



# Calgary West Soccer Club Technical Plan



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# Who we are!

## Vision:

Our vision is to provide a soccer program, FOR ALL players where players have the opportunity to develop in their technical skills and their understanding of the game so that they can enjoy their soccer experience and continue to play soccer lifelong. We want to be able to provide all the levels so that all players have that opportunity to develop at their desired level, and commitment level.

## Mission:

We will provide leadership in player and coach development, and parent education, through the delivery of value based, quality programs and services including: Our recreational Play and Train and MultiMove Futsal programs for U4-8/U14 Our Development and Competitive (U6--U19) programs under Calgary Minor Soccer; and Our Elite programs for players identified for higher level opportunities with GPS/FC Bayern/University/College/Professional/ASA/CSA opportunities.



# Our Values

Player Centered

We believe that every player is an individual with dreams and aspirations, and talents which we can help develop

Inclusion

We believe that all players regardless of level of play deserve the opportunity to enjoy the game of soccer and develop to their potential

Respect

We work to create a respectful environment, to develop people before players.

Quality

We strive to achieve bests in everything that we do.

Innovation

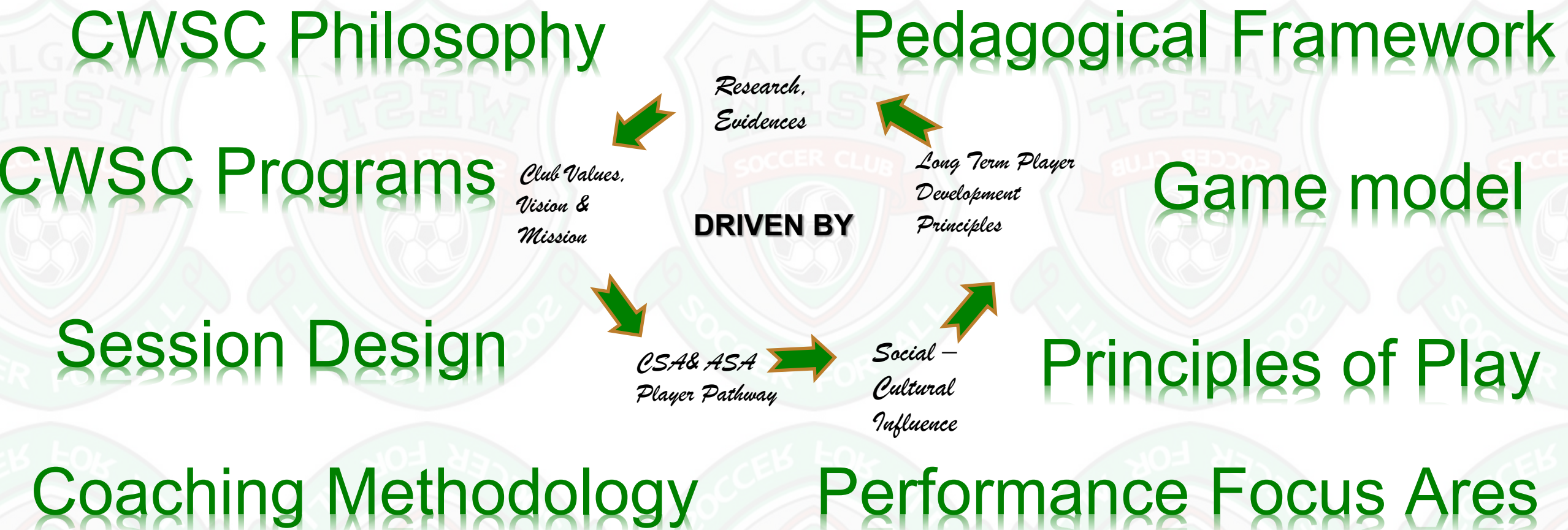
We are constantly looking for new and creative ways to improve the experience for our members.

Development over winning



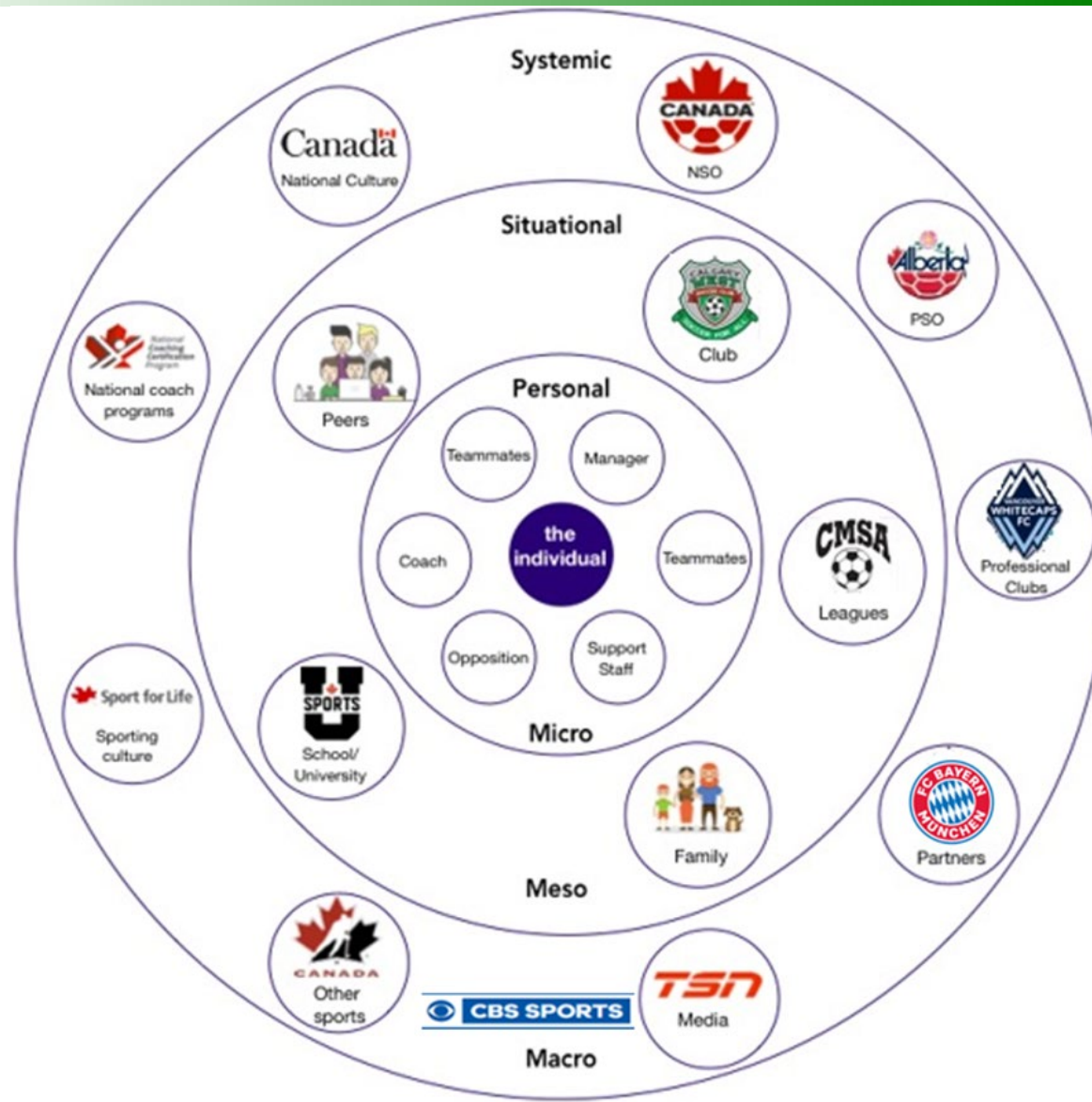
# The CWSC Identity

## CWSC Player Pathway





# What Influence the Player Development

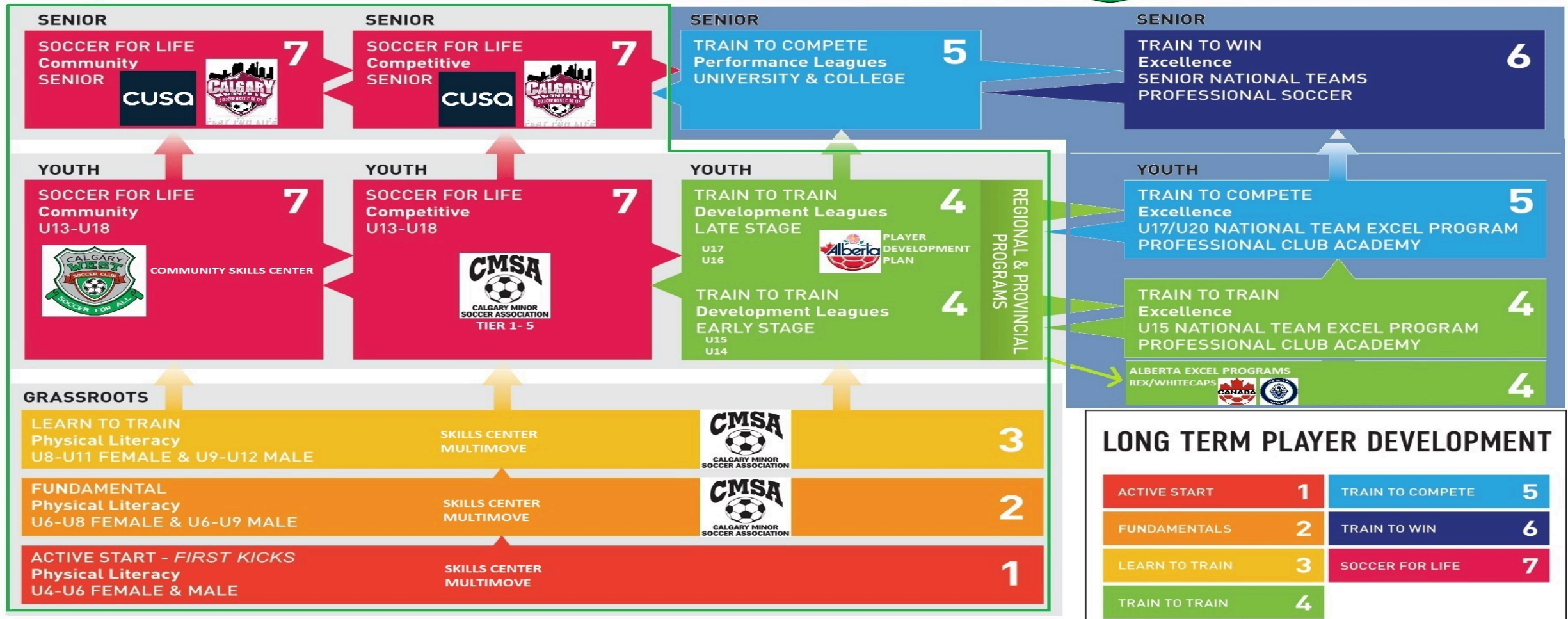




# Calgary West Player Pathway



## CALGARY WEST SOCCER CLUB PLAYER PATHWAY

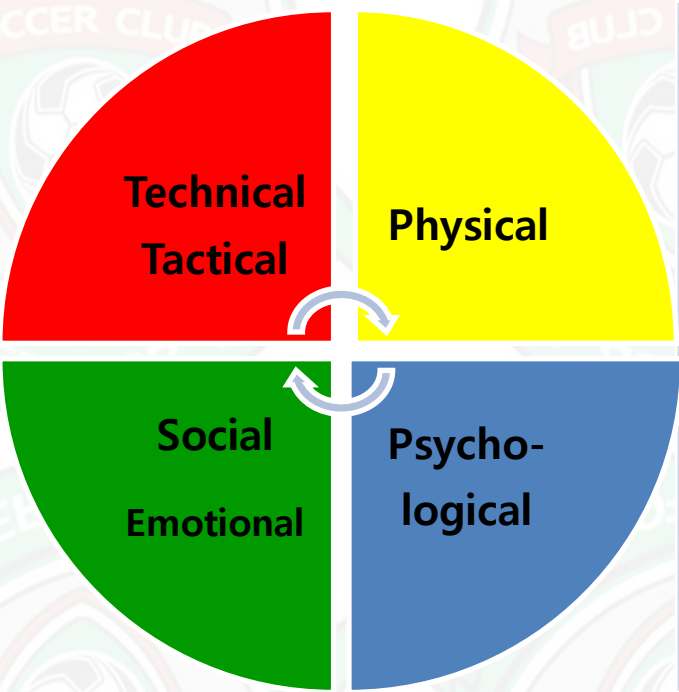




# Calgary West SC Future Player

We at CWSC follow a modern game philosophy. That means that we will prepare our players for their long term goals in the game of soccer, and not short term goals, such as to win the next game. We understand and respect that every player is unique individual with different goals and intrinsic motivations.

## 4 Corners of Player Development



Mentality	Soccer Intelligence	Ability to Execute	Physical Attributes	Character
<ul style="list-style-type: none"> <li>• Displays emotional control under stress</li> <li>• Is a "4-moment" player</li> <li>• Intrinsically motivated to improve</li> </ul>	<ul style="list-style-type: none"> <li>• Adapts to ever changing game conditions</li> <li>• Makes quick and effective decisions</li> <li>• Demonstrates tactical and situational awareness</li> </ul>	<ul style="list-style-type: none"> <li>• Proficient in 1v1 scenarios</li> <li>• Possesses multiple tools to solve a problem</li> <li>• Confident to express themselves and play with belief</li> </ul>	<ul style="list-style-type: none"> <li>• Uses their personal attributes to their advantage</li> <li>• Meets the demands of the 11-aside game</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates the values of the team and a Club</li> <li>• A leader on and off the field</li> <li>• Interacts positively with teammates, coaches and officials</li> </ul>

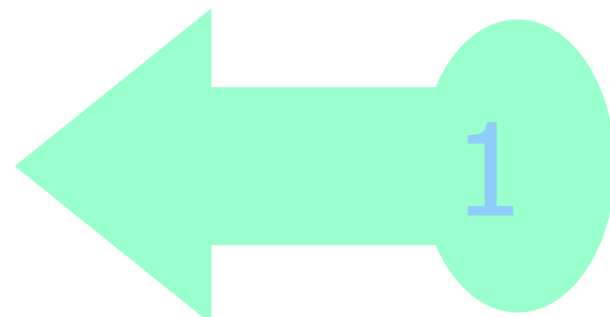




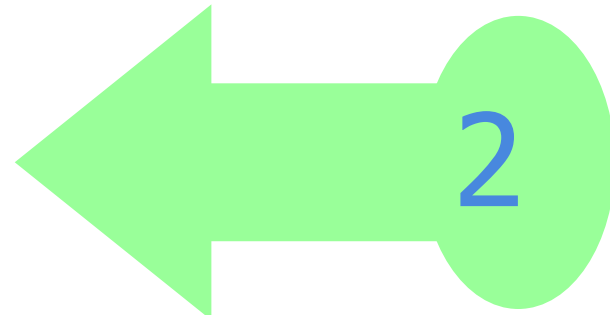
# Our Philosophy

Operate in a **player centered environment**, supported by **quality coaching** and guidance on an **individual basis**. Allow every player to learn and **develop** at their own pace over the **long term**. Strive to develop confident and creative players who are effective decision makers with strong character and passion for the sport.

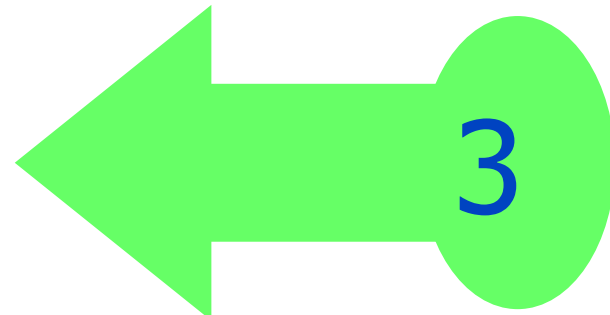
**Why**



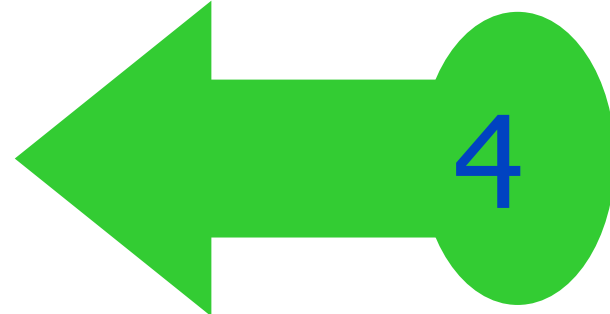
**Who**



**What**



**How**





P.C.A. PROGRAM

# Theoretical Framework

Founded in the ecological dynamics rational, non-linear pedagogy aids practitioners in attempting to scaffold player attunement to critical information in a performance environment. By identifying and then manipulating (individual, task, and environmental) constraints on learning, our coaches will be able to design practice environments that more readily afford opportunities for players to explore functional performance solutions, develop skill and enhance their creativity.

To underpin these ideas of nonlinear pedagogy and manifest them as guiding principles for design of practice environments, we use **Constraints Led Approach**:

- *Skilled performance is determined by the interaction between individual, task and environment.*
- *These three constraints don't operate in isolation, they interact and operate at different timescales.*
- *Constraints vary between and within each individual over different timescales.*
- *An individual's potential should be viewed as dynamic and continuously open to ongoing influences of task, individual and environmental constraints (Davids, 2015)*



# Constraints Led Approach

## Environmental Constraints

- include things such as the weather (windy, raining, high humidity etc.) and playing surface (playing on turf vs grass)

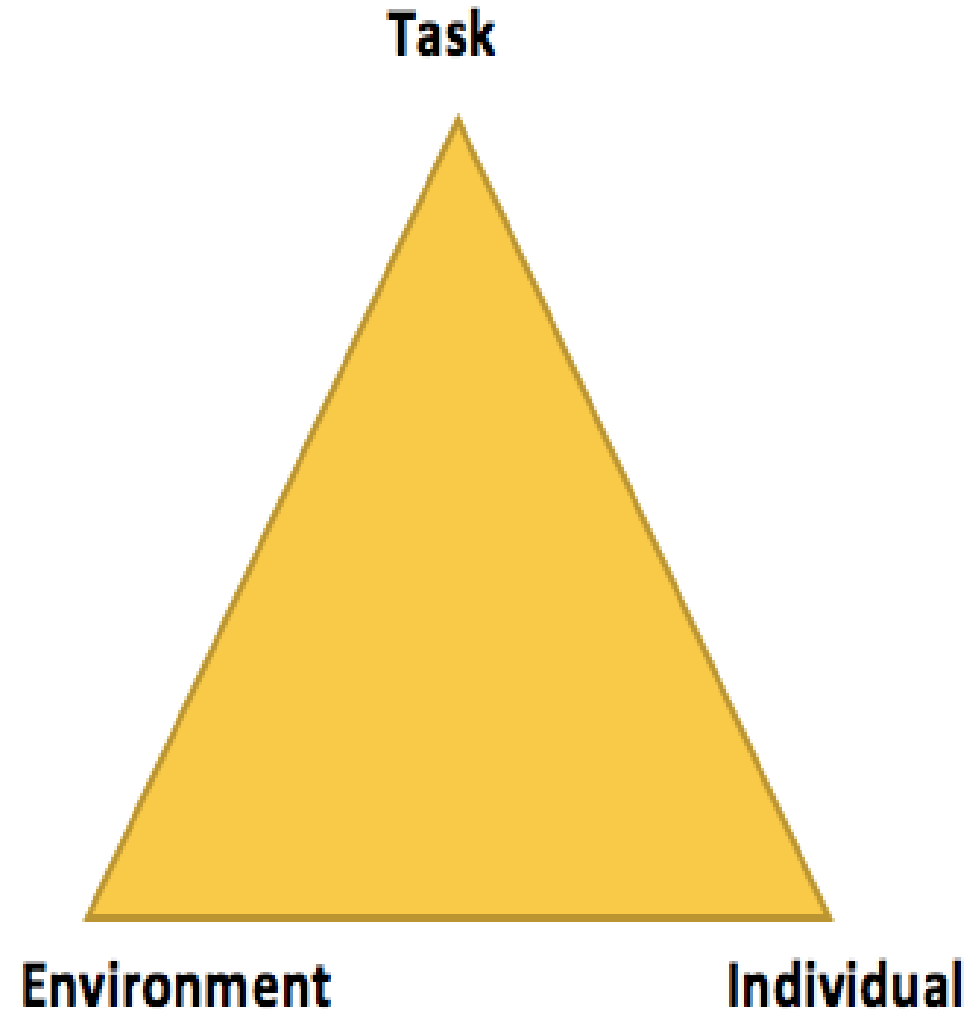
## Individual Constraints

- Personal constraints are factors unique to the individual such as height, speed, power, and even a players motivation levels and emotional state

## Task Constraints

- Task constraints are typically put in place by the coach through the session design. Here are some of the constraints that a coach can determine in a session:

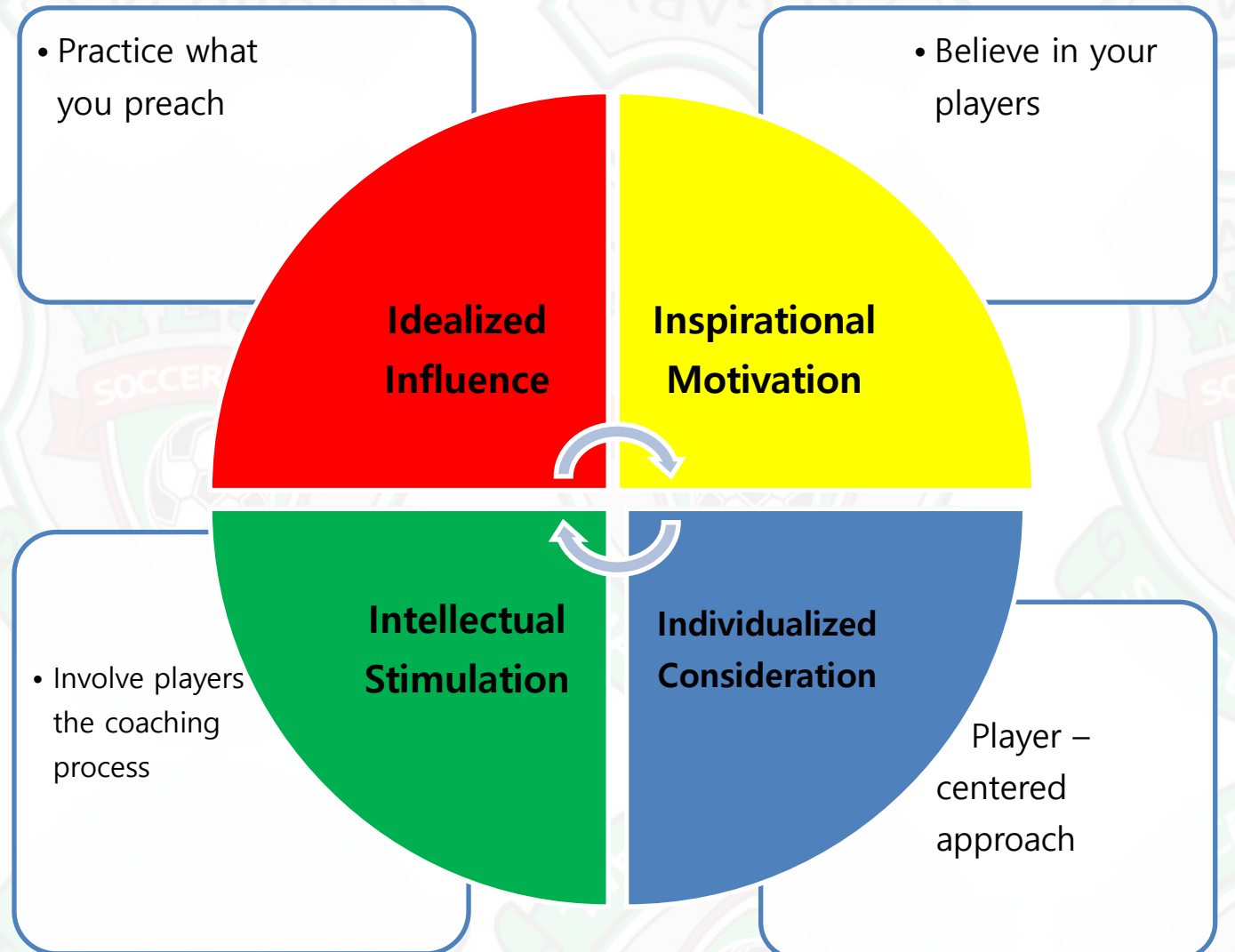
- Number of players (and their position within the activity)
- Neutral players
- Size of playing area
- Starting positions of players
- Starting position of the ball
- Target - Is it to goal? Is it to a player? How many targets?
- Scoring systems
- Zones within the playing area etc.





# COACHING METHODOLOGY

We believe that the real art of coaching is to be able to combine different coaching styles and use them appropriately for any given situation. To help our coaches with their coaching education and performance, we have a preferred coaching framework called **Transformational Coaching** (Presented by Queen's University, Turnnidge, J. & Cote, J.) Transformational Coaching is based on 4 pillars and 11 coaching behaviours.





# Performance focus areas

To support the development of psychological health and performance of our young players, we encourage our coaches to use **5Cs** of psychological skills. Psychology has always been an important element in players development and performance. Our club values development over “winning at all cost”. We want to develop “winning mentality” – be competitive; not afraid to take risks and make mistakes; reflect on decision making to learn.

COMMITMENT

COMMUNICATION

CONTROL

CONCENTRATION

CONFIDENCE



# CWSC Programs

## Foundation      Development      High Performance



### **ENJOYMENT**

- Consistently meet Intrinsic needs (value & empower)

### **ENGAGEMENT**

- An environment where players have the confidence to fail and learn everyday

### **LONG TERM PLAYER DEVELOPMENT**

- Everything we do in the coaching and development of our players is with a clear method and purpose following clearly defined programs

### **OPPORTUNITIES**

- An environment where players grow into higher level of competition

### **PERFORMANCE**

- Developing a mentality through performance focus areas

### **PATHWAY**

- Prepare players for their next steps in their careers



**MultiMove Sports**



**SKILL CENTRE**



**INNOVATIVE PLAYER**



**P.C.A. PROGRAM**



MultiMove Sports

# MULTIMOVE SPORTS PROGRAM

We live in the age of electronic devices that limit the development of proper movement patterns. We are also experiencing children specialize in specific sport too early, without options to explore more than one sport. This can affect the ability to learn sport specific techniques that is required to perform with balance and coordination. Flashback to your childhood: you were small and the school seemed very big. The magic, which arose on the playground: hopscotch, jumping rope, pull, push and ball games.

Was that fun? Are those good memories?

Would that little one developed itself through all that playground experience?

**MultiMove** goes back to that good, old playground. But even better, faster, and richer.

**MultiMove** program will provide opportunity for your child to experience **VARIETY of sports!**

Build on multiple blocks which will focus on different sport such as Fundamentals of Soccer, Basketball, Volleyball, Futsal, Gymnastics, and potentially more.

The core of this program will be block with focus on overall exploration of movement and coordination skills which are very important for any athletic future of your child plus overall health (prevention of dis-balances, injuries etc.)



# Skills Center

The Skills Centre provides an age and stage appropriate learning environment **for all players, regardless of their baseline skill levels and game understanding.**

- ⊗ The Skill Centre is not to replace other grassroots programs such as Play and Train, but to enhance our training through the Skill Centre which complements these programs by **enriching each players learning and development.**
- ⊗ Program is structured following the **Canada Soccer and FIFA Preferred Training Model.** In this approach each training session is built around activity "stations" that the players move around at regular intervals.
- ⊗ The stations focus on **Fundamental Movement, Soccer Technique, Coordination, and Small Sided Games.**
- ⊗ The benefit of Skills Centre is an opportunity to find the best placement for players based on their biological age, or sports age. (For example, if a player comes to U8 program but is not having fun as the exercises are too challenging, we can place him/her to younger age group to provide her/him the best environment to develop.).
- ⊗ The main objective of Skills Centre is to create an environment, which is safe, appropriate and fun. Environment which will ensure players are engaged in learning while building a positive relationship to physical activity and soccer.

***For players who enjoyed the Skills Centers environment and would like to continue in inclusive, fun and engaging program without participation of competitive league, the will be offer to graduate this program and continue with COMMUNITY SKILLS CENTRE Program (U13-14). This program will provide them similar experience, with same principles to offer Soccer for Life environment.***





INNOVATIVE PLAYER

# Innovative Player Program

Our club has always been known for developing technically advanced players. We want to make sure that our players don't have to spend extra money and time to look for extra services in private academies, which solely focus on player skills. We are confident that we can provide the same or higher quality program with focus on individual skills development. Our coaches have vast experiences in this area and are looking forward to transfer them all on our players.

Ball control is paramount, and is the foundation to our Principles of Play. Only players who can control the ball will be able to "control" the game. This program will help players to develop how to control and how to keep control of the ball.

## **Innovative Player Program develops:**

- Motivation and ideas for players for individual and additional training (not just organized, but also on their own outside of the structured environment)
- Confidence on the ball
- Opportunity for closer feedback and guidance for players (from coaches and peers)
- More tools for players technical execution



**P.C.A. PROGRAM**

# Perception Cognition Action Training Program

Enhanced team sessions with a focus on Player-Environment Centred Approach. Modern style of program content and delivery, based on evidence, research, science and practice. Grounded in the theoretical framework of ecological dynamics. We define the game of soccer as a complex system and players as a complex adaptive systems which develops over time in relation to the contextual possibilities and restrictions.

The focus of this program is to develop player's cognitive skills, such as perception (visual search, recognition, assessing options and anticipation), conception (decision making based on affordances), and Action (execution of the decision).

P.C.A. Program is build on Nonlinear Pedagogy principles:

- Underpins a player centred approach and the emergence of skills (Reshaw,2013)
- Developing players with a better understanding IN the game
- Representative Learning Design – What players are seeing and feeling is representative of the game
- Repetition without repetition (Multiple variabilities for solutions)
- Perception and Action coupled
- Promote an external focus of attention (outcome of the movement), which allows automaticity of the movement



# Additional Programs



**SPECIFIC SPORTS &  
CONDITIONING  
TRAINING DELIVERED  
BY COACHES FROM  
BAL SOM SPORTS  
PERFORMANCE**

## **Conditioning Philosophy:**

BSP's sports conditioning philosophy is based on combining his knowledge on propulsive coordination methods, with his background of 20+ years of soccer, including playing University level in the UK.

Propulsive coordination focuses on addressing the players' ability to create more force, direct it more optimally, and increase dynamic core stability. By improving these elements, results have shown drastically improved acceleration, agility, sprint repeatability, and even injury prevention.

## **Scientific research:**

Dan has been coaching these methods for over seven years, and four years ago was invited to complete his doctorate in Elite Performance at the University of Central Lancashire. His specialist area of research is propulsive coordination's impact on agility, an area critical to soccer, considering on average there are 500-700 changes of direction in a professional soccer game.

## **Our collaboration:**

Working in close collaboration with the Calgary West coaching team, BSP is able to provide the optimal athletic development, to provide the foundation for our soccer coaches to develop the best all-round soccer players.



# Additional Programs



**GOALKEEPER SPECIALIZED TRAINING DELIVERED BY ABSOLUTE KEEPER ACADEMY**



## Indoor Goalkeeping Development Cycle



### Technical Topics Covered:

<b>Skills:</b> - Various throwing techniques (accuracy & range)	<b>Skills:</b> - Speed, timing and angles when attacking oncoming	<b>Skills:</b> - Parrying distance and direction (rebound control)	<b>Skills:</b> - Based on the trainer's discretion and individual
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CWSC PROGRAMS	CWSC TRAINING FOCUS	CANADA SOCCER LTPD	AGES
<b>Skills Center MultiMove</b>	<ul style="list-style-type: none"> <li>• Physical Literacy</li> <li>• General ball handling</li> <li>• Fun with a ball</li> <li>• Fun with friends</li> <li>• Foster a feeling of belonging</li> <li>• Unstructured play</li> </ul>	<b>Active Start</b>	4-6 Males & Females
<b>Skills Center MultiMove Development CMSA</b>	<ul style="list-style-type: none"> <li>• Physical Literacy</li> <li>• Fundamental futsal/soccer ball control</li> <li>• Working with other players</li> <li>• Introduction to competition</li> <li>• Structured &amp; Unstructured play</li> </ul>	<b>Fundamentals</b>	6-8 Female & 6-9 Male
<b>Skills Center Competitive CMSA Skills Centre Innovative Player Program P.C.A. Program</b>	<ul style="list-style-type: none"> <li>• Physical Literacy</li> <li>• Foundation principles of play – individual and team</li> <li>• Increasing technical proficiency</li> <li>• Critical thinking &amp; decision making</li> <li>• Structured &amp; Unstructured play</li> </ul>	<b>Learning to Train</b>	8-11 Female & 9-12 Male
<b>Competitive CMSA Innovative Player Program P.C.A. Program</b>	<ul style="list-style-type: none"> <li>• Developmental principles of play - individual, group and team</li> <li>• Advanced Physical/Technical/Tactical/Mental preparation</li> </ul>	<b>Training to Train</b>	11-15 Female & 12-16 Males
<b>Competitive CMSA Innovative Player Program P.C.A. Program</b>	<ul style="list-style-type: none"> <li>• Developing winning mentality</li> <li>• High Performance principles of play - individual, group and team</li> <li>• High performance Physical/Technical/Tactical/ Mental preparation</li> </ul>	<b>Training to Compete</b>	15-19 Females & 16-20 Males
<b>Competitive CMSA Innovative Player Program P.C.A. Program</b>	<ul style="list-style-type: none"> <li>• Optimization of performance</li> </ul>	<b>Training to Win</b>	18+ Females & 19+ Males



# Age and Stage Appropriate Principles of Play

We respect that players development is nonlinear, everyone develops in different rate and way. That is why our programs aim to provide appropriate environment for each player to find support, time and space to develop.

In our club, we have 3 levels of principles of play. These principles of play provide our coaches a guidance which helps to create the environment in practices and games ,which is age and stage appropriate.

**FOUNDATION LEVEL**

**DEVELOPMENTAL LEVEL**

**HIGH PERFORMANCE LEVEL**

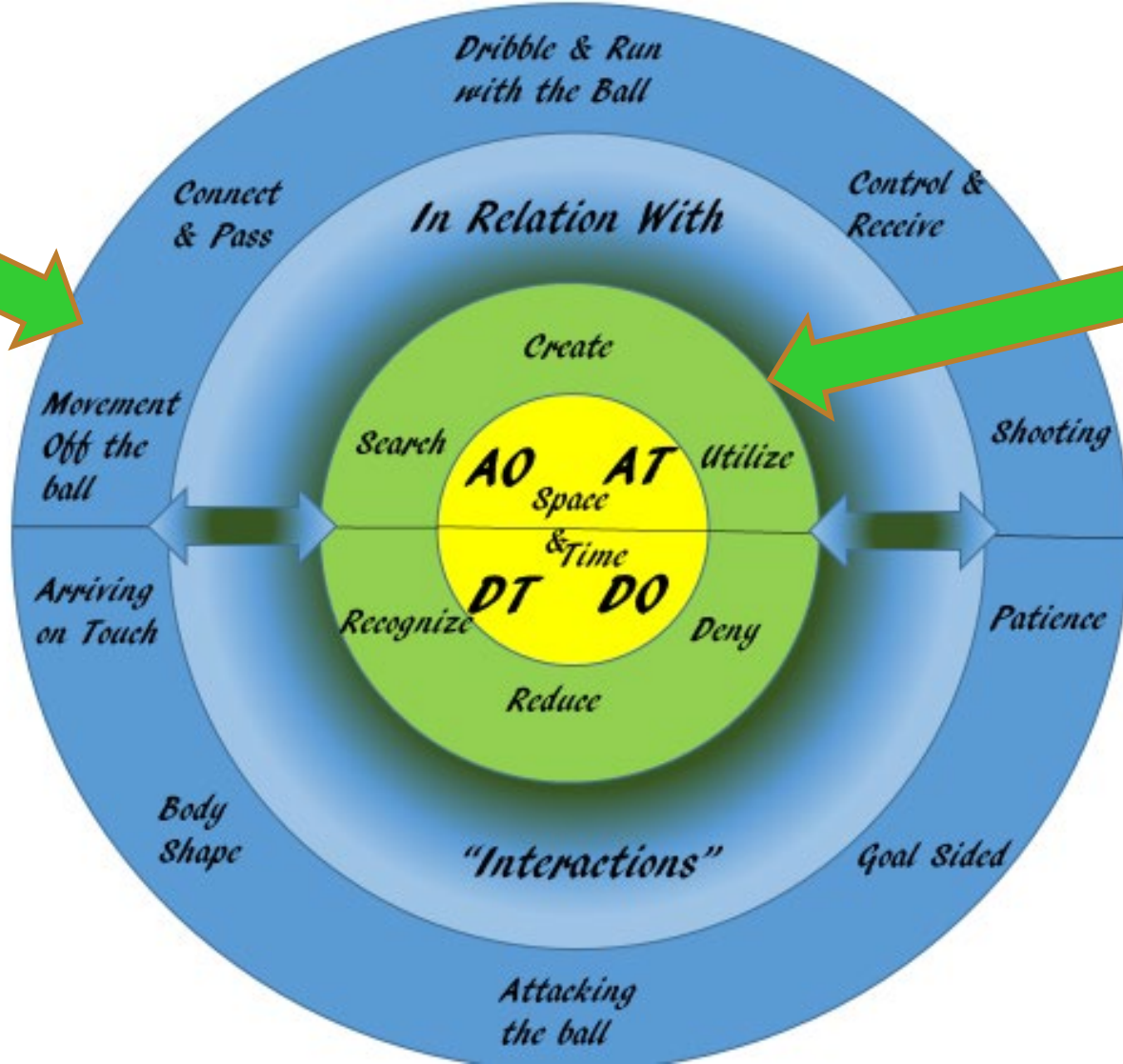




# Foundation Principles of Play

## “ACTIONS”

Specific skills used in technical execution by players. (different surfaces used to pass or control the ball, etc.)  
This area is a main focus of Innovative Player Program.



## “INTERACTIONS”

Soccer specific “Actions” in relation with the environmental information (space, time, other players etc.) to educate the attention of the players.  
This area is a main focus of Perception-Cognition-Action Program.



INNOVATIVE PLAYER



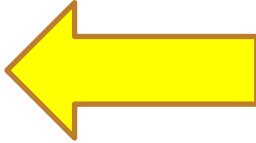
P.C.A



# Developmental Principles of Play

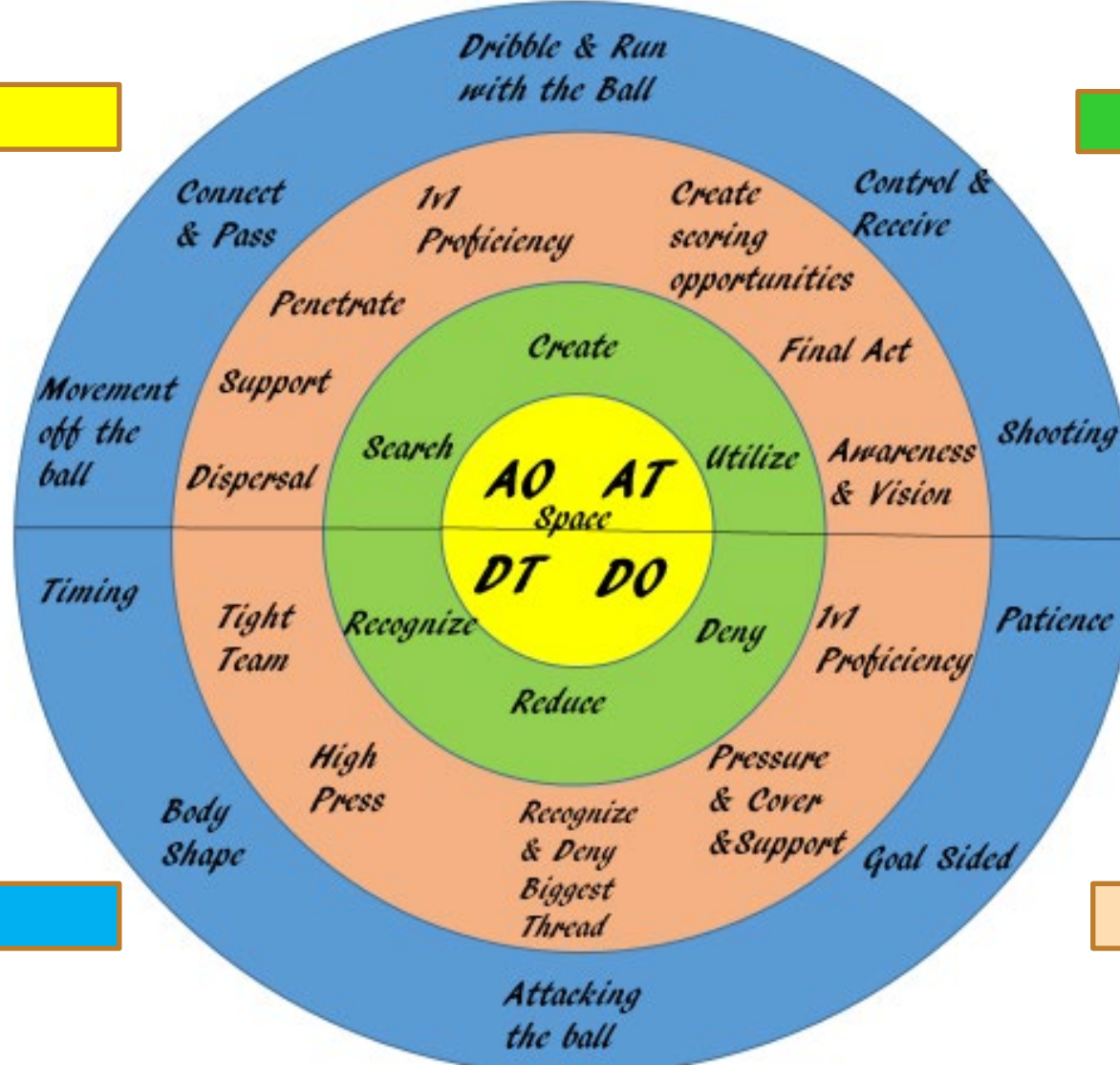
## “4 Moments of the Game”

1. Attacking Organization
2. Attacking Transition
3. Defensive Organization
4. Defensive Transition



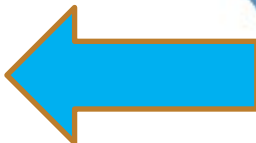
## “ Idea of The Game”

AO & AT – Search, Create and Utilize space by soccer interactions.  
 DO & DT – Recognize, Reduce and Deny space by soccer interactions



## “Soccer Interactions/Actions”

Foundation skills



## “Principles of Play”

- Basic Principles of Play which aligns with advanced principles in later stage of development

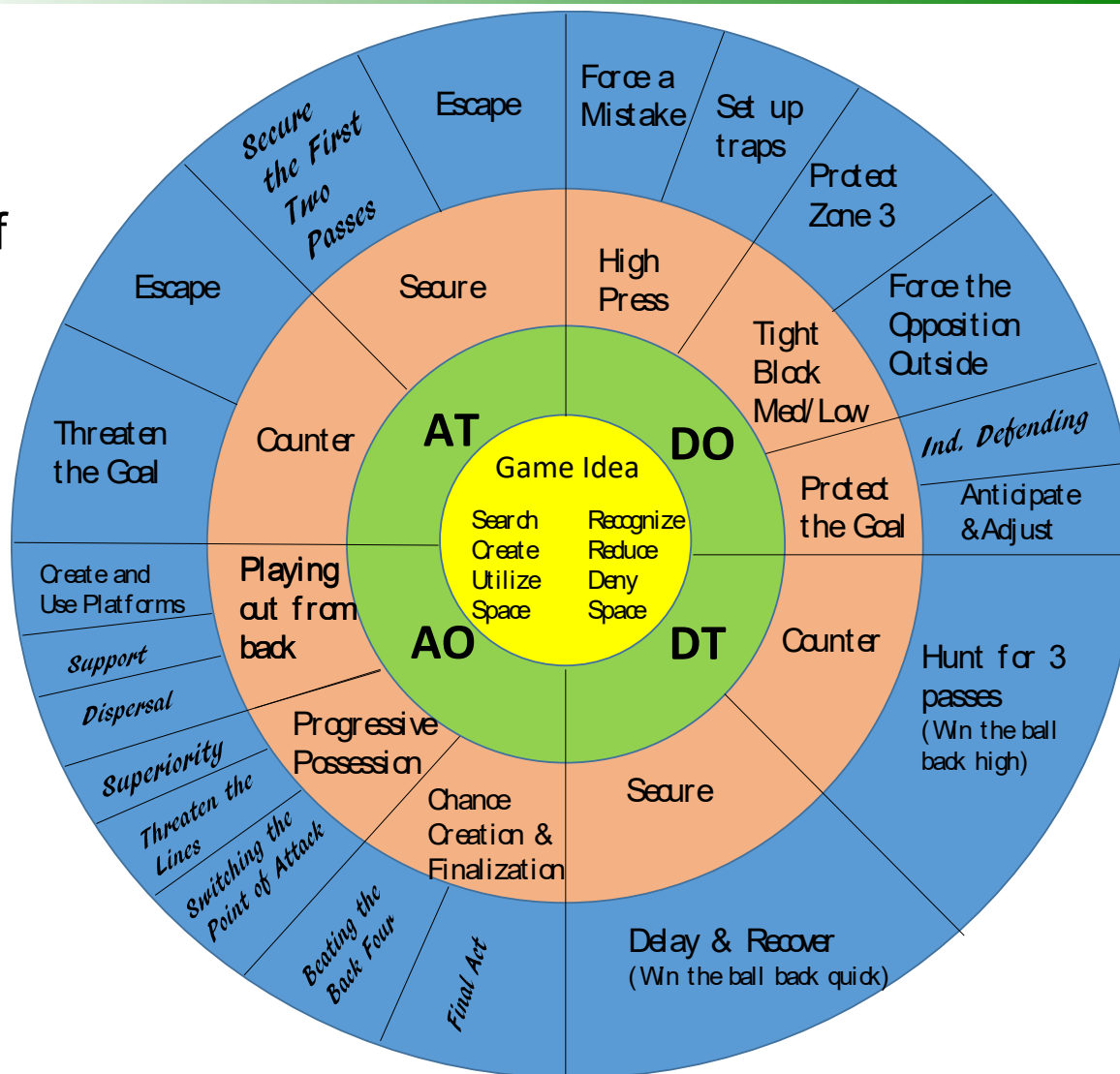




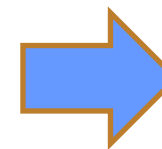
# High Performance Principles of Play

## High Performance Developmental Principles:

- Are an advanced step of Developmental Principles of Development.
- Are linked to the CWSC Game Model and support the development of our CWSC Player Profile.
- Consists of Team and Group Based Principles, and supported by Individual interactions/actions.



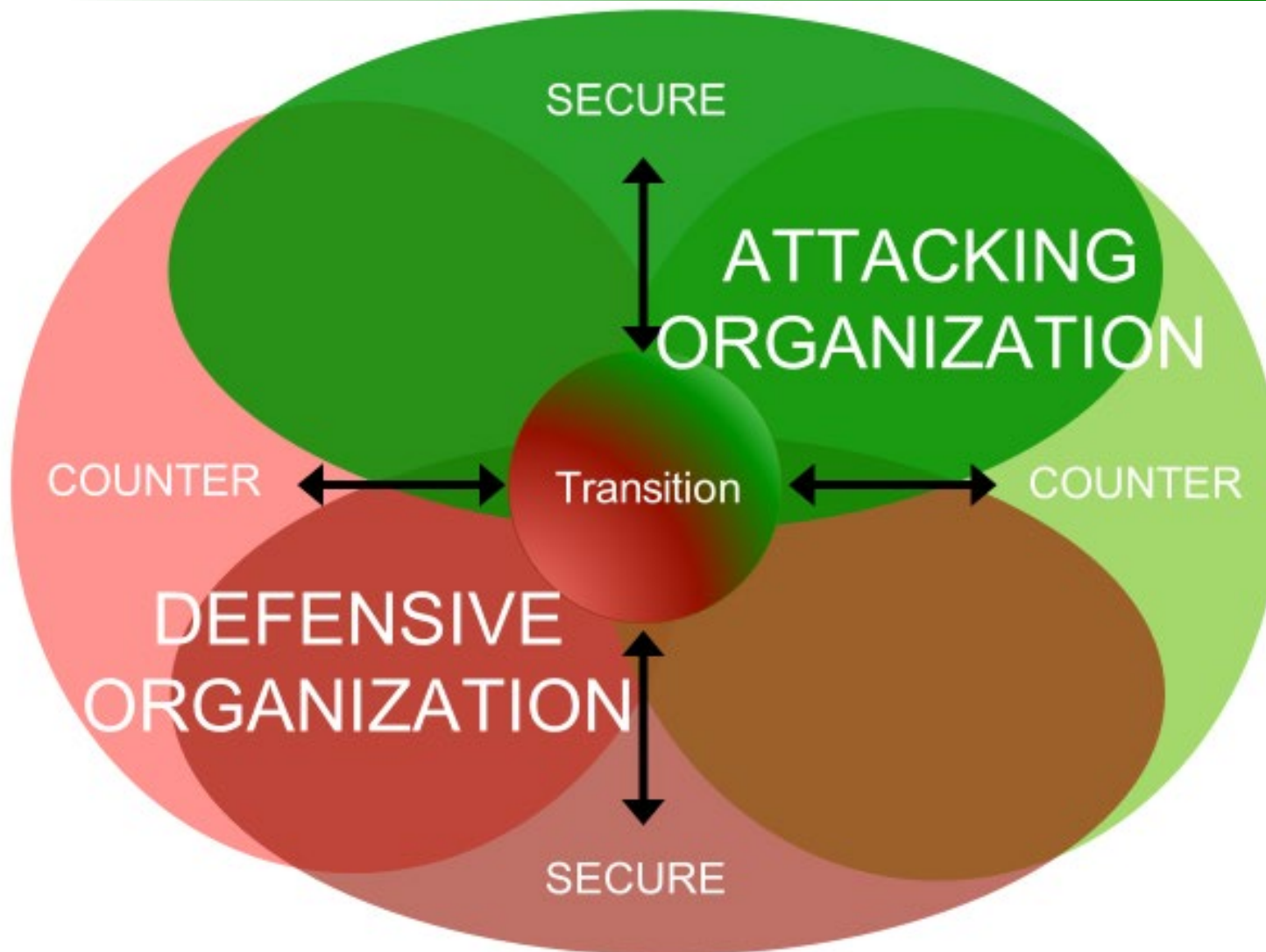
**Team Based Principles**



**Group Based Principles**



# CWSC GAME MODEL





# Attacking Organization

**CHANCE CREATION  
& FINALIZATION**



**ZONE 3**

**PROGRESSIVE  
POSSESSION**



**ZONE 2**

**PLAYING OUT  
FROM BACK**



**ZONE 1**

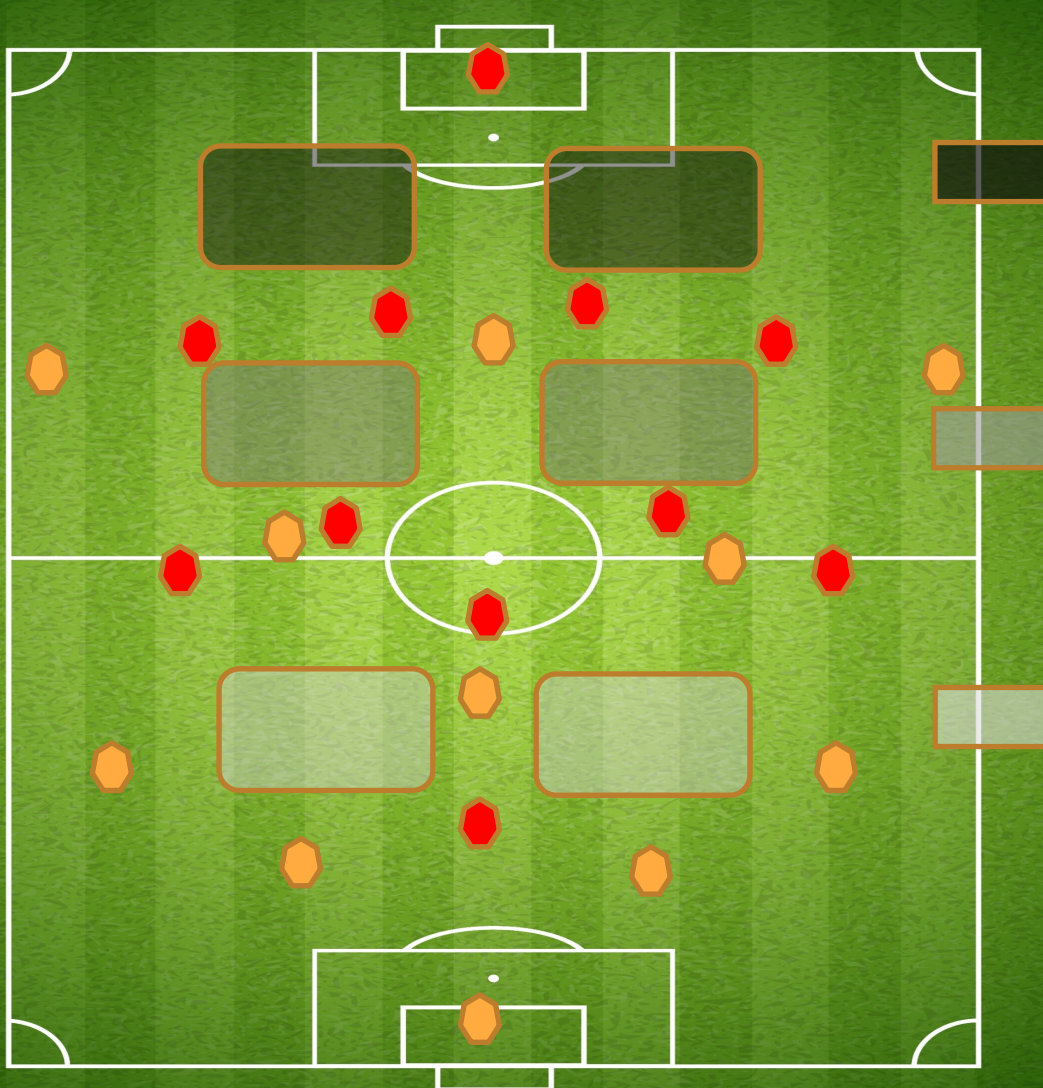


# GAME MODEL

ATTACKING ORGANIZATION			ATTACKING TRANSITION	
ZONE 1	ZONE 2	ZONE 3	Counter	Secure
PLAYING OUT FROM BACK	PROGRESSIVE POSSESSION	CHANCE CREATIONS & FINALIZATION		
Create and Use Platforms Support Dispersal	Create and Use Platform and Advanced Platforms Threaten the Lines Superiority Switching the Point of Attack	Create and Use Finalization Platforms Beating the Back Four Final Act	Escape Threaten the Goal	Escape Secure the First Two Passes



# Attacking Platforms



## Finalization Platforms

High Platforms- can lead directly to scoring chances or disorganizing opposition's defence in their defending zone. High risk (low conversion) – High reward

## Advanced Platforms

Medium Platforms- can lead to chance creation if utilized or to establishing possession in opponent's half. Medium risk – Medium reward.

## Platforms

Low Platforms- relatively easier to create. Low risk – low reward, set up players to penetrate further down the field. Dangerous if possession is lost.

\* What are Platforms? – Term Platforms is used to describe space/gaps between or behind defensive lines. Player can have different level of potential effect based on how he/ she control the ball in Platforms. Facing backwards – low impact, Half turn – medium impact, Facing forward – high impact



# Defensive Organization

**HIGH PRESS**

**ZONE 1**

**TIGHT BLOCK  
MEDIUM/LOW**

**ZONE 2**

**PROTECT THE GOAL**

**ZONE 3**

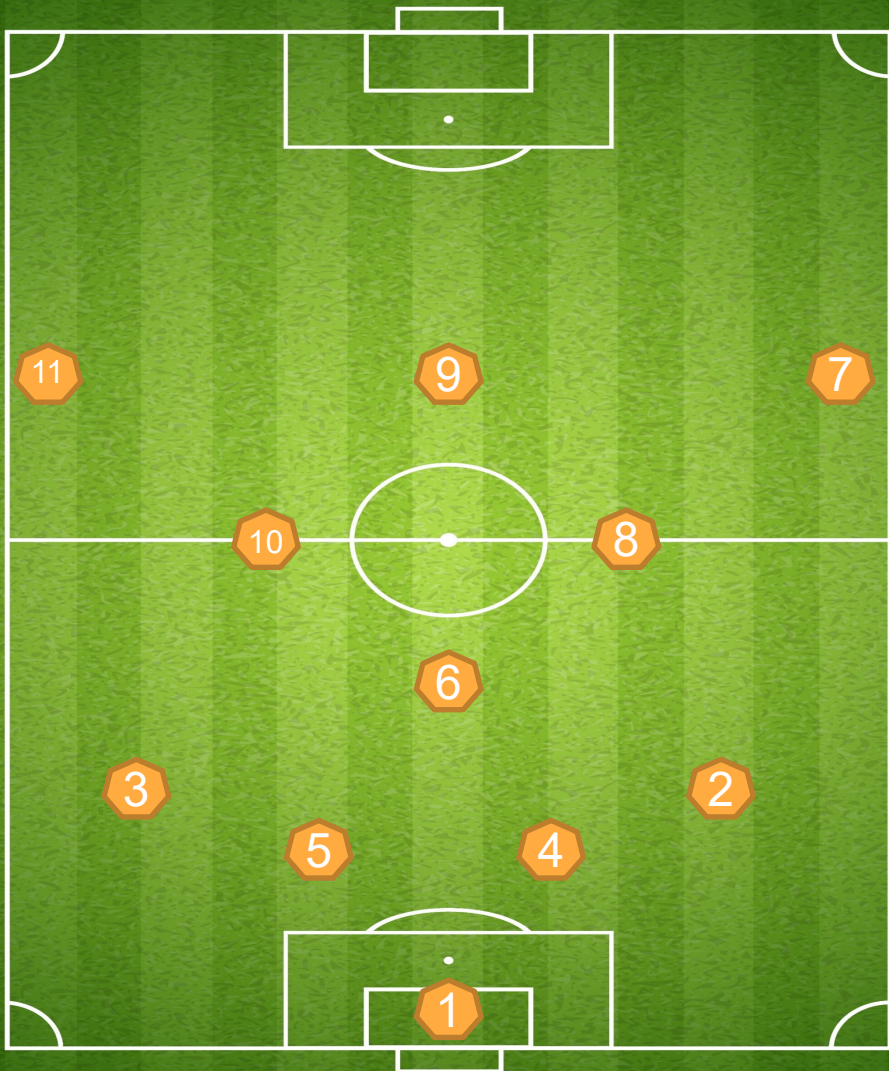


# GAME MODEL

DEFENSIVE ORGANIZATION			ATTACKING TRANSITION			
ZONE 1	↔	ZONE 2	↔	ZONE 3		
HIGH PRESS		TIGHT BLOCK MEDIUM/LOW		PROTECT THE GOAL	Counter	Secure
Force a Mistake Set up Traps		Force the Opposition Outside Protect Zone 3		Individual Defending Anticipate & Adjust	Hunt for 3 Passes (Win the Ball Back Quick)	Escape Delay & Recover (Win the Ball Back High)



# Attacking Formations and Structures



CWSC playing style is modern and adaptable. We want to teach our players as much as possible about the game. That is why we don't have pre-described playing style based on movement patterns. Instead, our team formation and structures are used as a guidance for coaches and player. They are flexible and allow teams to apply that is suitable and appropriate to them (based on players stage and level of development, coaches, opposition teams etc.).

Our preferred formation is 4-3-3 as illustrated on picture, but our guiding structures allows the formation to “flow” into 4-2-3-1, 3-5-2, 4-4-2.

As mentioned earlier, our attacking structures are not “firm” or pre-described movement patters. They are taught to guide players with possible movement and rotations to open and utilize space when attacking. Players are left with a big deal of decision-making, when applying, modifying the structures, based on the actual game situation and information the situation offers. This supports the development of creativity, decision - making, communication, cooperation and relationships.





# Attacking Structures

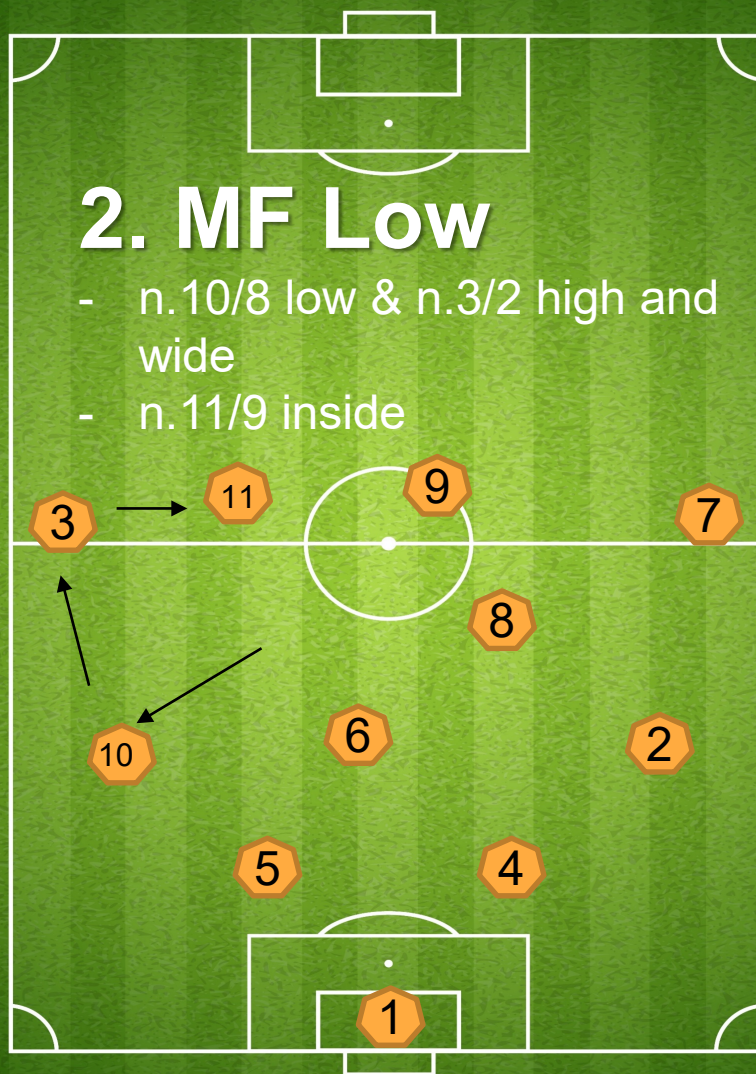
## 1. FB Low

- n.2 & n.3 Low and Inside
- n.11 & n.7 high and wide



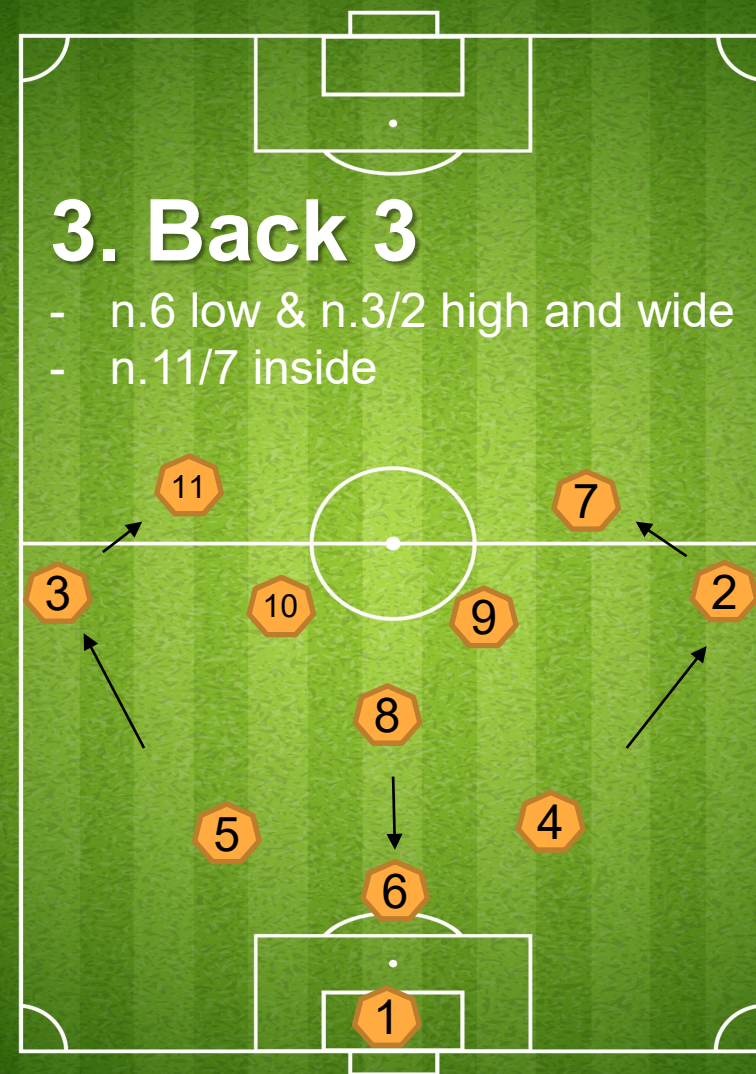
## 2. MF Low

- n.10/8 low & n.3/2 high and wide
- n.11/9 inside



## 3. Back 3

- n.6 low & n.3/2 high and wide
- n.11/7 inside

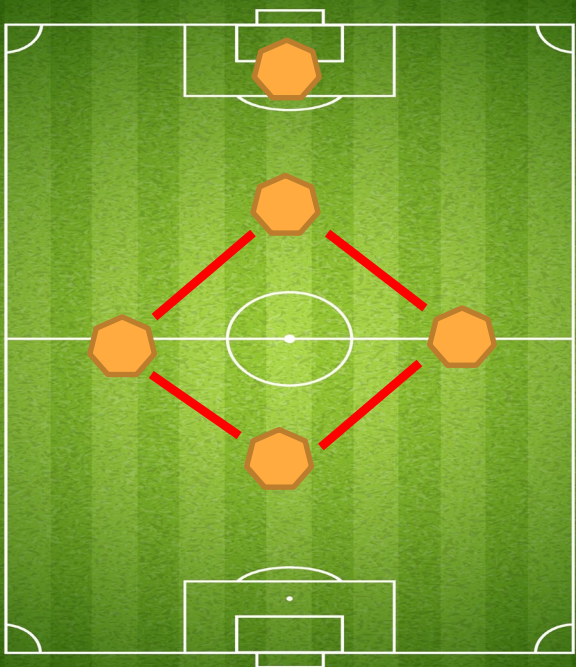




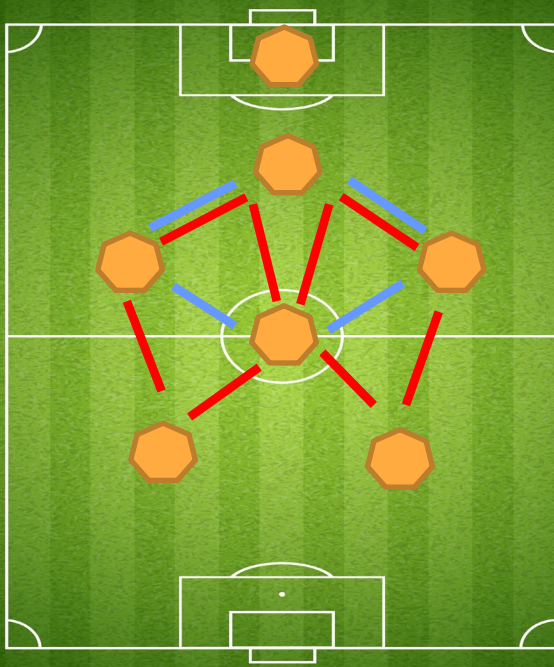
# Progressive Formations

Our Player Development Plan provides recommendations of preferable formations to our coaches throughout age groups. The purpose of this is to help players with their transition between age groups and size of the field. Formations are not firm, coaches can adjust them based on the needs of players, their capabilities, coaches knowledge etc. Formations are created based on our believe in diamonds and triangles being the core shapes between players to offer invitations for interactions.

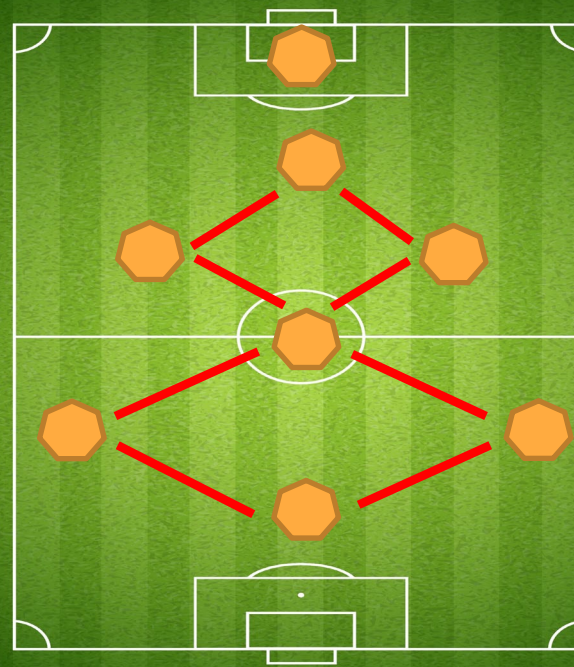
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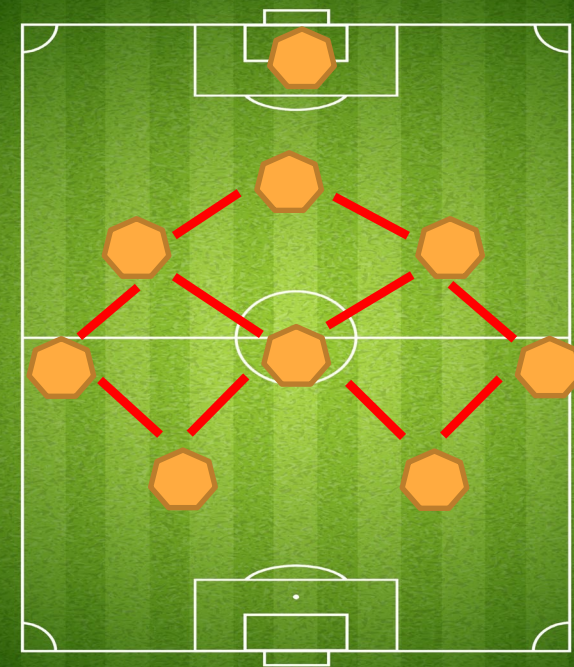
7 - Aside



8 - Aside



9 - Aside





# Calgary West Curriculum

	Attacking Organization Principles of Play	Defensive Organization Principles of Play	Attacking Transition Principles of Play	Defensive Transition Principles of Play
Active Start/ Fundamentals	Basic Fundamentals to prepare for next step			
Learning to Train	<ul style="list-style-type: none"> <li>• Foundation Principles of Play</li> </ul>	<ul style="list-style-type: none"> <li>• Foundation Principles of Play</li> </ul>	<ul style="list-style-type: none"> <li>• Foundation Principles of Play</li> </ul>	<ul style="list-style-type: none"> <li>• Foundation Principles of Play</li> </ul>
Training to Train	<ul style="list-style-type: none"> <li>• Developmental Principles of Play</li> <li>• U13 1<sup>st</sup> Attacking Structure</li> <li>• U14 2<sup>nd</sup> Attacking Structure</li> <li>• U15 3<sup>rd</sup> Attacking Structure</li> </ul>	<ul style="list-style-type: none"> <li>• Developmental Principles of Play</li> </ul>	<ul style="list-style-type: none"> <li>• Developmental Principles of Play</li> </ul>	<ul style="list-style-type: none"> <li>• Developmental Principles of Play</li> </ul>
Training to Compete/ Training to Win	<ul style="list-style-type: none"> <li>• High Performance Principles of Play</li> </ul>	<ul style="list-style-type: none"> <li>• High Performance Principles of Play</li> </ul>	<ul style="list-style-type: none"> <li>• High Performance Principles of Play</li> </ul>	<ul style="list-style-type: none"> <li>• High Performance Principles of Play</li> </ul>



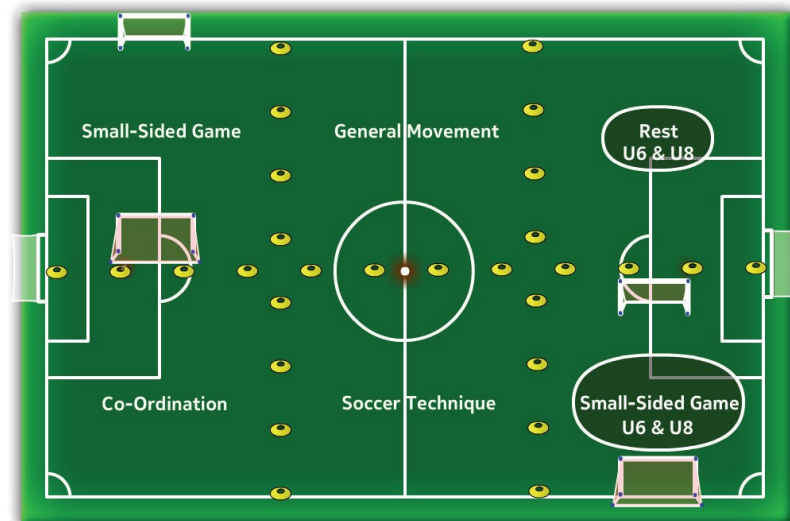
# STRUCTURE OF THE DESIGN

## SKILLS CENTER SESSION DESIGN

### Preferred Training Model

Program is structured following the **Canada Soccer and FIFA Preferred Training Model**. In this approach each training session is built around activity "stations" that the players move around at regular intervals.

The stations focus on **Fundamental Movement, Soccer Technique, Coordination, and Small Sided Games**.



## Perception-Cognition-Action Program Session Design

### Whole-Part-Whole

**Warm Up** – Age specific dynamic warm up with or without a ball. Ensure neuromuscular coordination to prevent injuries.

**Discovery Game** – In this part of the session we focus on a Principle of Play as an objective of the session. By manipulation of constraints, coaches design SSG.

**Analytical** – “Zoom In” exercise, which focuses on the Principle of Play of the session. Ensure the repetition of soccer interactions. Coaches design the environment which will provide the information needed for players to be attuned to.

**Final Game** – Recreation of a real game environment to allow players to transfer the objectives of the session into a game.

\* The duration of each part depends on the needs of the players and periodization plan.



# SUPPORTING SESSION DESIGN

## The Principles of Session Design

- **Representative learning design** - what players see and feel is representative of the game (decision making, opposition, direction etc.)
- **Keep perception and action coupled** - a player should be allowed to see something and act accordingly – not be prescribed how to act regardless of the situation – or act not without any situational context
- **External focus of attention** - focus on the outcome of the act, not the act itself
- **Repetition with variability** - whatever the focus of the session is, ensuring that players get appropriate repetition but in different scenarios (eg. players are not always making the same pass, facing opposition in same position etc.)
- **Create the problem - not the solution - via constraints** - don't tell players how to do something, create the problem and allow them figure out how to do it. Use constraints to bring out behaviours.



# Yearly Training Plan

## Train to Train Stage

### Seasonal Plan

Preparation Phase - Spring	Outdoor Season - Summer	Outdoor Season - Fall	Indoor - Winter
March - April (2weeks)	April - August (16weeks)	September - October (8 weeks)	November - February(16weeks)
-	3-week break at the end of the season.	2-week break at the end of the season.	2 week break late-December/early-January. 3 week break at the end of the season.
Season Stage	Matches	Training Sessions	Player Education
Preparation Phase - Spring	Friendlies	4-day pre season camp 3x 90 minutes per week	CWSC Playing Style Meeting Nutrition Plan Presentation
Outdoor Season - Summer	AYSL Fixtures	4 x 90 minutes per week	Video Game Analysis - bi-weekly Player Evaluations - end of season
Outdoor Season - Fall	AYSL Fixtures	4 x 90 minutes per week	Video Game Analysis - bi-weekly CWSC Playing Style Meeting
Indoor Season - Winter	AYSL Fixtures	4 x 90 minutes per week	Video Game Analysis - bi-weekly Player Evaluations - end of season



# Yearly Training Plan

## March - August

Preparation Phase		
Week	Topic	Sessions
1	Football Conditioning as per Periodization Plan	4
2	Football Conditioning as per Periodization Plan	3

Outdoor Season - Summer		
Week	Topic	Sessions
1	AO – Playing Out From Back Principles	4
2	AO – Progressive Possession Principles	4
3	DO – Protect the goal Principles	4
4	DO – Medium/Low Block Principles	4
5	DT – Secure/ Counter Principles	4

Outdoor Season - Summer		
Week	Topic	Sessions
6	AT – Secure/Counter Principles	4
7	AO – Chance Creation and Finalization	4
8	DO – High Press Principles	4
9	AO – Playing Out From Back Principles	4
10	AO – Progressive Possession Principles	4
11	DO – Protect the goal Principles	4
12	DO – Medium/Low Block Principles	4
13	AT – Secure/Counter Principles	4
14	DT – Secure/ Counter Principles	4
15	AO – Chance Creation and Finalization	4
16	DO – High Press Principles	4



# Yearly Training Plan

## September -October

Outdoor Season - Fall		
Week	Topic	Sessions
1	Football Conditioning	4
2	Football Conditioning	4
3	AO – Playing Out From Back Principles	4
4	AO – Progressive Possession Principles	4
5	DO – Protect the goal Principles	4
6	DO – Medium/Low Block Principles	4
7	DT – Secure/ Counter Principles	4
8	AT – Secure/Counter Principles	4

Indoor Season - Winter		
Week	Topic	Sessions
1	AO – Chance Creation and Finalization	4
2	DO – High Press Principles	4
3	AO – Playing Out From Back Principles	4
4	AO – Chance Creation and Finalization	4

Indoor Season - Winter		
Week	Topic	Sessions
5	AO – Progressive Possession Principles	4
6	DO – Protect the goal Principles	4
7	DO – Medium/Low Block Principles	4
8	AT – Secure/Counter Principles	4
9	DT – Secure/ Counter Principles	4
10	AO – Chance Creation and Finalization	4
11	DO – High Press Principles	4
12	AO – Progressive Possession Principles	4
13	AO – Playing Out From Back Principles	4
14	DO – Protect the goal Principles	4
15	DO – Medium/Low Block Principles	4
16	AO – Chance Creation and Finalization	4





# Yearly Training Plan

## Weekly Operations

### Weekly Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
90-minute session	90-minute session	90-minute session	90-minute session	Off	Game Day	Rest
P.C.A. Program	P.C.A. Program	Innovative Player	P.C.A. Program			
Notes: Video Game Analysis weekly  Focus on Recovery	Notes: Goalkeeper training	Notes: 45 minutes specific sports & conditioning	Notes: Goalkeeper training		Notes: Will add team shape specific session on a Saturday when game day is Sunday.	

#### Additional Support

**Player Development Provision** - Each Player receives a personal development plan. This includes various ways to assist the player grow holistically and is aimed at consolidating strengths and eradicating weaknesses. This includes practices that players can do at home- increase ball contact time.

- Topics Include – 1 to 1 training, position specific training sessions, video analysis

**Sport Performance Provision** - Each Team Receives 45 minutes per week. Three fitness testing sessions per year. This is led by our partner Dan Balsom Sports Performance. All Players receive individual Plans that are tailored for them to work on as part of team training but on their own.

- Topics Include- Strength and Conditioning, Resistance Training, Bodyweight training, sprint/speed training

**Player Education Evenings** - Over course of season players will have classroom sessions-CWSC will deliver in house or bring in specialists to deliver these.

- Topics Include- Video Analysis, MindSet Training, Diet and Nutrition, Game Preparation and Recovery



**SOCCER FOR ALL,  
FOR AS LONG AS  
POSSIBLE, AND AS  
QUALITY AS  
POSSIBLE**