



U19 BOYS PROGRAMMING



# ALLIANCE ACADEMY

INDOOR 2023-24





# 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 SYSL 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 and strength training, and nutrition
- Additional competition opportunities
- Increased opportunities for PSL team placements (U15-17)
- 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



# U19 BOYS ALLIANCE ACADEMY LEAGUE PROGRAMMING

**Season Dates:** October 3rd - April 1 (Saskatoon Adult Soccer Turf League)

**Game Night:**

- Teams will be entered into Mens Rec 1 or Mens Rec 2 division ~ Dependent on interest and skill level
- Saskatoon Adult Soccer does not have designated nights of play for the recreational turf leagues due to limited field availability

**Tournament:** Team(s) will look to enter 2-3 U19 tournaments during the season

**Training:**

- **Hours Per Week:** 1.5 hr (1 session per week)
- **Days:** Tuesday: Possibility of Friday or Sunday as needed
- **Time:** 4:00 PM - 5:30 PM OR 5:30 PM - 7:00 PM
- **Training Dates:**
  - Nov 7, 14, 21, 28;
  - Dec 5, 12, 19;
  - Jan 9, 16, 23, 30;
  - Feb 6, 13, 27;
  - Mar 5, 12, 19;

\*More trainings may be scheduled dependent on tournaments entered by the team(s)



# U19 BOYS ALLIANCE ACADEMY LEAGUE PROGRAMMING

## Season Information:

## Additional Information:

- Access to Mental Skills Expert; access to Registered Dietitian, Physiotherapist, and guest speakers from Universities/Colleges

## Cost:

- \$700 (includes training kit)
- Additional fees for tournaments, training sessions etc may apply



SASKATOON ALLIANCE

# THANK YOU

If you have any questions please contact the office  
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