

# ADVANCED DEVELOPMENT PROGRAM

## 2019 – 2020 PROGRAM OUTLINE U8 (2012)



Cost/Player/Session	<ul style="list-style-type: none"> <li>• \$1285.00</li> </ul>
Registration/Payment Inclusions	<ul style="list-style-type: none"> <li>• Club fee</li> <li>• Ontario Soccer registration (includes player insurance)</li> <li>• One Training Kit</li> <li>• One size three (3) soccer ball</li> <li>• Two (2) x 1 hour training sessions per week</li> <li>• Note: Uniform package must be purchased at an additional cost in spring.</li> </ul>
Registration/Payment Schedule	<ul style="list-style-type: none"> <li>• Full payment of fees due by August 30th, 2019</li> <li>• Failure to register and pay the fees by the deadline will result in forfeit of placement in the program</li> <li>• Program kick off September 23rd, 2019</li> <li>• The program ends August 22, 2020</li> <li>• No refunds after September 9th, 2019 unless covered by OSC's Refund Policy - available online on the Club's website.</li> <li>• Fee assistance is available. Please contact OSC's Finance Department.</li> </ul>
Program Administration	<ul style="list-style-type: none"> <li>• Gareth Davies – Grassroots Program Manager</li> <li>• Michelle Parato Schers – Technical Programs Coordinator</li> </ul>
Coaching	<ul style="list-style-type: none"> <li>• One <b>Age Group Head Coach</b> per gender</li> <li>• One <b>Volunteer Assistant Coach</b> per roster (2-3 rosters per gender)</li> </ul>
Number of Players	<ul style="list-style-type: none"> <li>• Approximately 30 players per gender</li> <li>• Underage players allowed to participate at the discretion of the Grassroots Program Manager</li> </ul>
Playing Format	<ul style="list-style-type: none"> <li>• 5 v 5 (includes GK)</li> <li>• Long Term Player Development (LTPD) Matrix</li> <li>• No scores, no standings</li> </ul>
Pine Glen Turf Training Sessions (September – May 8 <sup>th</sup> )	<ul style="list-style-type: none"> <li>• 1 x 1 hour session per week.</li> <li>• Mondays 5:45-6:45pm or 6:45-7:45pm (alternates midway)</li> </ul>
Gym Training Sessions (October – May 6 <sup>th</sup> )	<ul style="list-style-type: none"> <li>• 1 x 1 hour session per week between 6-8pm</li> <li>• Projected for Wednesdays – confirmed when gym permits are received from the Town</li> </ul>
Grass Field Training Sessions (May 11 <sup>th</sup> – August 20 <sup>th</sup> )	<ul style="list-style-type: none"> <li>• 2 x 1 hour sessions per week</li> <li>• Location TBD</li> <li>• Mondays and Wednesdays 5:30-6:30pm</li> </ul>
Games	<ul style="list-style-type: none"> <li>• U8 ADP players will participate in PHDL festivals May-August on Saturdays.</li> <li>• Schedules posted to TeamSnap when received from the league (estimated early May)</li> <li>• U8 players are permitted to play U8 House League in the Fall/Winter - additional HL fees apply</li> </ul>
Team Inclusions (equipment, etc.)	<ul style="list-style-type: none"> <li>• One (1) First aid kit per roster</li> <li>• One (1) x Goalkeeper gloves per roster</li> <li>• One (1) Goalkeeper jersey per roster</li> <li>• One (1) Sports Session Planner account for Coaches</li> <li>• Coach certification</li> <li>• Coach clothing</li> <li>• One (1) TeamSnap account per gender</li> </ul>

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	<ul style="list-style-type: none"> <li>• League fees (outdoor league)</li> <li>• Referee fees (outdoor league)</li> <li>• One (1) Game ball per roster</li> <li>• One (1) Futsal ball per roster</li> <li>• All field/gym rental fees as per program outline.</li> </ul>
Coaching Qualifications (Age Group Head Coach and/or Volunteer Coaches)	<ul style="list-style-type: none"> <li>• Minimum certifications required by the Ontario Soccer:             <ol style="list-style-type: none"> <li>1. Fundamentals certification</li> <li>2. Game Leader</li> <li>3. Respect in Sport</li> <li>4. Making Ethical Decisions</li> <li>5. Making Headway</li> </ol> </li> <li>• Vulnerable Sector Screening validated within the last two years</li> <li>• First Aid certification dated within the last three years</li> </ul>
Coach Evaluation/Feedback (on going)	<ul style="list-style-type: none"> <li>• Age Group Head Coach evaluated by the Grassroots Program Manager</li> </ul>
Player Feedback	<ul style="list-style-type: none"> <li>• Four Corner Development Evaluation Model: Technical, Physical, Social/Emotional and Psychological</li> <li>• Written evaluation twice (2) per year</li> </ul>
Development Curriculum Technical, Tactical, Principles of Play, Physical	<p>Technical:</p> <ul style="list-style-type: none"> <li>• Receiving: bottom of foot, insides, outsides</li> <li>• Passing: any surface</li> <li>• Ball Striking: with laces (right &amp; left)</li> <li>• 1v1 Skill Development (fakes and feints)</li> <li>• Running with the ball, dribbling, turning,</li> <li>• Ball Mastery: all surfaces</li> </ul> <p>Tactical:</p> <ul style="list-style-type: none"> <li>• 1v1: change of pace, change of direction</li> <li>• 2v1: recognition of overload (i.e. 2v1)</li> <li>• Spatial awareness</li> <li>• Support Play</li> <li>• Individual transitions</li> </ul> <p>Principles of Play:</p> <ul style="list-style-type: none"> <li>• 1v1 up to 5v5 small sided games</li> <li>• Width, improvisation</li> </ul> <p>Physical:</p> <ul style="list-style-type: none"> <li>• A,B,C's (Agility, Balance, Coordination)</li> <li>• Running technique</li> <li>• Agility with the ball</li> </ul>
Cognitive Skills	<ul style="list-style-type: none"> <li>• Promotion of basic self-confidence</li> <li>• Positive attitude</li> <li>• Discipline</li> </ul>
GAG Format	<ul style="list-style-type: none"> <li>• Coaches will follow the GAG format</li> <li>• Initial Game</li> <li>• Activity</li> <li>• Final Game (No Coaching)</li> </ul>

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