



CHILLIWACK FC

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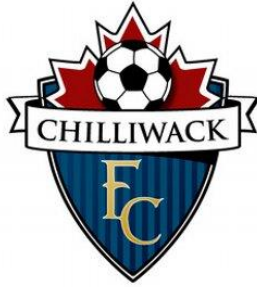
INTRODUCTION

The basis of the Chilliwack FC (CFC) Technical Plan are the foundations of the CSA Long Term Development (LTPD) plan. The LTPD is a player centered approach meaning that the individual development of each player is first and foremost.

CFC's goal is to create an inclusive, safe and effective pathway for all CFC players to grow within the game and to nurture a love for the game that will contribute to their desire to play soccer for life. To do this we recognize the need to establish two pathways. One for players who aspire to the highest levels in the game and another for players whose focus is to play at a more recreational level.

The Technical Plan also outlines the recruitment and continued development of our volunteer and paid coaches. It will also outline the technical department structure that will provide ongoing support and education to our volunteer team coaching staff. It has to be recognized that without the continued education and development of our coaches, our players will not develop to their full potential.

The TP also addresses areas of sports science that are essential to the development of our players and that have been adopted by our club to fully enhance our programming.



GUIDING PRINCIPLES

1. Soccer for Life

Our first and most important principle is to provide a fun environment which equips each player with a desire and the tools to play soccer for life.

2. Player Centered

Development of the individual is the primary focus. Winning matches, tournaments bring the joy of short term success, but a tactical and results driven approach at the younger ages can create an environment of anxiety and fear of losing that will hinder personal development. Individual player advancement should be used to measure the effectiveness of this TP over trophies, championships and results.

3. Coach Education, Development and Support

Providing an environment where coaches have the ability to learn, develop, gain confidence and achieve certification is crucial for their own development and that of the player.

4. Player Movement over Player Ownership

At the Development level the primary focus of the coaching group (Technical Director, Age Group Staff Coach, Team Coach) is the progress of the individual player. The placement and possible movement of players onto specific teams is based on that players current development. Team coaches do not own players and players should not be kept "down" in the pursuit team success.

5. Club Culture

Our goal is to nurture an environment of respect, cooperation and teamwork between our volunteer coaches, technical staff and technical director. This "club" mentality will allow our players to flourish in a positive and educational atmosphere. This will lead to us being successful in encouraging soccer



PLAYER DEVELOPMENT

Every stage of the player development pathway, from stage two onwards, in the TP is focused on maintaining the four pillars of development; technical, tactical, physical and mental. Our aim is to develop young players who are proficient and confident with the ball at their feet and capable of making effective decisions in a competitive game environment.

STAGE ONE – KickStarters (Girls and Boys 3-4)

With an accompanying parent our youngest players will be introduced to a soccer ball and participate, one on one with their parent, in a variety of fun activities centered around a soccer ball. In addition we introduce motor skills such as running, stopping, changing direction with and without a ball.

IMPLEMENTATION OF PROGRAMMING – Ten once weekly 45 minute sessions will be conducted by CFC KickStarters staff. Each participating child will be paired with their parent/guardian throughout the session. Staff will lead the practice by introducing games and activities centered around the movement with and without ball and with a high level of enthusiasm and fun. There will be a spring program and a fall program.

STAGE TWO - Active Start (Girls and Boys 4-6)

At this age the aim is to introduce children to the game in a fun, enthusiastic environment.

TECHNICAL – Teaching players to become “friends” with the ball and through fun and imaginative games they will learn to run with the ball, stopping and changing direction with the ball and shooting the ball.

TACTICAL – None

PHYSICAL – Overall mobility. Running, jumping, throwing.

MENTAL – Fun, enlightening, creative.

IMPLEMENTATION OF PROGRAMMING – Under the supervision of CFC staff, volunteer parent “facilitators” are recruited to provide fun, positive and enlightening practice sessions. The facilitators will also oversee multiple weekly mini games with their assigned team. The games are to be a 5v5 format and 15 minutes in duration. Each player will participate in 3 games each Game Day. Facilitators will receive continuous support and guidance with weekly updates on fun activities. Facilitators that aspire to develop as coaches will be provided further support and development going forward.

STAGE THREE – Fundamentals (Girls 6-8, Boys 6-9)

To maintain a focus on learning the basic technical aspects of the game with a more structured approach in a fun, positive environment.

TECHNICAL – Continuing the “player and a ball” focus of learning to pass, receive, dribble, turn and shoot.

TACTICAL – Begin to learn very basic attacking and defending principles.

PHYSICAL – Athletic mobility in running, jumping, throwing, balance and speed.

MENTAL – Building confidence with the ball. Learning concentration.

IMPLEMENTATION OF PROGRAMMING – Under the supervision of CFC Fundamentals programming staff, volunteer team coaches will be further developed to facilitate fun, active and enlightening practice sessions that encourage maximum contact with the ball. Team coaches will receive weekly guidance and practice ideas. CFC Fundamentals staff will also conduct periodic practice sessions with each team to offer further support and education to the respective team coaches.

STAGE FOUR – Learn to Train (Girls 8-11, Boys 9-11)

To further develop confidence on the ball. Begin to develop more positional awareness. Introduce athleticism to build speed, power, endurance.

TECHNICAL – Refining all soccer specific skills. Application of skills in a competitive, game related environment.

TACTICAL – Implement more structured small sided games. Awareness to positional play.

PHYSICAL – Further develop agility, balance coordination (ABC's) Develop speed and endurance via fun, active games.

MENTAL – Recognize the importance of practice sessions in development. Further develop confidence on the ball. Develop concentration.

IMPLEMENTATION OF PROGRAMMING – Under the supervision of CFC Staff coaches our volunteer team coaches will implement age specific training sessions twice weekly that include maximum ball contact and further awareness to positional play. Practice sessions are designed to be active, educational and fun. CFC technical staff will periodically conduct training as a means of introducing players to a higher standard of coaching and also as an educational tool for team coaches. CFC staff will also periodically attend team matches on weekends to evaluate individual and team progress as well as supporting, guiding the team coach.

STAGE FIVE – Training to Train (Girls 11-15, Boys 12-16)

The aim in this age bracket is to consolidate basic soccer fundamentals and introduce basic tactical play in the 8v8 and 11v11 game.

TECHNICAL – Develop ability to perform skills under more competitive conditions. Positional awareness in relation to ball and opposition.

TACTICAL - Develop more advanced awareness of attack/defense. Implement basic team principles such as positions and team shape. Address support play and movement off the ball.

PHYSICAL - Soccer specific physical conditioning (e.g.stamina, speed and strength)

MENTAL - Concentration, patience, focus and composure under pressure.

IMPLEMENTATION OF PROGRAMMING – Under the supervision of CFC staff

coaches our volunteer team coaches will implement twice weekly sessions following the curriculum outlined for the respective age groups. Team coaches will receive regular technical updates, workshops etc to further their development in their role. CFC staff will also periodically attend team matches on weekends to evaluate individual and team progress as well as supporting, guiding the team coach. Players at these age groups will also be introduced to SAQ programming using trained SAQ staff to specifically address their athleticism. Video analysis will also be introduced at these ages as an educational tool to allow players/teams to review their performances and highlight successes and challenges in matches.

STAGE SIX – Training to compete (Boys & Girls 15-19)

Players continue to develop their game sense. Additional focus on systems of play and team tactics.

TECHNICAL – Refinement of core skills and also position specific skills. Competence in competitive situations.

TACTICAL – Decision making, tactical awareness, game analysis.

PHYSICAL – Further develop agility, flexibility, aerobic and anaerobic endurance, strength.

MENTAL – Increase concentration, discipline, accountability, goal setting, self motivation, will to win



COACH DEVELOPMENT

Chilliwack FC will follow the BC Soccer Association's guidelines with respect to coaching certification. The club, with the assistance of the BC Soccer Association, will provide clear guidelines on how to train players of all levels, age groups and gender through the different stages of development. We will encourage coaches to teach the game in a stimulating and fun environment. The ultimate aim at all levels is to enable them to reach their full potential and stay committed to the game for life.

In our commitment to fully develop and support our volunteer club coaches we will provide them access to regular in-house workshops. They will also be paired with a CFC assigned age group staff coach who will provide guidance and support on a weekly basis, throughout the season, that will include visits to team games and practices to support the coach and assess player/team progress.

All coaches at the Development level will be required to attain the minimum BCSA coaching certification level pertaining to the age group they are coaching. They will be provided opportunities to gain higher levels of certification also should they aspire to coaching a higher standard of play.

CLUB COACHING PHILOSOPHY

There has been a large emphasis on winning in the youth game in recent years and this has led to deficient skills in older youth players. Our coaches will adhere to the following guidelines to encourage skill development over short term success.

- Development instead of results.
- Focussing on the skillful rather than the powerful during player selection.
- Mistakes being learning moments rather than punishable moments.
- Encouraging individual play not forbidding it.
- Encouraging taking risks.
- Playing with purpose instead of the long direct approach which is "results" driven.
- At the Development level all players will be guaranteed a minimum of 1/3 of a game in playing time. This is provided there are not commitment or conduct issues with the player.

CLUB SYSTEM OF PLAY

At all levels, from U11 and up, our players will be encouraged to play an attacking minded game initiated by playing out from the back, rather than the drop kick from the GK.

At the Super 8 age groups (U11/U12) teams will first learn a 3-3-1 formation with defenders and midfielders being encouraged to adopt attacking positions when in possession going forward. Coaches will be encouraged to allow players to play in a variety of positions to enhance their learning of the game from different areas of the field.

At the full field age groups (U13 and up) teams will first learn a 4-4-2 formation with an emphasis on using the wide channels in attack. At the older youth age groups, at the higher levels, teams will be introduced to different playing systems/formations as part of their overall education in the game. As players progress through these age groups coaches will be encouraged to identify where their players are best suited in terms of positions. Their role then would be to encourage and develop players in these positions to their fullest potential.

RECREATIONAL TEAM COACHING

Recreational team coaches often have a more difficult job on their hands as opposed to Development coaches. Their teams may often include players of a much wider margin of ability and commitment level to those of Development teams. The coaches at this level will recognize the recreational approach of many or all of their players and gear their coaching to one of providing a fun environment at practices and games allowing players to enjoy the game regardless of their level of play and commitment. These coaches will also recognize players that do aspire to a higher level and support, nurture and encourage their progress to that level.

Recreational coaches will be supported by club age group Lead Coaches who will regularly liaise with them to offer practice ideas and advice. The Lead coach will periodically attend team practices and games to further support the team coach.

Recreational team coaches who aspire to coaching at a higher level will be provided the same resources to allow them to progress as Development team coaches i.e coaching workshops, BCSA certification courses etc.



REFEREE DEVELOPMENT

Chilliwack FC has implemented a Referee Development program. The program is overseen by a Small Sided and a Full Field Referee Coordinator. These individuals are responsible for recruiting, developing and mentoring new referee's. Many of our newer referee's are recruited from our youth player programs.

Individuals aged 12 or older who wish to referee in our small sided games programs (U7-10) may take the first step by registering with the BC Soccer Assn to participate in the **Small Sided Referee Clinic**.

Individuals aged 14 or older who wish to referee in our full field games programs (U13 and up)) may take the first step by registering with the BC Soccer Assn to participate in the **Entry Level Referee Clinic**.

Once individuals have completed the clinics they are assigned to appropriate games within our recreational programs. Our Referee Coordinators then observe them in their first 2-3 games to provide guidance and support and also ensure they experience a positive start to their refereeing careers.

As they continue to develop and gain experience many of our **Small Sided** referee's are then provided opportunities to officiate in more competitive level games within our Prospects (U8-10) and Development (U11-12) programs. Some will also be assigned to Assistant Referee positions in full field games.

As they continue to develop and gain experience many of our **Full Field** referee's will progress from our Recreational U13+ programs to our Development U13+ programs to oversee more competitive and faster paced games.

Our Referee Coordinators provide ongoing support and development to referee's and will continue to progress those that exhibit the ability to handle higher level games.

Periodic meetings, workshops and one on one evaluations are held regularly to maintain the development and retention of referee's.

Chilliwack FC also encourages respect and cooperation with referee's from our players, coaches and parents in all of our programs. All of our club produced coaching manuals and parent handbooks outline expectations of treatment towards our referees.

TECHNICAL STAFF

A team of dedicated and knowledgeable staff are required to execute the clubs technical plan. The club Technical Director is responsible for recruitment of suitable staff to implement club programming while following club philosophy in coaching. Below are the key positions that make up the club's technical team.

TECHNICAL DIRECTOR

The Technical Director is a senior leadership position. The Technical Director reports directly to the board. It is not primarily an on-field coaching role, although there is a coaching component to provide coaching leadership to all volunteer coaches and technical staff within both the Recreational and Competitive environments. The role of the Technical Director is to implement and provide staff for all Technical program administered by the club.

STAFF COACH

The club Staff Coach reports directly to the Technical Director. Their role is to work with club Development team coaches by providing advice, support, session plans and conduct training sessions and attend team matches on a periodic basis throughout the season. Staff Coaches must have a minimum of CSA C Licence certification.

LEAD COACH

The club Lead Coach reports directly to the Technical Director. Their role is to work with club Recreational team coaches by providing advice, support, session plans and conduct training sessions and attend team matches on a periodic basis throughout the season. Staff Coaches must have a minimum of CSA Soccer For Life certification.

GOALKEEPER COACH

The club Goalkeeper Coach reports directly to the Technical Director. Their role is to specifically work with club GK's at all levels on a minimum bi-weekly basis. They will conduct sessions with small groups of GK's focusing on all aspects of this specialized position. They will have attained a minimum of CSA Soccer For Life certification and BCSA Goalkeeper Diploma.

SAQ COACH

The SAQ (speed, agility, quickness) coach reports directly to the Technical Director. The SAQ coach will work with all club development teams on a rotational basis to enhance their overall athleticism as it relates to soccer. They will conduct 45 minute age related sessions for each team. The SAQ Coach will have attained a recognized Personal Fitness Training certification from a Provincial body.

VIDEO ANALYSIS COACH

The Video Analysis coach will report directly to the Technical Director. Their role is to record, edit and present games to each Development team on a minimum of two occasions over the course of the fall season. The staff will edit the recordings to highlight specific learning moments in each game. The viewings will take place in a classroom environment where the coach will present the edited video clips to the team coach and players and discuss the key moments. The Video Analysis coach will have a minimum Provincial B Licence and have an extensive background in coaching, analyzing the game.

MINI RECREATIONAL LEAD COACH (U7-10)

The Mini Recreational Lead coach reports directly to the Technical Director. Their role is to work directly with mini recreational team coach (U7-U10) by providing support, advice, practice plans on an ongoing basis. They will also be required to plan and lead occasional practice sessions as a learning opportunity for the team coach in terms of the structure of an age group specific practice.

MINI RECREATIONAL LEAD COACH (U5-U6)

The Mini Recreational Lead coach reports directly to the Technical Director. Their role is to work directly with mini recreational team coach (U5-U6) They will conduct and oversee weekly group practices for each age group. The team coaches will be required to participate in the practices under the supervision of the Lead Coach. The Lead Coach will also be required to regularly attend weekend games to support the team coaches and assess the progress of the players. The Lead Coach will have attained a minimum of CSA Fundamentals coaching certification as well as having a background in the game.

KICKSTARTERS LEAD COACH (U4)

The Kickstarters Lead Coach reports directly to the Technical Director. Their role is to plan and conduct weekly practices for a 10 week period in the spring and in the fall. Practices will be geared towards introducing young children to the game in a fun, active environment with participation of each child's parent. The Lead Coach will have attained a minimum of the CSA Active Start certification.



CLUB PROGRAMMING

The following programs are currently in place in our club. On an annual basis we review and if necessary adapt the programs with a view to being better at what we do. New programs are introduced to where there is a need and desire.

KICKSTARTERS: First introduction to soccer for 3-4 yr olds. Parent participation. Conducted by CFC staff.

Spring Session – 10 weeks
Fall Session – 10 weeks

IN HOUSE RECREATIONAL – U5-U6: Once weekly group practices overseen by CFC staff and volunteer parent coaches. Weekend small sided games.

Fall Session – 12 weeks

IN HOUSE RECREATIONAL – U7-U10: Once weekly team practices overseen by volunteer parent coach. Weekend games.

Fall Session – 12 weeks

IN HOUSE RECREATIONAL – U11-18: Once weekly team practices overseen by volunteer parent coaches guided by CFC Lead coaches. Weekend games against clubs from within lower mainland.

Fall session – 20 weeks

FALL PROSPECTS – U8-U10: Once (U8) or twice (U9,U10) weekly practices with a development focus overseen by CFC staff coaches. Weekend exhibition games against other local soccer clubs.

Fall Session – 20 weeks

DEVELOPMENT TEAM PROGRAM – U11-18: Twice weekly practices with a development format overseen by volunteer coaches guided by CFC staff coaches.

Fall sessions – min 20 weeks

SPRING PROSPECTS – U8-U10: Once weekly practices with a development focus overseen by CFC staff coaches. Weekly in house games in a small sided game format.

Spring Session – 11 weeks

FORD SPRING SOCCER LEAGUE – U5-U16: Once weekly games with a recreational focus overseen by Volunteer coaches.

Spring sessions – 12 weeks

FORD SPRING LEAGUE – OPEN PRACTICES – U5-U12: Open practices for all interested players participating in the Ford Spring League. Practices overseen by CFC staff using a station based format.

Spring Session – 6 weeks

SPRING DEVELOPMENT LEAGUE – U11-U16: Once weekly group practices with a development focus overseen by CFC staff coaches. Once weekly in house games in a small sided game format.

Spring session – 11 weeks

TOURNAMENT TEAM PROGRAM – U10-U12: Twice weekly training with CFC staff coaches for our elite players in each age group. Participation in three competitive tournaments.

Spring session – 10 weeks

ADULT PROGRAM: Men's teams (FVSL) and women's team's (MWSL) playing in competitive leagues. Twice weekly practices overseen by CFC staff coaches. Weekend games.

Fall session – min 20 weeks.

CHILLIWACK FC TECHNICAL STRUCTURE

