



Program Outline

U15 Phoenix Outdoor 2021

FOR WHO?

U14 MALE AND FEMALE PLAYERS BORN 2007
U15 MALE AND FEMALE PLAYERS BORN 2006

ABOUT

An age and stage related program that places players into our Performance Player Pathway, with focus on the development of young players and coaches. With a player centred approach, we are better able to address the needs of young players with greater efficiency and effectiveness. We provide a Long-Term Player Development inspired program that will include a holistic curriculum and plan with purposeful training and growth opportunities for the passionate player and coach.

PROGRAM ENTRY

It is fundamental & vital that parents and athletes recognize the high level of commitment required to be a Phoenix player. There is a selection and placement process that includes an independent group of assessors working alongside the coaching staff to ensure the process is athlete-centred. Additionally, in-season assessments as well as in-season coach reports will be key criteria in the placement process. The Technical Department will be involved in all selections & placements to ensure the best interest of the player and the SPDSA.

Our goal is that every athlete is placed in the most appropriate environment based on a holistic four corner approach – Technical, Physical, Mental, and Social aspects.

COACHING

U15 Tier I, Tier II, & Tier III Program - Qualified Technical Leads are appointed to deliver, manage, and lead the program assisted and supported by volunteer development coaches

The best qualities of a coach for this stage of player are

- Enthusiastic and encouraging
- Demands standards
- Knows the subject and the players
- Technical and tactical knowledge of the game, and ability to communicate this to the players in a clear and simple manner
- Appreciation for creativity and independent thinking players

*Coaching scenario subject to adjustment



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THE SEASON

Season Length - 5 months starting mid-April 2021 ending July/August 2021 (depending on the league)

Frequency – 3 to 4 practices (a combination of Technical and/or coach-led for Tier I and Tier II) + 1 match per week (Approximately 5.5 - 7 hours of soccer per week)

A Strength & Conditioning component will be added to the curriculum for the U15 Tier I and Tier II age groups. This will address both movement quality and strength/power deficits through which faulty movement patterns are corrected that cause injury and maximize performance gains. Training sessions are based on the needs of the soccer players but also that of a well-rounded, properly balanced, efficiently moving athlete. Sessions may be scheduled and will take place in conjunction with one of the Technical sessions. Sessions will be run by the Bridge for the U15 T1/TII. Teams that wish to have more than the allotted amount for each age group are welcome to book them directly with the Bridge for an additional cost.

Tier III teams that wish to have a Strength & Conditioning component are welcome to book directly with either the Bridge or Firstline f Training Facility

GAMES & TOURNAMENT PLAY

Teams will be placed in appropriate league play. Our philosophy is to provide players with the best opportunity to develop with age and stage-appropriate competition that enhances game understanding and passion for play with the focus on individual player development. Coaches are supported by the Technical Department and are provided ongoing coaching development opportunities.

Days of Play - To be determined by competition organization.

Games Format 11 v 11 (10 v 10 plus goalkeepers) with offside in effect and unlimited substitutions

Tournament play is possible at the discretion of the team with the approval of the Technical Department.



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REGISTRATION AND FEES

Note: *FEES DO NOT INCLUDE LEAGUE FEES. There will be an additional fee charged to each team for the league fees, which are determined by each league. These fees can be paid via team fundraising.

The SPDSA has extended payment dates for our Phoenix programs. When you register for the package that includes the \$20.00 tryout fee, the payments will be as follows:

U15 T1/T2 Fee \$560.00 (includes Tryout Fee)

Due upon Registration \$ 290.00

1st Payment \$ 135.00 Due April 30th, 2021

2nd Payment \$ 135.00 Due May 14th, 2021

U15 T3 Fee \$480.00 (includes Tryout Fee)

Due upon Registration \$ 230.00

1st Payment \$ 125.00 Due April 30th, 2021

2nd Payment \$ 125.00 Due May 14th, 2021

When you register for the package for the Tryout ONLY, the payments will be as follows:

U15T1/T2 Tryout Only \$580.00

Due upon Registration \$ 20.00

1st Payment \$186.66 Due April 30th, 2021

2nd Payment \$186.66 Due May 7th, 2021

3rd Payment \$186.66 due May 14th, 2021

U15T3 Tryout Only \$500.00

Due upon Registration \$ 20.00

1st Payment \$160.00 Due April 30th, 2021

2nd Payment \$160.00 Due May 7th, 2021

3rd Payment \$160.00 Due May 14th, 2021

Jerseys are provided with a deposit. Players are required to provide their own shin pads and soccer shoes. Each player will be required to have a pair of Phoenix shorts and two pairs of socks, that can be purchased at Sluggo's Free Kick

PLEASE NOTE ONLINE REGISTRATION ONLY - YOU MUST REGISTER ONLINE PRIOR TO ASSESSMENTS.

WALK-UP REGISTRATIONS ARE NOT ACCEPTED.

The deadline to register is March 25th, 2021