considered for any competitive summer roster. Attendance will be taken every session.
- The designated technical 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

- **Every division U9 and up will carry two teams, D1 (AA) and D2 (A) or possibly 2 D1 (AA) teams, a decision on this will likely be made prior to the holidays. Managed on a case by case basis.**
- **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 following the April 7 deadline.**
- **The dome training will end April 30, 2019.**
- **Technical staff member will continue to manage their designated teams**



# 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 @ \$45 per kit (shirt/shorts/socks).**

<b><u>U8</u></b>	<b>\$500 per player</b>
<b><u>U9-U10</u></b>	<b>\$600 per player</b>
<b><u>U11 D1</u></b>	<b>\$880 per player</b>
<b><u>11 D2</u></b>	<b>\$800 per player</b>
<b><u>U12 AA</u></b>	<b>\$875 per player</b>
<b><u>U12 A</u></b>	<b>\$550 per player</b>



# Winter Fees Cont'd

- U13 AA                      \$900 per player
- U13A                         \$450 per player
- U14AA                      \$950 per player
- Balance of teams:
- M14A, M15A, M16AA, M17AA, M18AA, F14A, F15AA, F16AA, F17AA
- \$475 per player



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

Thank you !

Questions ?