



The Seaway Valley Soccer Club Competitive Program Outline For Female and Male Players (U14 – U18)



This document is subject to update and or change.

Playing Format	11v11
Roster Size Min/Max	Min. 16 players / Max. 18 players
Game Day Call-Up	Yes, provided that min fulltime roster has been met prior to the start of regular season play (16)
Total Number of Training Sessions/Year	Determined by Head Coach and Coaching Team
Position Specific Sessions/Year (Goalkeeping)	3 (mandatory) – unlimited as determined by Head Coach and Coaching Team
Frequency/Week	1-3x/week (+1 Game in-season)
Each Session Duration	60-90 minutes

All numbers are approximate and subject to update or change.

Training Locations	Outdoor - Club approved fields (Kinsmen Minor Soccer Association fields and Optimist Park fields Indoor - Club approved turf fields (Benson Centre Cornwall and Tim Horton's Dome Alexandria) Dry-Land – Local fitness facilities and school gymnasiums
Goal	To develop players for Regional competition
Head Coach	A coach who is certified with a minimum Soccer for Life (S4L) certification and equivalent experience, certified with Making Ethical Decisions, 'Respect in Soccer' and a certified Police Check
Assistant Coach	An assistant coach who is or enrolled to be certified with a minimum Soccer for Life (S4L) certification or equivalent experience, certified with Making Ethical Decisions, 'Respect in Soccer' and a certified Police Check
Trainer	A trainer is required to be certified with Making Ethical Decisions, 'Respect in Soccer' and a certified Police Check, this candidate requires a First Aid component.
Team Administration / Manager	A manager is required to be certified with Making Ethical Decisions, 'Respect in Soccer' and a certified Police Check.



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Training Session Evaluations

Head Coach will receive a minimum of 1 Coach Evaluation conducted by the Technical Director and or Program Director per year kept on Club record and reviewed annually during Personnel / Staff Review Period

Technical / Tactical / Physical Curriculum

Players who are proficient in their soccer skills now train to refine their maturity in game play, so they can excel under the pressure of regional competition. They must be exposed to quality playing and training environments which extend their mental, physical, tactical and technical capabilities to the limit. Soccer is their primary sport, and they should play regularly in highly competitive matches. The season is built on year-round play, though there must be a proper environment with appropriate ratio of training, competition, and rest throughout year.

TECHNICAL: Consistency and proficiency in core skills. Continue to develop advanced skills. Individual skills emerge as 'personal style'. Skills' training happens at high intensity under competitive conditions.

TACTICAL: Advanced team systems and strategies. Linkage between players and team units. Effective use of set pieces. Awareness of opponents' tactics, strengths and weaknesses. Ability to adapt to opponents and tactical changes. Refinement and enhancement of attacking and defending principles.

PHYSICAL: Conditioning specific to positions, individuals, and soccer skills. Further develop flexibility, agility, aerobic and anaerobic endurance, core strength and stability. Prevention and care of injuries. Tapering and peaking for optimal performances. Individualization of physical training. Testing is crucial to monitor progress.