



U13 GIRLS PROGRAMMING



# ALLIANCE ACADEMY

## INDOOR 2023-24

UPDATED SEPT 13







# 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





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## 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





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**Season Dates:** November 9th - March 22

- December 23 - January 8: December Break
- February 17 - February 25: February Break

**Training:**

- **Hours Per Week:** 1.25 hrs (1 session per week at 1.25 hr)
- **Days:** Thursday
- **Time:** 4:00 PM - 5:15 PM
- **Training Dates:**
  - Nov 9, 16, 23, 30:
  - Dec 7, 14, 21;
  - Jan 4, 11, 28, 25
  - Feb 1, 8, 15, 29
  - Mar 7, 14, 22





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## Season Information:

### Goalkeeper Training

- **Day:** Sunday
- **Time:** 8:15 AM OR 9:15 AM

### Additional Information:

- 2 group of sessions with Mental Skills Expert; access to registered Dietitian, Physiotherapist, and guest speakers.
- Participation in fundraising and volunteer opportunities are expected by players in the program

### Cost:

- \$435 (includes training kit)
- Additional fees for tournaments, presentations, etc may apply





SASKATOON ALLIANCE

# THANK YOU

If you have any questions please contact the office  
by phone (306) 975-3413 or  
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