



Comox Valley United

Soccer Club

United Development Program

2024

Program Vision, Mission, & Principles

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

The United Development Program provides a challenging, enjoyable environment for players to develop the skills required to succeed in the game of soccer. All CVUSC players deserve a high-quality program where they can learn new skills and play games in a skills development model.

UDP: Dedicated Player Series is accessible to all CVUSC players. Registration is open to all U8 to U18 CVS players. The Dedicated Player Series 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.

UDP: Keener Player Series programs are for those committed and capable individuals who wish to pursue a higher level of technical and tactical training and performance. Keener Series programs will include specialized group training, technical training, and may include games and/or tournaments against other clubs to allow players to play in a competitive environment.

Dedicated Player Series

Dedicated Player Series Phases & Cost

Phase 1 (Sept. - Nov.)

- Sept: 11, 18, 25
- Oct: 16, 23, 30: No Sessions Oct 2 (Truth and Reconciliation) and Oct 9 (Thanksgiving)



- Nov: 6, 20: No Session Nov 13 (Remembrance Day Long Weekend)
- UDP Jamboree for all players on Monday Nov 27

Phase 2 (Jan. - Mar.)

- Jan: 8, 15, 22, 29
- Feb: 5, 12, 26: No Session Feb 19 (Family Day)
- Mar: 4
- UDP Jamboree for all players on Monday March 11th

Phase 3 (Apr. - Jun.)

- Apr: 15, 22, 29
- May: 6, 13, 27 No Session May 20 (May Long Weekend)
- Jun: 3, 10
- Interclub UDP Jamboree host by CVUSC **Sunday** June 16
- **Cost:** \$125/Phase (less than \$14/session)
- Players registered for all 3 Phases will be granted a \$50 rebate

Dedicated Player Series Where & When

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

When

- **U8-U10** (2016-2014) - 5:00 - 6:10pm
- **U11-U18**(2013-2006) - 6:20 - 7:30pm



Coaches

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 environment for players to enjoy and develop in.

Coaches currently confirmed for the 2023/24 Program:

- Stefan Szkwarek
 - o CSA National A License, CSA National Youth License
- Darrin McLeod
 - o CSA National Youth License, BC Soccer Provincial B
- Ali Murtland
 - o CSA National B Diploma Candidate, CSA C Licence
- Gokhan Avcil
 - o CSA C Licence
- More coaches TBD

Dedicated Player Series Curriculum

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

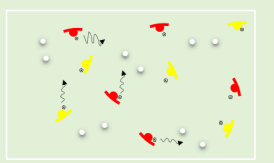
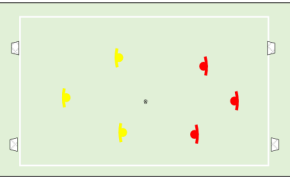
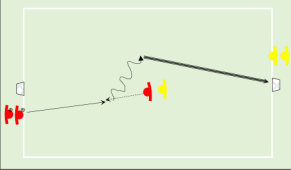



- Vision & awareness (primarily on ball)
- **U13-U14** - Me, my teammates, and the defender(s)
- Key player habits
- Enticing pressure
- Positive passing
- Receiving & turning
- Scoring goals
- Vision & awareness (both on & off ball)
- **U15-U18** - Me, my teammates, and the opposition
- Key player habits
- Enticing pressure
- Showing for the ball/forward runs
- Positive passing
- Receiving & turning
- Scoring goals
- Vision & awareness (primarily off ball)

Dedicated Player Series 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>Organization: In a 25x35 yard space place 5-6 gates. 1 ball per each player.</p> <p>Instructions: 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>Organization: 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>Instructions: 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>Organization: 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>Instructions: 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>Organization: In a 25x35 yard space, play 4v4 with 2 GKs.</p> <p>Instructions: 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			
<p>1v1 Attacking</p> <ol style="list-style-type: none"> Difference between dribbling to expose the ball & dribbling to protect (beat the defender or retain the ball) When facing defender: <ol style="list-style-type: none"> Maintain distance (just out of reach for defender to tackle) Unbalance defender with feint or move Accelerate past defender to take advantage of space created 		<p>Scoring Goals</p> <ol style="list-style-type: none"> Create space to allow for finish Type of shot selection <ol style="list-style-type: none"> For accuracy For power Chip/with 'texture' Where and when do these types of finishes happen? 		<p>TECHNICAL (EXECUTION)</p> <ol style="list-style-type: none"> 1v1 attacking Scoring goals 	<p>PHYSICAL</p> <ol style="list-style-type: none"> Changing pace and direction (with and without ball) Winning individual battles Short, high intensity repetitions
		<p>PSYCHOLOGICAL (COMMUNICATION & DECISIONS)</p> <ol style="list-style-type: none"> Communication with teammates Mindset to win every battle/1v1 duel Dribble vs. Pass vs. Shot decisions 	<p>SOCIAL</p> <ol style="list-style-type: none"> Supporting & encouraging teammates Playing with/against different players than in team environment 		

Program Policies

Player Behaviour

- To adhere to the UDP 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. Players are expected to train with a positive attitude, work hard, have fun, and maintain a high standard of behaviour and respect for their fellow athletes and coaches. Players not demonstrating a high standard of behaviour can be removed from the program. Players will be contacted to highlight the inappropriate behaviour, if the behavior does not improve the next session or the inappropriate behaviour returns in later session the player will be removed and refund for the remaining number of sessions less a \$25.00 administration fee.

U8-U11

- To be eligible for the United Development Program Dedicated Player Series the player must be part of the Valley Youth Soccer League or Competitive Program.
- To be eligible for the UDP Jamborees the player must be registered in the current Phase.



4. Sessions will not be run in conditions of inclement weather (snow, thunder, lightning, 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 or Competitive Program.
2. Sessions will not be run in conditions of inclement weather (snow, thunder, lightning, etc.).
The program will only be prorated if more than two sessions in the same Phase are cancelled.

FAQs

- **Does my child need to register for all 3 Dedicated Player Series Phases?**
 - Your child does not need to register for all 3 Phases Dedicated Player Series. Individual Phase registration was designed to allow players and families to choose which Phase(s) work best for them. Players must be registered in the current phase to participate in the Jamborees. Phase 1 and Phase 2 Jamborees are now built into the weekly Monday training nights. The last session of each Phase will end with a Jamboree night. Phase 3 will have a Sunday inter club Jamboree hosted by CVUSC. To participate in this Jamboree the player must be registered for Phase 3.
- **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.



- **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.
- **What is a UDP Jamboree?**
 - Phase 1 and Phase 2 Jamboree will be held the last Monday of each Phase. Players will play a series of small-sided games during their time slot. Players will be organized into teams on the night.
 - Phase 3 Jamboree is an event (free of cost) hosted by CVUSC where players in the United Development Program Dedicated Player Series are placed into teams and will play 2 games over the course of the day. Other clubs will be invited to send teams to play in this Jamboree. Phase 3 Jamboree will be hosted on a weekend at the end of the phase.
- **How will Phase 3 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.
- **Does my player have to be registered in the UDP: Dedicated Player Series to participate in UDP: Keener Series Programs?**
 - Yes, players must be registered in the UDP: Dedicated Player Series to participate in the UDP: Keener Series programs.



Keener Player Series

Keener Player Series (KPS) programs are for those committed and capable individuals who wish to pursue a higher level of technical and tactical training and performance. Keener Player Series programs will include specialized group training, technical training, and games and/or tournaments against other clubs to allow players to play in a competitive environment.

Keener Player Series training sessions are led by the CVUSC Technical Staff / CVUSC UDP Support Staff and focus on specific aspects of the game such as passing, movement, possession, positional play and conditioning.

Opportunities to travel for Exhibition Series Jamborees and Tournaments may be offered to players in the Keener Player Series Program.

To participate in Keener Player Series Programs, players must participate in UDP: Dedicated Player Phase Three and in the Spring VYSL. KPS programs are designed to enhance programming to augment the development opportunities of the Core Programs. Players benefit from exposure to different environments that highlight different aspects of the four corner coaching model (Technical/Tactical, Psychological, Social/Emotional and Physical)

Keener Players Series program is once a week, alternating training and games. KSP will have a max of four training days a week within all three programs. A typical week would be Monday UDP: Dedicated Player Series, VYSL: one mid week practice and a Saturday game, KPS, either a mid week practice or Sunday game. A four day a week program is typical for committed players development programs.



The Keener Player Series will be “group” based rather than “team” based. Players will be grouped by ability and groups will be changed to match an opportunity. In training and for games groups will be tailored.

Keener Player Series Programs have limited entry. Not being “team” based allows the Technical Staff to create groups, more players between groups and tailor groups to match player development opportunities. All players have the opportunity to participate and technical staff will do their best to place players. All programming will have limits. Tournaments for example have a maximum roster. Technical Staff depending on the limits of each program may have to limit and select players.

Spring Prep U12 and U13 Boys and Girls.

Spring Prep is designed to develop our Super 8 (U12 and U13) players transition into full field play at U14. Targeting players to play in CVUSC Competitive Program. Also, those wishing to challenge for a spot on the Club’s Regional A-Cup teams or with the BC Soccer Premier League program with Nanaimo United.

Spring Future Competitive U11 Boys and Girls.

Spring Future Competitive is designed for our Junior (U11) players transition into Super 8 play. Targeting players to play in our Competitive Program who will play in the Upper Island Soccer Association Pacific Development League.

Structure

- Coaching
 - Training Session Lead by Club Technical Staff and Senior UDP Coaches



- Training Skills based – Game Activity Game
- Weekend Games – Volunteer Coach Lead with assistance from Club Coach if available.

- Nine Week Program
 - April 10 to June 16
 - One session Per Week. Either a Training Session or Game Weekend
 - i Game Weekends (2 to 4 including Slurpee Cup Tournament Participation)
 - Game Weekends Sundays. Travel within the Upper Island required.
 - Girls Train Wednesday at 5:00 to 6:15 Vanier Turf
 - Boys Train Friday at 5:00 to 6:15 Vanier Turf

- Game Weekends (Exhibition Series)
 - Possible 2 to 4 Weekends (TBD) playing 8 aside possible 11 aside against other Upper Island Clubs.
 - Exhibition Series (Jamboree) style game play. Short games, inter mixing of players. Depending on our and the opposing club player availability.
 - Jerseys are provided to borrow for tournaments.

- Training
 - Girls Wednesday 5:00 to 6:15 Vanier Turf
 - Boys Friday 5:00 to 6:15 Vanier Turf

- Registration Exhibition Series Jamborees.
 - Registration closes Feb 10.
 - Players must also register for UDP Phase 3 and VYSL.
 - Cost \$100.00.
 - All refunds are subject to a \$25 admin fee.
 - No Refunds after April 15
 - Slurpee Cup Registration is not included. Players must register separately to attend the Slurpee Cup.

- Team Managers and Club Coaches
 - A team manager will be required to assist with Slurpee Cup planning and some organization on Game Weekends.
 - Club Coaches required to lead game weekend events and support training.

- Slurpee Cup Tournament Participation
 - Players have the opportunity to participate in the Slurpee Cup in Kamloops
 - May Long Weekend



- Separate registration required.

Exhibition Series Jamborees

A number of weekend game events are possible, planning events with Nanaimo and Campbell River. The goal is by the end of February to identify teams and create a schedule for game play starting in April.

- Possibly 2 to 4 Weekends (TBD) playing 8 aside, possibly 11 aside against other Upper Island Clubs.
- Exhibition Series (Jamborees) style game play. Short games, inter mixing of players. Depending on our and the opposing club player availability.

Slurpee Cup Tournament

Players will have the opportunity to attend the Slurpee Cup in Kamloops. Slurpee Cup is an excellent tournament with very good development oppositions, offered at a unique and special setup.

- Slurpee Cup Tournament Kamloops. May 17 to May 20. Travel will be required on Friday May 17
- Registration \$55.00
- Registration closes Feb 10
- No refunds after Feb 29
- Targeted Teams U11, U12 and U13 Boys and Girls. Players may be placed on an older team.
- Limited Entry
- Hotels, Travel and Food not provided.
- i Players will have access to rooms reserved by the club at a fee.

Coaches

The Club Technical team will coach all training sessions with support from Senior UDP and Club Coaches. The Tech Team will travel with the teams for the Slurpee Cup. Weekend games the help of Club Coaches will be required due to all the other Club commitment for the Tech Team

- Darrin McLeod CSA National Youth License, BC Soccer Provincial B
- Ali Murtland CSA National B Diploma Candidate, CSA C Licence
- Stefan Szkwerek CSA National A License, CSA National Youth License



- Senior UDP Coaches Mike Oldale and Ash Mohtadi
- More UDP coaches TBD

FAQs Spring Keeners Player Series

- **Do players have to be registered for both the UDP: Dedicated Player Phase 3 and the VYSL?**

Yes, Keeners is additional training to build on the core development opportunities in the other programs.

- **What does a typical program week look like?**

Players will have one event a week, either a training session or weekend games.

Spring Keeners Series Vanier Turf						
Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
UDP	VYSL U12 - 14 Girls 5:00 to 6:15	Keener Player Series GIRLS 5:00 to 6:15	VYSL U12-14 Boys 5:00 to 6:15	Keener Player Series BOYS 5:00 to 6:15	VYSL 9-12:30	Exhibitions 8v8 or 11v11
Alternating - No Training Game Weeks						

- **When will the game weekend schedule be determined?**

Nanaimo United has offered to schedule U12 and U13 divisions. Teams have to be identified by the end of February. Play will start the first or second week of April. Keener teams will not play weekly. 2 or 3 weekends will be determined for Comox game play. Travel will be required.

- **Will I train within my own age group?**

Not necessarily, training groups will be determined at the start of the sessions. Players will be grouped to offer various challenges and to suit the training environment.

UDP DSP (V2) KPS (V4).



- **Will I be put on a team for the Slurpee Cup?**

Yes, but you may be asked to play up an age group.

- **Will I play on the same team for an Exhibition as for the Slurpee Cup?**

Not necessarily, exhibitions will be organized around attendance and who we are playing. Teams for the day will be created to maximize participation and maintain an appropriate competition level against the other teams. Players may be asked to play with different players on any given day.

- **Will we be playing 11 aside games for the Exhibitions?**

Potentially but not necessarily, exhibitions will be organized around attendance and who we are playing. Game size will be determined to maximize participation and appropriately challenge our players.

- **I'm a U13 player trying out for the BCSPL intake team. Am I able to participate in the Spring Prep team?**

Yes, BCSPL fully supports our players' participation in the Spring Prep program. Conflicting events will try to be avoided. Players will be able to participate in BCSPL training events. Players are not full time commitment to the BCSPL team until Aug.

- **Do I have to register separately to go to the Slurpee Cup?**

Yes, an additional fee is required to cover the cost of the tournament registration.

- **Do I have to participate in Keeners to go to the Slurpee Cup?**

Yes, the tournament is a key component of the development model.

- **Do I have to attend the Slurpee Cup to be in the Keeners Programs?**

No, players can choose not to participate in the Slurpee Cup.

- **Will we be playing 11 aside games at the Slurpee Cup?**

No, Slurpee Cup Games are played 9v9 for U13, 8v8 for U11 and U12.

- **Do I have to organize my own hotel rooms since the club does not provide them?**

Yes, But the club has secured rooms at Thompson River University dorms and a local hotel which will be offered to players at a fee. The club will require a team manager to help facilitate room allotments.



- **Can players be put on a waitlist to attend the Slurpee Cup.**

Yes, players may be needed to replace any who can not go through injury or illness.