

ADVANCED DEVELOPMENT PROGRAM

2019 – 2020 PROGRAM OUTLINE U11 (2009)



Cost/Player/Session	<ul style="list-style-type: none"> • \$1760.00
Registration/Payment Inclusions	<ul style="list-style-type: none"> • Club fee • Ontario Soccer registration (includes player insurance) • One size four (4) soccer ball • Three (3) 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 Staff Coach per roster (3 rosters per gender)
Number of Players	<ul style="list-style-type: none"> • Approximately 45 players per gender • Underage players allowed to participate at the discretion of the Grassroots Program Manager
Playing Format	<ul style="list-style-type: none"> • 9 v 9 (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 • Tuesdays 6:45-7:45pm or 7:45-8:45pm (alternates midway) • Additional 1 x 1 hour goalkeeper training per week on Sundays
Gym Training Sessions (October – May 6 th)	<ul style="list-style-type: none"> • 2 x 1 hour session per week between 6-9pm • Projected for Mondays and Thursdays – 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"> • 3 x 1 hour sessions per week • Location TBD • Mondays, Tuesdays and Thursdays between 6:00-8:30pm • Goalkeeper training will happen once per week during team training above (day/time TBD)
Games	<ul style="list-style-type: none"> • U11 ADP players will participate in the Paramount Indoor League Oct-Apr League Oct-Apr (Sundays) and PHDL festivals May-Aug (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

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	<ul style="list-style-type: none"> • One (1) TeamSnap account per gender • League fees (indoor & outdoor league) • 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"> 1. Learn to Train certification 2. Laws of the Game (outdoor only) 3. Respect in Sport 4. Making Ethical Decisions 5. 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 9v9 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*