



Hamilton Croatia S.C. (since 1957)

Program Structure

<u>Policy Type</u>	<u>Author</u>	<u>Approved By</u>	<u>Approval Date</u>
HR/Administrative	F. Ljubanovich	HCSC Board of Directors	March 1, 2022



Hamilton Croatia S.C. Program Structure



The Hamilton Croatia Soccer Club adheres to the Long-Term Player Development (LTPD) stage appropriate Principles of Ontario & Canada Soccer. The HCSC program is directed by the Technical Director, administered by the VP of Soccer and driven by Volunteer Coaches, Assistant Coaches and Team Managers.

The Club Philosophy is ‘player-first’, and the curriculum is age & stage appropriate, progressing as the player’s maturity/development.

Program Infrastructure

Team	Players	Coaches	Teams	Format	Ratio	Ball size
U5 HL	30	6	1	Informal	5:1	3
U6 HL	30	6	1	Informal	5:1	3
U7 Girls HL	25	5	2	3v3	5:1	3
U7 Boys HL	24	4	2	3v3	6:1	3
U8 Girls HL	24	3	2	4v4	8:1	3
U8 Boys HL	25	5	2	4v4	5:1	3
U9 Boys	24	6	2	5v5 + GK	4:1	3
U10 Girls	18	4	1	7v7	4.5:1	4
U10 Boys	30	7	3	7v7	4.3:1	4
U11 Boys	16	3	1	7v7	5:1	4
U12 Girls	16	3	1	9v9	5:1	4
U12 Boys	16	3	1	9v9	5:1	4
U13 Boys	30	4	2	11v11	7.5:1	4
U14 Girls	18	3	1	11v11	6:1	5
U14 Boys	16	2	1	11v11	8:1	5



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Program Infrastructure

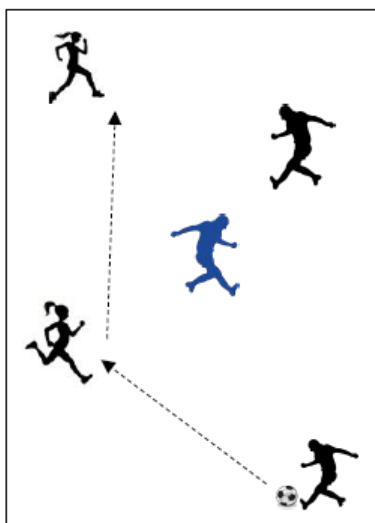
Team	Players	Coaches	Teams	Format	Ratio	Ball size
U15 Boys	18	2	1	11v11	9:1	5
U16 Boys	18	2	1	11v11	9:1	5
U17 Boys	18	2	1	11v11	9:1	5
U18 Boys	18	2	1	11v11	9:1	5
Sr Men's Team	18	2	1	11v11	9:1	5

Training Methodology

The one constant we have in the Hamilton Croatia Soccer Club (HCSC) is the use of FUN, TEACHABLE, ACTIVE small-sided games in our training sessions. Small-sided games are extremely educational and can be used to work on technique, tactics and conditioning. Set up and game speed are essential.

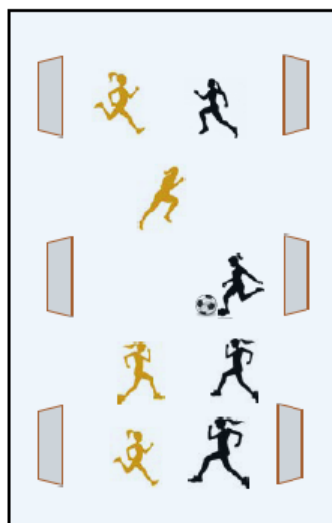
Small-sided games are enjoyable and can generate an environment that gives our coaches the tools to develop intelligent, technical and tactically-advanced players with the skill sets required to play the game confidently and creatively.

STATION #1



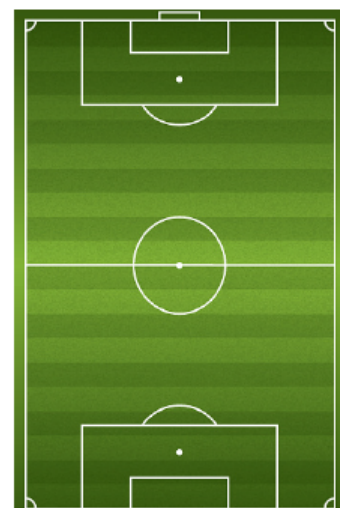
TECHNICAL DEVELOPMENT

STATION #2



TACTICAL UNDERSTANDING

STATION #3



FREE PLAY (SCRIMMAGE)



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Training Objectives:

Technical Development: (rondo-20 min.)

- skill identification (basic technique).
- repetition (opposed).
- frequent touches.

Create Good Habits!

Tactical Understanding: (multi-goal game-20 min.)

- specific technical - tactical objectives.
- challenging, but attainable tasks.
- competitive environment.
- goal orientated.

Train the Brain!

Free Play Scrimmage: (small-sided scrimmage-20 min.)

- focus again on previous tasks.
- conditions in place, before the result.
- watch the game attentively...coach what you see.
- free play to express themselves.

Play with Purpose!

Revision History

Rev. #	Date	Revisor	Comments
.001	March 1, 2022	F. Ljubanovich	New Document