

## **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 Soccer Skills Program at 4 years old. Our U7 through U12 players participate in our Development/Rep Program. Also, having a Competitive Program starting at U13 through to U21.

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

1. Club Development
2. Coach Development
  - House League
  - Rep/Competitive
3. Player Development
  - House League
  - Rep/Competitive
4. Team Development
  - Rep/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 – start in 2016*

- ❖ *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 2019*

## ***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 – start in 2016*

- ❖ *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 LTPD*
- ❖ *Ensure that all Competitive coaches have a minimum of C Level 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 5 levels of Player Development:

### **1. Soccer Skills Program U4 – U8**

- Basic fundamental skills
- 4 v 4 or 5 v 5
- movement games
- comfortable with ball

### **2. Mini Soccer U9 – U10**

- Developmental Programs
- Player feedback
- Ball Mastery
  - Ball touches
  - Soccer specific movement and balance training
  - Receiving the ball (1<sup>st</sup> 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. Rep/Elite Programs U11 – U12 U11 & U12**

- Advanced technical skills
  - Combination plays
  - Combination turns
  - 1<sup>st</sup> 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 Rep/Competitive Program U13 – 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 Rep/Competitive Program U15 – U18

- League, tournament & international play
- Focus on principles of play
- Role of defenders
  - Regain possession
  - Maintaining defensive shape
  - Role of 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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 – start in 2016*

- ❖ *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 10 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 - start in 2016*

- ❖ *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*