



East York Soccer Club

East York Soccer Club – 3 Year Plan

East York Soccer Club offers a number of programs appropriate to a wide variety of skill levels. Our youngest players can begin participating in our Micro Soccer Program at 4 years old. Our U7 through U10 players participate in our Development Program. Also having a Competitive Program starting at U10 through to U21.

EYSC soccer development plan implanted by the Technical Director into 4 main categories:

1. Club Development
2. Coach Development
 - House League
 - Competitive
3. Player Development
 - House League
 - Competitive
4. Team Development
 - Competitive

This plan will assist the club in the following areas:

- Improving player enrollment both House League & Competitive
- Assist Club in promotion of growth & public image
- Implementing Coaching Development Program
- Implementing Player Development Program
- Implementing an effective Player Evaluation both House League & Competitive
- Support for volunteer and paid team coaches
- Provide technical support to ALL coaches
- Establish an Academy Program for future 'elite' players

Club Development

The program will focus on the following areas:

- Increase player enrollment
- Community image
- Promotion of off-season (winter) training programs
- Continue promoting of Club values, beliefs and behavior

3 Year Plan – 2015

- ❖ *Establish a marketing program to build support for EYSC and to promote Club heritage*
- ❖ *Build a plan to promote and recognize EYSC's top players, coaches and referees*

- ❖ *Identify and target additional excellence/quality awards for the club that increase the reputation of EYSC*
- ❖ *Increase EYSC registrations by 10% by 2015*

Coaching Development

To offer soccer programs within the Club and develop each player to the limit of their potential and interest.

The emphasis of this program will focus on the following areas:

- Identify/recruit coaches
- Train/educate coaches
- Evaluate coaches
- Mentor coaches

This will be accomplished by 4 stages of Coaching Development Model

1. Individual Development
2. Leadership Development
3. Team Development
4. Organizational Development

This will be accomplished by implementing the following programs:

- On-field clinics
- Classroom clinics
- Formal training through the Ontario Soccer Association
- Video support (DVDs, etc)

3 Year Plan – 2015

- ❖ *Implementation of coaching development program in conjunction with the OSA/CSA LTPD at all levels*
- ❖ *Establish online support for all coaches*
- ❖ *Implement at least 70% of house league coaches to have certification under the new LTPD*
- ❖ *Ensure that all Competitive coaches have a minimum of Pre-B Coaching Certification*
- ❖ *Evaluate all Competitive coaches at least twice a year and at least one game analysis*
- ❖ *Promote at least 2 coaches to CSA national certification*

Player Development

EYSC will implement 6 levels of Player Development:

- 1. Micro Soccer U4 – U6**
 - Basic fundamental skills
 - 4 v 4 or 5 v 5
 - movement games
 - comfortable with ball
- 2. Mini Soccer U7 – U10**
 - Developmental Programs
 - Player feedback
 - Ball Mastery

- Ball touches
- Soccer specific movement and balance training
- Receiving the ball (1st touch)
- Redirecting the ball (basic passing)
- Small group play
- Introduction to goalkeeper selection (U9 & U10)

These skills can be accomplished by using small age and ability appropriate games

- 1 v 1, 2 v 1, 2 v 2, 3 v 2 and 3 v 3 for U7 – U10
- 3 v 3 and 4 v 4 for U9
- 4 v 4 and 6 v 6 for U10

Players should become proficient at basic skills at game speed. Players should be constantly evaluated with feedback that is shared with players and parents.

3. Junior Competitive Program U11 – U14 U11 & U12

- Advanced technical skills
 - Combination plays
 - Combination turns
 - 1st touch shooting
- Introduction to basic tactical play
 - Width, depth, support
- Small sided games to 8 v 8 on small field
- Basic SAQ training
- Elite I Goalkeeper Training
- Tournament and League Play
- Decision making
- Player Evaluations & Feedback

4. Junior Competitive Program U11 – U14 U13 & U14

- Full sided games – 11 v 11
- Player Evaluations & Feedback
- Advanced SAQ
- Intermediate tactical play
- Introduction to Functional Sessions
 - Role of center backs
 - Role of center midfielders
 - Role of strikers
- Unit play & positional responsibilities
- Advanced technical skills to speed of game
- Advanced decision making

5. Senior Competitive Program U15 – U18

- League, tournament & international play
- Focus on principles of play
- Role of defenders
 - Regain possession

- Maintaining defensive shape
- Role of 1st, 2nd and 3rd defender
- Transition
- Staying balanced
- Role of attackers
 - Maintain possession
 - Penetration
 - Creating goal scoring opportunities
 - Support & shape
 - Game preparation
 - Perform to play
- Understanding advanced tactical play
- Mastery of advanced skills
- Understanding Principles of Play
- Understanding of Systems of Play
 - 4 – 4 – 2, 3 – 5 – 2, etc
- Advanced SAQ
- Perform to win
- Lifestyle
- College/university preparation

3 Year Plan – 2015

- ❖ *Promote OSA standards throughout our Player Development Model*
- ❖ *Establish partnerships with several colleges/universities in North America and UK academies*
- ❖ *Establish player development under the LTPD of SSA, OSA & CSA*
- ❖ *Build a technical staff that will identify & recruit talented/elite players at key ages*
- ❖ *Build a good sponsorship program to help minimize cost for players*
- ❖ *Ensure that all Competitive Teams compete at levels that will best support team play*
- ❖ *Ensure that there are at least 6 players that receive soccer scholarships in North America*
- ❖ *Ensure that there are at least 3 players that receive trials in Europe*

Team Development

The program will focus on the following areas:

- Player movement/placement
- Coach placement
- Budget
- Team manager placement & support
- Team technical training 'blueprint'
- Team goals & expectations
- Parental education & support

3 Year Plan - 2015

- ❖ *Implement player movement/placement model to place players to their level of play and not just their age*
- ❖ *To place coaches in age groups/team that compliments their strengths*
- ❖ *To have a yearly managers seminar to inform them their expectations and responsibilities*
- ❖ *Implement a 'blueprint' of System of Play within the Club*
- ❖ *Implement that 80% of parents enroll in "Respect in Soccer" modules*