VALLEY SOCCER ASSOCIATION

Technical Plan

Mission & Vision

The Mission of the Valley Soccer Association is to organize and further develop soccer from recreation to the elite level by providing access to quality programs for all interested in the Valley area and beyond.

Vision Statement

To be leaders in pursuit of excellence in soccer, provincially and nationally, in cooperation with our members and partners. We will promote interest in soccer within our boundaries and increase our membership. VSA will endeavor to provide every player the tools needed to pursue the highest level of soccer that they are willing to strive for.

VSA Technical Plan

Values

The Valley Soccer Association operates under the values of DRIVE.

Diversity. We promise to value and treat equally all individuals regardless of our differences or similarities. All are welcome here, regardless of race, religion, language, or orientation.

Respect. We respect all children and all adults that we have any interaction with, regardless of their contributions to us or our cause.

Integrity. We hold ourselves to a high standard of honesty and transparency and take pride in that standard that we work hard to maintain.

Virtue. We believe that, unless our actions and behaviours prove us to be of good character and high morals, our achievements and or accomplishments will become hollow victories.

Excellence. Provided that we have demonstrated the first four criteria properly, the VSA strives to achieve excellence in all that we do - from player and coach development, to setting the bar for club organization - we look to perform at the highest level.

Who we are

What is the VSA?

The Valley Soccer Association (VSA) is a non-profit organization run by a volunteer Board of Directors.
VSA stands for Valley Soccer Association. VSA is a district within the Saskatchewan Soccer Association (SSA) who is our governing body. The Canadian Soccer Association (CSA) is the governing body of the SSA.

What is a District?

A district is a designated area in the province of Saskatchewan. VSA is one of twenty affiliated districts within the SSA. The SSA also have non-affiliated districts, which means that these clubs are registered with SSA for insurance purposes, but are not recognized at the Annual General Meeting (AGM) for voting purposes. Affiliated means they are registered with SSA, pay insurance premiums and have the right to vote at the AGM.

The following 11 communities make up our district:

- Aberdeen (Big Sky Soccer)
- Cudworth
- Dalmeny
- Hague
- Hepburn
- Langham
- Martensville
- Osler
- Rosthern
- Waldheim
- Warman
- Valley United SC (competitive league play

Technical Director

My name is Cam Houle, and I've been in the VSA for two and half decades. As a player first, then a parent, coach, referee, board member, VSA President, Assistant TD, and now TD. I know what the VSA is, who we are, where we come from, and where we want to go in the future.

In my role as the Technical Director of the VSA, I want to get as many Valley kids as possible playing soccer, for as long as possible, and to the level that each individual player wants to achieve.

There are kids here that are happy to run around and kick a ball with their friends, and I'm here for those kids. There are kids that see themselves playing soccer at a University level, and beyond, and I am here for those kids, too. We have the ability to make everyone happy.

However, we will only be able to do that as a team; The VSA Technical Team, the VSA Board of Directors, and the community Boards, coaches, and parents must all work together to make the VSA as great for our players as I envision it could be.

Cam Houle
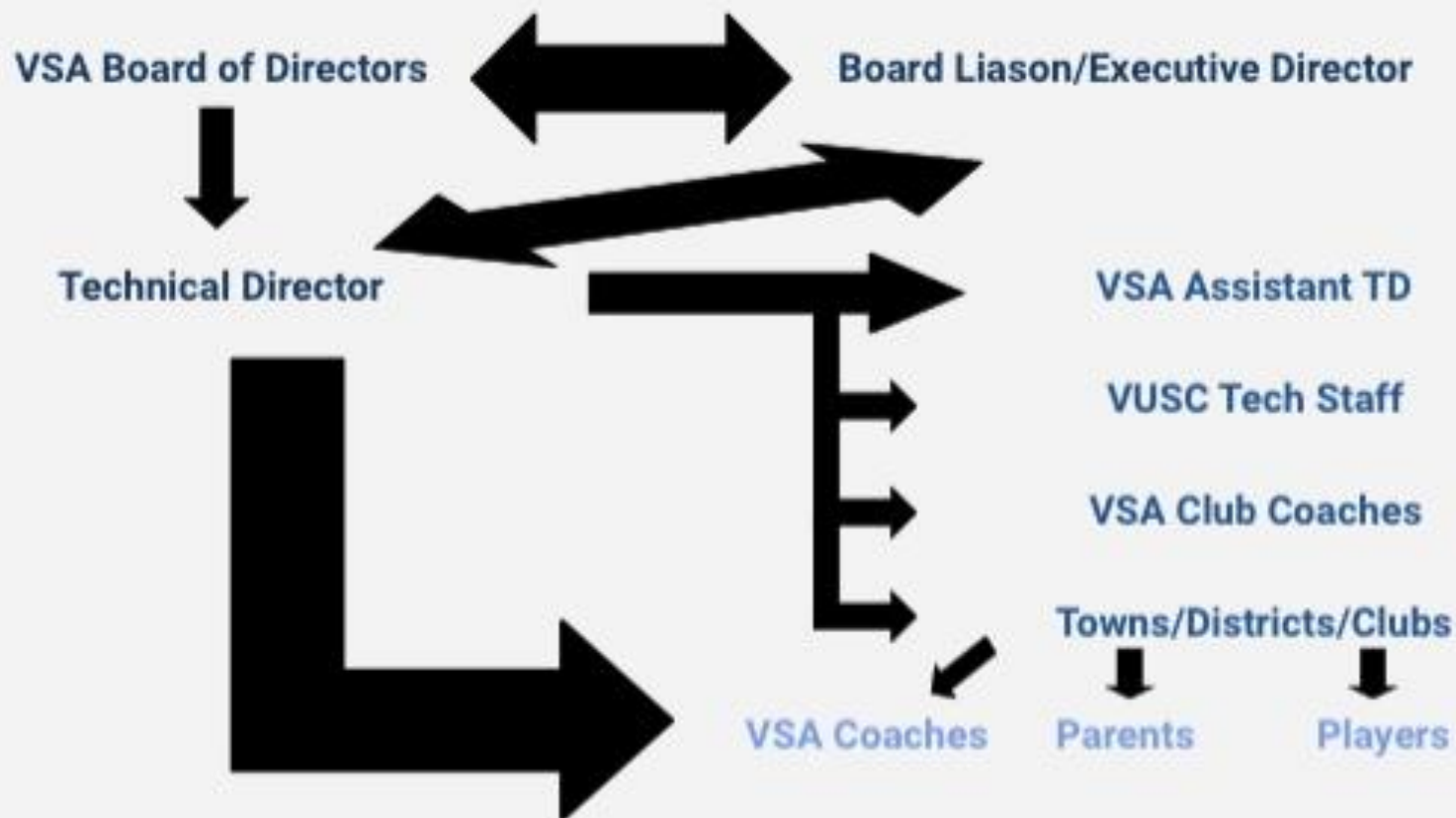technical.director@valleysoccer.ca
306-381-9518

2000

That's the number of VSA Youth Registrations we are projected to get this year for our outdoor programming. The highest number ever in the VSA. We've already surpassed the previous record, and we have a long way to go before we're done.

We have to keep GROWING FORWARD.

VSA Technical Map

VSA Board of Directors

Board Liason/Executive Director

Technical Director

VSA Assistant TD

VUSC Tech Staff

VSA Club Coaches

Towns/Districts/Clubs

VSA Coaches

Parents

Players

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
• 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 VSA'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.

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

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.

"All kids need is a little help, a little hope, and someone who believes in them."

- Magic Johnson

As the VSA moves forward and grows, we must always remember that nothing is more crucial than the safety, well-being, and enjoyment of the people in our Valley that play The Beautiful Game, regardless of age, gender, or ability.

Thanks!

Valley Soccer Association
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