



Excelsior FC Player Pathway

Our Focus is on Local Soccer Programming:

- Provide training by qualified coaches and development opportunities for players, coaches, goalkeepers and referees.
- Offer recreational and competitive playing opportunities.
- Provide player centered training environments focused on technical development at the grassroots and competitive stages. U5 - U19.
- Provide motivated players access to next level playing pathways and opportunities.

Long Term Player Development:

- Five Pillars of Athlete Development
Technical, Tactical, Social, Physical, Psychological.
- CSA LTPD Pathways - Wellness to World Cup model - 7 Stages of player development.

Long Term Player Development Pathway
Grassroots Programs
U5 U7 U9

Saskatchewan Soccer Association
High Performance Opportunities
High Performance Showcase League
Regional Excel Centre (REX)
High Performance Training Centres

Excelsior FC
Dedicated Player Program
U9 - U18
Supplementary Training Program
High Performance Pathway

Excelsior FC - Developmental Training Center (DTC)
Competitive/Recreational Training Programs
Goalkeeper Training Programs
U7, U9, U11, U13, U15, U17, U19 - Mini/Youth Players

Excelsior FC - Recreational Programs
Local Grassroots Programs & Training
U5, U7, U9 - Mini Players

Saskatchewan Soccer Association
Playing Opportunities
Provincial Soccer League (PSL)
U13 - U17
S4L Provincial Championships
U15-U19
National Championships
U15-U17

Competitive/Recreational Soccer
U7 U9 U11 U13 U15 U17 U19

Potential Opportunities

Provincial Program
Training/Playing

National Program
Training/Playing

College/University

MLS/Professional

Coaching/
Player Education

Active for Life
Excelsior FC Adult Co-ed Recreational