

FUTBOL CLUB REGINA PROGRAMS OBJECTIVES

U5 BOYS & GIRLS • ACTIVE START

BORN 2015/2016

At this introductory level, the objective is to get moving and to keep active.

DIVISION	TRAINING	GAMES	GAME FORMAT	TECHNICAL/TACTICAL	
N/A	1 SESSION WEEKLY	TUESDAYS	Small Sided 4x4 (No GK) two -10 minute halves with a 3 minute half time.	Introduce individual skills. Dribbling with all parts of the foot, combined with simple techniques for changing direction (turns, drag backs). Basic shooting where players experience success and the thrill of a goal	
PHYSICAL	PSYCHOLOGICAL	SOCIAL/ EMOTIONAL	GOALKEEPING	ADDITIONAL PROGRAMMING	PROGRAM GOAL
Provide a fun setting and simple mode of play that develops basic movement skills in running, jumping, kicking, throwing, and catching. Enjoy a variety of sports and physical activities. Provide a fun setting and simple mode of play that develops basic movement skills in running, jumping, kicking, throwing, and catching. Enjoy a variety of sports and physical activities	Positive attitude and self-esteem	Fun and passion for play. Experience success and build confidence by receiving positive recognition. Positive attitude and self-esteem.	N/A	TBD	Encourage child activity and develop basic motor skills. Improve player's soccer technique which revolves around core skills such as passing, receiving and controlling the ball.

LONG TERM PLAYER DEVELOPMENT

LPTD is a program for soccer player development, training, competition and recovery.



FUTBOL CLUB REGINA PROGRAMS OVERVIEW

U7 BOYS & GIRLS • FUNDAMENTALS

BORN 2013/2014

The U7 program is a developmental soccer program designed to introduce basic soccer skills and techniques

DIVISION	TRAINING	GAMES	GAME FORMAT	TECHNICAL/TACTICAL	
N/A	1 WEEKLY SESSIONS (45 min/session)	THURSDAY	Small Sided 5v5 (incl GK) two-18 minute halves with a 3 minute half time	<p>Continue to develop dribbling, and introduce dribbling with sole, inside and outside of foot. Continue to introduce and develop techniques for turning and changing direction, including more advanced techniques such as inside and outside hooks, even stepovers and scissors. Develop short passing with side foot and laces, and develop concept of passing to feet. Introduce receiving with inside and outside of foot and instep and introduce crossing and shooting while dribbling.</p> <p>Basic game concepts and rules. Introduction to team cooperation through small-sided games, but emphasis is still primarily on the individual. Finding space is important.</p>	
PHYSICAL	PSYCHOLOGICAL	SOCIAL/EMOTIONAL	GOALKEEPING	ADDITIONAL PROGRAMMING	PROGRAM GOAL
Develop the ABCs of movement: agility, balance, coordination and speed. Speed training should focus on quickness and agility continue general development of running, jumping, kicking, throwing and catching. Develop flexibility and suppleness	Basic awareness of environment to build game intelligence and decision making.	Fun and passion for play. Positive attitude and self-esteem.	Players take turn in goal. Development of ball handling at various heights. Introduce simple communication. Work on basic diving technique, develop correct body shape. Introduce the keeper as the last defender "sweeper keeper"	TBD	Technique development through fun. Emphasize skills and ABC (Agility, Balance and Coordination)



LONG TERM PLAYER DEVELOPMENT

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FUTBOL CLUB REGINA PROGRAMS OVERVIEW

U9 BOYS & GIRLS • LEARNING TO TRAIN

BORN 2011/2012

This stage introduces players to disciplined training and beings to develop their understanding of principles of play alongside their skills practice

DIVISION	TRAINING	GAMES	GAME FORMAT	TECHNICAL/TACTICAL	
N/A	2 WEEKLY SESSIONS	1 WEEKLY	Small Sided 7v (incl GK) two-25-minute halves with a 5-minute half time	Golden age of skills learning. practice skills in games to encourage decision making. Develop and refine dribbling. Continue to develop turns, drag backs, shielding, and hooks, as well as fakes such as stepovers and scissors. Refine short passing, develop passing with outside of foot and chips, and introduce medium and long passes. Introduce receiving with all parts of the body and shooting with volleys and half- volleys. Continue small-sided games. Introduce attack and defense principles. Basic team play with 2 and 3 player combi- nations. Introduce positional awareness in a variety of positions. Teach basic set pieces (free kicks, correct throw-ins)	
PHYSICAL	PSYCHOLOGICAL	SOCIAL/ EMOTIONAL	GOALKEEPING	ADDITIONAL PROGRAMMING	PROGRAM GOAL
Continue to develop ABCs. maintain flexibility and suppleness. Introduce proper warm-up. Continue to develop quickness and agility.	Imagination, creativity, increased demands, discipline.	Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that foster desire to play.	Continue to develop ABCs. maintain flexibility and suppleness. Introduce proper warm-up. Continue to develop quickness and agility.	SuperStars Skills Center , GK Academy	Develop consistency in base skills. Introduce advanced skills. Introduce Tactics



LONG TERM PLAYER DEVELOPMENT

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FUTBOL CLUB REGINA PROGRAMS OVERVIEW

U11 BOYS & GIRLS • LEARNING TO TRAIN

BORN 2010/2011

This stage introduces players to disciplined training and beings to develop their understanding of principles of play alongside their skills practice

DIVISION	TRAINING	GAMES	GAME FORMAT	TECHNICAL/TACTICAL	
DIVISION 1 AND 2	2 WEEKLY SESSIONS (60 min/session)	1 WEEKLY	Small Sided 7v (incl GK) two-25-minute halves with a 5-minute half time	Golden age of skills learning. practice skills in games to encourage decision making. Develop and refine dribbling. Continue to develop turns, drag backs, shielding, and hooks, as well as fakes such as stepovers and scissors. Refine short passing, develop passing with outside of foot and chips, and introduce medium and long passes. Introduce receiving with all parts of the body and shooting with volleys and half- volleys. Continue small-sided games. Introduce attack and defense principles. Basic team play with 2 and 3 player combi- nations. Introduce positional awareness in a variety of positions. Teach basic set pieces (free kicks, correct throw-ins)	
PHYSICAL	PSYCHOLOGICAL	SOCIAL/ EMOTIONAL	GOALKEEPING	ADDITIONAL PROGRAMMING	PROGRAM GOAL
Continue to develop ABCs. maintain flexibility and suppleness. Introduce proper warm-up. Continue to develop quickness and agility.	Imagination, creativity, increased demands, discipline.	Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that foster desire to play.	Continue to develop ABCs. maintain flexibility and suppleness. Introduce proper warm-up. Continue to develop quickness and agility.	SuperStars Skills Center , GK Academy	Develop consistency in base skills. Introduce advanced skills. Introduce Tactics

LONG TERM PLAYER DEVELOPMENT

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FUTBOL CLUB REGINA PROGRAMS OVERVIEW

U13 BOYS & GIRLS • TRAINING TO TRAIN

BORN 2007/2008

At this stage skill training demands and training loads are increased to develop and refine skills and tactics. Tactical awareness becomes an increasingly important facet of training, alongside mental toughness, concentration, and diligence.

DIVISION	TRAINING	GAMES	GAME FORMAT	TECHNICAL/TACTICAL	
DIVISION 1 AND 2	<p>DIVISION 1 2 WEEKLY SESSIONS (60 min/session)</p> <p>DIVISION 2 1 WEEKLY SESSION (60 min/session)</p>	1 WEEKLY	9v9 Half field, 2 halves of 25 minutes, 5-minute Halftime	<p>Develop consistency in base skills. Introduce advanced skills. Develop position-specific skill. Practice with increasingly complex and demanding games. Individualized training to address strengths and weaknesses.</p> <p>Increased emphasis on team play. Understand principles of play such as offensive width and depth, defending pressure, cover and balance. Positional awareness developed in small-sided games and full-sided competitive matches. Develop understanding of defense, midfield, and forward units' tasks.</p>	
PHYSICAL	PSYCHOLOGICAL	SOCIAL/EMOTIONAL	GOALKEEPING	ADDITIONAL PROGRAMMING	PROGRAM GOAL
<p>Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition, and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery. Personalized programs needed in order to respect the growth spurt.</p>	<p>Focus on self-esteem, teamwork, confidence as well as the importance of the "mental" side of the game. Pre-competition routine, introduction to mental preparation, goal setting, coping with winning and losing.</p>	<p>Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that foster desire to play.</p>	<p>Continue to develop ABCs. maintain flexibility and suppleness. Introduce proper warm-up. Continue to develop quickness and agility.</p>	<p>SuperStars Skills Center , GK Academy</p>	<p>Develop consistency in base skills. Introduce advanced skills. Introduce Tactics</p>

LONG TERM PLAYER DEVELOPMENT

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FUTBOL CLUB REGINA PROGRAMS OVERVIEW

U15 BOYS & GIRLS • TRAINING TO COMPETE

BORN 2005/2006

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 a variety of competitive conditions.

DIVISION	TRAINING	GAMES	GAME FORMAT	TECHNICAL/TACTICAL	
DIVISION 1 AND 2	<p>DIVISION 1 2 WEEKLY SESSIONS (60 min/session)</p> <p>DIVISION 2 1 WEEKLY SESSION (60 min/session)</p>	1 WEEKLY	<p>9v9 Half field (Indoor), 2 halves of 25 minutes, 5-minute Halftime</p> <p>11v11 Full field (Outdoor), 2 halves of 45 minutes, 5-minute Halftime</p>	<p>Develop consistency in base skills. Introduce advanced skills. Develop position-specific skill. Practice with increasingly complex and demanding games. Individualized training to address strengths and weaknesses.</p> <p>Increased emphasis on team play. Understand principles of play such as offensive width and depth, defending pressure, cover and balance. Positional awareness developed in small-sided games and full-sided competitive matches. Develop understanding of defense, midfield, and forward units' tasks.</p>	
PHYSICAL	PSYCHOLOGICAL	SOCIAL/EMOTIONAL	GOALKEEPING	ADDITIONAL PROGRAMMING	PROGRAM GOAL
<p>Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition, and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery. Personalized programs needed in order to respect the growth spurt.</p>	<p>Pre-competition self-talk, imagery, thought-stopping, goal setting, mental toughness, anxiety control and relaxation. Techniques to re-focus. Maintaining mental skills under pressure and fatigue. Performance analysis to identify mental weaknesses.</p>	<p>Athletes develop various traits and skills that will enable them to thrive both on and off the field.</p>	<p>Continue refining and perfecting all techniques. Greater emphasis on leadership role regarding communication, positioning, directing players in tactical requirements.</p>	<p>HP Academy, GK Academy</p>	<p>Focus on player development for various levels of competition.</p>

LONG TERM PLAYER DEVELOPMENT

LPTD is a program for soccer player development, training, competition and recovery.



FUTBOL CLUB REGINA PROGRAMS OVERVIEW

U17 BOYS & GIRLS • TRAINING TO COMPETE

BORN 2003/2004

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 a variety of competitive conditions.

DIVISION	TRAINING	GAMES	GAME FORMAT	TECHNICAL/TACTICAL	
DIVISION 1 AND 2	<p>DIVISION 1 2 WEEKLY SESSIONS (60 min/session)</p> <p>DIVISION 2 1 WEEKLY SESSION (60 min/session)</p>	1 WEEKLY	<p>9v9 Half field (Indoor), 2 halves of 25 minutes, 5-minute Halftime</p> <p>11v11 Full field (Outdoor), 2 halves of 45 minutes, 5-minute Halftime</p>	<p>Develop consistency in base skills. Introduce advanced skills. Develop position-specific skill. Practice with increasingly complex and demanding games. Individualized training to address strengths and weaknesses.</p> <p>Increased emphasis on team play. Understand principles of play such as offensive width and depth, defending pressure, cover and balance. Positional awareness developed in small-sided games and full-sided competitive matches. Develop understanding of defense, midfield, and forward units' tasks.</p>	
PHYSICAL	PSYCHOLOGICAL	SOCIAL/EMOTIONAL	GOALKEEPING	ADDITIONAL PROGRAMMING	PROGRAM GOAL
<p>Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition, and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery. Personalized programs needed in order to respect the growth spurt.</p>	<p>Pre-competition self-talk, imagery, thought-stopping, goal setting, mental toughness, anxiety control and relaxation. Techniques to re-focus. Maintaining mental skills under pressure and fatigue. Performance analysis to identify mental weaknesses.</p>	<p>Athletes develop various traits and skills that will enable them to thrive both on and off the field.</p>	<p>Continue refining and perfecting all techniques. Greater emphasis on leadership role regarding communication, positioning, directing players in tactical requirements.</p>	<p>HP Academy, GK Academy</p>	<p>Focus on player development for various levels of competition.</p>

LONG TERM PLAYER DEVELOPMENT

LPTD is a program for soccer player development, training, competition and recovery.



FUTBOLCLUB REGINA PROGRAMS OVERVIEW

U19 BOYS & GIRLS • TRAINING TO WIN

BORN 2010/2011

Player's physical, technical, tactical, and psychological qualities are now fully established, and the focus of training has shifted to optimization of performance



LONG TERM PLAYER DEVELOPMENT

LPTD is a program for soccer player development, training, competition and recovery.



FUTBOL CLUB REGINA PROGRAMS OVERVIEW

ACTIVE FOR LIFE

At any stage in the LTPD model, regardless of their level of ability, players may decide to play soccer as a purely recreational sport so they can continue to enjoy the game and maintain lifelong wellness.



LONG TERM PLAYER DEVELOPMENT

LTPD is a program for soccer player development, training, competition and recovery.

