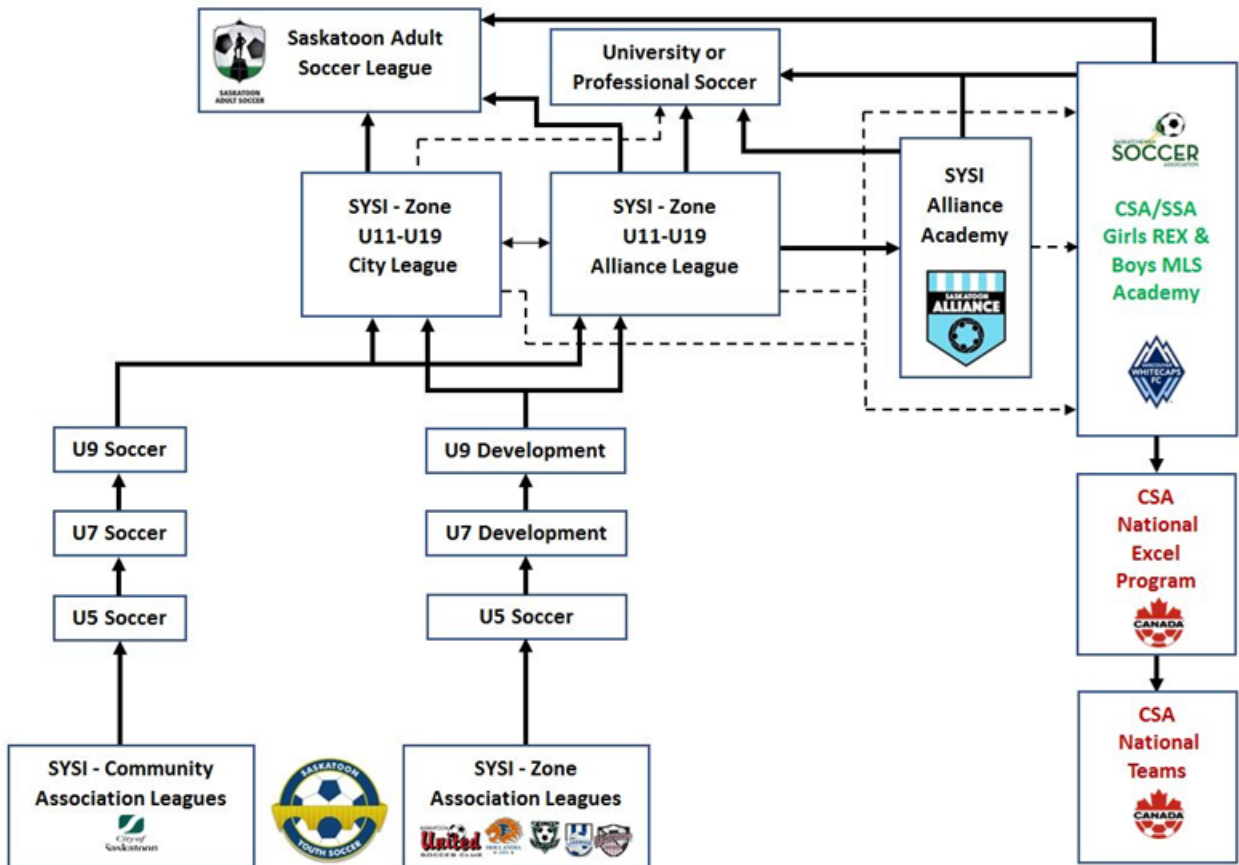




# Hollandia Soccer Club

## Program Outline

### Saskatoon Youth Soccer Inc. Player Pathways



## Group: Under 15 City League

Season: **Outdoor 2024**

### OVERVIEW:

Designing a soccer development program for 14 to 15-year-old players with a focus on low levels of fundamental skills and social enjoyment requires a balanced approach that prioritizes skill development while fostering a positive and inclusive environment. Here's a broad outline of key principles for such a program:

1. **Fun and Social Environment:** Create a fun and social atmosphere where players feel comfortable and motivated to participate. Incorporate games, activities, and challenges that promote teamwork, cooperation, and positive social interaction.
2. **Fundamental Skill Development:** Begin with basic fundamental skills such as dribbling, passing, shooting, and ball control. Break down these skills into simple, manageable steps and provide ample opportunities for practice and repetition in a supportive and encouraging environment.
3. **Structured Learning Sessions:** Implement structured learning sessions that focus on specific skills and techniques. Use a variety of drills, exercises, and activities to target different aspects of skill development, and gradually increase the complexity as players become more comfortable and proficient.
4. **Small-Group Instruction:** Provide small-group instruction to ensure that players receive individualized attention and support. Group players of similar skill levels together to facilitate learning and create a supportive peer environment where players can learn from each other.
5. **Game-Based Learning:** Integrate game-based learning activities and small-sided games into training sessions to make learning more engaging and enjoyable. Emphasize the application of skills and techniques in game-like situations to help players transfer their learning to real game scenarios.
6. **Positive Reinforcement and Encouragement:** Provide positive reinforcement and encouragement to all players, regardless of skill level or performance. Celebrate effort, improvement, and teamwork to build players' confidence and motivation.
7. **Player-Centered Approach:** Adopt a player-centered approach that takes into account the individual needs, interests, and preferences of each player. Allow players to express themselves creatively and make decisions about their own development within a supportive and empowering framework.
8. **Holistic Development:** Focus on holistic development by addressing physical, technical, tactical, and psychological aspects of the game. Provide opportunities for players to develop their fitness, decision-making, communication, and teamwork skills alongside their technical abilities.

9. **Progress Monitoring and Feedback:** Regularly monitor players' progress and provide constructive feedback to help them identify areas for improvement and set goals for their development. Encourage players to reflect on their performance and take ownership of their learning process.
10. **Parental Involvement and Support:** Engage parents as partners in the development process by providing clear communication, feedback, and support. Encourage parents to participate in practices, games, and events, and educate them about the importance of fostering a positive and supportive environment for their child's soccer experience.
11. **Long-Term Development Focus:** Keep the long-term development of players in mind, recognizing that progress may be gradual and incremental. Emphasize the importance of patience, persistence, and perseverance in the journey of skill development and growth.