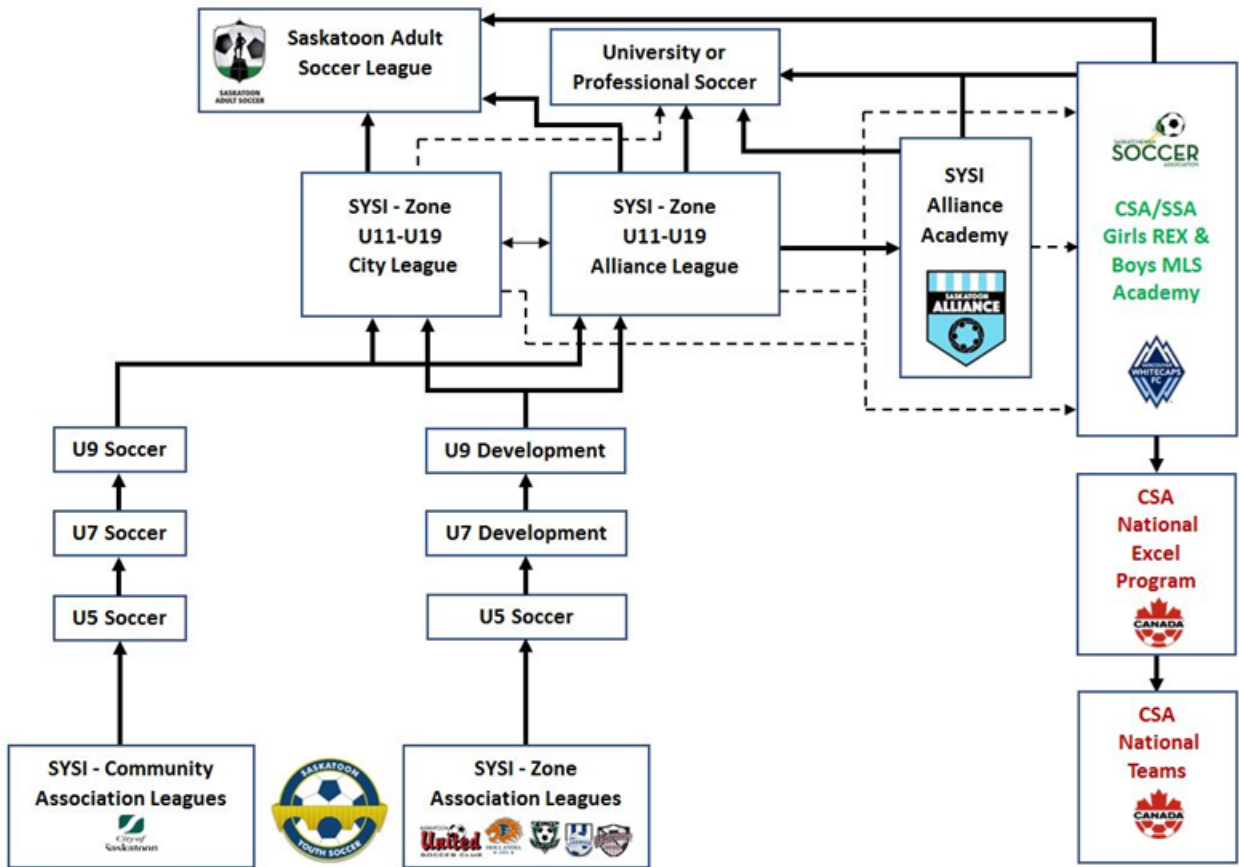




# Hollandia Soccer Club

## Program Outline

### Saskatoon Youth Soccer Inc. Player Pathways



## Group: Under 19 City League

### Season: Outdoor 2024

#### OVERVIEW:

Designing a soccer development program for 17 to 18-year-old players with a focus on enjoyment and social interaction while building fundamental skills requires a nuanced approach that respects the players' interests while also addressing their developmental needs. Here's a broad outline of key principles for such a program:

- 1. Player-Centric Approach:** Understand and respect the players' motivations and interests. Acknowledge that they primarily enjoy the game for social reasons and tailor the program to accommodate this while still providing opportunities for skill development.
- 2. Fun and Social Engagement:** Prioritize fun and social interaction within the program. Organize activities, events, and team-building exercises that foster camaraderie and friendship among players.
- 3. Skill Development:** Despite the players' low level of fundamental skills, focus on gradual skill development through structured training sessions. Break down technical skills such as dribbling, passing, shooting, and ball control into manageable components and provide ample practice opportunities.
- 4. Progressive Training:** Implement a progressive training curriculum that gradually introduces more advanced skills and concepts as players improve. Start with basic skills and gradually increase the complexity of drills and exercises as players become more proficient.
- 5. Small-Sided Games:** Utilize small-sided games as a primary training method to maximize player involvement and encourage decision-making in a game-like setting. Small-sided games also promote teamwork, communication, and tactical understanding.
- 6. Individualized Attention:** Recognize that players may have varying levels of skill and ability. Provide individualized attention and feedback to help each player improve at their own pace. Offer additional support and guidance to players who may need it.
- 7. Physical Conditioning:** Incorporate age-appropriate physical conditioning exercises to improve players' fitness levels and overall athleticism. Emphasize the importance of strength, speed, agility, and endurance for optimal performance on the field.
- 8. Tactical Understanding:** Introduce basic tactical concepts such as positioning, spacing, and teamwork. Help players understand their roles within different formations and encourage strategic thinking during matches.
- 9. Positive Reinforcement:** Offer positive reinforcement and encouragement to boost players' confidence and motivation. Celebrate individual and team successes to reinforce a positive learning environment.

10. **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.
11. **Continuous Evaluation and Feedback:** Conduct regular evaluations to assess players' progress and identify areas for improvement. Provide constructive feedback to help players understand their strengths and weaknesses and set realistic goals for improvement.
12. **Long-Term Development Focus:** Keep the long-term development of players in mind. Encourage them to continue playing and enjoying the game beyond their current level, whether it's at a recreational or competitive level.