

ADVANCED DEVELOPMENT PROGRAM

2019 – 2020 PROGRAM OUTLINE U10 (2010)



Cost/Player/Session	<ul style="list-style-type: none"> • \$1560.00
Registration/Payment Inclusions	<ul style="list-style-type: none"> • Club fee • Ontario Soccer registration (includes player insurance) • One size four (4) soccer ball • Two (2) x 1 hour training sessions per week • Indoor/Outdoor League Fees • Note: Uniform package must be purchased at an additional cost in spring.
Registration/Payment Schedule	<ul style="list-style-type: none"> • Full payment of fees due by August 30th, 2019 • Failure to register and pay the fees by the deadline will result in forfeit of placement in the program • Program kick off week of September 23rd, 2019 • The program ends August 22, 2020 • No refunds after September 9th, 2019 unless covered by OSC's Refund Policy - available online on the Club's website. • Fee assistance is available. Please contact OSC's Finance Department.
Program Administration	<ul style="list-style-type: none"> • Gareth Davies – Grassroots Program Manager • Michelle Parato Schers – Technical Programs Coordinator
Coaching	<ul style="list-style-type: none"> • One Age Group Head Coach per gender • One Volunteer Assistant Coach per roster (3-4 rosters per gender)
Number of Players	<ul style="list-style-type: none"> • Approximately 30-40 players per gender • Underage players allowed to participate at the discretion of the Grassroots Program Manager
Playing Format	<ul style="list-style-type: none"> • 7 v 7 (includes GK) • Long Term Player Development (LTPD) Matrix • No scores, no standings
Pine Glen Turf Training Sessions (September – May 8 th)	<ul style="list-style-type: none"> • 1 x 1 hour session per week • Wednesdays 7:00-8:00pm
Gym Training Sessions (October – May 6 th)	<ul style="list-style-type: none"> • 1 x 1 hour session per week between 6-9pm • Projected for Mondays – confirmed when gym permits are received from the Town
Grass Field Training Sessions (May 11 th – August 20 th)	<ul style="list-style-type: none"> • 2 x 1 hour sessions per week • Location TBD • Mondays and Wednesdays 6:30-7:30pm or 7:30-8:30pm
Games	<ul style="list-style-type: none"> • U10 ADP players will participate in the Paramount Indoor League Oct-Apr and PHDL festivals May-Aug on Saturdays. • Schedules posted to TeamSnap when received from the leagues
Team Inclusions (equipment, etc.)	<ul style="list-style-type: none"> • One (1) First aid kit per roster • One (1) x Goalkeeper gloves per roster • One (1) Goalkeeper jersey per roster • One (1) Sports Session Planner account for Coaches • Coach certification • Coach clothing • One (1) TeamSnap account per gender • League fees (indoor & outdoor league)

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	<ul style="list-style-type: none"> Referee fees (indoor & outdoor league) One (1) Game ball per roster One (1) Futsal ball per roster All field/gym rental fees as per program outline.
Coaching Qualifications (Age Group Head Coach and/or Volunteer Coaches)	<ul style="list-style-type: none"> Minimum certifications required by the Ontario Soccer: <ol style="list-style-type: none"> Learn to Train certification Laws of the Game (outdoor only) Respect in Sport Making Ethical Decisions Making Headway Vulnerable Sector Screening validated within the last two years First Aid certification dated within the last three years
Coach Evaluation/Feedback (on going)	<ul style="list-style-type: none"> Age Group Head Coach evaluated by the Grassroots Program Manager
Player Feedback	<ul style="list-style-type: none"> Four Corner Development Evaluation Model: Technical, Physical, Social/Emotional and Psychological Written evaluation twice (2) per year
Development Curriculum Technical, Tactical, Principles of Play, Physical	<p>Technical:</p> <ul style="list-style-type: none"> Receiving: bottom of foot, insides, outsides Passing: any surface Ball Striking: with laces (right & left) 1v1 Skill Development (fakes and feints) Running with the ball, dribbling, turning, Ball Mastery: all surfaces <p>Tactical:</p> <ul style="list-style-type: none"> 1v1: change of pace, change of direction 2v1: recognition of overload (i.e. 2v1) Spatial awareness Support Play Individual transitions <p>Principles of Play:</p> <ul style="list-style-type: none"> 1v1 up to 7v7 small sided games Width, improvisation <p>Physical:</p> <ul style="list-style-type: none"> A,B,C's (Agility, Balance, Coordination) Running technique Agility with the ball
Cognitive Skills	<ul style="list-style-type: none"> Promotion of basic self-confidence Positive attitude Discipline
GAG Format	<ul style="list-style-type: none"> Coaches will follow the GAG format Initial Game Activity Final Game (No Coaching)

**Information contained in this document subject to change at the discretion of Oakville Soccer Club at any time*