



**SOCCER CLUB
CENTRAL**

GIRLS PROGRAM GUIDE

**OUTDOOR 2026
APRIL - AUGUST**

WELCOME TO SC CENTRAL



MEET OUR GIRLS DIRECTOR

Devin Simon serves as the Girls Director for SC Central and brings over 12 years of coaching experience across youth development, post-secondary soccer, and Alberta's APDL league. Devin has worked extensively within both community and high-performance environments, helping to design and deliver programs that support long-term athlete development.

Devin holds a Bachelor of Education, along with a National Goalkeeper Diploma and a CONCACAF B Diploma, providing a strong foundation in athlete development, coach education, and program leadership. This combination of education and experience allows for a development-first approach that is intentional, age-appropriate, and aligned across all stages of the girls' pathway.

Throughout his career, Devin has worked with players and coaches at multiple levels of the game and has coached in environments focused on participation, performance, and progression. These experiences continue to shape a balanced and sustainable vision for the girls' program at SC Central.

The SC Central Girls Outdoor Program is built on a player-development driven philosophy. The program prioritizes:

- Clear development pathways for all athletes
- Age-appropriate training environments
- Individual skill development supported by quality coaching
- Positive, challenging spaces where players feel supported and motivated

Our goal is to ensure that every female athlete has access to a meaningful soccer experience—one that supports both lifelong participation and high-performance ambition.



"Our programs are intentionally designed to create a world of explorers—safe, confidence-building environments where players are encouraged to explore the game, push their limits, and grow into their best selves."

SC CENTRAL GIRLS TECH PROGRAM



CRAFTING COMPLETE PLAYERS U9 - 15

TECH SESSIONS

Technical sessions focus on helping players become more confident and consistent on the ball. These sessions provide athletes with increased touches, focused instruction, and opportunities to develop skills that transfer directly into games.

Led by **SC Central Technical Staff**, sessions are structured, engaging, and age-appropriate.

Players will work on:

- Ball mastery and control
- Dribbling, passing, receiving, and finishing
- 1v1 attacking and defending
- Decision-making in game-like situations
- Executing skills under pressure

As players move from U9 to U15, technical sessions progress from building confidence and comfort to executing skills at speed and in competitive environments.

STRENGTH AND CONDITIONING

Strength and Conditioning sessions support athletes in developing proper movement, coordination, and injury prevention in an age-appropriate way.

Sessions focus on:

- Movement mechanics
- Balance, agility, and coordination
- Building physical confidence
- Injury Prevention

All sessions are designed specifically for growing athletes and are led by trained professionals in partnership with **The Dome Red Deer**.

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SC CENTRAL GIRLS TECH PROGRAM



CRAFTING COMPLETE PLAYERS U9 - 15

INDIVIDUAL DEVELOPMENT PLANS

Individual Development Plans (IDPs) support each player's personal growth and development within the **SC Central** pathway. Rather than comparing players to one another, IDPs focus on individual goals that reflect a player's age, stage of development, and level of competition.

IDPs help athletes understand:

- What they are doing well
- What they are currently working to improve
- How their development connects to training and games

Each player's IDP is:

- Age-appropriate and development-focused
- Tailored to the player's position, ability, and competition level
- Built around SC Central's 5 Pillars of Development

Goals are simple, clear, and achievable, helping players stay motivated and confident while continuing to improve.

Age-Specific Focus

The focus of IDPs evolves as players move through the pathway:

- U9/U10:
 - Building confidence, enjoyment, and fundamental skills through simple, encouraging goals
- U11/U12:
 - Developing consistency, decision-making, and awareness with guided individual targets
- U13:
 - Introducing accountability, self-reflection, and more detailed performance goals
- U15:
 - Refining position-specific skills, performance habits, and preparation for competitive environments

Supporting Long-Term Growth

IDPs are reviewed and updated throughout the season to reflect each player's progress. Coaches and technical staff use IDPs to help guide training focus, reinforce learning, and support ongoing development. The purpose of IDPs is not pressure or evaluation — it is to help each player grow at their own pace, with clear direction and support.

MODERN GOALKEEPER DEVELOPMENT

Goalkeepers receive position-specific training based on modern goalkeeper techniques. Sessions focus on:

- Shot-stopping and handling fundamentals
- Footwork, positioning, and movement efficiency
- Playing with the feet and decision-making in build-up play
- Distribution under pressure
- 1v1 situations and reading the game

Goalkeeper training is age-appropriate and progressive, ensuring goalkeepers develop the skills required in the modern game, not just traditional shot-stopping.

VIDEO ANALYSIS

Video analysis helps players better understand the game by connecting training concepts to real game situations. Sessions are guided and age-appropriate, focusing on learning and reflection rather than criticism.

Players learn to:

- Recognize space and movement
- Understand basic decision-making
- Connect training to game moments

Video use increases as players move through the pathway, supporting game awareness and confidence.


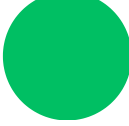

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OUTDOOR SEASON CALENDAR



MARCH 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |

-  March 2 - 6. U9 - U12 Evaluations
-  March 13 - 15. Indoor Provicals
-  March 16 - 20.
U13 - U17 Indoor Evaluations

APRIL 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |

-  April 3. Good Friday
-  April 6 - 24. SC Central
Pre Season
-  April 27.
SC Central Regular Season Starts
-  April 27. Community League Starts

MAY 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |

-  May 2. EMSA League Starts
-  May 18. Victoria Day

OUTDOOR SEASON CALENDAR



JUNE 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |



June 12. Canada World Cup Match



June 18. Canada World Cup Match



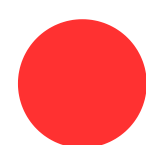
**June 21.
Last Day of Community League**



June 24. Canada World Cup Match

JULY 2026

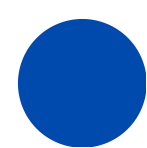
| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |



July 1. Canada Day



July 24-26. Tier 4 Provicals



**July 26. Last Day of U9 - U12
Program**

AUGUST 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-----|-----|-----|-----|-----|-----|
| 26 | 27 | 28 | 29 | 30 | 31 | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | 1 | 2 | 3 | 4 | 5 |



August 3. Heritage Day



**August 7-9.
U13 - 17 Tier 2-3 Provincials**

BORN 2016/2017

U9/U10 DEVELOPMENT PROGRAM



PROGRAM OVERVIEW

The SC Central U9/U10 Development Program is designed to introduce young athletes to structured soccer in a fun, positive, and confidence-building environment. At this stage, the focus is on enjoyment, skill development, and helping players feel comfortable with the ball.

Players are placed into appropriate development groups to ensure they are challenged at the right level while continuing to build confidence and love for the game. Training emphasizes fundamental movement skills, ball mastery, and simple decision-making in game-like situations.

League play at U9/U10 is used as a learning tool rather than an outcome-based focus. The priority is long-term development, participation, and creating a strong foundation for future stages of the pathway.

TEAM PRACTICES

Team sessions are lead by our volunteer coaches supported by our club staff.

- 1 90 min team practice per week.

S&C

- 4 Strength and Conditioning sessions with our partners “The Dome Red Deer” and their staff.
- Primary focus: movement mechanics and agility.

TECH SESSION

- 1 60 min tech session per week.
- lead by SC Central tech staff.
- following SC Central game model and periodization.

VIDEO ANALYSIS

- 1 recorded video and 1 video session
- extra video sessions available at added cost to teams.

GAME DAYS/TOURNAMENT PLAY

Game Days provide players with opportunities to apply what they are learning in training within a supportive and development-focused environment.

- Higher development groups compete in the Edmonton Soccer League (EMSA)
- Lower development groups compete in the Central Alberta Soccer League (CASA)
- 1 match per week
- Competition level is aligned with each player’s stage of development
- All teams participate in two tournaments per season

LOCATION AND UNIFORM

- All training sessions take place at our world-class indoor facility, **The Dome Red Deer**
- Uniforms and team gear are available for purchase at the start of the season



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BORN 2014/2015

U11/U12 DEVELOPMENT PROGRAM



PROGRAM OVERVIEW

The SC Central U11/U12 Development Program builds on early foundations by increasing expectations around consistency, decision-making, and understanding of the game. Players are challenged to apply their technical skills more effectively within team-based and game-like environments.

Teams are formed across multiple tiers to ensure athletes compete at a level that best supports their development. Training continues to follow SC Central's 5 Pillars of Development, with an emphasis on technical execution, spatial awareness, and decision-making under pressure.

This stage prepares players for the physical, technical, and cognitive demands of the next phase of the pathway while maintaining a strong development-first approach.

TEAM PRACTICES

Team sessions are lead by our volunteer coaches supported by our club staff.

- 2 90 min team practices per week.

S&C

- 4 Strength and Conditioning sessions with our partners "The Dome Red Deer" and their staff.
- primary focus movement mechanics and agility.

TECH SESSION

- 1 60 min tech session per week.
- lead by SC Central tech staff.
- following SC Central game model and periodization.

VIDEO ANALYSIS

- 1 recorded video and 1 video session
- extra video sessions available at added cost to teams.

GAME DAYS/TOURNAMENT PLAY

Game Days provide players with opportunities to apply what they are learning in training within a supportive and development-focused environment.

- Higher development groups compete in the Edmonton Soccer League (EMSA)
- Lower development groups compete in the Central Alberta Soccer League (CASA)
- 1 match per week
- Competition level is aligned with each player's stage of development
- All teams participate in two tournaments per season

LOCATION AND UNIFORM

- All training sessions take place at our world-class indoor facility, **The Dome Red Deer**
- Uniforms and team gear are available for purchase at the start of the season



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BORN 2013

U13 NEXT GEN PROGRAM



PROGRAM OVERVIEW

The **SC Central U13 Next Gen Program** represents a key transition from foundational development to performance-based training. Athletes are expected to train with greater focus, intention, and accountability as they learn to apply technical skills within more complex tactical and competitive environments.

Guided by **SC Central's 5 Pillars of Development**, this stage places increased emphasis on tactical understanding, physical literacy, and mental habits. Players are introduced to structured training blocks, video analysis, strength and conditioning, and mental performance concepts. The objective is to prepare athletes for competitive soccer while supporting healthy growth, confidence, and long-term development.

TEAM PRACTICES

Team sessions are lead by our volunteer coaches supported by our club staff.

- 2 90 min team practices per week.

S&C

- Weekly Strength and Conditioning sessions with our partners "The Dome Red Deer" and their staff.
- primary focus: injury prevention, coordination, and increasing athletic performance.

TECH SESSION

- 1 60 min Tech Session per week.
- lead by SC Central tech staff.
- following SC Central game model and periodization.

VIDEO ANALYSIS

- 3 recorded video and 3 video session
- extra video sessions available at added cost to teams.

MENTAL PERFORMANCE SESSIONS

- 1 mental Performance Session with our trained professionals.

GAME DAYS/TOURNAMENT PLAY

Game Days at U14/U15 are highly competitive and designed to challenge players both physically and mentally.

- Teams compete in the Edmonton Soccer League (EMSA)
- 1 league match per week

Tournament Play

- All teams participate in two tournaments per season
- Location (TBD)

LOCATION AND UNIFORM

- All training sessions take place at our world-class indoor facility, **The Dome Red Deer**
- Uniforms and team gear are available for purchase at the start of the season



REGISTER AT WWW.SCCA.SOCCER

BORN 2012/2011

U14/U15 HIGH PERFORMANCE PROGRAM



PROGRAM OVERVIEW

The SC Central U14/U15 High Performance Program is designed for athletes ready to train and compete in a demanding, performance-driven environment. At this stage, players are expected to demonstrate commitment, consistency, and ownership of their development. Training is fully aligned with SC Central's 5 Pillars of Development, with a strong emphasis on tactical understanding, physical preparation, mental performance, and execution under pressure.

Athletes engage in advanced training methods including regular video analysis, structured strength and conditioning, and mental performance sessions. The goal of the U14/U15 High Performance Program is to prepare players for future high-performance pathways while maintaining a strong team culture and development-first mindset. .

TEAM PRACTICES

Team sessions are lead by our volunteer coaches supported by our club staff.

- 2 90 min team practices per week.

S&C

- Weekly Strength and Conditioning sessions with our partners "The Dome Red Deer" and their staff.
- primary focus: injury prevention, coordination, and increasing athletic performance.

TECH SESSION

- 1 60 min Tech Session per week.
- lead by SC Central tech staff.
- following SC Central game model and periodization.

VIDEO ANALYSIS

- 3 recorded video and 3 video session
- extra video sessions available at added cost to teams.

MENTAL PERFORMANCE SESSIONS

- 2 mental Performance Sessions with our trained professionals.



GAME DAYS/TOURNAMENT PLAY

Game Days at U14/U15 are highly competitive and designed to challenge players both physically and mentally.

- Teams compete in the Edmonton Soccer League (EMSA)
- 1 league match per week

Tournament Play

- All teams participate in two tournaments per season
 - 1 local tournament and 1 showcase tournament, selected to provide exposure to higher-level competition and environments

LOCATION AND UNIFORM

- All training sessions take place at our world-class indoor facility, **The Dome Red Deer**
- Uniforms and team gear are available for purchase at the start of the season

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