

# KESA Player Development Model



# Vision & Mission

- Vision: Build and grow the East Kootenays to a place where it is known as a soccer region within British Columbia and Canada.
- Mission: To promote, develop, and facilitate the game of soccer for all players regardless of gender, age, and ability.

# Values

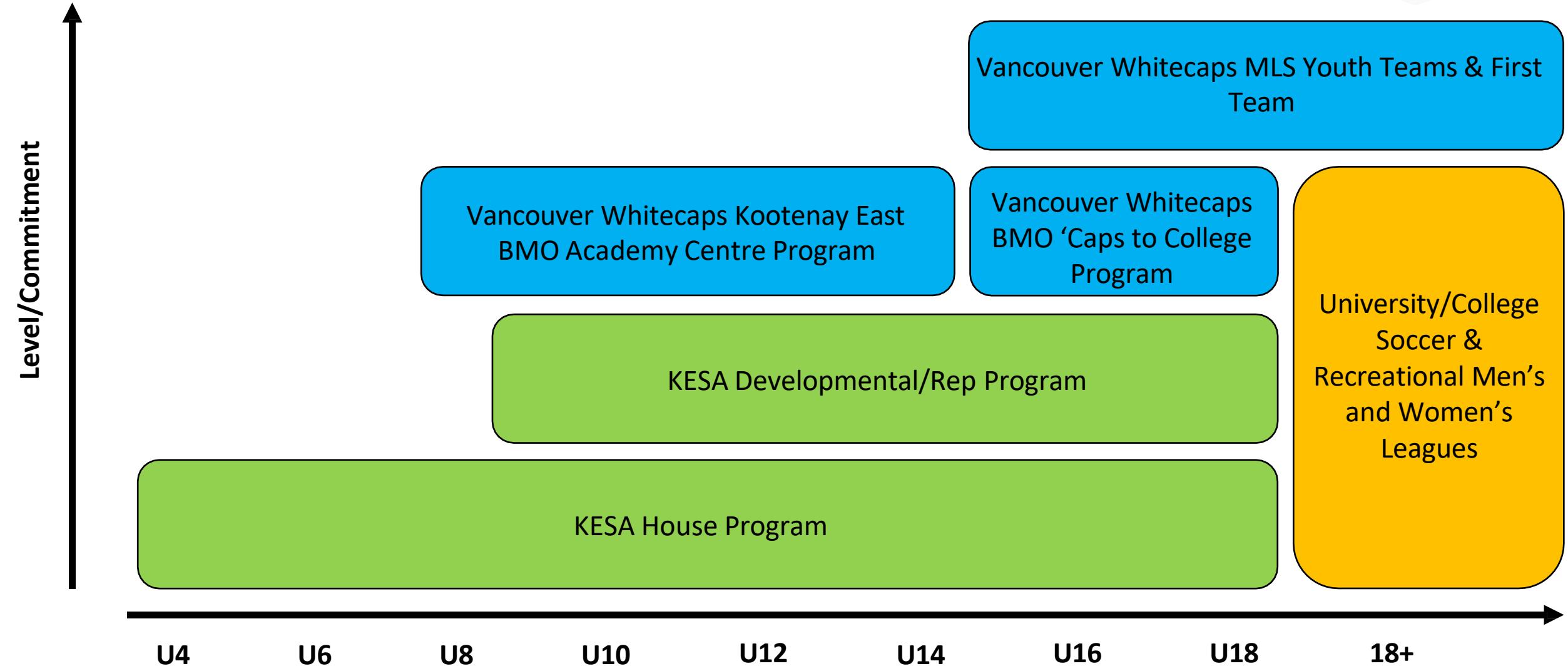
- Values:
  - Leadership
  - Respect
  - Transparency
  - Innovation
- As members of KESA we understand that we are leaders within our club and community, we respect everyone, and act in both a transparent and innovative matter.

# Guiding Principles

- Player Centered Program Design: Programs are created and structured with the best interest of the player in mind.
- Program Accessibility: We acknowledge that players come from all walks of life and we are committed to create opportunities for all players.
- Coach Development & Support: We believe that better coaches create better environments for players to thrive in and develop within the 4 corners of development (Technical/Tactical, Physical, Social, Psychological).
- Structured Communication & Feedback: We will continue to expand and enhance communication avenues and feedback channels to help educate members and build better, more sustainable programs.



# KESA Player Programming Pathway



# KESA Player Programming Pathway - Description

- KESA House Program – The KESA house program is meant for players U4-U18 who enjoy playing the sport at a recreational level or for players who can't commit to a longer season and/or travel.
- KESA Developmental/Rep Program – The KESA Developmental/Rep program is meant for players who are looking for a more comprehensive soccer experience. This program is longer in duration and requires travel to various tournaments.
- \*To register or inquire about the KESA programming please contact the KESA chair.

# KESA Player Programming Pathway – Description (continued)

- VWFC BMO Academy Centre Program – The Kootenay East BMO Academy is a step on the pathway to BCSPL, Girls Elite/Boys MLS, professional soccer, scholarships, and national team opportunities. BMO Academy players earn opportunities to showcase their talent, including events like the High-Potential Player (HPP) program. BMO Academy players also have the opportunity to be invited to the Prospects program, which includes additional training, and a connection to the clubs Pre-Girls Elite and Pre-Boys MLS academies in Vancouver.
- VWFC BMO ‘Caps to College Program - Led by our Whitecaps head coaching staff and supported by our college transition experts, ‘Caps to College provides U15 to U18 boys and girls with the best opportunity to play in college and university. Entry is only by invitation, with players selected for specialized training, scholarship strategy planning and Showcase events.
- \*To register or inquire about the Vancouver Whitecaps Football Club programming please contact the Vancouver Whitecaps Kootenay East Head Coach.

# Team & Club Identity

**Attacking**

- 1) Comfortable in possession
- 2) Build out of the back
- 3) Commit numbers forward



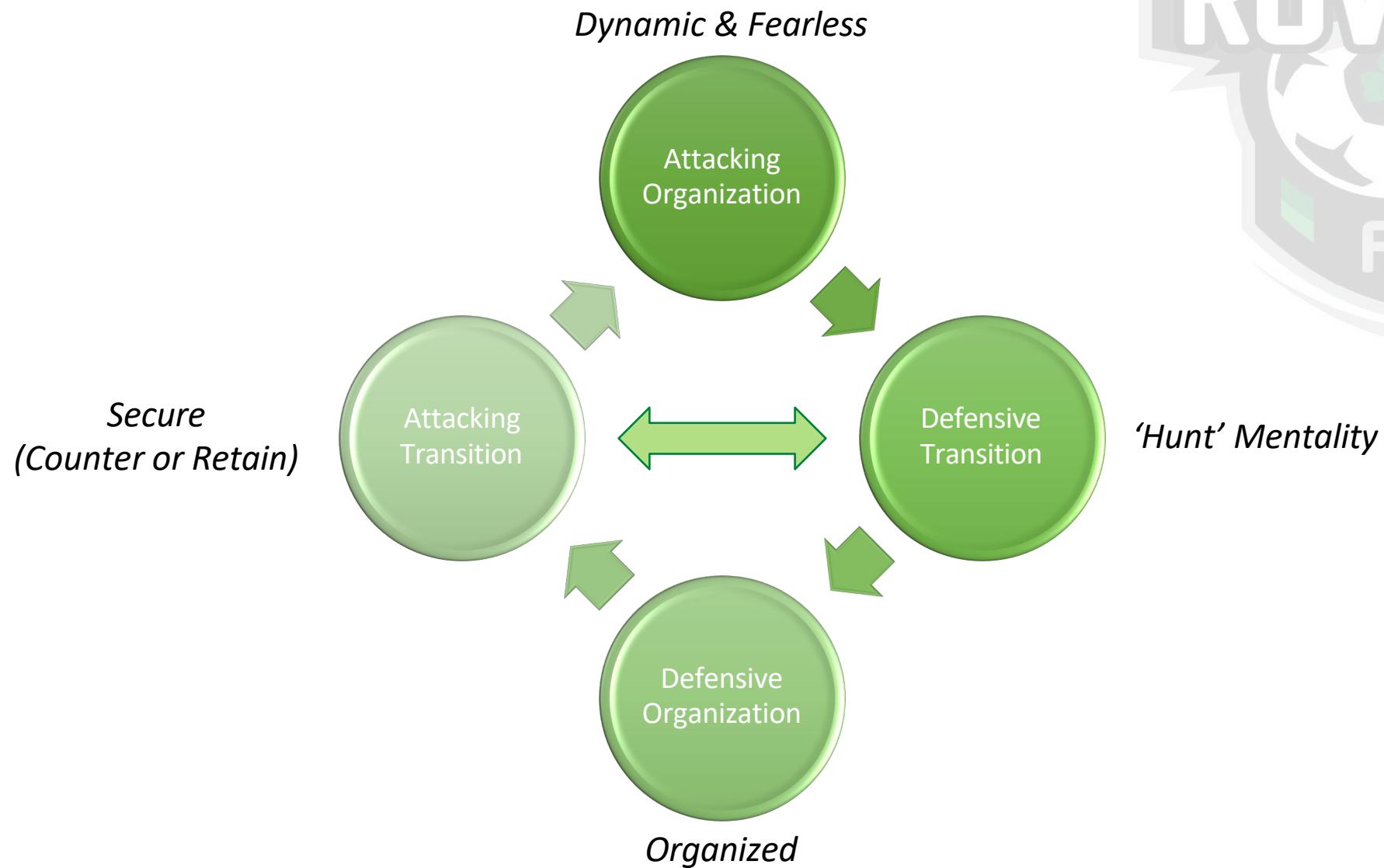
**Overall**

- 1) Confident in ourselves
- 2) Supportive of our teammates
- 3) Pride for the badge

**Defending**

- 1) Regain the ball as quickly as possible
- 2) Regain the ball as high up the field as possible
- 3) Press inside to outside

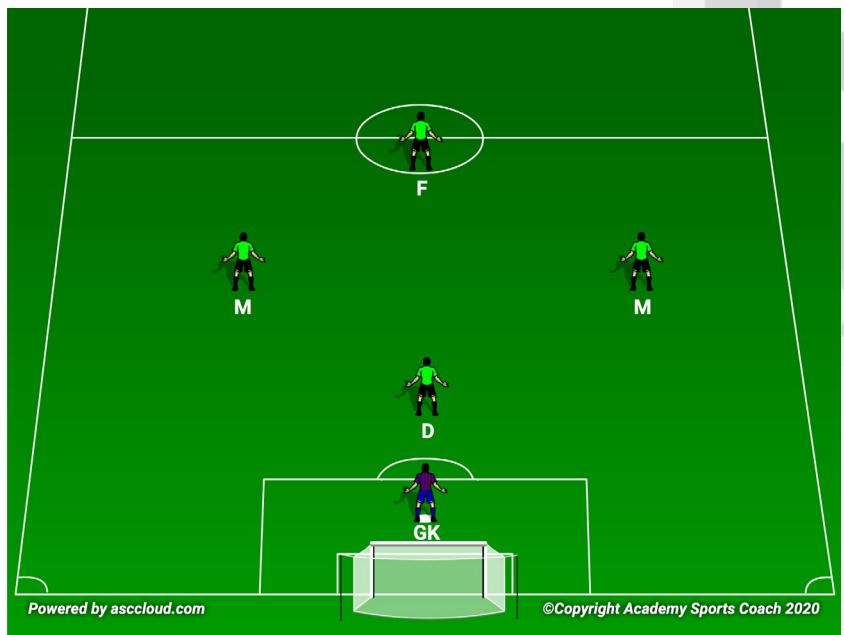
# 4 Moment Identity



# Player Identity



# Playing Formations



5v5 – 1-1-2-1



6v6 – 1-2-1-2



7v7 – 1-3-2-1

# Playing Formations (continued)



9v9 – 1-3-2-3



11v11 – 1-4-3-3

# Pitch Geography



Horizontal Zones



Vertical Channels

# 4 Corner Model (Global)

**Technical/Tactical**

- Increase comfort on the ball
- Provide a deeper understanding of the game

**Physical**

- Increase physical literacy and strength
- Help children lead a healthy lifestyle

**Psychological**

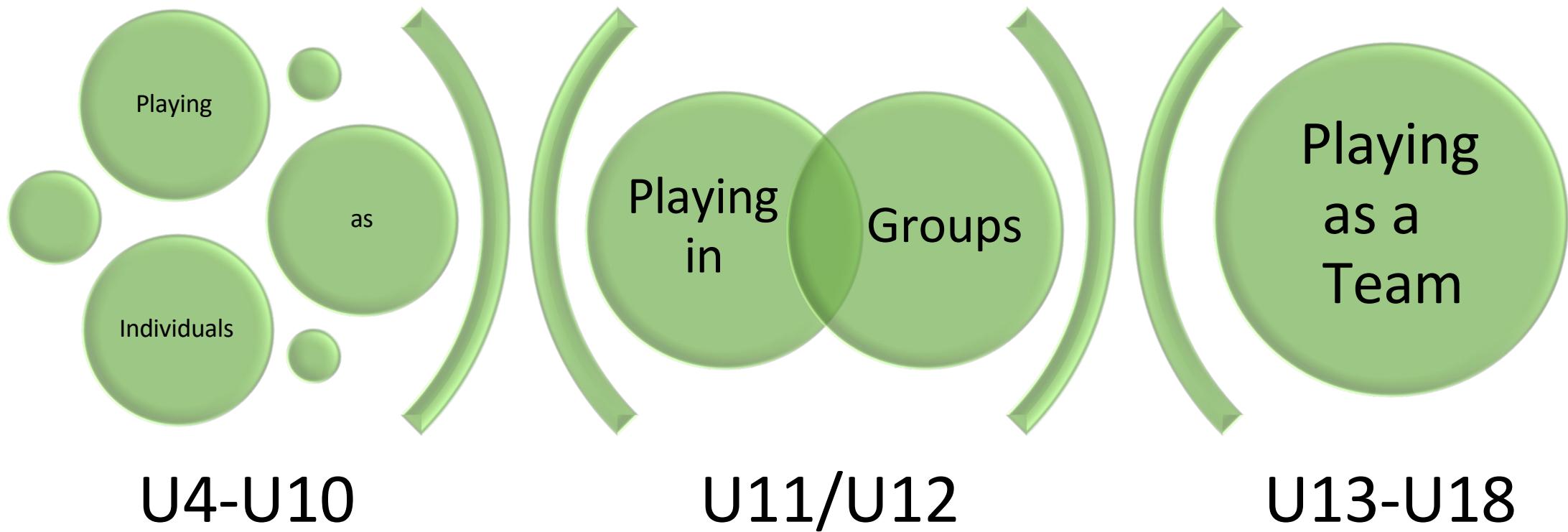
- Provide healthy challenge and competition
- Give players tools to overcome adversity

**Social**

- Fun environment to create new friendships
- Learn how to work in and as a team

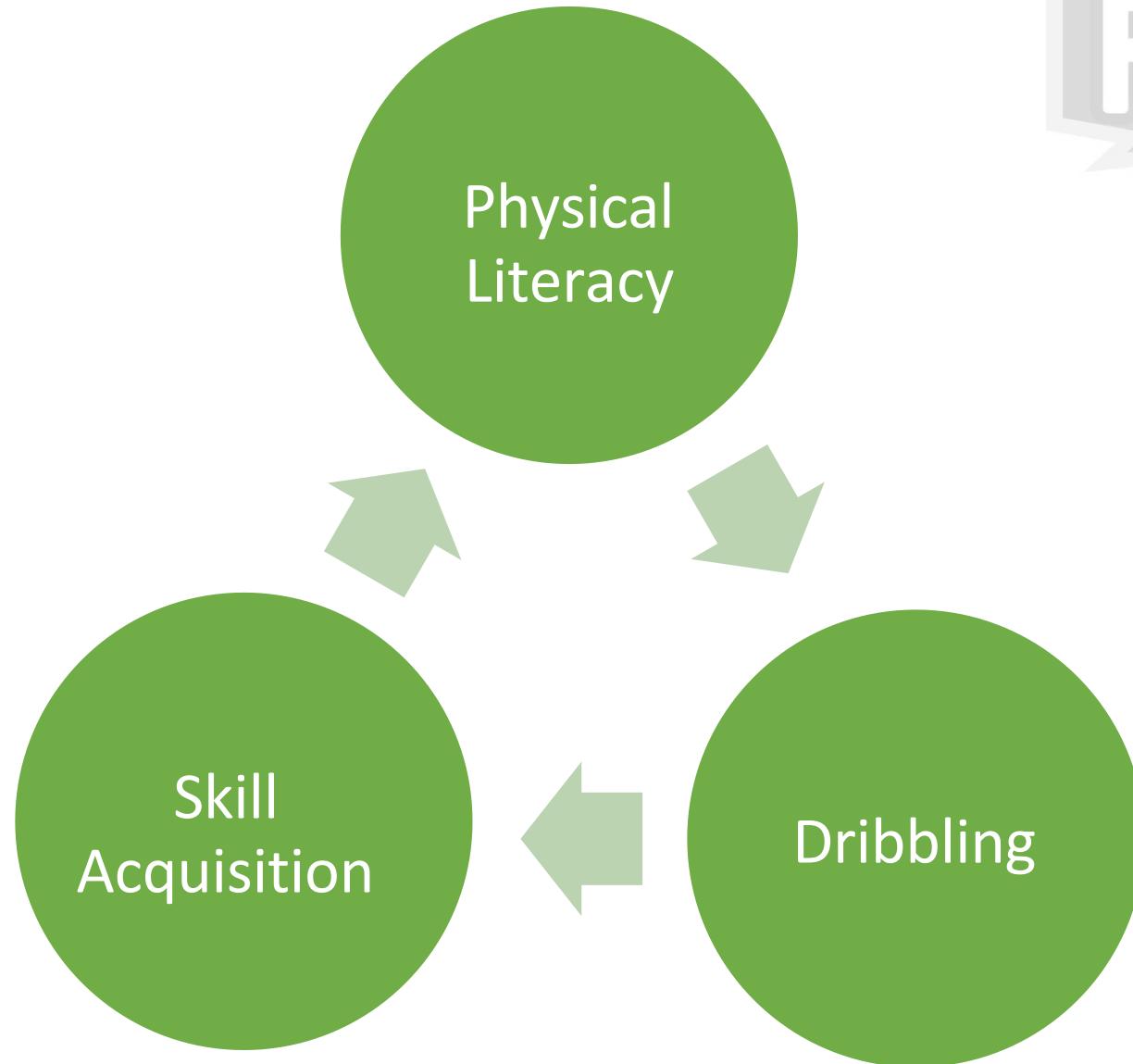


# Player Perspective and Mentality



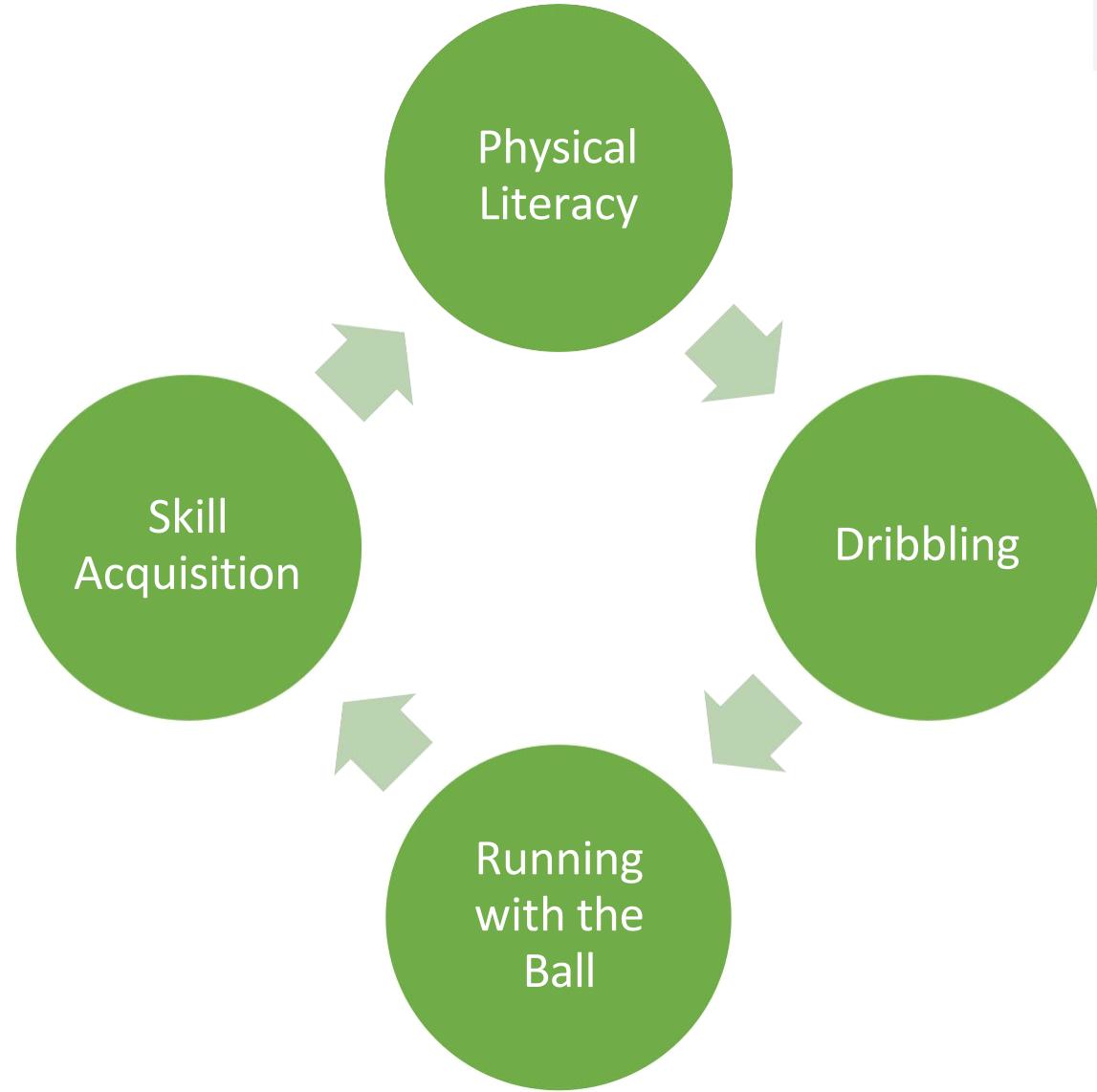
# U4-U8 Curriculum

*Learning how to move*



# U9/U10 Curriculum

*Learning to love the ball*



# U11/U12 Curriculum

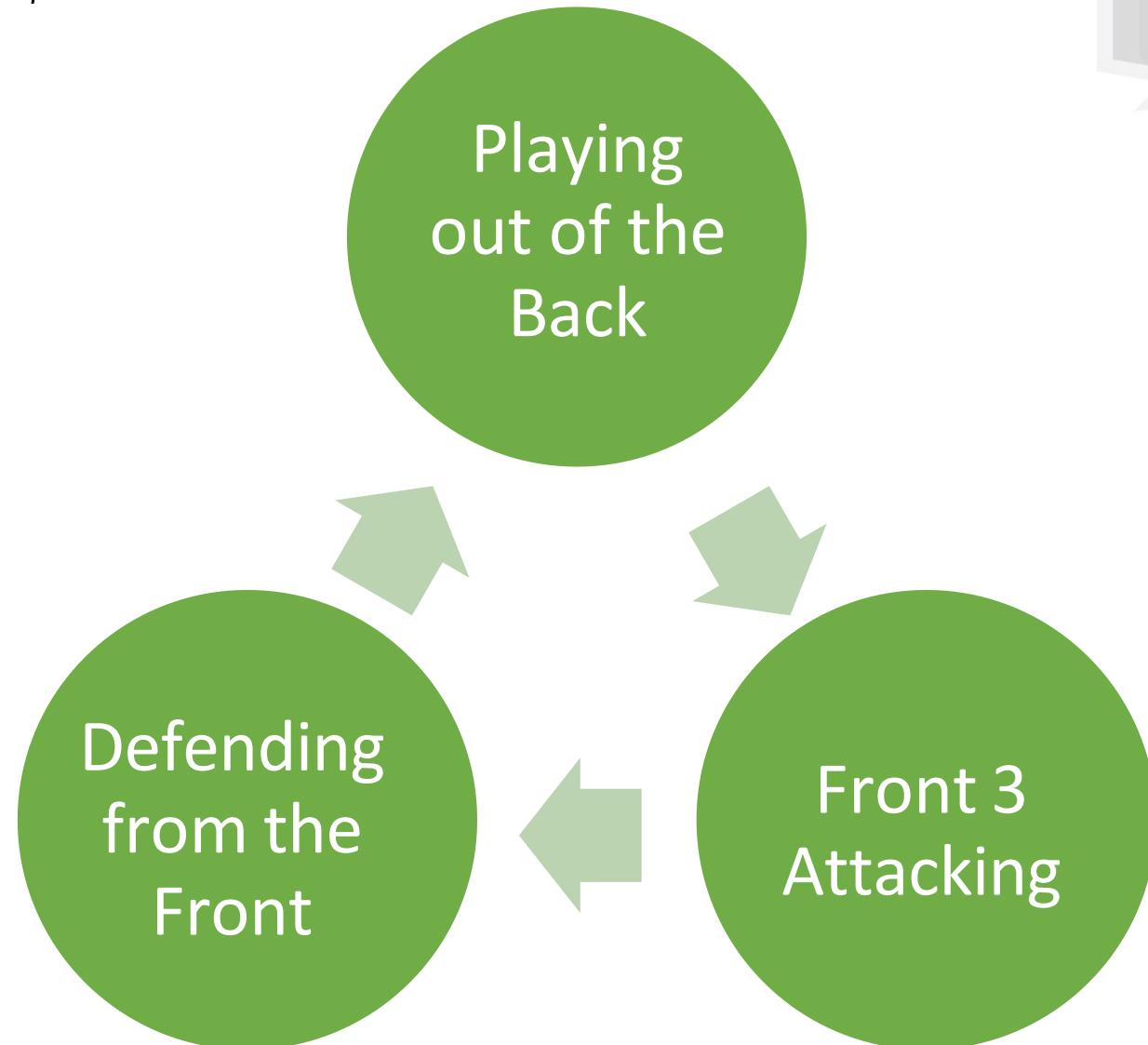
*Learning to play with a teammate(s)*



**+ U9/U10 Curriculum**

# U13/U14 Curriculum

*Learning to play in groups*



# U15/U16 Curriculum

*Learning to play in units*



# U17/U18 Curriculum

*Learning to play as a team*





# Curriculum Execution

- The KESA Player Development curriculum execution will occur primarily through game play and activities that resemble the game. Isolated training will be limited to ensure players are acquiring both technical and decision-making ability. Focusing on training that resembles the game allows players to experience all 4 corners (technical/tactical, physical, social, emotional) within each activity, as well as experience all aspects and moments of the game.
- At KESA the player is at the heart of every decision we make, and we understand players enjoy **PLAYING**.