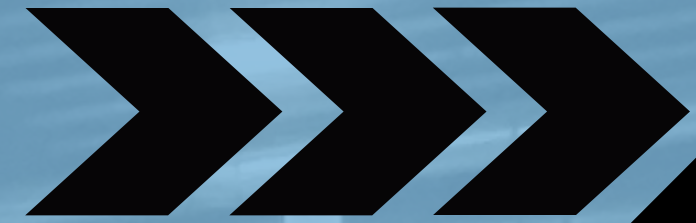




U11 GIRLS PROGRAMMING



ALLIANCE ACADEMY

INDOOR 2023-24

UPDATED SEPT 21, 2023





TREATY ACKNOWLEDGEMENT

Saskatoon Youth Soccer Inc. acknowledges Treaty 6 territory—the ancestral and traditional territory of the Cree, Dene, Blackfoot, Saulteaux, Nakota Sioux, as well as the Métis. We acknowledge the many First Nations, Métis and Inuit whose footsteps have marked these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We recognize the land as an act of reconciliation and gratitude to those whose territory we are gratefully playing on in growing the beautiful game



OUR COMMITMENT

- The Alliance Academy's purpose is to provide Alliance league registered players an additional training opportunity within SYSI over and above their zone/club commitment.
- The academy will provide players the opportunity to receive high quality training, while being able to compete in Saskatchewan's largest youth soccer league.
- **Vision:** Provide players with the tools they need to go as far as they desire in the game.
- **Mission:** Provide a nurturing learning environment and competitive matches for those seeking supplemental synchronized programming.
- **Values:**
 - Transparency
 - Trust
 - Player Centricity
 - Life-style balance (School, Family, Sport)
 - Collaboration



CHOOSING THE ALLIANCE

- Collaboration and integration of academy style training that compliments zone training
- Canada Soccer advanced coach educated coaches, with an aim on individual development in a team setting
- Integrated Sports Science support opportunities – mental skills development, movement, injury prevention, strength training, and nutrition
- Additional competition opportunities
- Increased opportunities for PSL team placements (U15-U17)
- Pathway into University and Adult Soccer opportunities



WHAT CAN ALLIANCE PLAYERS EXPECT

- Providing a schedule synchronized with regular league games and Zone training programs.
- The Alliance Academy offers high-quality supplementary training programs; athletes can expect further tactical specialization within a team setting.
- Athletes will also be exposed to all positional concepts to increase their tactical and positional awareness while learning advanced positional expectations and specialization.
- The U15-U19 girls & U15-U17 boys training groups will have sport science movement and strength and conditioning training once a week with the Alliance sport science partner, Ignite Athletics.
- Training will encompass three main components throughout each session:
 - Training will resemble the game;
 - High contact time with the ball; and
 - Training will be player centered



U11 ALLIANCE ACADEMY PROGRAMMING

The Under 11 is taking a new approach to this year's indoor academy; one which will open up participation to more athletes in this age category. In prior years, the U11 academy was held on weekdays at 4 pm, in order to best compliment zone programming. The feedback we received was that these times were a barrier for athletes who would otherwise participate in the academy.

We listened.

The new format will see four (4) weekend sessions for both the boys and girls throughout the season with aims of exposing more athletes to what the Alliance is all about! These sessions will see zone technical directors and U11 Alliance League coaches work with the athletes to deliver high quality complimentary training true to the vision and tenets of what the Alliance has offered in the past. We can't wait to see more athletes join us in their soccer journey!





U11 GIRLS ALLIANCE ACADEMY PROGRAMMING

Program Information:

Session Dates: Nov 18, Dec 16, Feb 10 & Mar 9

Session Time: 4:30 PM - 6:00 PM

Format:

- Station based learning to ensure that training will be player centered, resemble the game, and players will receive high contact time on the ball
- Players will be grouped in training sessions by skill parity

Number of Players: 40-50 ~ MUST BE registered and playing for a Zone in the Alliance League

Program Cost: \$115 (Optional Alliance training kit available @ \$45)



SASKATOON ALLIANCE

THANK YOU

If you have any questions please contact the office
by phone (306) 975-3413 or
info@saskatoonyouthsoccer.ca

