

COMOX VALLEY UNITED SOCCER CLUB UNITED DEVELOPMENT PROGRAM 2021/2022



Program Structure

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 to be placed on coaching individual player habits to help athletes reach their potential and get to the next level.

Session Structure

The United Development Program training sessions will be run in a 'preferred training model' type format. Players will be placed in groups and rotate 'stations' with their group every 15 minutes. After completing a warm-up players will go to 4 different 'stations', in which 2 are 'activity stations' and 2 are 'game stations'. Training in this format will allow players to experience different coaches as well as maximize quality, game-realistic actions.

Phases & Cost

Phase 1 - September 2021 - November 2021

Phase 2 - January 2022 - March 2022

Phase 3 - April 2022 - June 2022

**All sessions are on Monday nights

Cost: \$125/Phase

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

Time and Location

U8-U10 (2014-2012) - 5:00-6:15pm

U11-U14 (2011-2008) - 6:30-7:45pm

U15-U18 (2007-2004) - 8:00-9:15pm

**All sessions will be held at Vanier Turf Field
(3001 Vanier Dr., Courtenay, BC V9N 5Y2)

Additional Info.

A full program overview and registration link can be found on the Comox Valley United Soccer Club website (<https://www.cvusc.org/>).

If you have any additional questions, please email Adam Mooi (adam@cvusc.org).