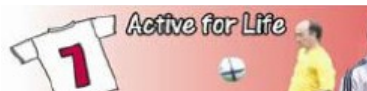


# YOUTH U13 to U18 – Fall/Winter



## PROGRAM OVERVIEW

Aligned to the CSA Long Term Player Development guidelines for Soccer for Life (U13+), the Youth U13 to U18 program continues with age appropriate specific physical literacy and soccer technical skills through designed once or twice a week training session plus an 11vs11 game versus other Club teams throughout the Lower Mainland and Fraser Valley. The objective of this program is to ensure players continue to enjoy the game and maintain lifelong wellness. Depending on the number and quality of players, teams will be placed at appropriate divisional levels of play Division 1 to 4. While Mission strives to assemble teams at the Division 1 (Gold) and 2 (Silver) levels, the Mission population base sometimes prevents us from doing so. As such, we recommend all players who possess the ability to play at higher of levels to pursue these opportunities with Clubs who have these teams. If they're interested in this pathway, they should be checking other Club websites for tryout opportunities. All training and games are designed focusing on the following content and details:

## PROGRAM CONTENT\*

|                  |   |
|------------------|---|
| <b>Physical</b>  | Follow appropriate guidelines in the areas of endurance, strength and flexibility training to remain active or play competitive |
| <b>Technical</b> | Learn new skills, or use and maintain skills already acquired   |
| <b>Tactical</b>  | Basic tactics are sufficient to enjoy the game at a recreational level. More advanced are required for competitive level        |
| <b>Mental</b>    | Focus on having fun, in addition to stress release and fitness discipline   |

\*All program content to be delivered by certified Coaching Staff

## PROGRAM DETAILS

|                                  |  |
|----------------------------------|--|
| <b>Program Window</b>            | Fall/Winter League - September 2016 to March 2017  |
| <b>Program Length</b>            | 20 to 24 Weeks (excludes December)   |
| <b>Program Sessions</b>          | Division 3 and 4 – 1 training session per week + 1 Academy session every 2 <sup>nd</sup> week + 1 game per week<br>Division 1 and 2 - 2 training sessions per week (Academy session will replace 1 of the scheduled training session every 2nd week) + 1 game per week |
| <b>Program Days</b>              | Training – Weekdays (Varies Monday to Thursday)<br>Games – Saturday (Boys) and Sunday (Girls)  |
| <b>Program Start Date</b>        | August 29 <sup>th</sup> , 2016 (Player Evaluation Week or 1 <sup>st</sup> week of sessions)  |
| <b>Program Session Length</b>    | Training – Division 3 and 4 (1 hour); Division 1 and 2 (1 to 1.5 hours)<br>Games - maximum 90 minutes (2x45 minutes)   |
| <b>Program Start Times</b>       | Training – 6:00 PM to 8:00 PM<br>Games – 10:00 AM to 4:00 PM   |
| <b>Program Location</b>          | Mission Sports Park & Other Club Fields  |
| <b>Program Fee</b>               | \$255 per Player   |
| <b>Program Uniforms</b>          | All Players shall receive Jersey, Shorts and Socks   |
| <b>Program Players Equipment</b> | Mandatory requirement – all players are required to wear shin guards<br>Safety requirement – highly recommended that all players wear soccer boots   |