

Position Specific Training

Program Name	Position Specific Training
About the Program	<p>United DFC is pleased to announce the rollout of position-specific training for Summer 2023 to augment team programming. In response to data collected through participant surveys, this training seeks to deliver a more individualized training approach to player development.</p> <p>The program will be based on United DFC's positional player profiles in a 4-3-3 (AO)/4-5-1(DO) model.</p> <p>Training will be delivered for:</p> <ul style="list-style-type: none"> ● Forwards (Central and Wide) ● Midfielders (Attacking and Defensive or Pivot) ● Defenders (Full backs and Centre backs) ● Goalkeepers (continued Goalkeeper training) <p>Players will be exposed to UDFC's Player Profiles in this highly technical training environment. Supplementary training resources will be made available through Google Classroom.</p> <p>Ages groups: U13-U18</p> <p><i>Training groups will be established based on registration to ensure the appropriate division of development stages for training purposes.</i></p>
Coaches	Director of Soccer, Technical Staff and selected Staff Coaches
Training	<p>The initial Spring offering of this program will run twice weekly for 4 weeks (total 9 sessions). Sessions are 60 minutes of structured coaching (summer offering will allow 30 minutes of experimental training space for player-owned learning reinforcement).</p> <p>The Program will include player footage collection, for technical breakdown and the utilization of Google Classroom for additional education to augment on-field learning.</p> <p>Day 1 (Fridays):</p> <ul style="list-style-type: none"> ● GKs and Defensive line ● Midfield and Forward lines

	<p>Day 2 (Wednesdays):</p> <ul style="list-style-type: none"> • Defensive and Midfield lines • Forward line and GKs
Player Selection Policy	<p>Open registration i.e. no tryouts, assessments or selection.</p> <p>Players with a focused attitude and commitment to enhancing key techniques are encouraged to enroll.</p>
Cost	\$175
Schedule	<p>Registration Deadline: Monday March 13th, 2023</p> <p>Friday March 17th - (GK/D 5pm-6pm, M/F 6-7pm) Wednesday March 22nd - (D/M 5-6pm, F/GK 6-7pm) Friday March 24th - (GK/D 5pm-6pm, M/F 6-7pm) Wednesday March 29th - (D/M 5-6pm, F/GK 6-7pm) Friday March 31st - (GK/D 5pm-6pm, M/F 6-7pm) Wednesday April 5th - (D/M 5-6pm, F/GK 6-7pm) Friday April 7th - All players 5-6:30 Wednesday April 12th - (D/M 5-6pm, F/GK 6-7pm) Friday April 14th - Program Ends, All players 5-6:30</p>