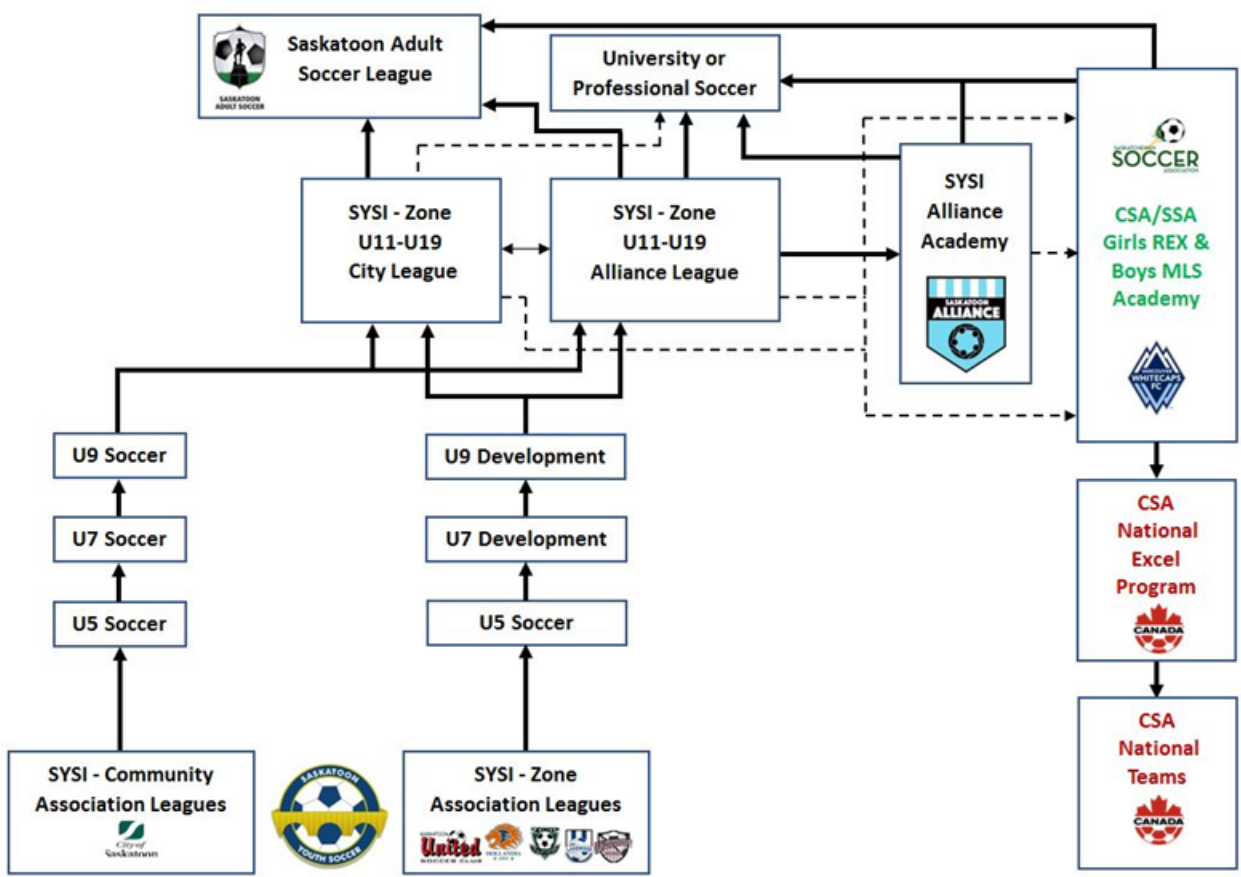




# Hollandia Soccer Club

## Program Outline

### Saskatoon Youth Soccer Inc. Player Pathways



## Group: Under 13 Alliance League

Season: **Outdoor 2024**

### OVERVIEW:

Designing a soccer development program for 12 and 13-year-old players requires a strategic approach that builds upon their foundational skills while preparing them for the increased demands of competitive play. Here's a broad outline of key principles for such a program:

1. **Advanced Technical Skill Development:** Emphasize the refinement and mastery of technical skills such as dribbling, passing, shooting, receiving, and ball control. Provide structured drills, exercises, and repetitions to enhance proficiency in these areas, with a focus on executing skills under pressure and at game speed.
2. **Position-Specific Training and Specialization:** Introduce more specialized position-specific training to help players further understand the roles and responsibilities associated with different positions on the field. Tailor training sessions to address the unique demands of specific positions (e.g., defenders focus on defensive tactics and positioning, attackers work on finishing and offensive strategies).
3. **Tactical Understanding and Game Intelligence:** Deepen players' tactical understanding by introducing advanced concepts such as formations, pressing, counter-attacks, and set-piece strategies. Use tactical drills, small-sided games, and video analysis to teach players how to read the game, make informed decisions, and execute tactical plans effectively.
4. **Physical Conditioning and Performance Enhancement:** Implement comprehensive fitness training programs to develop players' physical attributes such as speed, agility, strength, endurance, and flexibility. Incorporate periodization principles, age-appropriate strength and conditioning exercises, speed and agility drills, and injury prevention strategies to optimize athletic performance and reduce the risk of injury.
5. **Mental Skills Development and Psychological Preparation:** Address the psychological aspects of player development by focusing on mental skills such as resilience, concentration, focus, confidence, and goal-setting. Teach players effective coping strategies for dealing with pressure, setbacks, and adversity, and cultivate a competitive mindset that values effort, determination, and continuous improvement.
6. **Effective Communication and Leadership:** Foster effective communication and leadership skills by encouraging players to communicate with teammates, provide feedback, and demonstrate leadership on and off the field. Cultivate a supportive team culture that values collaboration, accountability, and mutual respect, and provide opportunities for players to develop leadership qualities through captaincy roles and team responsibilities.
7. **Competition and Performance Evaluation:** Provide regular opportunities for players to compete in high-quality matches, tournaments, and leagues against challenging opponents. Use competitive experiences as opportunities for performance evaluation,

feedback, and player development assessment, and track individual and team progress over time.

8. **Technical and Tactical Innovation:** Encourage creativity, innovation, and experimentation by challenging players to explore new skills, techniques, and tactics. Provide opportunities for players to problem-solve, adapt to different game situations, and develop their own playing style within the framework of team objectives and strategies.
9. **Holistic Development and Long-Term Planning:** Take a holistic approach to player development that considers the physical, technical, tactical, psychological, and social aspects of the game. Develop personalized development plans for each player, setting short-term and long-term goals aligned with their individual needs, aspirations, and potential pathways in the sport.
10. **Coach Education and Professional Development:** Invest in coach education and professional development to ensure that coaches have the knowledge, skills, and resources to effectively facilitate player development. Provide ongoing support, mentorship, and continuing education opportunities to help coaches stay current with best practices, methodologies, and emerging trends in player development.
11. **Parental Involvement and Support:** Engage parents as partners in the development process, providing clear communication, feedback, and support for their children's soccer journey. Educate parents about the developmental needs of adolescent players and encourage positive reinforcement, encouragement, and a balanced perspective on competition and performance