



Competitive Program

Overview

Pacific Development League (PDL)

West Coast League (WCL)

2024

Introduction

Comox Valley United's Competitive program is for all players aged U12 (2012) - U18 (2006) that want to develop in a performance-based program that will allow them to compete versus other upper island & lower island competition.

VISION

To be a leader in grassroots sport best practices

MISSION

To provide opportunity and promote the enjoyment of, a passion for, and participation in, the sport of soccer.

PROGRAM PRINCIPLES

- **Inclusivity:** Keeping as many players playing as possible, for as long as possible, in the best environment possible.
- **Opportunity:** we will create environments for players to improve and have life building skills
- **Excellence:** we will provide challenges in the four pillars of player development: Technical/Tactical, Physical, Psychological, and Socio-emotional to push players to higher levels of play.
- **Competitive:** Winning isn't the most important, but wanting to win, is. We will strive to be our best.
- **Commitment:** We are a club and not a collection of teams or players. As such, we want to all be guided by the same principles and put what's best for the organization ahead of what's best for the individual team

The following will outline all pertinent details including some faq's

Who is it for?

Programming is for all boys & girls who can & want to commit to a full-time competitive soccer calendar born in the following birth years: • 2012, 2011, 2010, 2009, 2008, 2007 & 2006

FAQ: Can my child born in 2013 be considered for this program?

A: Children who have shown high potential/high performance & full commitment in previous programming will only be considered - the club's staff will reach out directly to those identified through UDP (ACADEMY) & Valley Youth Soccer League (VYSL) programming.

FAQ: my child plays multiple sports; will this be considered?

A: Yes, we want to support children to be able to play multiple sports without having to choose until they really need or want too. Players though are expected to participate for the duration of Phase 1 and 2 while offering a minimum of 50% to the soccer program. Please email our staff so a tailored plan can be developed to support participation & commitment to soccer.

Below is an example:

Mary is a 15 year old competitive player from Courtenay. She is a great athlete who also plays volleyball. Many of her friends play competitive soccer. She really enjoys the competition and is very committed to the program, but also wants to play volleyball.

Mary can play both sports. She can talk with her coach to plan to participate in both sports.

When does the program start and end?

The Program is a September to June program, however not all players will play until June.

The program is split into two parts, Pacific Development League (PDL) Part 1 with two phases and a West Coast Soccer League (WCL) Part 2 with a single phase.

Part 1 PDL play is an inclusive program open to any Competitive Player wanting to play in programming primarily focused on developing players for Soccer for Life. Part 1 PDL Phase 1 and Phase 2 operates from Sept to March.

Part 2 WCL is a Regional selected program with a greater focus on developing players who aspire to play Post-Secondary or Semi-Professionally. WCL Part 2 Phase 3 operates April through June

SEPTEMBER - DECEMBER: PACIFIC DEVELOPMENT LEAGUE PLAY (PART 1 PHASE #1)

Phase 1 PDL play is an inclusive program open to any Competitive Player. League play is followed by a short PDL District Cup competition in December.

- Consists of league play on Sundays requiring travel to other Island Communities.
- All U12 to U18 teams play against other Upper Island teams.
- U14 to U18 teams will also have some games against Lower Island Clubs.

End of December - early January - Program shut down for the holidays & new year

JANUARY - MARCH: PDL ISLAND CUP PLAY (PART 1 PHASE #2)

Phase 2 PDL moves into BC Soccer Provincial B-Cup and Vancouver Island Cup play. Teams compete with other UI teams for the opportunity to represent Vancouver Island at the BC Soccer Provincial B-Cup. Teams also play in the Island Cup. A separate cup with an Upper Island Team playing a Lower Island Team for the Island Cup.

- Consists of Provincial B-Cup, Island Cup and friendly games on Sundays vs Upper Island clubs only. Provincial B-Cup and Island Cup Finals could be played in the Lower Island and on a Saturday.
- U12 and 13 league play ending with an Upper Island Jamboree. U12 and U13 teams do not play in Cup Play.
- U14 to U18 play includes Provincial B-Cup games. UI teams compete for the opportunity to play a Lower Island Rep in the Provincial B-Cup finals. Lower Island team (U14, U16 and U18 hosted by Lower Island)
- U14 to U18 play includes Island Cup games. UI teams compete for the opportunity to play a Lower Island Rep in the Island Cup finals. Lower Island team (U14, U16 and U18 hosted by Lower Island)

- All teams U12 to U18 will play towards attending the Mayor's Cup Tournament in March at the end of the PDL Part of our season.

April - program shut down for spring break & easter and to reform into new teams for Part 2.

APRIL - JUNE: WEST COAST LEAGUE PLAY – A CUP (PART 2 PHASE #3)

Part 2 Phase 3 WCL. CVUSC will create new teams for the WCL from Upper Island PDL players. PDL teams do not carry-on past March. All North Island players (Comox, Campbell River, and Powell River) are eligible to be selected to play on a WCL team. Players are evaluated throughout the season, the Club's Technical Staff and Team coaches will select the WCL teams. PDL players interested in playing WCL must express their interest to play WCL by registering with CVUSC before the end of their PDL team season. Club Technical Directors will identify players to be invited to be considered for a WCL Team. Identified players may be invited to an ID Session. Teams will be selected mid-March to mid-April

Consists of league games vs other Upper Island and Lower Island Clubs.

- Play consists of league games vs teams from all of Vancouver Island. Provincial Cup play against teams from Vancouver, Northern BC and Okanagan. Travel to Victoria is required. Teams qualifying for Provincial Cup Play will be required to travel to a location in BC.
- Teams will compete for BC Soccer's Provincial A-Cup.
- The goal is to select Boys and Girls teams at U14, U15, U16, U17 and U18 age groups. If insufficient players are available to field single aged teams age groups will be combined.
- WCL teams will be open to all North Island Players (Comox, Campbell River and Powell River) players. (Pre-registration with CVUSC is required).

Typical PDL and WCL training week (examples)

*Note this may be different due to scheduling needs & individual player needs however 4 days per week is typical for competitive soccer programming in Canada

Day	Element	Comments
Monday	UDP Academy programming	Academy programming delivered by professional academy staff
Tuesday	PDL U15 to U18 team practice	Training delivered by team coach
Wednesday	Day off	

Thursday	PDL U15 to U18 team practice	Training delivered by team coach
Friday	Day off	
Saturday	Day off	
Sunday	Match day	Competitive game day
Day	Element	Comments
Monday	UDP Academy programming	Academy programming delivered by professional academy staff
Tuesday	Day off	
Wednesday	PDL U12 to U14 team practice	Training delivered by team coach
Thursday	Day off	
Friday	PDL U12 to U14 team practice	Training delivered by team coach
Saturday	Day off	
Sunday	Match day	Competitive game day

FAQ: what if my player does not want to partake in the academy program however wants to play for their team? Is this an option?

A: yes. We don't want to force players to train in the academy however given that repetition is the key to getting better, fulfillment & enjoyment in any activity, we want all players to do academy programming to enhance performances within their teams & their games.

How will our PDL teams be formed?

Comox Valley United Soccer Club will no longer be holding formal 'tryouts/evaluations/ placements' for our PDL Competitive teams.

CVUSC believes all players should play at the level that they desire to play (Valley Youth Soccer League (VYSL) or Competitive. Key differences between VYSL and Competitive streams are commitment level and mindset. CVUSC wants to include and service as many players as possible within our programming. Not holding tryouts/evaluations for the PDL teams reduces player stress and anxiety. CVUSC Technical Staff and Coaches are constantly monitoring and evaluating players in their own environment (VYSL or Competitive).

Player registers for their preferred stream (VYSL or Competitive)

- PDL registration period occurs from mid-April to mid-May
- Fall VYSL registration period occurs from mid-June to end of July

Once registration closes players are organized on teams by CVUSC Technical Staff with consultation of Club Coaches. Teams will be formed to best to ensure everyone desiring to play has a team.

CVUSC believes players will stay in soccer and improve if they are in the proper environment. At times some players may not be technically, socially, or physically ready to play for a PDL team. Players may be asked to play in the Valley Youth Soccer League for a period to develop the skill set for them to be successful at the PDL level.

CVUSC also believes players are part of the club, not individual teams. Player movement between teams is a large part of player development. Players in the VYSL will be called on to train and play with the PDL teams. Players wanting to play with the PDL team who are asked to develop in the VYSL will have the opportunity to train in the PDL.

FAQ: Will the PDL teams continue to play during the WCL Competitive Phase, Part 2 of the season?

A: no. new teams will be created for the WCL Part 2 of the season.

FAQ: If my son or daughter is placed on a VYSL team will they have an opportunity to train and play games with their PLD aged team?

A: yes. Players in the VYSL can play games in the PDL. VYSL trains once a week, the other training night will be with the PDL team. After the VYSL season is finished the player will have the opportunity to train with the PDL team for both nights.

SUPER 8 U12 (8V8 GAME FORMAT) NINE'S U13 (9V9 GAME FORMAT)

PACIFIC DEVELOPMENT LEAGUE PART 1 PHASES 1 AND 2.

2-4 teams per division

Children who have shown high potential/high performance & full commitment in previous programming will only be considered - the club's staff will reach out directly to those identified through UDP (ACADEMY) & Valley Youth Soccer League (VYSL) programming.

- There will be multiple teams per Division. For example, 28 U12 players and 26 U13 players would be formed into two U12 teams of 14 and two U13 Teams of 13.
- Each team will be formed using a flexible approach, understanding the identification and placement of players in these ages is tough due to many children still being in the childhood stage of their development
- However, each individual competency will still from a vital tool in placing players and forming our Super 8 and Nine's Teams.
- The guiding principle when forming teams is for a majority of players to play in their age group.
- Secondary is for a younger player to be moved permanently to the older team. Any players permanently will be determined by the Technical Staff and only offered to players who will be successful playing for the older team.
- Younger children, those in U11, who have shown high potential/high performance & full commitment in previous programming will only be considered - the club's staff will reach out directly to those identified through UDP (ACADEMY) & Valley Youth Soccer League (VYSL) programming.

- Players will train collectively for the pre-season and first few weeks into the season. Players will be placed in **groups**, over these weeks, the technical team and team coaches will move players between the groups until teams are formed.
- Players may be required to move between teams if the competitive balance is not correct.
- However, all players in each Division will train together albeit in separate groups thus carpooling, and socializing with friends can take place.
- Players may be asked to occasionally play with an older team. For example, an U12 player playing for the U13 team or an U13 player playing for the U14 team.
- Primary goal for playing up will be to form player pools. Identified players in the younger age groups who will be called on to play for the older teams so more players have the opportunity. Pooled players must be accepting to have their game day schedule changed on short notice.
- CVUSC supports children playing multi-sport and does not want them to have to choose until they really need or want to. Players though are expected to participate for the duration of both Phases and offer a minimum of 50% to the soccer program. Please email our staff so a tailored plan can be developed to support participation and commitment to soccer.
- CVUSC believes everyone be afforded the opportunity at U12 and U13 to play if they desire. Soccer is a late developing sport and all players have yet to develop to their full potential. On occasion a player will be developmentally behind their peers. Many factors determine the players current ability; experience, physical and mentally development are a few factors. CVUSC also recognizes the players relative ability to their peers will also determine their enjoyment and continuing with soccer. Players may be asked to play in the VYSL. Train and play with their VYSL team while continuing to train weekly with the "Super 8" or "Nine's" program. Participation in the UDP is highly encouraged.
- U12 and U13 Nine's do not play beyond March. Players wanting to continue with soccer can register to play in the VYSL.

FAQ: why are players put into groups at the start of the season?

A: Grouping creates balanced teams, having more opportunity to see the players allows coaches and technical staff a better understanding of their abilities. Moving players between teams will

FAQ: when will they be put on to teams?

A: team rosters must be submitted by Oct 1.

FAQ: how many players will be moved between teams?

A: only a very few. One or two players per team.

FAQ: will players be moved between teams after Oct 1?

A: rarely, only if exceptional circumstances are required. I.E. one team loses a large number of players.

FAQ: my player wants to be with certain friends & certain coaches. Why are they not with their friends?

A: In some cases, players will be placed with current friends, in some cases players will be asked to make new friends, just like we all have done in our everyday lives. This ties into our philosophy

that this is more than soccer & key life skills will be created by playing this game. However, all players in each division will train together albeit in separate groups thus meaning car-pooling social with friends can take place & they will still see each other week to week.

ELEVEN'S U14 AND U18 DIVISIONS (11v11 GAME FORMAT)

PACIFIC DEVELOPMENT LEAGUE PART 1 PHASES 1 AND 2.

1 Team per division with a possibility of a second team if registration supports an additional team.

- There will be at least one team per division (birth year). Players, when possible, will play within their division (birth year).
- Teams will be formed with the goal of having a minimum of 16 players. Maximum of 20 (League maximum).
- Players may be required to play on a non-birth year team, so all players have a place to play, and the club has viable teams. Players may play on teams with older and or younger players.
- Players may be asked to play on older teams if a birth year's registration exceeds the league roster maximum of 20. Players moved permanently to the older team will be determined by the CVUSC Technical Staff in consultation with the Team Coaches. Any players permanently moved are those who the Technical Staff determine will be successful playing for the older team.
- CVUSC supports children playing multi-sport and does not want them to have to choose until they really need or want to. Players though are expected to participate for the duration of both Phases and offer a minimum of 50% to the soccer program. Please email our staff so a tailored plan can be developed to support participation and commitment to soccer.

FAQ: why are players moved between age groups to form teams?

A: in the PDL keeping as many players playing as possible is a key principle. Single age teams with limited rosters do not support this key principle. When more then 20 players register for an age group, moving players allows for all the players to be placed on a team. Otherwise, players would have to be cut.

FAQ: why can't these players play in other club programs like the VYSL?

A: At U14 and older programs registrations drop off dramatically. The club has not had Fall VYSL programming for these age groups for several years.

FAQ: who determines which players move and how are the players distributed?

A: CVUSC Technical Staff along with Team coaches will determine which players move. Only players who the Technical Staff feel will be successful will be considered to move. Player distribution will be determined by registration numbers in all the age groups. Teams cannot have more then 20 players and should have at least 16 to be viable. Players will be moved to place everyone on a team within these constates.

For example: twenty U14 players - 24 U15 players - 18 U16 players – 15 U17/18 register. All 20 U14 players would stay to play on the U14 team. Four U15 players would be moved up to play on the U16 team. Two U16 players would move to play with the U17/18 team. U14, U15 and U16 would each have 20 players, the U17/18 would have 17 players.

When will our PDL teams be formed?

Comox Valley United Soccer Club will no longer be holding formal 'tryouts/evaluations/ placements' for our PDL Competitive teams.

Once registration closes the Friday before the May Long Weekend. CVUSC Technical Staff in consultation of Club Coaches start the process to form teams. U14 to U18 players will be contacted about which team they will be placed by the end of June.

U12 and U13 players will be contacted about the details of which group they will start training with until the final teams are finalized. Players will move between groups until the third week of the season. Final team placement will be made then.

FAQ: will players required to play up on an older team be asked?

A: yes, CVUSC Technical Staff will contact each player to confirm they will play on an older team.

FAQ: what happens if the player does not wish to play on the older team?

A: another player who the CVUSC Technical Staff feels will be successful playing on the older team will be asked.

FAQ: what happens if no one will play on the older team?

A: BC Soccer rules limited team size to 20. If an age group is too large for one team or two small for two, then teams in that age group will be selected. Players not selected will not have a team to play on.

How will our WCL teams be formed?

ELEVEN'S U14, U15, U16, U17 AND U18 DIVISIONS (11v11 GAME FORMAT)

WEST COAST SOCCER LEAGUE

PART 2 PHASE 3

1 Team only at U14, U15, U16, U17 and U18 divisions .

- Each team at U14, U15, U16, U17 and U18 will have a max game day squad to 18.
- Teams will have a minimum of 16 players.
- Rosters will be open to all North Island players (Comox, Campbell River and Powell River).
- While U14, U15, U16, U17 and U18 are our targeted age groups. If too few players register for an age group to field a viable team age groups will be combined.
- **Girls WCL game day is Saturday.** Boys WCL game day is **Sunday**
- Practice Schedule. As there are many unknowns at this time, the tentative WCL schedule is as follows: **Girls target to train Tuesdays and Thursdays at 6:30, games on Saturdays. Boys Wednesdays and Fridays at 6:30, games on Sundays.** Some teams may train on different days to allow teams sufficient space on the Turf. **This schedule is subject to change.**
- Some Home games and practices may be held in Campbell River.
- Teams will play in combined age group divisions for League Play. (U15 and U16 combined) (U17 and U18 combined). Play downs will be individual age divisions. For example, U15 will only play other U15 Teams to qualify for Provincial A-Cup.

FAQ: do competitions rosters have to be set?

A: Yes, competition rules do limit rosters. Only players on the roster can play in League playdowns (playoffs) and at Provincial Championships. Players can compete for roster positions until the final deadline. After the deadline, non-rostered players can continue to play as a 'permitted' player in all league games.

FAQ: Why have a tiered selected program?

A: Part of player development is to offer the challenge of play at a higher caliber against stronger players. Several of our players aspire to play at the University level, playing in the WCL offers them an improved opportunity to achieve this goal.

FAQ: Why have a regional program and create teams from different clubs?

A: Victoria clubs combine to create regional city teams. Combining players from the three north clubs offers the ability to compete against the combined Victoria teams. And against Coastal (Vancouver) teams who are picked from Clubs much larger than the combined North Island Clubs.

FAQ: do I have to play on a PDL team to be considered for a WCL team?

A: Yes, only players who have played for a PDL team will be considered for a WCL team.

FAQ: If I have recently moved to the North Island and have not played on a PDL team can I be considered for a WCL team?

A: Yes, contact your local Club Technical Director to express your interest.

When will WCL teams be formed?

WCL players come from teams playing in the Upper Island PDL. Technical Staff from Comox United, Campbell River Youth, Powell River Youth and coaches who have monitored the players over the course of the PDL season. Evaluating players on an ongoing basis over an extended period, in an environment in which they are comfortable, is a better approach in terms of the effectiveness of the evaluations and identifying players. Traditional “tryouts” are extremely stressful on young players and offer a limited opportunity for them to demonstrate their abilities.

Traditional ‘tryouts’ will not be held. Players will register to express their interest to play on a WCL team. Then players identified by the Club Technical Staff will be invited to player ID sessions.

Players (through their parents or guardian) will be offered to accept a position on a team. Players and their parents/guardians are encouraged to be respectful of the offer as the club may be required to offer opportunities to other players, with challenging timelines if a response is not provided in a timely manner. Responses to all invitations, to join a WCL team, are required to reply within 2 days of the invitation. Players not invited to play on a WCL team may be offered to continue to train as a Permit player. Permitted (Red Shirt) players would have the opportunity to play games on as needed basis.

Powell River training groups will be created and led by their Technical Director.

WCL play starts in mid-April. Teams will be announced mid-March typically after the Mayor's Cup Tournament.

Teams will be announced at the end of March or early April. Teams will start training early to mid-April.

Players will be invited to play on a WCL team, they must confirm their spot within two days of the invite. Once accepting a spot, players must register prior to the start of training April 2.

Go to cvusc.org for information on how to express interest in playing.

ID Sessions: Maybe required in some age groups depending on interest. The following dates have been reserved for possible sessions.

- Saturday Mar 9, 11:30 to 1:00 and 1:15 to 2:30 Age Groups TBD
- Sunday Mar 10, 11:30 to 1:00 and 1:15 to 2:30 Age Groups TBD
- Tuesday Mar 12, 6:30 to 8:00 Age Groups TBD
- Thursday Mar 14, 6:30 to 8:00 Age Groups TBD
- Additional Sessions may be added for Saturday March 23 and Sunday March 24

FAQ: Do I have to register to play on the WCL teams?

A: Yes, players must first express their interest to play on a WCL. Once selected they will have to register with CVUSC.

FAQ: does it cost more to play on the WCL team?

A: Yes, an additional fee is required to cover the additional costs of games and clothing. Fees for all the programs are listed below.

Registration and Fees

What does it cost to play PDL?

- PDL fee is \$495, includes shorts, socks and a training top for the players to keep. Players will be provided a home and away jersey to borrow for the season.

What does it cost to play WCL?

- WCL fee is an additional \$160. includes an additional training top. Players will be provided with a home and away jersey to borrow. Shorts and socks are available to purchase.

What does the fee's cover?

- The fee's cover a large number of expenses including but not limited to the following:
 - The use of a home and away Club Jersey.
 - Registration with Upper Island Soccer, BC Soccer and Canada Soccer, approximately \$50 per year.
 - Game Officials. Playing equipment. Rain and other kit for coaches. Staff wages, the club employees a full-time administrator, a Technical Lead, a Technical Assistant plus three part time positions.
 - Registration for one tournament for all PDL teams.
 - Turf field recapitulation fee. Office expenses. Capital Projects like the new change rooms scheduled to be built in 2024. A second Turf.
 - Coaching Grassroots and advance licensing Courses and Referee courses.
 - All our coaches are required to be certified and must take at minimum three courses over a career.
 - Advance Coaching Certification for Technical Team members and Club Coaches
 - Game official fees. Plus the club also pays to train Referees and to have them re-certified.

Will I have any other fees if I am successful in making a team?

- Yes teams will attend tournaments, showcases and can qualify for Provincials. These expenses are not covered by registration fees.

Do I have to register if I want to be considered for a team?

- Yes, all players must be registered beforehand, so they and the club are covered by BC Soccer's. With no exception, no player will be allowed to play or train until they are registered.

Important Player dates for the 2023 / 2024 season?

PDL Registration:

- All players must be registered by May 19, 2023. Registration opens April 12, 2023.
- U14 to U18 team formation to be completed by June 9, 2024
- Super 8 and Nine's everyone will be contacted by June 18.
- PDL Season:
 - Pre-season training starts August 29, 2023.
 - Regular season training Sept 5, 2023
 - League play starts Sept 9 or Sept 16, 2023
 - League play finishes March 2/3 or March 9/10
 - Mayor's Cup March 16/17
- WCL Registration:
 - All players must express interest to play by Feb 29, 2024.
 - Players invited to play on a WCL must confirm their spot within two days.
 - Once accepting a spot, players must register with CVUSC prior to the start of training April 2.
 - No refunds once a player accepts a position on a team. Refunds only considered for medical reasons, after the 2nd week of play, less the \$25 admin fee.
- WCL Season:
 - Training starts April 2, 2024
 - League Play: Early in April until mid to late May (Dates TBD)
 - Playdowns - two rounds of single knock out (semi-final and final) following League Play.
- BC Soccer Provincial A-Cup July 11 to 14, 2024 Location TBD

Important Dates for Coaches 2023/2024 Season

CVUSC believes the role of a coach is critical in the delivery of a positive soccer experience. Players want to learn, grow, and be challenged, in a fun,

safe, inclusive, and welcoming environment. Continuous education is paramount in developing coaches for their own confidence and enjoyment, but the benefit to players is critical in all levels of participation.

CVSUC coaches wishing to Coach in the Competitive PDL or WCL program are required to have as a minimum completed the following training.

- Soccer Canada's Soccer for Life
- BC Soccer's Respect in Sport for Activity Leaders
- NCCP's Making HeadWay Concussion eLearning.

All training is free to CVUSC coaches. All three qualifications are online and can be completed at the coach's convenience. Soccer for Life has an on field four-hour workshop requirement. CVUSC will strive to host a Soccer for Life workshop annually. Coaches who are not able to attend the CVUSC workshop must complete the online theory component and complete the workshop within one year. Either at CVUSC or another club.

- PDL Coaching Applications
 - All coaches must apply by May 5, 2023. Applications will be accepted starting April 12, 2023
- WCL Coaching Applications:
 - All coaches wishing to coach a WCL team are to contact their Club Technical Director.

WHAT WILL THE PLAYERS LEARN?

Players will be exposed to all 4 corners of development (Technical/Tactical, Physical, Psychological, Social) based on their age and stage of development.

- **Technical/Tactical**
 - Global Principles of Play
- **Physical**
 - Increase physical literacy and strength
 - Helping children lead and learn about a healthy lifestyle

- **Psychological**
 - Provide healthy challenge and competition
 - Give players tools to overcome adversity and celebrate accomplishments
- **Social**
 - Fun environment to create new friendships
 - Learn how to work in and as a team

This includes but is not limited to:

Player Habits - Vision and Awareness, 1v1 Attacking, Enticing Pressure, Positive Passing, Showing for the Ball/Forward Runs, Receiving & Turning, Scoring Goals

Four Moments of the Game

- **Attacking Organization** - 'Dynamic and Fearless' DNA - A positive and dynamic attitude by individuals and the group with the ability to change and adapt as needed. Players who are confident and willing to take risks at the right moments
- **Defensive Transition** - 'Hunt Mentality' DNA - A relentless will to win the ball back immediately after the loss of possession. We want to dominate with possession of the football.
- **Defensive Organization** - 'Organized' DNA - A unified structure that works together to regain possession of the football as high up the pitch as possible.
- **Attacking Transition** - 'Secure' DNA - An ability to maintain possession and advance forward at the same time, if possible.