



VSA Technical Plan

Updated August 2020

1.0 Player Development Philosophy

The Valley Soccer Association uses a Player-centric Developmental Philosophy in line with the Canadian Soccer Association's recommended Long Term Player Development (LTPD) model, rather than a Results-based Philosophy.

The following policies and procedures are designed to promote compliance with LTPD philosophy.

Responsibility for Implementation

Implementation of the LTPD philosophy is the responsibility of the Technical Director, Head Coaches, coordinators, other team coaches, and parents. All individuals that interact with the players have a role in ensuring the club philosophy is carried out.

General

- We follow the recommendations of LTPD http://www.canadasoccer.com/files/CSA_2009_W2WC_Brochure_EN.pdf
- All policies and procedures regarding player development are based on science and globally accepted best practices for player development.
- Mistake-based learning is an essential part of player development.
- Tournament play and travel is limited according to age group and carefully monitored to ensure that best practices are followed in any competitions in which our players participate.
- Parents are expected to focus on and praise development rather than results.

Players

- Individual ball possession is a fundamental requirement for any successful player.
- A possession-based game is at the heart of player development.
- The emphasis is on individual development rather than team-building.
- Players are developed as much as possible in single year age groups.
- Pre-pubescent, and players going through puberty are exposed mainly to technical training.
- Players experiencing a growth spurt are carefully monitored and load is adjusted appropriately.
- Players who have not yet reached their potential are worked with, and not discarded in favour of younger players who may be more skilled.

- Players who periodically play in older age groups are monitored and do so under the guidance of the Director of Coaching and Player Development.
- Players need permission from the Director of Coaching and Player Development to play for other teams/clubs.
- The principles of youth periodization are followed, meaning that players must get sufficient rest periods and breaks from the game.

Coaches

- Team tactics are introduced gradually and only after fundamental technique is mastered.
- Coaches are expected to follow Hollandia's training curricula and to support its philosophy.
- Coach development takes the form of age group specialization. Where practical, coaches remain with one age group, rather than moving with players.

2.0 Player Development Pathway

Stage 1: Active Start

- Aim: At this level, the objective is to get the children moving and to keep active.
- Technical: The player and the ball: running with the ball, dribbling, controlling, kicking and shooting.
- Physical: General overall development and mobility. Running, jumping and throwing.
- Tactical: None

U4-U6, Female and Male

- Mental: Fun, fascination and passion for play.
- Aim: learn all fundamental movement skills using a well structured, positive and fun approach.
- Tactical: Implement basic attack and defense principles.
- Mental: Positive attitude to sport. Confidence, concentration and enjoyment of the game.

Stage 2: FUNdamental

Females 6-8, Males 6-9

- Technical: Introduction to basic soccer skills with a ball.
- Physical: General overall development and mobility. Running, jumping, throwing, balance, and speed.
- Tactical: Play modified and small sided games. Introduction to positional awareness.
- Physical: Continue to develop ABC's - Agility, Balance and coordination. Develop speed, power and endurance through fun games.
- Mental: Understanding the role of practice. Perseverance, confidence and concentration.
- Technical: Soccer specific skills of dribbling, shooting, passing and controlling. Combination of skills in game related activities.

Stage 3: Learn to Train

Females 8-11, Males 9-12

- Aim: Learn all fundamental sports skills.
- Mental: Concentration, patience, focus and control.

Stage 4: Training to Train

Females 11-15, Males 12-16

- Aim: Consolidate basic soccer skills, Introduce basic elements of tactics.
- Technical: Perform skills under competitive conditions. Positional awareness in relation to ball and opposition.
- Tactical: Implement more advanced concepts of attack/defense. Implement basic team principles, positions and team shape. Support, timing of runs, movement off the ball.
- Physical: Soccer specific physical conditioning e.g. stamina, speed and strength.

Stage 5: Training to Compete

Females 15-19, Males 16-20

- Aim: Players work to gain more game maturity as they learn to perform these skills under a variety of competitive conditions.
- Technical: Refinement of core skills and position specific skills; continued development of advanced techniques and skills.
- Tactical: Decision-making tactical awareness, game analysis, productivity and competitive proficiency.
- Physical: Further develop flexibility, agility, aerobic and anaerobic endurance, strength and stability.
- Mental: Increased player concentration, responsibility, discipline, accountability, goal setting, self motivating and will to win. Mental toughness, competitive mentality in practice and games.

Stage 6: Training to Win

- Aim: The focus of training has shifted to optimization of performance and maximization of all capacities.
- Tactical: High degree of decision making and game analysis skills; ability to adjust game plan and adapt playing strategies to suit changing demands.
- Physical: Individual fitness program for maintenance. Periodization is critical.
- Mental: Increased concentration and responsibility, leadership, discipline, accountability, self confidence, self motivation, will to win, mental toughness and competitive mentality

3.0 Coach Recruitment, Development and Retention

The Valley Soccer Association uses a Player-centric Developmental Philosophy in line with the Canadian Soccer Association's recommended Long Term Player Development (LTPD) model, rather than a Results-based Philosophy.

While we recognize that winning is important, it is not THE most important part of our philosophy. Our philosophy prioritizes fun, but also puts the development of the individual player at the forefront, until players reach the Training to Compete Stage (U15-U19 Female/Male) at which time team development takes precedence.

The following policies and procedures are designed to promote compliance with LTPD philosophy.

Recruitment

Each town association is responsible for recruiting coaches to their association/club. This is achieved by using the following strategies:

1. Using coaching courses to identify potential coaches
2. Communicating with former Valley players and Parents
3. Advertising on VSA and local websites

The recruitment of female coaches is a priority for us at VSA.

Development

Coaches are encouraged to continue their education and development by attending coaching courses.

VSA and/or VUSC pays for coaching development upon approval from their board of Directors.

The Coaching Liaison and Technical Director offers a feedback mechanism that is used to evaluate coaches and provides feedback to them after each season. If the feedback mechanism uncovers matters that need addressing, the Technical Director and/or Coaching Liaison meet with the coach and help them with strategies to address the issue.

Coaches are encouraged to remain with a specific age group and become age-group specialists, rather than move up with players wherever practical, but this is very difficult in the Valley, with the vast majority of Coaches being volunteer parents.

Retention

Each town association should provide an annual recognition program for coaches, including a formal letter or card of thanks from the President of that town association.