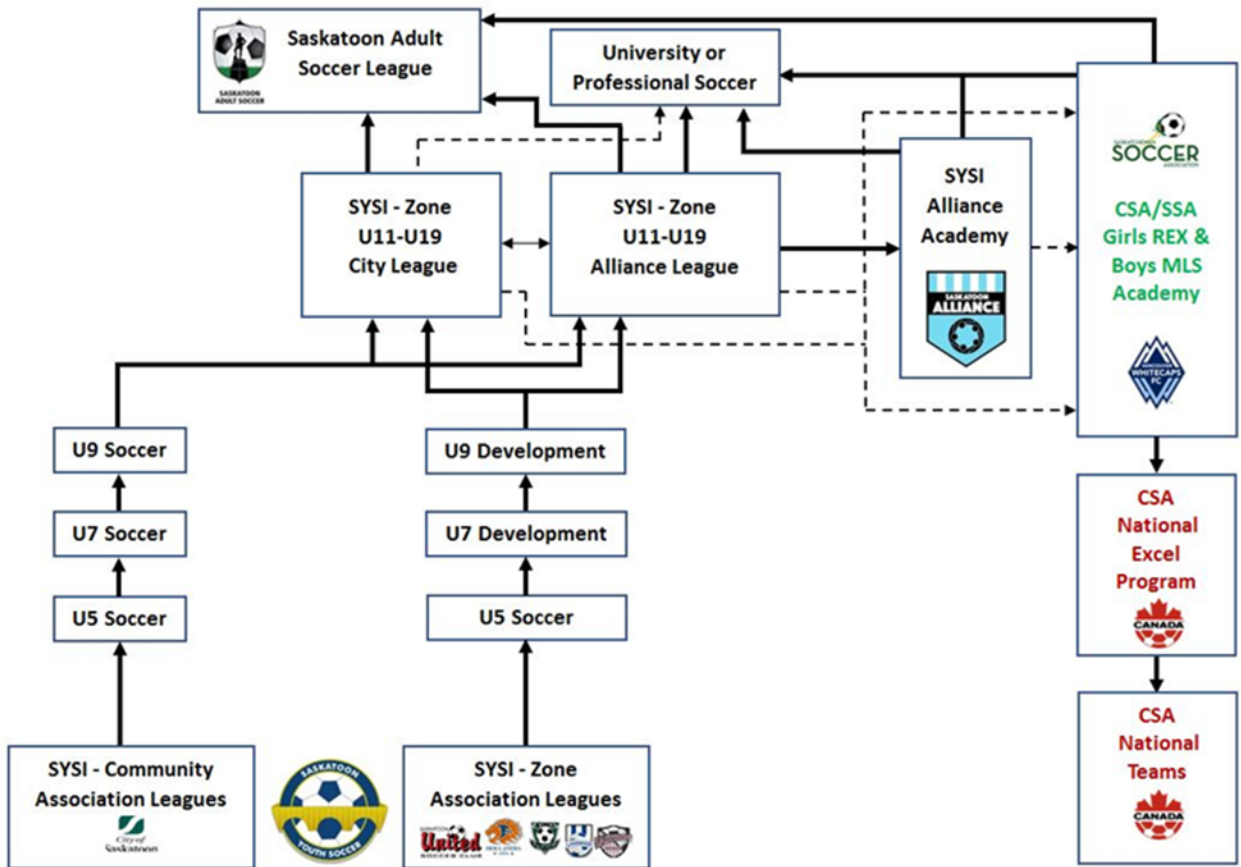




Hollandia Soccer Club

Program Outline

Saskatoon Youth Soccer Inc. Player Pathways



Group: Under 17 City League

Season: **Outdoor 2024**

OVERVIEW:

Designing a soccer development program for 16 to 17-year-old players with a focus on enjoyment and social interaction while building fundamental skills requires a balanced approach that fosters both personal growth and team dynamics. Here's a broad outline of key principles for such a program:

1. **Fun and Enjoyment:** Emphasize the enjoyment of the game above all else. Create a positive and supportive environment where players feel comfortable to express themselves and enjoy playing soccer.
2. **Inclusive Atmosphere:** Foster a sense of inclusivity and belonging within the team. Ensure that every player feels valued and respected regardless of their skill level or background.
3. **Fundamental Skill Development:** Focus on developing fundamental skills such as dribbling, passing, shooting, and ball control. Break down these skills into manageable components and provide plenty of opportunities for practice and repetition.
4. **Individualized Training:** Recognize that players may have different learning styles and abilities. Tailor training sessions to accommodate individual needs and provide personalized feedback to help each player improve.
5. **Small-Sided Games:** Incorporate small-sided games (3v3, 4v4, or 5v5) into training sessions to maximize touches on the ball and encourage decision-making in a game-like setting. Small-sided games also promote teamwork and communication among players.
6. **Technical Drills:** Integrate technical drills that focus on specific aspects of the game, such as passing accuracy, first touch, or shooting technique. Keep drills engaging and challenging to maintain players' interest.
7. **Physical Conditioning:** Implement age-appropriate physical conditioning exercises to improve players' speed, agility, strength, and endurance. Emphasize the importance of fitness for overall performance on the field.
8. **Tactical Understanding:** Introduce basic tactical concepts such as positioning, spacing, and movement off the ball. Help players understand their roles within different formations and encourage strategic thinking during matches.
9. **Positive Reinforcement:** Provide positive reinforcement and encouragement to boost players' confidence and motivation. Celebrate individual and team achievements, no matter how small, to reinforce a growth mindset.
10. **Social Interaction:** Facilitate opportunities for social interaction and team bonding both on and off the field. Organize team-building activities, outings, or events to strengthen camaraderie and foster friendships among players.
11. **Coach as a Mentor:** Serve as a mentor and role model for the players. Demonstrate good sportsmanship, respect for opponents and officials, and a passion for the game. Build trust and rapport with players to create a supportive coaching environment.
12. **Continuous Feedback and Evaluation:** Offer constructive feedback to help players identify areas for improvement and set realistic goals. Conduct regular evaluations to track progress and adjust the training program as needed.