



**COMOX VALLEY UNITED**  
**SOCCER CLUB**  
**UNITED DEVELOPMENT PROGRAM**  
**2021/2022**



## Program Vision, Mission, & Principles

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**Vision:** To raise the standard of youth soccer in the Comox-Strathcona Region of Vancouver Island.

**Mission:** To enhance the performance of everyone individually & collectively, in a high energy, competitive & excellence driven environment to help support the goal of elevating the players to higher levels of play.

### Principles

- Energy: Enjoyable & high energy will encompass all aspects of our program
- Competitive: We will allow children to showcase their inert desire to compete
- Excellence: We will raise the standards of everyone involved
- Opportunity: Through showcasing & role modelling, we will push players to higher levels of play

## Program Structure

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The United Development Program is structured so players aren't trained as 'teams', rather, groups can be varied to accommodate player's individual needs. The program gives players a further opportunity to train in a player-centred environment, focusing on the development of the individual. In addition, this allows a heavy emphasis on coaching individual player habits to help athletes reach their potential and get to the next level.

## Phases & Cost

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### Phase 1 (Sept. - Nov.)

- Sept: 20, 27
- Oct: 4, 18, 25
- Nov: 1, 8, 15, 22



- UDP Jamboree for U8-U11 players on November 28<sup>th</sup>

### **Phase 2** (Jan. - Mar.)

- Jan: 10, 17, 24, 31
- Feb: 7, 14, 28
- Mar: 7, 14
- UDP Jamboree for U8-U11 players on March 20<sup>th</sup>

### **Phase 3** (Apr. - Jun.)

- Apr: 18, 25
- May: 2, 9, 16, 30
- Jun: 6, 13, 20
- Future Selects coinciding with Phase 3 of United Development Program (see Program Policies and FAQs for more information)
- UDP Jamboree for U8-U11 players on June 26<sup>th</sup>

**Cost:** \$125/Phase (less than \$14/session)

- Players registered for all 3 Phases will be granted a \$50 rebate

## **Where & When**

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**Where:** Vanier Turf Field (3001 Vanier Dr., Courtenay, BC V9N 5Y2)

### **When**

- **U8-U10** (2014-2012) - 5-6:15pm
- **U11-U14** (2011-2008) - 6:30-7:45pm
- **U15-U18** (2007-2004) - 8-9:15pm



## Coaches

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All United Development Program coaches have valid criminal record checks and are committed to ongoing development and education. This is to help create the safest and best possible environments for players to enjoy and develop in.

Coaches currently confirmed for the 2021/22 Program:

- Stefan Szkwarek
  - CSA National A License
- Adam Mooi
  - CSA National B, Children, & Youth Licenses
- More coaches TBD

## Curriculum

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All sessions will be around 'developing the individual', focusing on age and stage appropriate player habits. In addition, sessions will include the 4 moments of the game (where possible).

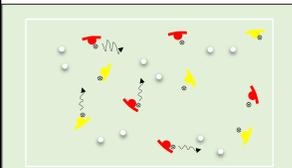
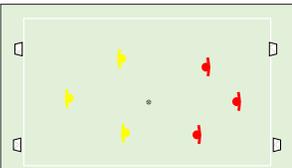
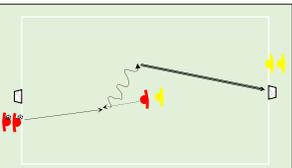
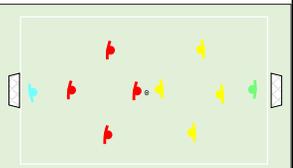
- **U8-U12** - Me, my ball, and the defender (dominating the 1v1)
  - Key player habits
    - 1v1 attacking
    - Scoring goals
    - Mentality to recover the ball
    - Vision & awareness (primarily on ball)
- **U13-U14** - Me, my teammates, and the defender(s)
  - Key player habits
    - Enticing pressure
    - Positive passing
    - Receiving & turning



- Scoring goals
- Vision & awareness (both on & off ball)
- **U15-U18** - Me, my teammates, and the opposition
- Key player habits
  - Enticing pressure
  - Showing for the ball/forward runs
  - Positive passing
  - Receiving & turning
  - Scoring goals
  - Vision & awareness (primarily off ball)

## Session Structure

- Preferred Training Model
  - Warm-up x 10 minutes
  - 4 stations x 15 minutes
    - 2 'activity' stations
    - 2 'game' stations
- Example Session:

United Development Program SESSION PLAN				
AGE GROUP: U8-U12	DATE: Sept. 20, 2021	PLAYING MOMENT: Attacking Organization	PRIMARY HABIT: 1v1 Attacking	SECONDARY HABIT: Scoring Goals
ACTIVITY STATION (15 MIN)	GAME STATION (15 MIN)	ACTIVITY STATION (15 MIN)	GAME STATION (15 MIN)	
 <p><b>Organization:</b> In a 25x35 yard space place 5-6 gates. 1 ball per each player.</p> <p><b>Instructions:</b> To start, each player has a ball and dribbles around. After 1-2 minutes have races with how many gates players can get through in 1 minute. Rule being you can't go through the same gate in twice in a row and can't go through a gate someone else is going through. Progress to races that have turns or moves through gates. Last 5 minutes pair players up and play multiple 1v1s to get through gates. Change pairs every minute. If you have odd numbers one group can play a 1v1v1, or 1 player can dribble through gates at leisure until the next round.</p>	 <p><b>Organization:</b> Create 2, 25x20 yard playing areas. 1 mini goal is placed 1-2 yards in from each corner (as shown in diagram). Creating 2 playing areas will allow players to constantly be playing.</p> <p><b>Instructions:</b> Play 2, 3v3 4-goal games at the same time. Play 3, 3 or 4-minute games allowing each team to play each other once. If you have less than 12 players make the playing area bigger and play a 4v4 4-goal game subbing players in and out every 1-2 minutes.</p>	 <p><b>Organization:</b> Create 2, 20x15 yard playing areas with a central mini goal on each end. Creating 2 areas allows more repetition for the players.</p> <p><b>Instructions:</b> 1 player from each side starts in the middle. The red player tries to create space to receive the ball. As soon the ball is passed in a 1v1 game begins. If the ball goes out or a goal is scored, both players clear out and next two players enter the playing area. Players keep individual score. Play for 6-minutes and then change a few players in each playing area so they get different players to play against.</p>	 <p><b>Organization:</b> In a 25x35 yard space, play 4v4 with 2 GKs.</p> <p><b>Instructions:</b> If there are more than 10 players in the group either play with a neutral player or have 1-2 subs for each team rotating them in the game every 2-3 minutes. Change GKs half-way through game.</p>	
KEY COACHING POINTS		INDIVIDUAL PLAYER CHALLENGES / UNIT CHALLENGES		
<b>1v1 Attacking</b> 1) Difference between dribbling to expose the ball & dribbling to protect (beat the defender or retain the ball) 2) When facing defender: <ol style="list-style-type: none"> <li>Maintain distance (just out of reach for defender to tackle)</li> <li>Unbalance defender with feint or move</li> <li>Accelerate past defender to take advantage of space created</li> </ol>	<b>Scoring Goals</b> 1) Create space to allow for finish 2) Type of shot selection <ol style="list-style-type: none"> <li>For accuracy</li> <li>For power</li> <li>Chip/with 'texture'</li> <li>Where and when do these types of finishes happen?</li> </ol>	<b>TECHNICAL (EXECUTION)</b> 1) 1v1 attacking 2) Scoring goals  <b>PSYCHOLOGICAL (COMMUNICATION &amp; DECISIONS)</b> 1) Communication with teammates 2) Mindset to win every battle/1v1 duel 3) Dribble vs. Pass vs. Shot decisions	<b>PHYSICAL</b> 1) Changing pace and direction (with and without ball) 2) Winning individual battles 3) Short, high intensity repetitions	<b>SOCIAL</b> 1) Supporting & encouraging teammates 2) Playing with/against different players than in team environment



## Program Policies

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### U8-U11

1. To be eligible for the United Development Program the player must be part of the Valley Youth Soccer League (or local club house league).
2. To be eligible for the U8-U11 UDP Jamborees the player must be registered in the current Phase. To be eligible for the U10-U11 Future Selects Program the player must be registered in both Phase 2 and Phase 3 at a minimum.
3. Sessions will not be run in conditions of inclement weather (snow, thunder, lightening, etc.). The program will only be prorated if more than two sessions in the same Phase are cancelled.

### U12+

1. To be eligible for the United Development Program the player must be part of the Valley Youth Soccer League/Selects Program (or local club house league/select program).
2. Sessions will not be run in conditions of inclement weather (snow, thunder, lightening, etc.). The program will only be prorated if more than two sessions in the same Phase are cancelled.

## FAQs

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### 1. Does my child need to register for all 3 Phases?

- Your child does not need to register for all 3 Phases. Individual Phase registration was designed to allow players and families to choose which Phase(s) work best for them. That being said, to be part of the UDP Jamborees or 'Future Selects Program' the player must be registered for certain Phase(s) (please refer to the 'Program Policies' section).



**2. If players are not training in teams, how will they know which training group they are a part of?**

- Players and families will receive an email prior to the program start that notifies them which training group they will be in. If changes are required another email will be sent with the latest updates. Some training groups may also be formed on the day to allow players to have different experiences and play with different players.

**3. Will players move to different training groups during the Phase?**

- Some players may be moved to different training groups on the day. This is to accommodate their individual needs as a player and challenge them accordingly.

**4. What is a UDP Jamboree?**

- A UDP Jamboree is an event (free of cost) where players in the U8-U11 United Development Program are placed into teams and will play 2 games over the course of the day. Games may be played against other United Development Program teams or invited teams from other clubs.

**5. How will UDP Jamboree 'teams' be made if they aren't training as 'teams'?**

- Teams will be made based on the following factors:
  - Which players are available for the Jamboree
  - The Jamboree type/format
  - Invited teams

**6. What is the Future Selects Program? How does it work?**

- The Future Selects Program is for all U10 & U11 players that want extra training/competition and are thinking about joining the Selects Program at U12. This program bridges the competitive gap between the Valley Youth Soccer League and full-time Selects Programming. Players will be placed into training groups and receive 1 additional Sunday morning training session (free of cost) between



the months of April 2022 - June 2022. Future Selects training groups will also attend 2-3 club identified Jamborees/Tournaments (additional cost to families).