

MISSION SOCCER CLUB



YOUTH U13 TO U18

SPRING 2018



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 levels of play. While Mission strives to assemble teams at the Division 1 and 2 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

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

Program content will be delivered by assigned team head coaches supported by on-site Club's Staff Coaches

PROGRAM DETAILS

Program Window	April 2018 to June 2018
Program Length	12 Weeks
Program Sessions	12 to 20 training sessions (1 to 2 per week) + 10 games
Program Days	Training Days - at the discretion of the Team Head Coach – Monday to Thursday. Game Days - Boys (Saturday) and Girls (Sunday) Note: there is no game day on the Victoria Day Weekend (May 19th/20st)
Program Start & End Dates	Training - week of April 3 rd to April 6 th Games - Boys - April 22 nd and Girls – April 23 rd
Program Session Length	Training - 1 to 1.25 hours / Games - maximum 90 minutes (2x45 minutes)
Program Start Times	Training – 7:00 PM / Games – 10:00 AM to 4:00 PM
Program Location	Mission Sports Park & Other Club Fields
Program Fee	Players who played in the Fall 2017/Winter 2018 season - \$135 per player Players who did not play in the Fall 2017/Winter 2018 season - \$160 per player. The incremental \$25 fee covers Association registration and insurance fees
Program Uniforms	Non-Returnable jerseys will be provided. Shorts and Socks will be provided to Players who did not play in the Fall 2017/Winter 2018 YOUTH program.
Program Players Equipment	Mandatory requirement – all players are required to wear shin guards Safety requirement – highly recommended that all players wear soccer boots

