



OAKVILLE SOCCER CLUB PROGRAM HIGHLIGHTS - ADP & HOUSE LEAGUE



At the U8 age group, the Oakville Soccer Club provides two program streams for players, including a recreational and developmental option. The two streams available are the House League Program or the Advanced Development Program.

Learn more about each program from the descriptions below:

House League:

OSC's House League Program is centered around a weekly session, which will include a mix of warm-up/skill development, followed by a game component. Players will compete and learn alongside their teammates, and grow their love of the game.

The House League Program focuses on the growth of players, using a structured long-term approach. The curriculum for House League is created by technical staff and implemented by volunteer coaches.

Players who are looking for more time on the pitch can participate in the Skill Development Program, designed for players U7 – U13. This program, which is available to House League Players, focuses on the development of individual skills, and is the perfect compliment to the House League Program.

Recreational programs are available for players of all ages and skill levels.

Advanced Development Program:

The Advanced Development Program is available for ages U8 – U12.

Players are invited into the Advanced Development Program through the Open House process, which is conducted by OSC's Technical and ADP Coaching Staff. Coaches will assess players to ensure there is a mutual fit between player and program before inviting them to join the Advanced Development Program.

Within ADP, groups will train with a licensed coach, who will conduct sessions based on the Club's Curriculum. This Curriculum is created by OSC's Technical Staff, in line with LTPD (Long Term Player Development).

As players advance through ADP, training will increase, up to three times per week while at the U11/U12 age group. The U8 – U10 age group will train twice weekly. Teams/groups in ADP will travel to play other Clubs in the GTA, and will also participate in the Winter Paramount League.

*Please note that the U8 age group will not participate in league play until the summer season.