



Kelowna UNITED (KUFC)

Technical Plan - Overview



MISSION STATEMENT

The Mission of the Kelowna United football club is to foster, promote, and develop the skills, knowledge, and enjoyment of the game of soccer.

The mission statement will provide a clear focus and direction for the Kelowna United Football Club resulting in the following outcomes:

Increased player participation and staying in the game long term

An improved coaching development system that will improve the player

Clear pathways for all players, coaches and administrators within the Club.



Our Mission:



- The Technical Development Plan implemented by the Kelowna United Football Club is based on the research and findings of many sporting organizations. Many sport organizations across Canada have implemented an already successful model of Long Term Athlete Development. The Long Term Player Development (LTPD) being implemented by KUFC follows the model implemented by Canada Soccer and BC Soccer.
- Under the current system, the recreational coaches are often well-intentioned, parent- volunteers who, for the most part, lack a qualified background in the game. Most recreation coaches get involved because they want to coach their child or because the Association implores them to step forward or otherwise the youngsters may not have a place to play.
- After the volunteer is in place, the Association often turns its attention elsewhere and the new coach is left to his/her own devices to develop training ideas and game plans. Providing comprehensive training or on-going education is beyond the means of many Associations. Consideration of long term player development is almost impossible for the parent-coach working under such constraints. These circumstances may leave the player with a poor experience and unable to reach his or her playing potential.



- The value of the Soccer Technical Directors should not be underestimated. The advantages of having grassroots coaches observing quality training sessions are invaluable. It is also a tremendous value to have qualified individuals giving feedback and guidance to that same set of novice coaches.
- The players and coaches can benefit in four major ways:
 - By having the chance to participate in practice sessions, certification courses, by the involvement of the clubs ATD's, they will improve as players.
 - The individual coaches of their respective teams have had the opportunity to work with the clubs ATD's and therefore the quality of instruction the players are now receiving from these coaches is much better.
 - The players can utilize the clubs TD and ATD's to gain game advice, or any other pertinent advice (physical, tactical, psychological, nutritional, etc.) that they might otherwise not have received.
 - The technical direction of the entire Association is well mapped out and thus the players gain a certain familiarity and develop a pride in understanding the exact route they need to take in order to fully develop their playing opportunities.



KELOWNA UNITED PLAYING PHILOSOPHY - GRASSROOTS

Applying the philosophy to grassroots soccer Under 7 to Under 10

With the ball:

Young grassroots players should be encouraged, when possible, to play out from the back and through midfield, progressing play to create chances with clever and creative play.

Goalkeepers should be comfortable in possession, distributing the ball to defenders who are confident to receive the ball and pass, or run with the ball, into midfield.

Players in all areas of the pitch should be encouraged to retain possession by building play through the zones of the field.

Simply put: this begins by encouraging players to refrain from kicking the ball from one end of the pitch to the other.

Young players should develop their passing skills focusing on accuracy, variety and incisiveness. Incisive passes see the ball being played through, around, or over, the opposition to create goal-scoring opportunities.

Possession work should be supported with an emphasis on intelligent movement with players encouraged to interchange position to receive the ball. As the game evolves it appears there will be less reliance on traditional positions and young players should be given the opportunity to play in lots of different areas of the field and not be restricted by out-dated tactics.



KELOWNA UNITED PLAYING PHILOSOPHY GRASSROOTS CONTINUED

Recognising counter-attacking opportunities is also key. Young players should be given opportunities to learn how to play the game at different speeds, developing an understanding of which approach –patient build-up play or quick counter-attacking, is most appropriate depending on the state of the game and the organisation of the opposition. This style of play encourages all players, at different times, to join in with attacking play with an emphasis on variety and creativity. Individual dribbling skills and the ability to go past players using a skill or trick, particularly in the final-third, are to be encouraged. Players demonstrating such individual abilities should be encouraged to develop these unique skills wherever possible.

Without the ball

Coaching defending is sometimes neglected at grassroots level but is a needed aspect. Game vision is for players at all levels to develop their understanding and application of defending skills, the intelligent player is what we strive to develop.

Players should be encouraged to regain the ball skilfully and intelligently, rather than simply chasing after the ball, this includes all players on the field and not just those in more defensive minded positions.

Players should be encouraged to develop their understanding of when to attempt to regain the ball early (when the opposition do not have controlled possession) and, alternatively, when to recover, drop-off, and work together to prevent the opposition from executing attacks (when the opposition have good possession).

Young players should also be given the opportunity to learn how to function in man-marking and zonal defensive structures.



Kelowna United Playing Philosophy

The Kelowna United playing philosophy is based on a number of basic factors, we believe the application of this philosophy will make Kelowna United an attractive option, an exciting style and a well rounded development opportunity.

Under 11 to Adult

In possession:

A possession-based approach played through zones 1, 2, 3 and into 4
Quality passing both rapid and controlled with intelligent movement to support off the ball
Penetrative, incisive and varied attacking play is coupled with good finishing
Fast counter-attack whenever opportunities arise

Out of possession:

A tactical approach to defending, in which all players contribute
A controlled, calculated and assertive approach when and where necessary
Additionally, the playing philosophy actively encourages the individualistic player. Players with varied and unique dribbling skills and the dexterity to go past defenders, particularly in zones 3 and 4, are fundamental to success in the Kelowna United make up.



KELOWNA UNITED TECHNICAL FOUNDATIONS

The foundations of the Kelowna United Soccer Association's Technical Development Plan match those of the philosophies of Canada Soccer and BC Soccer's Long Term Player Development (LTPD).

LTPD is a player centred approach meaning that the individual development of the player is first, foremost and must be the priority. LTPD addresses the need to develop the core skills under a more educational and purposeful manner.

The Kelowna United's mission is to foster, promote, and develop the skills, knowledge, and enjoyment of the game of soccer resulting in the increased player participation, improved coaching and clear pathways for all players, coaches and administrators within the Association.

The areas of player and coach with one another and the aligning these pathways are crucial to the development of players.

Without a coach development pathway the player will not develop to their full potential.

This plan maps out a pathway for our players and coaches to follow. The club membership will be able to see how the technical investment will enhance our communities ability to develop players, coaches and referees to be as strong as they can be without compromising their desire, passion and love of the game.

Sports Science and Community involvement are also presented as important aspects for club and community development.



KELOWNA UNITED TECHNICAL FOUNDATIONS

1. Soccer for Life

Our first and most important principle is to provide a fun environment which equips each player with a passion and the tools to play soccer for life regardless of at what level.

2. Player Centered

Development of the individual is the primary goal. Winning matches, tournaments and other team accolades is nice but a tactical, reactive, results-based approach at the younger ages creates an environment of anxiety and fear hindering personal development. Player advancement should be used as the measurable over trophies and results.

3. Coach Education, Development and Support

Providing an environment where coaches have the ability to learn, develop and gain certification is crucial for them as individuals and more importantly to the development of the player.



KELOWNA UNITED TECHNICAL FOUNDATIONS

4. Inclusion Overpowers Exclusion

The focus is creating appropriate environments in the grassroots age groups for each player to grow into whatever level of player they so desire. There is a past temptation of grouping the perceived stronger players together, this model is not part of the Kelowna United Technical Plan.

At the Under 11 and older age groups, the system does ask that we enter teams based on Development, B Cup and A Cup divisional play. However, through the Kelowna United Academy there is an opportunity for players to be mixed in training groups regardless of level of ability.

5 Kelowna United + Kelowna Community = Our Culture

Our philosophies at Kelowna United are intended to foster a safe, nurturing environment of teamwork and cooperation among our volunteer coaches and technical staff with the focus on player development. This group creates our club and community atmosphere. This is a great by product of our guiding principles, by providing a consistent product in terms of philosophies and coaching culture across the age groups, the development of our players is not solely reliant on the expertise of the occasional parent volunteer with a background in the game. By creating a truly club mentality, the game of soccer will evolve, ultimately this is what we as a club Kelowna United can be proud of for many years ahead.



KELOWNA UNITED TECHNICAL FOUNDATIONS

6 Facilities at the disposal of Kelowna United

Approximately 550 player registrations for the development and U13-u18 ages.

Facilities include: 2 x Outdoor Turf Fields, 14 x Outdoor Grass Fields, 2 x Privately owned indoor turf fields with 1 side turf field. 1x office which houses the administrative offices as well as the club store.

The club has the necessary facilities to provide enough training space for a High Performance Program, while making sure all facets of the game at the Grassroots and Community Levels are responsibly taken care of.

7 Adult Programming

Kelowna United offer adult programming on the men side. Divisional play from the Men's Division 1 level is offered. On the woman's side we looking to implement a Division 1 team in the near future. We are also in the mist of adding a womens program



KELOWNA UNITED TECHNICAL PLAN

The Technical Development Plan will outline the following:

- Purpose and Objectives
- Player Developmental Pathway
- Coaching Development

Note:

The Long Term Player Development Stages for boys and girls do not match each other, for the purpose of the technical plan we will refer to age groups (e.g. Under 4 or Under 10 etc.)



KELOWNA UNITED TECHNICAL PLAN

Purpose

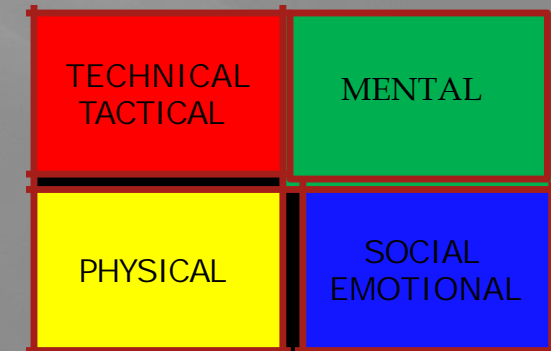
The Technical Development Plan aims to achieve a major improvement in the quality and performance of Kelowna United FC players, coaches, teams and officials.

Objectives

- To create a youth development system in the Kelowna United FC that is renowned as one of the best in Canada.
- To achieve a soccer philosophy by the implementation of the development system.
- To create a coaching development system that produces quality coaches that are capable of bringing the content of the curriculum to life to realize the Associations targets.
- To enhance our current officials development program.

The 4 corner model outlines the factors that need to be considered as a young player grows and develops in the game.

Each of the corners is connected and relies on support from the other three areas





Kelowna UNITED 4 CORNER MODEL

TECHNICAL TACTICAL

The technical / tactical corner will focus of the Kelowna United Player Development Program will be the delivery of the BC Soccer and Canada Soccer aligned curriculum that exposes players and coaches to technical and tactical development based on the highest provincial and national standards in both the boys and girls game.

The goal is to develop players capable of producing consistent advanced technical and tactical performances at the respective age levels.

The Technical / Tactical curriculum will produce:

A playing model for all boys and girls

A single recognized playing model will offer the best approach to the consistent development of players who will be able to understand and execute the technical requirements at the various stages of development of Control, Precision and Power.

Kelowna United technical staff and volunteer coaches will also benefit from the approach. Coaches will be provided with the resources and professional development opportunities to become proficient in youth development.

MENTAL

Mental resilience is the player's ability to adapt to stress and adversity, to rise above obstacles to achieve success. The mental corner will ensure consistent on field performances through a well designed mental development program. It will facilitate the growth of Kelowna United soccer players with a progressive program to strengthen their athletic mindset towards performance. Have every player within the KUFC system developing their mental performance skills. Enhance the ability of individual players and teams to overcome unexpected occurrences during games. It will introduce strategies for managing the stress and pressure of games and tournaments. Engage players, on field and in meetings, to promote individual responsibility and problem solving. Create the individual and team resilience necessary to handle the challenges of performance. Establish a clear knowledge among players and teams of the impact that a positive mindset can have on performance.

This will be achieved through the structured delivery of initiatives with clear outcome expectations, built around a mental training curriculum that ensures progressive development. The presence of mental performance consultants at game, tournaments, individual mental performance plans, and a detailed review process will help players overcome any challenge, on or off the pitch.

PHYSICAL

The physical corner will develop players who are able to succeed along a progressive continuum to reach the highest standards. The purposeful overlapping and coordination of physical services, combined with the implementation of an age-appropriate, long-term physical development plan, will anchor Kelowna United in the province of BC as a leader in the field of player development.

Compliance with this system and the progressive physical programming will have a direct impact on the success of a player's technical performance.

A focus on injury prevention, which anticipates potential risk factors in our players, will ensure long-term health, sustained performance and success. All of this will be carried out with knowledgeable professional in the various fields of physical education and development aligned with best practices. Physical development will be tailored development of the physical characteristics required for position specific success.

This will be achieved through an integrated team of:

Strength and conditioning specialists, sports therapy and medicine people and aligned with health disciplines, performance nutritionists and exercise physiologists

SOCIAL EMOTIONAL

The social / emotional corner promotes player accountability and autonomy for problem solving on and off the field. It encourages players to conduct themselves as role models for other young LUSA players, and encourages players, coaches and staff to continually look for opportunities to grow and to support one another. This means implementing systems to help individual players and teams handle the stress of games and tournaments, also to help the players understand how to balance a performance lifestyle while managing external pressures.

Successful social / emotional development will be achieved through:

Leadership group development to empower players and bridge the gap between players and staff;
Strategic planning around communication systems and language that promotes individual and team growth;

Tournament experience within the development system for all players and staff;

Performance policies and procedures

Clarity around the challenges posed by games and tournaments and the resources available to players to help them effectively manage their emotions.



KELOWNA UNITED DEVELOPMENT PATHWAY UNDER 4 & UNDER 5

What to expect

Stage 1

- Active Start
- Under 4 & Under 5 Boys & Girls

Aim

- Get kids active and give them an opportunity to fall in love with the game

Technical

- The player and the ball: running with the ball, dribbling, controlling, kicking and shooting.

Tactical

- Not appropriate or needed in Stage 1

Physical

- General overall development and mobility.
- Running, jumping and throwing.

Social /
Emotional /
Mental

- Fun, fascination, love and passion for play.



KELOWNA UNITED DEVELOPMENT PATHWAY – UNDER 4 & UNDER 5

Overview

- ❑ KUFC is planning to implement a 8 to 10 week program for players as an introduction to physical activity with soccer as the vehicle. Due to COYSA (Central Okanagan Youth Soccer Association) regulations we haven't been allowed to offer programming for these ages. These regulations will be changing in the near future.
- ❑ The program will run once a week beginning in early September, day and time TBD.
- ❑ Exact day/time/location is made available 2 weeks to program start.
- ❑ The program is coached and run by KUFC Staff Coaches with the assistance from some of our Youth players giving back to the game they've learned to love.
- ❑ There is a requirement that parents partake in some of the activities, which would include keeping the ball within the playing area, motivating the players by cheering and encouraging and programming is outdoors.
- ❑ Training is based on fun and falling in love with the ball and the game. There is no game schedules, there are no teams formed.
- ❑ KUFC will run the Active Start Program 3 times per year. Fall, Winter, and in the Spring, all players receive a training shirt. This is the first step in the Kelowna United Player Development Pathway, this then leads into the full season at Under 6.



KELOWNA UNITED DEVELOPMENT PATHWAY UNDER 6

What to expect

Stage 1

- Active Start
- Under 6 Boys & Girls

Aim

- Get kids active and give them an opportunity to fall in love with the game

Technical

- The player and the ball: running with the ball, dribbling, controlling, kicking and shooting.

Tactical

- Not appropriate or needed in Stage 1

Physical

- General overall development and mobility.
- Running, jumping and throwing.

Social / Emotional/ Mental

- Fun, fascination, love and passion for play.



KELOWNA UNITED DEVELOPMENT PATHWAY UNDER 6

Overview

As mentioned in the Under 4-5 program COYSA doesn't permit us to run programming for Under 6. These regulations will be changing in the near future. Below is an overview of the future Under 6 program.

Entering into the first full season program at Under 6 is the first step into a season long program.

Fall/Winter training phase runs from the middle of September to the end of March, with a short break over the Christmas period. The Spring season starts in April and runs until the start of the school break.

Under 6 teams will train 1 x per week for 60' and have 1 game each weekend within the 60' allotted time slot.

Under 6 training will begin outdoors for their 1x training and then move in to our indoor facilities mid-October.

All games are based on a rotational jamboree concept.

All teammate requests are taken, we do our best to accommodate these requests as we understand the importance of friendships of both the players and the families.

All games and training are in Kelowna and no travel outside the club is required.

Under 6 teams play in a 3 v 3 format, all players receive a game shirt, shorts and socks.

Teams are coached by certified volunteer coaches under the guidance of the Grassroots Technical Lead.

All registration details and fees can be found at the following link: TBD



KELOWNA UNITED DEVELOPMENT PATHWAY UNDER 7 TO UNDER 10

What to expect

Stage 2

- Fundamentals
- Boys 5 to 8 years old, girls 5 to 7 years old

Aim

- learn all fundamental movement skills using a well structured, positive and fun approach.

Technical

- Introduction to basic soccer skills with a ball.

Tactical

- Implement basic attack and defense principles.

Physical

- General overall development and mobility.
- Running, jumping, throwing, balance, and speed.

Social / Emotional / Mental

- Positive attitude to sport.
- Confidence, concentration and enjoyment of the game.



KELOWNA UNITED DEVELOPMENT PATHWAY UNDER 7 TO UNDER 10

Overview

The Under 7 to Under 10 training phase runs from the middle of September to the middle of December, with a short break over the Christmas period. The Spring season starts in April and runs to the start of the school break.

Under 7 groups will train 1 x per week for 60' with a technical and "whole, part, whole" structure. Under 7 teams will move into our indoor turf facilities for training throughout the Fall, winter, and Spring phase.

Under 8 to Under 10 ages will train 1 x per week for 60' with a technical and "whole, part, whole" structure and 1 game each weekend with a 60' time slot.

All players receive a game shirt, shorts and socks. Player enrolled in Academy programming receive a training shirt.

All training groups requests are taken, we do our best to accommodate these requests as we understand the importance of friendships of both the players and the families.

All training sessions are in Kelowna and no travel outside the club is required.

Under 7's play 4 v 4 (including the goalkeeper)

Under 8 teams play 5 v 5 (including the goalkeeper)

Under 9 teams play 6 v 6 (including the goalkeeper)

Under 10 teams play 7 v 7 (including the goalkeeper)

Teams are coached by certified volunteer coaches under the guidance of the Grassroots Technical Lead.



KELOWNA UNITED DEVELOPMENT PATHWAY UNDER 11 & UNDER 12

What to expect

Stage 3

- Learn To Train
- Boys 8 to 11 years old, boys & 7 to 10 girls

Aim

- Learn all age appropriate soccer fundamental skills.

Technical

- Soccer specific skills of dribbling, shooting, passing and controlling.
- Combination of skills in game related activities.

Tactical

- Play modified & small sided games. Introduction to positional awareness.

Physical

- Continue to develop Agility, Balance and coordination.
- Develop speed, power and endurance through fun games

Social /
Emotional /
Mental

- Understanding the role and need of training related to perseverance, confidence and concentration. Communication Team work, Sense of Achievement, Early decision making Be positive on/off the ball Communication Keep possession



KELOWNA UNITED DEVELOPMENT PATHWAY UNDER 11 & UNDER 12

Overview

KUFC runs a full complement of select programs for players at the Under 11 and Under 12 age groups.

Under 11 and Under 12 players are placed on teams through an on field evaluation process. The evaluation is based on 2 separate organized game formats. KUFC technical staff and previous volunteer coaches evaluated the players over the course of the 2 evaluations.

All teams are balanced at Under 11 and Under 12.

These teams are entered into the Thompson Okanagan Youth Soccer League (TOYSL) Development Division <https://www.toysl.net>

Development teams will train 2 x per week.

Development teams will travel within the Thompson Okanagan for away games, all home games will be in Kelowna.

All teams play the 8 v 8 game format (7 outfield players and a goalkeeper) all players receive a training shirt, game shirt, shorts and socks.

All teams are coached by certified volunteer coaches under the guidance of the Technical Lead.

All teams play the 8 v 8 game format (7 outfield players and a goalkeeper)

Any players wishing to be considered for higher level teams must contact the age group Technical Lead

at: Technical3@kelownaunited.com

All registration and fee information can be found at the following link:

<https://www.gotsport.com/asp/application/reg/?ProgramID=95566&Type=PLAYER>



KELOWNA UNITED DEVELOPMENT PATHWAY UNDER 13 TO UNDER 16

What to expect

Stage 4

- Training To Train
- Boys 11 to 15 years old, girls 10 to 14 years old

Aim

- Consolidate basic soccer skills, Introduce basic elements of tactics.

Technical

- Perform skills under competitive conditions.
- Positional awareness in relation to ball and opposition.

Tactical

- Implement more advanced concepts of attack/defense. Implement basic team principles, positions and team shape. Support, timing of runs, movement off the ball.

Physical

- Soccer specific physical conditioning e.g. stamina, speed and strength.

Social /
Emotional /
Mental

- Concentration, patience, focus and control. Early decision making
Be positive on/off the ball Communication Keep possession
(positive play) Sense of achievement. Teamwork Communication
Confidence to try something new



KELOWNA UNITED DEVELOPMENT PATHWAY UNDER 13 TO UNDER 16

Overview

KUFC runs a full complement of select programs for players at the Under 13 to Under 18 age groups. Starting in 2020/21 Fall season, Kelowna United offers A Cup and B Cup Divisions through the Thompson Okanagan Youth Soccer League (TOYSL). Starting at the Under 13 Intake birth year and adding a birth year in each subsequent year.

All teams are built based on the previous season's evaluations. Any players wishing to be considered for higher level teams must contact the age group Technical Lead:

technical3@kelownaunited.com for age groups Under 13 to Under 18

These teams are entered into the Thompson Okanagan Youth Soccer League (TOYSL) www.toysl.net at the Division A Cup and B Cup levels of play.

A Cup teams will train 3 x per week, B Cup teams will train 2 x week. All teams will travel within the Thompson Okanagan for away games, all home games will be in Kelowna.

All teams are coached by certified volunteer coaches under the guidance of the Technical Lead. There is an option for a paid staff team coach if this is agreed to by the KUFC Technical Director and the parent group, this is for A Cup or B Cup and only if the need is there. All players receive a game shirt, shorts and socks.

All teams play the 11 v 11 game format (10 outfield players and a goalkeeper)

All registration and fee information can be found at the following link:

<https://www.gotsport.com/asp/application/reg/?ProgramID=95566&Type=PLAYER>



KELOWNA UNITED DEVELOPMENT PATHWAY UNDER 16 TO UNDER 18

What to expect

Stage 5

- Training To Compete
- Boys 15 to 18 years old, girls 14 to 18 years old

Aim

- Players work to gain more game maturity as they learn to perform these skills under a variety of competitive conditions.

Technical

- Refinement of core skills and position specific skills; continued development of advanced techniques and skills.

Tactical

- Decision-making tactical awareness, game analysis, productivity and competitive proficiency.

Physical

- Further develop flexibility, agility, aerobic and anaerobic endurance, strength and stability.

Social / Emotional / Mental

- Increased player concentration, responsibility, discipline, accountability, goal setting, self motivating and will to win. Mental toughness, competitive mentality in training and games. Decision Making Problem Solving



KELOWNA UNITED STAGE 5

UNDER 16 TO UNDER 18

Overview

KUFC runs a full complement of select programs for players at the Under 16 to Under 18 age groups.

All teams are built based on the previous season's evaluations.

Any players wishing to be considered for higher level teams must contact the age group Technical Lead:
technical3@kelownaunited.com for age groups Under 15 to Under 18

These teams are entered into the Thompson Okanagan Youth Soccer League (TOYSL) www.toysl.net at the A Cup and B Cup levels of play.

A Cup teams will train 3 x per week, B Cup teams will train 2 x week. All teams will travel within the the Thompson Okanagan for away games, all home games will be in Kelowna.

All teams are coached by certified volunteer coaches under the guidance of the Technical Lead. There is an option for a paid staff team coach, if this is agreed to by the KUFC Technical Director and the parent group of the teams in A Cup or B Cup and only if the need is there.

All teams play the 11 v 11 game format (10 outfield players and a goalkeeper)

All players receive a game shirt, shorts and socks.

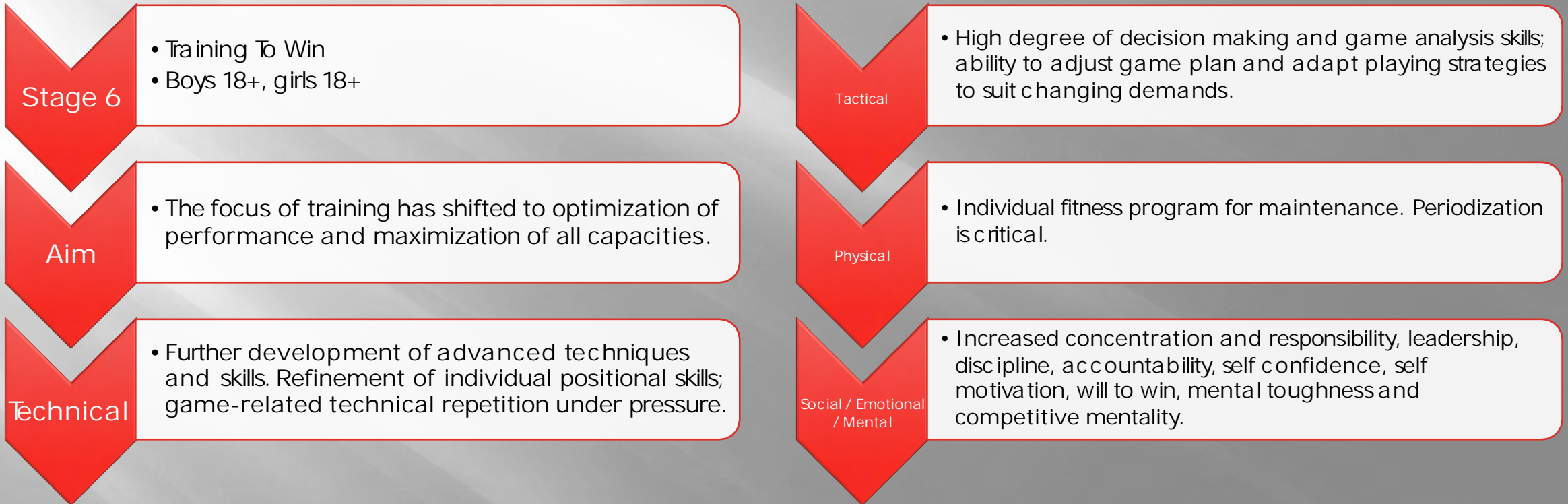
All registration and fee information can be found at the following

link: <https://www.gotsport.com/asp/application/reg/?ProgramID=95566&Type=PLAYER>



KELOWNA UNITED DEVELOPMENT PATHWAY

What to expect





KELOWNA UNITED STAGE 6

ADULT

Overview

KUFC are continuing to develop a transition program in place for graduating Under 18 youth players. Players wishing to receive information about this process should contact the Technical Lead at technical3@kelownaunited.com

The adult programs are offered on the men's side currently in Division. All men's teams participate in the Kelowna Men's Soccer League www.kmsl.ca and are expected to home games are in Kelowna.

On the women's side KUFC is looking to implement adult programming at the Division 1 level. Like the men's program all home games are in Kelowna. The women's team will participate in the Kelowna Women's Soccer League www.kwsl.ca

All players receive a game shirt, shorts and socks.

All registration needs to run through our Technical technical3@kelownaunited.com



KELOWNA UNITED EVALUATION PROCESS

Moving from team to team, up divisions or down divisions.

The evaluation process is to ensure that our players have the opportunity to play at the most competitive level with players of similar abilities. Players develop best when placed on teams that are competitive and aligned to that of players with similar abilities.

As such it is the responsibility of our club, technical staff and volunteer coaches that all players receive equal opportunity to be selected to teams in a fair and impartial manner.

Evaluations happen over a period of time, the period of time we refer to is the past season's evaluations **and an game based evaluation.**

Players are monitored over the course of the season, discussions help with them and the volunteer coaches based on their weekly games and training.



- To compliment the regular team training, there is an option to join the KUFC Academy. The Academy is open to ages U7 to U14 and all ability levels. It is professionally staffed and runs on ~~Saturday mornings at the Mission Bubble.~~
- <https://www.gotsport.com/asp/application/reg/?ProgramID=95815&Type=PLAYER>

- To add to the regular team training, there is an option to join the Goalkeeper Academy. This program is open to all ages and all ability levels. It is professionally staffed and runs on ~~Sunday evenings at Mission Bubble~~

KU
Academy

Goalkeeper
Academy

Summer
Player
Development
Camp

Individual
Player
Development
Sessions

- Soccer development does not need to stop while players are on school vacations. There is a player and goalkeeper development program that runs during school breaks. Professional staffed by certified coaches.
- Contact admin@kelownaunited.com

- Players have the option of doing 1 on 1 training, or small group training with any of the assistant technical directors or KUFC staff coaches, there is an additional fee attached to this.
- Contact technical3@kelownaunited.com

DEVELOPMENT
OPPORTUNITIES



PLAYER DEVELOPMENT OPPORTUNITIES INSIDE KELOWNA UNITED AT U13

Currently Kelowna United offer programming at the following levels for Under 13:

- Kelowna United HP (A Cup)
- Kelowna United B Cup
- Kelowna United Open Academy



PLAYER DEVELOPMENT OPPORTUNITIES OUTSIDE KELOWNA UNITED

COYSA and TOFC

Currently at the level of House programming which is one level lower than KUFC B Cup is the Central Okanagan Youth Soccer Association.

Further information about the District based House Program can be found on the Central Okanagan Youth Soccer Association website at www.centraloksoccer.com

Central Okanagan Youth Soccer Association (COYSA) Programming is run at Under 13 to Under 18 boys and girls.

At the BCSPL level there is the Thompson Okanagan Football Club. Further information about the Regional TOFC program can be found at www.tofc.ca





KELOWNA UNITED COACHING DEVELOPMENT PLAN

Kelowna United Currently have 2 in house learning facilitators who are qualified to facilitate the community stream coach education courses, note on this page.

To register for a course, go to www.coachcentre.ca

Kelowna United cover the costs for these course to persons who have been appointed as a head coach or an assistant coach.

In order to coach a team at KUFC, coaches must complete the respective age appropriate courses

Soccer For Life – Under 13 +

Learning To Train – Under 9 to Under 12

Fundamentals – Under 7 to Under 8

Active Start – Under 4 to Under 6



KELOWNA UNITED COACHING DEVELOPMENT PLAN

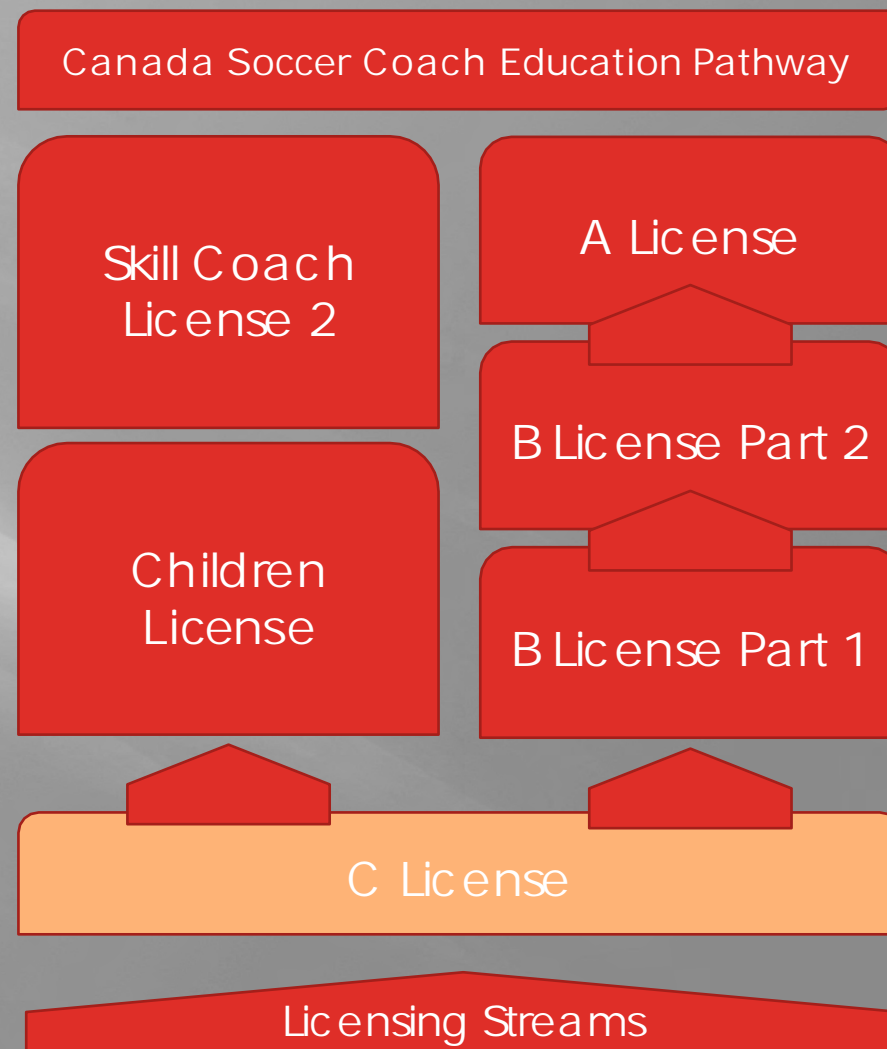


Kelowna United fully support the Canada Soccer Coach Education Pathway. Pathway identified in the graphic on this page.

To register for the C License course, go to www.coachcentre.ca
For all other Canada Soccer Pathway Licensing, go to
<https://www.canadasoccer.com/coach-training-certifications-s14688>

Kelowna United will reimburse coaches once successful completion of a course has been achieved.

Kelowna United runs coaching education sessions every 3 weeks both on field and off field, with each coach having every 5 weeks Mentor who observes the session and provides a session debrief after





Kelowna United works with PacificSport Okanagan to further educate staff and club coaches on Nutrition, Sports Psychology and more

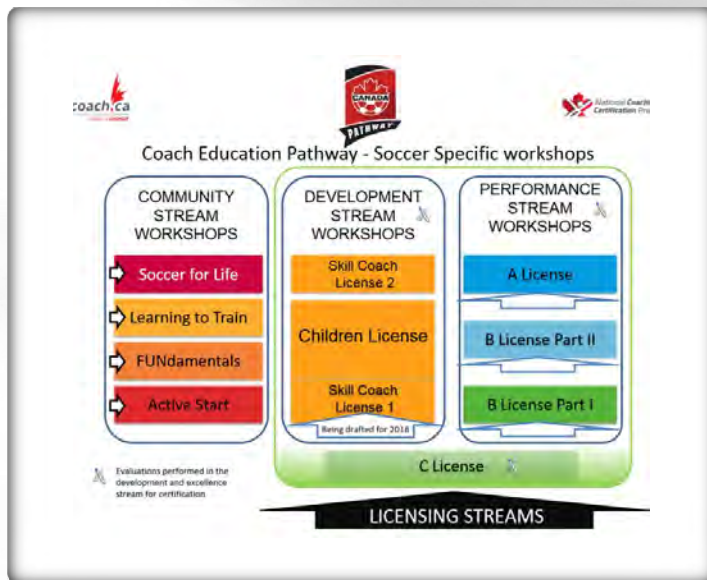
KELOWNA UNITED COACHING DEVELOPMENT PLAN

NUTRITION SPORTS PSYCHOLOGY



**PACIFIC
SPORT**
OKANAGAN

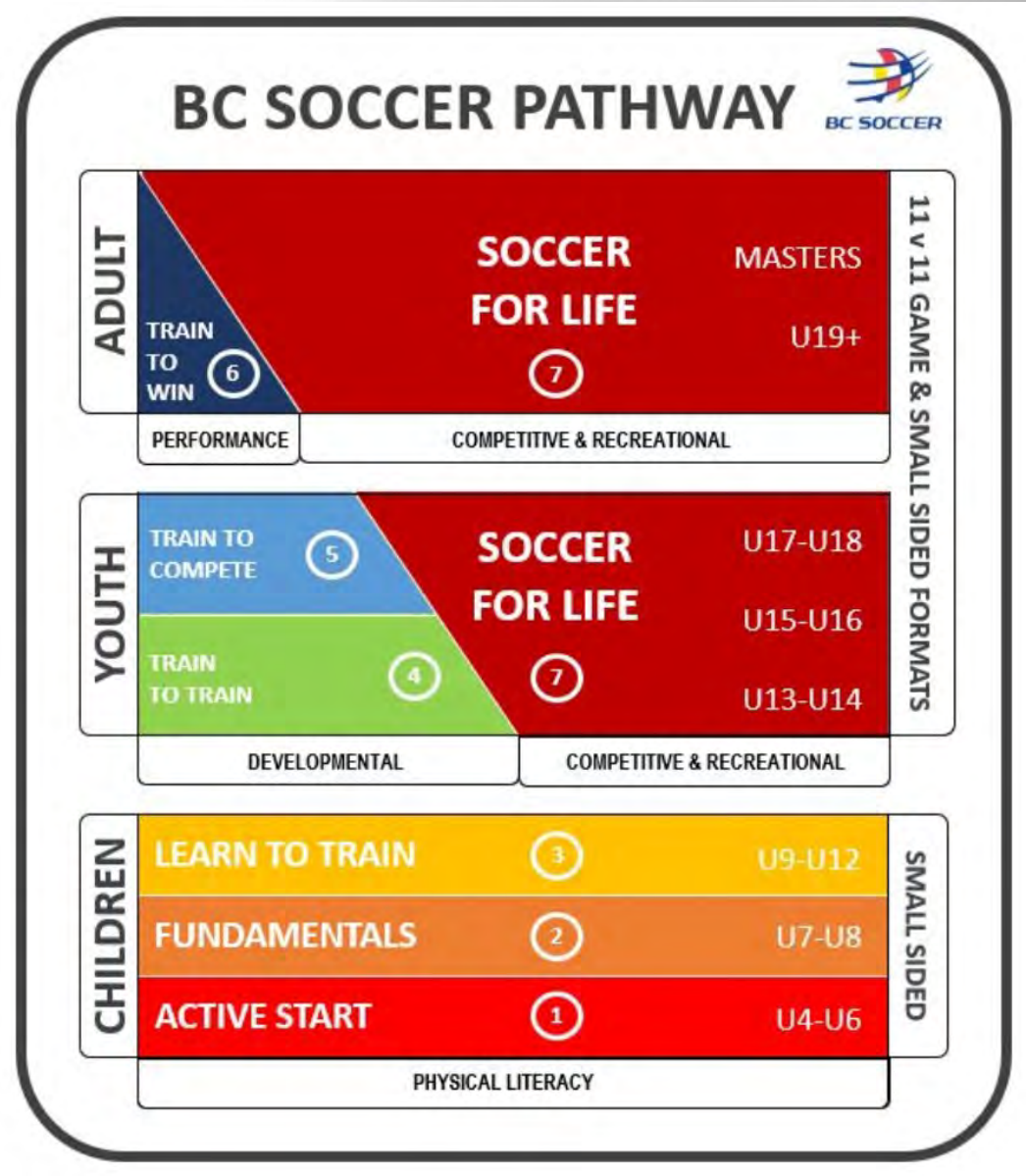
To register for any of the above programs please go to:
www.pacificsportokanagan.com Once registered please advise the
technical director at technical3@kelownaunited.com



CANADA
SOCCER
PATHWAYS



BC PLAYER PATHWAY



ADULT

TRAIN TO WIN	Senior National Teams Program, Professional and Semi-Professional Leagues
SOCCER FOR LIFE	University Leagues, Adult Competitive and Recreational Leagues, Para-Adaptive and Disability Soccer

YOUTH

TRAIN TO COMPETE	Youth National Teams Program, WFC Academy, REX Girls Elite, Provincial Program & the BC Soccer Premier League
TRAIN TO TRAIN	
SOCCER FOR LIFE	In-District, Inter-District Activity/Leagues, Internal Programs, Para-Adaptive and Disability Soccer

CHILDREN

LEARN TO TRAIN	In-District, Inter-District Activity/Leagues, Internal Programs, Para-Adaptive and Disability Soccer
FUNDAMENTALS	In-District Activity, Internal Programs, Para-Adaptive and Disability Soccer
ACTIVE START	Internal Programs, Para-Adaptive and Disability Soccer



BC SOCCER COACH PATHWAYS

ADULT

TRAIN TO WIN	National A License Trained status is recommended for Head Coaches
SOCCER FOR LIFE	Soccer for Life Community Certificate is required for Head Coaches in Provincial Cup

YOUTH

TRAIN TO COMPETE	National B License Trained status is required for Head Coaches
TRAIN TO TRAIN	
SOCCER FOR LIFE	Soccer for Life Community Certificate is required for Head Coaches and in Provincial Cup

CHILDREN

LEARN TO TRAIN	Learn to Train Community Certificate is required for Head Coaches
FUNDAMENTALS	Fundamentals Community Certificate is required for Head Coaches
ACTIVE START	Active Start Community Certificate is required for Head Coaches

BC SOCCER PATHWAY

