



Chinooks FC Technical Plan - Summary

The Chinooks Technical Plan outlines the technical program element of the Chinooks Vision and Strategy and Operational Plans and provides details of technical program content and delivery
The Technical Plan provides primarily on-field goals of the Strategic Plan and describes how delivery is achieved

This presentation is an extract from the detailed Chinooks Technical Plan

Chinooks FC

Technical Plan – Highlights and Timeline for Program Development

5 YEAR TECHNICAL PLAN

1-2 Year Plan	Measurable	Strength
Deliver the requirements of the CSA National Youth License Club Accreditation and complete the CSA National Youth License Application	Meet CSA recognized best in class standards to deliver the highest quality of Program and Youth Player Growth and Development	Continuous Improvement to deliver an ongoing best in class highest quality program and expand the player pathways offered within Chinooks to participate in the highest level youth soccer competition available
Increase the number and level of Coaching Qualifications within the club, specifically CSA B Diploma, National Childrens License, C-License and NCCP qualifications	Enrol coaches on CSA courses, regular evaluations of coaches, coach video analysis Maintain and increase quality through maintaining and improving qualified coach to player ratios as club delivers growth in numbers	Continuous Improvement in the Quality of Coaching and Delivery of Chinooks Programs
Recruitment of additional qualified and passionate coaches to meet Chinooks growth program	Increased number of appropriately qualified coaches to meet the requirements of the Chinooks growth program and maintain best in class Coach to player ratios	Deliver sustainable growth and maintain and continuously improve the quality of coaching throughout the Chinooks program
Enhance the Goal Keeping Academy Program through the development of a new best in class Academy	Commencement of new Goal Keeper Academy Program in conjunction with Summit Goalkeeping	Development of a best in class Goal Keeper Development Program
Provide more coaching tools accessible for all coaches	Club wide use of Sports Session Planner, expanded use of Video Analysis Veo tools and capabilities	Continuous Improvement of planning and quality of Practices, Skills Center and Academy sessions

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Technical Plan – Highlights and Timeline for Program Development

5 YEAR TECHNICAL PLAN

1-2 Year Plan	Measurable	Strength
Expand the Grassroots program through additional grassroots programs within local communities	More grassroots communities enrolled within the Chinooks Program	Strengthen Chinooks presence and support within its local reach communities and expand the grassroots program providing the foundation for future growth
Promote and Provide in house coaching courses for U16+ players male and female	Development of Chinooks players to support coaching pathways	Development of young coaches to support the Chinooks program
Recruit more qualified Women Coaches	Additional Women Coaches	Add to the strength and quality of the Chinooks program
Promote and assist girls within the U16+ Chinooks Program, to pursue coaching pathways	Girls in the U16+ program pursuing coaching pathways within Chinooks	Building foundations for Chinooks coaching pathways and supporting club growth
Further develop the futsal program within the Chinooks Program	Expand the curriculum for Futsal within the Chinooks Program for Indoor 2024-25	Expand the offering within the Chinooks Program and provide opportunity for following Futsal Pathways
Further Development of the Chinooks Sports Science Program	Additional dedicated Sport Science sessions with emphasis on Strength and Conditioning in conjunction with Balsom Sports	Best in class player development through strength and conditioning fully integrated within the Chinooks programs

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Technical Plan – Highlights and Timeline for Program Development

5 YEAR TECHNICAL PLAN

3-5 Year Plan	Measurable	Strength
Develop and Implement a program within local community schools	Enroll local community schools into a soccer development program	Expand the reach of the Chinooks Program and offering of opportunities to learn and play soccer for all school age children / youths within our community
Provision of new and improved equipment	Continuous replacement and upgrade of equipment	Support continuous improvement of the quality of the Chinooks Programs, expanding the scope of sessions offered
Increase the numbers of players registering for Chinooks programs from the local Grassroots Communities programs	Increase the current conversion rate of 10% to 20-30% of players registering from Chinooks run Community Grassroots program to the full Chinooks program	Added strength to the foundation of the Chinooks program
Strengthen relationships with CMSA, ASA and CSA	Strong and valued involvement in all support activities with CMSA, ASA and CSA	Being a valued influential part of improvement initiatives within soccer through CMSA, ASA and CSA

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Technical Plan – Highlights and Timeline for Program Development

5 YEAR TECHNICAL PLAN

3-5 Year Plan	Measurable	Strength
Strengthen Relationships with local colleges and University soccer programs	Development and offering of programs and pathways with local colleges and Universities	Development of exciting player pathways
Develop relationships with international professional clubs, international colleges and universities	Development and offering of Programs and pathways with international professional clubs and universities and colleges	Development of exciting player pathways
Develop additional 'memories' events and International travel opportunities	Develop relationships with clubs and organizations offering appropriate memorable experiences and international travel opportunities including those related to player pathways offered	To offer players lifetime memories
Continuous development of plans to have access to a permanent best in class indoor facility	Access to an appropriate permanent facility for all Chinooks programs within 5 years	Added quality and certainty of the Chinooks Programs offerings

Chinooks FC

Club Background



Chinooks FC is a non-profit organization focused on soccer player development through premier soccer training in the city of Calgary, Alberta, Canada.

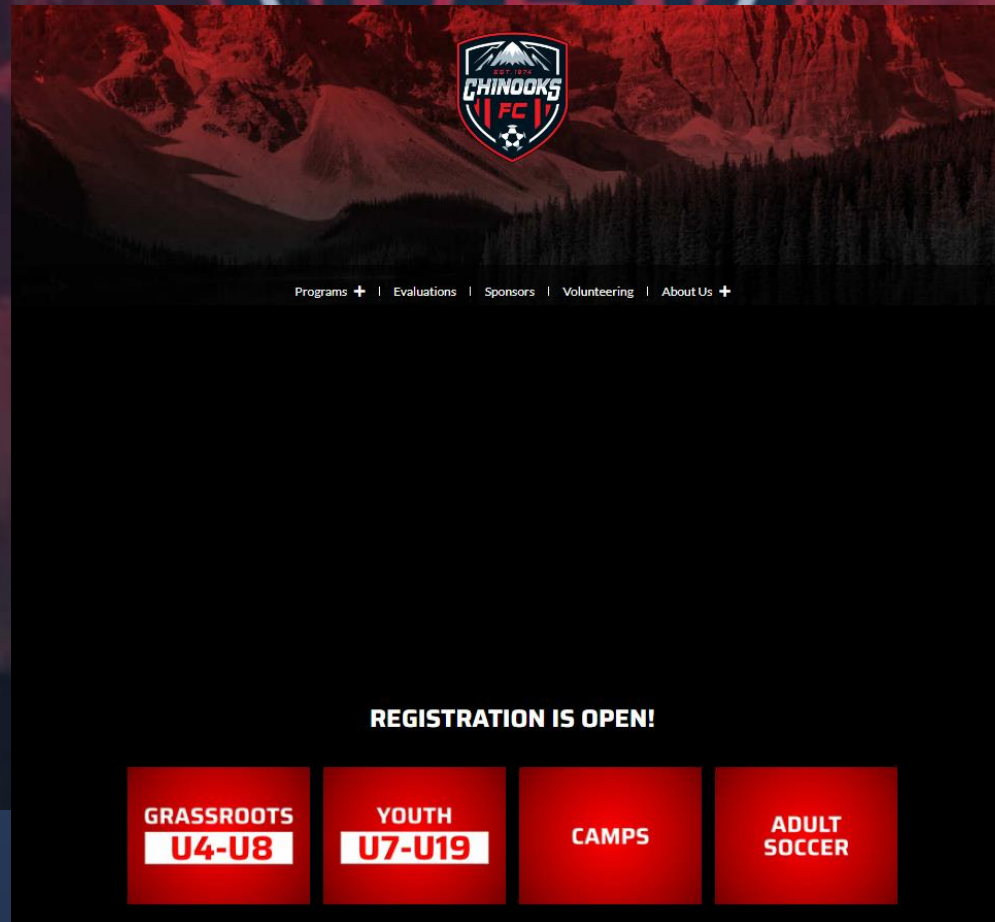
At Chinooks FC we believe that soccer is for everyone regardless of person's culture, colour, ancestry, nationality, age, political beliefs, religion, family status, physical or mental disability, gender or sexual orientation. We want to make our Chinooks community stronger through inclusivity by welcoming players and families from all different backgrounds with our staff being on the forefront of ensuring this ethos is pushed down to all members of the club.

The philosophy of Chinooks FC is to use both personal and soccer development to build a positive community with families in Calgary.

Chinooks FC Club Background

More details on the club program, who we are and club policies can be found at:

<https://chinooksoccer.com/>



Chinooks FC

Club Background



Club Vision

To be an excellent soccer community for players seeking personal enjoyment, challenge, and growth.

Club Mission

To prepare players for life by giving them the opportunity to participate in an inclusive team environment that focuses on providing high quality individual education and growth. The Chinooks Football Club builds and fosters a vibrant community dedicated to a lifelong passion for the game of soccer.

Club Values

We are a non-profit organization dedicated to the physical, mental and emotional growth and development of individuals through the sport of soccer. Chinooks FC embraces the following core values – what we call The Chinooks 4Cs

Chinooks FC

Club Background – The Chinooks 4C's

The Chinooks 4C's are the guiding principles and Values of the club and stated below (extracted from club website)

The Chinooks 4Cs

CULTURE

We believe a soccer club is about more than just soccer... it's about inspiring lifelong confidence and enriching the lives of our players with the powerful bonds and camaraderie of team sport.

COMMUNITY

We believe in building strong communities as they are an important source of social connection and a sense of belonging. Participating in the Chinooks FC community means being bonded together by shared attitudes, values, and goals which we believe is an essential ingredient to enjoying your soccer playing experience and further to achieving a fulfilling life. Chinooks FC builds a community of like-minded members that are positive contributors to our club and that reaches further to the communities around us.

COMMITMENT

We are committed to creating an environment that develops a source of meaning and purpose in our members lives through experiences that provide opportunities to learn, grow and be challenged while being active in the sport of soccer. Our members share that same commitment individually by valuing the experiences we have as individuals and that we share together on our teams and as a community.

CHARACTER

We are committed to providing our players character building experiences to achieve individual growth, development and challenges in a competitive environment.

Chinooks FC

Senior Technical Team

The Technical team is led by Chinooks Technical Director (TD) Rhys Evans, whom all the technical staff report to. The TD reports directly to the Board of Directors. Key Technical Staff can be found on the Chinooks website referenced earlier in this document and extracts are shown below:



TECHNICAL DIRECTOR

RHYS EVANS

rhys@chinooksoccer.com

As Chinooks' Technical Director, Rhys is responsible for designing, developing and delivering our Chinooks technical programming. Rhys works cooperatively with our head coaches and staff members to ensure the successful organization, coordination, and delivery of this programming.

Rhys also works closely with Chinooks' Board of Directors to obtain and maintain our CSA licensing. He is responsible for all soccer program decisions, including but not limited to: player evaluations, player selection, team formation, coach selection, team placement, and technical staff recruitment and training.



DIRECTOR OF OPERATIONS

JESSICA ARCHAMBAULT

jess@chinooksoccer.com

As the club's Director of Operations Jess works cooperatively with our Technical Director and Executive Director, ensuring that the club budget, strategic and operational plans are met each season. Jess represents Chinooks at ASA and CMSA administrative meetings and works with the Board of Directors on club events, marketing, fundraising, licensing, and other committee work. She is the main point of contact for all member questions and concerns.

Jess has a Bachelor of Management and has been involved in CMSA Club management Minor Soccer clubs since 2018.

Chinooks FC

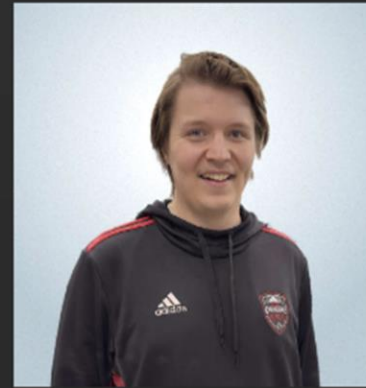
Senior Technical Team



DIRECTOR OF FOOTBALL
ALESSANDRO PAPPALARDO

ale@chinooksoccer.com

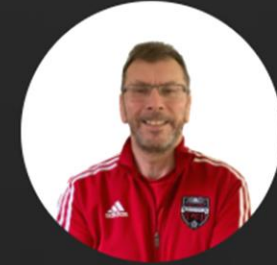
Ale is responsible for developing the Chinooks FC game model, playing philosophy and Technical Plan. Working primarily with competitive age groups U13 and up, he leads the tactical development of players and coaches at the club. Ale works closely with the rest of the staff, and the Director of Operations to determine team, player and head coaching placements. He also leads our video analysis program and represents Chinooks at ASA and CMSA technical meetings. As a head coach and Academy trainer, Ale works with players from U13 to U17.



SKILLS CENTRE COORDINATOR
MITCHELL GIBBS

mitchell@chinooksoccer.com

Mitch oversees our U7-U9 Skills Centre, including curriculum development, festival format team building and coordination. He will work closely with the Grassroots Director to ensure that Chinooks community grassroots players experience a smooth transition into CMSA soccer. Mitch will be the lead trainer in the Skills Centre, but also serve as a head coach, and trainer in our Chinooks Academy. Mitch specializes in youth development, with a focus on players aged U7-U12.



LEAD TECHNICAL COACH
STEPHEN GOUGH

Steve is a lead head coach and technical trainer that focuses on the U13-U19 age groups.

CLUB HEAD COACHES

CLAUDIO GORSE DIN
SALVATORE DELUCIA
SAMUEL MCCALLUM

Chinooks FC

Program Summary

Through 2 seasons which include Indoor and Outdoor, the program offered includes the following key components:

- ⊗ **Pre-Grassroots program (U4-U6)**
- ⊗ **Grassroots Program (U7-U9)**
- ⊗ **Youth Development Program (U10-U12)**
- ⊗ **Youth Development and Young Adult Development Program (U13-U19)**
- ⊗ **Adult Soccer Program (U16+)**

Chinooks Programs include the following activities:

- ⊗ Team Practices
- ⊗ Skills Centres (Grassroots and Development U7-U12)
- ⊗ Grassroots Festival participation
- ⊗ Academies (Outfield and Goalkeeper - Youth Development Stage U13+)
- ⊗ League Play Games (CMSA)
- ⊗ Conditioning, Fitness and Sports Science sessions
- ⊗ Tournaments (Local, Provincial and International)
- ⊗ Futsal training
- ⊗ Player Education
- ⊗ Coach Education
- ⊗ Video Analysis (U13+)
- ⊗ Mental Skills sessions (U13+)
- ⊗ Access to Sports Medicine support
- ⊗ Access to Sports Nutrition resources
- ⊗ Team Officials Support

Skills Centre and Academy Training are highly structured and follow a club season long curriculum.

The Grassroots programs and Skills Centres (U7-U12) apply the Canada Soccer Grassroots Standards across the LTPD stages (see slide 16).

For Academies (U13-19), the following is applied:

- Season long curriculum with weekly themes issued to coaches and parents
- Mandatory structure to Academy sessions
- Weekly communication to players and parents
 - At week commencement:
 - ✓ The weekly theme
 - ✓ An outline session plan
 - ✓ Selected reading and video material
 - At week completion
 - ✓ Feedback on Practices, Academies and games and progress towards delivery of weekly objectives and intent and progress towards season long goals and objectives.

Team Coaching, Skills Centre Trainers, Academy Trainers, Sports Science / Conditioning sessions are all led by trainers qualified appropriate to age group and skills levels.

Chinooks FC

Yearly Training Plan – Grassroots (U7-9) Program

Jan - Mar	Apr	May-Jun	Jun	July - Aug	Sep	
<ul style="list-style-type: none">• Outdoor Registration	<ul style="list-style-type: none">• Pre-season• Spring Camps	Outdoor <ul style="list-style-type: none">• Skills Centre / Festival Play Programs• U7 – 3 v 3• U8 – 4 v 4• U9 – 5 v 5 with GK	<ul style="list-style-type: none">• June Spring Grassroots Rally	<ul style="list-style-type: none">• Break• Summer Camps	<ul style="list-style-type: none">• Optional Skills Centre / Festival Play Program• U7 – 3 v 3• U8 – 4 v 4• U9 – 5 v 5 with GK• Summer Grassroots Rally	
Jul-Sep	Sep / Oct	Nov-Dec	Dec	Jan	Feb	Mar
<ul style="list-style-type: none">• Indoor Registration	<ul style="list-style-type: none">• Pre-season	Indoor <ul style="list-style-type: none">• Skills Centre / Festival Play Programs• U7 – 3 v 3• U8 – 4 v 4• U9 – 5 v 5 with GK	<ul style="list-style-type: none">• Skills Centre / Festival Play Programs• U7 – 3 v 3• U8 – 4 v 4• U9 – 5 v 5 with GK• End Dec Winter Break• Winter Camps	<ul style="list-style-type: none">• Skills Centre / Festival Play Programs• U7 – 3 v 3• U8 – 4 v 4• U9 – 5 v 5 with GK	<ul style="list-style-type: none">• Skills Centre / Festival Play Programs• U7 – 3 v 3• U8 – 4 v 4• U9 – 5 v 5 with GK• Grassroots Rally	<ul style="list-style-type: none">• Close season

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Yearly Training Plan – Youth Development (U10/11)– Outdoor Program

Jan - Mar	Apr	May-July	July	Aug	Sep	
<ul style="list-style-type: none">• Registration	<ul style="list-style-type: none">• Pre-season• Spring Camps	Outdoor <ul style="list-style-type: none">• Competition league play 7 v 7• CMSA Dev and Dev+ programs	<ul style="list-style-type: none">• Tournament play• U10/11 CMSA Rally• Dev Wrap up End Jul	<ul style="list-style-type: none">• 3 week break• League play recommence Dev+ 3rd week Aug• Summer Camps	<ul style="list-style-type: none">• End Sep Dev+ Season wrap up	
Jul - Sep	Sep / Oct	Nov - Dec	Dec	Jan	Feb	Mar
<ul style="list-style-type: none">• Registration	<ul style="list-style-type: none">• Pre-season	Indoor <ul style="list-style-type: none">• Competition league play 7 v 7• CMSA Dev and Dev+ programs	<ul style="list-style-type: none">• Competition league play 7 v 7• End Dec Winter Break• Winter Camps	<ul style="list-style-type: none">• Competition league play 7 v 7• Okotoks Futsal Tournament	<ul style="list-style-type: none">• Competition league play 7 v 7	<ul style="list-style-type: none">• Wrap Up Rally

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Yearly Training Plan – Youth Development (U11/12/13)– Outdoor Program

Jan - Mar	Apr	May-July	July	Aug	Sep	
<ul style="list-style-type: none">• Registration	<ul style="list-style-type: none">• Pre-season• Spring Camps	Outdoor <ul style="list-style-type: none">• Competition league play 9 v 9• TIII/IV Wrap up End Jul	<ul style="list-style-type: none">• Tournament play• Provincial Competition (U13)	<ul style="list-style-type: none">• 3 week break• League play recommence TI/II 3rd week Aug• Summer Camps	<ul style="list-style-type: none">• End Sep TI/IISeason wrap up	
Jul - Sep	Sep / Oct	Nov - Dec	Dec	Jan	Feb	Mar
<ul style="list-style-type: none">• Registration	<ul style="list-style-type: none">• Pre-season	Indoor <ul style="list-style-type: none">• Competition league play 7 v 7 (T1-V)	<ul style="list-style-type: none">• End Dec Winter Break• Winter Camps	<ul style="list-style-type: none">• Competition league play 7 v 7 (T1-V)• Okotoks Futsal Tournament	<ul style="list-style-type: none">• Competition league play 7 v 7 (TI-V)• Provincial Qualifying Competition (U13)	<ul style="list-style-type: none">• Wrap Up Rally (U12)• Challenge Cup finals (U13)• ASA Provincial Competition (U13)

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Yearly Training Plan – Youth Development (U14-17)– Outdoor Program

EST. 1974

Jan - Mar

- Registration

Apr

- Pre-season
- Spring Camps

May-June

- **Outdoor**
- Competition league play 11 v 11
- Program planning for High School exams

July

- TIII/IV Wrap up End Jul
- Tournament play
- Provincial Competition

Aug

- 3 week break
- League play recommence TI/II 3rd week Aug
- Summer Camps

Sep

- End Sep TI/II Season wrap up
- ASA Provincial Competition

Jul - Sep

- Registration

Sep / Oct

- Pre-season

Nov - Dec

- **Indoor**
- Competition league play 7 v 7 (T1-V)

Dec

- Competition league play 7 v 7 (T1-V)
- End Dec Winter Break
- Winter Camps

Jan

- Competition league play 7 v 7 (T1-V)
- Okotoks Futsal Tournament

Feb

- Competition league play 7 v 7 (T1-V)
- Provincial Qualifying Competition (U13)

Mar

- Challenge Cup finals (TI-V)
- ASA Provincial Competition (TI-V)



TOPIC OF THE WEEK: DEFENDING OVERLOADS

"IF FACING A CENTRAL OVERLOAD, THE DEFENDER HAS TO PRIORITISE THE BALL OVER ANY RUNNERS, AND TRY TO DELAY THE BALL-CARRIER'S PROGRESS AS MUCH AS POSSIBLE. ANOTHER TACTIC WOULD BE TO TRY AND FORCE THE BALL-CARRIER ON TO THEIR WEAKER FOOT."

"WHEN DEFENDING AGAINST A WIDE OVERLOAD, DEFENDERS SHOULD USE THE TOUCHLINE AS AN EXTRA DEFENDER WHENEVER THEY CAN. DEFENDERS SHOULD USE THEIR BODY SHAPE AND THE ANGLE THEY APPROACH THEIR OPPONENT WITH TO GUIDE PLAY AWAY FROM GOAL AND TOWARDS THE TOUCHLINE."

Chinooks FC Goalkeeper Academy

Chinooks are partnered with Summit Goalkeeping who deliver the Chinooks Goal keeping Academy Program. With GoalKeeping skills requiring specialist support, we are pleased to be offering this specialist targeted program. The main components of the program are:

- Weekly In season sessions
- 1 hour sessions
- Age and skills level groupings
- Delivered by highly qualified specialist Goal keeper trainers
- Trainer to player ratios of 1:6 or less
- Curriculum applies a program embracing the eight key elements of Goal Keeper skills (refer curriculum)

Full details of the program are posted on the Chinooks website. For more information on Summit, click the image below.



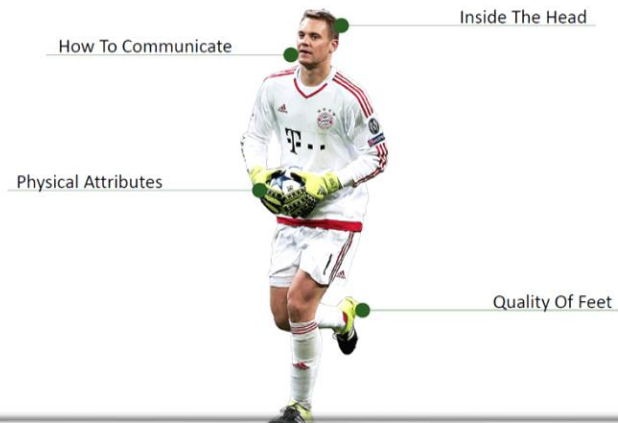
Summit Goalkeeping

"BE HUMBLE. BE HUNGRY. AND ALWAYS BE THE HARDEST WORKER ON THE FIELD."

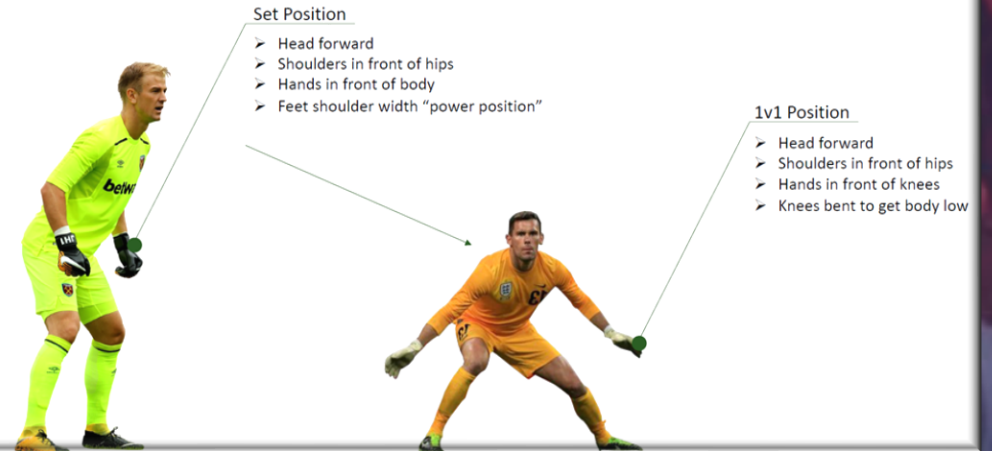
Chinooks FC Goalkeeper Academy



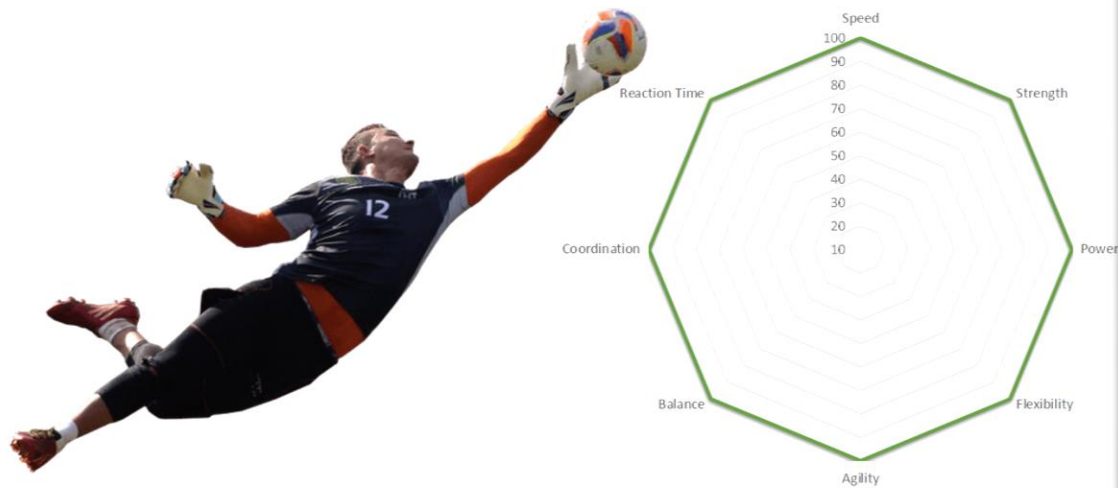
GOALKEEPER CHARACTERISTICS



SET POSITIONS



PHYSICAL ATTRIBUTES



INSIDE THE HEAD



Chinooks FC Goalkeeper Academy (Example Curriculum)



Age Group Training Weekly Curriculums

Goalkeeper Curriculum (U9 – U11)				
OBJECTIVES		SCHEDULE		TRAINING DOSAGE
<p>Technical: Goalkeeper sessions will focus on learning the 6 main attributes of the technical goalkeeping pillar. Repetition is a vital part to master any skill and will be the main focus of these sessions.</p> <p>Physical: Sessions will include non-soccer specific movements to improve the physical demands of being a goalkeeper. These will include agility through cones/poles, Hand-eye coordination drills</p> <p>Psychological: Build, motivate, inspire, and mentally prepare young goalkeepers through the coaching atmosphere.</p> <p><i>Although all sessions scratch the surface of the 4 goalkeeping pillars, the main focus of the Goalkeeper Academy Curriculum will be the Technical aspect.</i></p>		<p><i>It is very important that goalkeeper training be tailored toward the age and ability level of the goalkeepers in the group. Far too often, coaches plan out their sessions, without taking these factors into account.</i></p>		
		CURRICULUM	Club	
CONTENT				
CURRICULUM			FOUR PILLARS	
WEEK	Technique	Practice Focus	Psychological/Social	
1	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, Canadian Shootout	Enjoy The Position	
2	Set Position	The set position is the foundation of being a great goalkeeper. Session focus will be the importance of a correct set position	Learn Through Mistakes	
3	Handling Technique	Practice, practice, practice to improve both technique and co-ordination	Delay On The Catch	
4	Diving Technique	This session will focus on the basic technique for low and mid-high dives	Attacking The Ball	
5	1v1 Technique	Coming out low and decisions on whether you can smother the ball or stay on your feet	Quick Off Your Line	
6	Short Distribution	Touch work & passing/receiving skills over 10-15 yard distances.	Focus On Technique	
7	Shot Stopping	Agility, footwork into full net shot stopping. The focus is to ensure they are using the correct technique used in previous weeks	Don't Get Beat	
8	Crossing Technique	Focus is on timing your jump, pushing off the correct foot and attacking the ball	Keep Your Eye On The Ball	
9	Shot Stopping	Movement from 1v1, to shot stopping to work on positions around the goal.	Positional Play	
10	GK GAMES	Goalkeeper wars, crossing games, 1v1 domination, distribution competitions, Make it fun but still a focus on doing things right.	Be the Winner	

This Is A Rolling Curriculum Based On The Amount Of Sessions Per Season

Chinooks FC Player Pathways

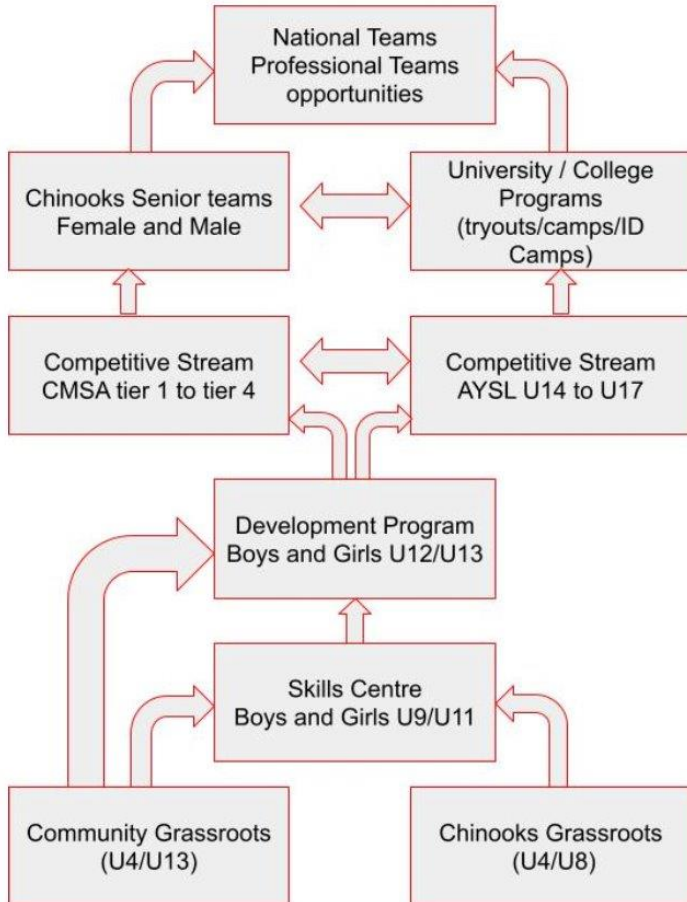
Chinooks Programs seek to provide seamless pathways from pre-grass roots through to Adult soccer. Throughout the program, the approach and content are aligned with Canada Soccer Grassroots Guidelines, Canada Soccer Long Term Player Development and considers the principles and plans within Canada Soccer, Alberta Soccer and Calgary Minor Soccer Technical Plans.



Chinooks FC

Player Pathways

Player Pathways



Canada Soccer Long Term Player Development

1. ACTIVE START
 U4-U6 M+F
 GIVES YOUNG PLAYERS THE CHANCE TO PRACTICE FUNDAMENTAL MOVEMENT SKILLS LIKE RUNNING, JUMPING, LANDING, KICKING, THROWING, AND CATCHING IN A FUN ENVIRONMENT CENTRED ON UNSTRUCTURED PLAY AND POSITIVE REINFORCEMENT.

2. FUNDAMENTALS
 U6-U8 F
 U6-U10 M
 ALLOWS YOUNGSTERS TO LEARN THE FUNDAMENTALS OF THE SPORT AND DEVELOP THEIR MOVEMENT ABCS—AGILITY, BALANCE, COORDINATION, AND SPEED—WHILE PUTTING AN EMPHASIS ON HAVING FUN, COOPERATING, AND SPENDING AS MUCH TIME AS POSSIBLE ON THE BALL.

3. LEARNING TO TRAIN
 U8-U11 F
 U9-U12 M
 THIS "GOLDEN AGE OF LEARNING," WHEN KIDS GROW LESS SELF-ABSORBED AND ARE BETTER EQUIPPED TO ANALYZE THEIR ACTIONS AND LEARN FROM MISTAKES, OFFERS THE BEST OPPORTUNITY FOR CONTINUED SKILL DEVELOPMENT. THE EMPHASIS IS ON TEACHING THE FUNDAMENTALS OF PLAY IN AN ENGAGING AND DEMANDING ATMOSPHERE, EXPANDING AN INDIVIDUAL'S REPERTORY OF SOCCER MOVES, AND LEARNING BY DOING.

4. TRAINING TO TRAIN
 U11-U15 F
 U12-U15 M
 BECAUSE MOST YOUNGSTERS BEGIN THEIR ADOLESCENT GROWTH SPURT AT THIS POINT, IT IS IDEAL FOR ENDURANCE TRAINING. ALONG WITH LEARNING MORE COMPLICATED SOCCER SKILLS, SUCH AS POSITION-SPECIFIC TACTICS, PLAYERS ARE INTRODUCED TO CONCEPTS SUCH AS MENTAL PREPARATION, GOAL SETTING, AND DEALING WITH WINNING AND LOSING.

5. TRAINING TO COMPETE
 U15-U19 F
 U15-U20 M
 PLAYERS ARE NOW DEVELOPING THEIR SOCCER SKILLS IN A VARIETY OF COMPETITIVE CIRCUMSTANCES, SIMILAR TO ADULT PLAY, IN AN 11 V 11 GAME STYLE. ATHLETES STRIVE TO INCREASE THEIR TACTICAL AWARENESS, DISCIPLINE, AND MENTAL TOUGHNESS IN ADDITION TO HONING ADVANCED METHODS.

6. TRAINING TO WIN
 U18+ F
 U19+ M
 EXCEL PLAYERS AT THE NATIONAL TEAM, SEMI-PROFESSIONAL, AND PROFESSIONAL LEVELS SHIFT THEIR FOCUS TO PERFORMING AT THEIR BEST NOW THAT THE MAJORITY OF THEIR SOCCER ABILITIES HAVE BEEN FULLY DEVELOPED. THEY ARE CONCERNED WITH FAST ADAPTING APPROACHES TO CHANGING DEMANDS, CREATING A PRE-TRAINING AND PRE-MATCH REGIMEN, AND MAINTAINING OPTIMAL PHYSICAL AND PSYCHOLOGICAL HEALTH.

7. ACTIVE FOR LIFE
 BOYS AND GIRLS OF VARIOUS AGES AND ABILITIES, AS WELL AS MEN AND WOMEN, PLAY SOCCER FOR ENJOYMENT AND FITNESS AT THIS LEVEL. THEY COULD BE YOUTH PLAYERS WHO DO NOT WANT TO PURSUE HIGH-PERFORMANCE PLAY THROUGH THE EXCEL PROGRAM, PREVIOUS COMPETITIVE PLAYERS WHO DO NOT WISH TO PLAY INTERNATIONALLY OR PROFESSIONALLY, OR THEY COULD BE BRAND NEW TO SOCCER. THE FRAMEWORK OF THE GAME IS ALWAYS ADJUSTED TO THE LEVEL OF PLAY, THE NUMBER OF PLAYERS, AND THE AVAILABLE SPACE.

[Canada Soccer Pathway / LTPD](#)

Chinooks FC

Player Management Processes

Player management Processes are driven by progress through the pathways described earlier. The processes embrace the following components:

- Player Registration processes and compliance with CMSA registration requirements
- Player on-field evaluations to support team selections
- Player mid season and end of season coach assessments
 - For player development tracking
 - For input to team selections
- Technical Evaluation team in place – management and organisation for players evaluations and team placement, team assessments and team formations
- Bio-banding considerations (in line with CMSA guidance and processes)

Team selection and placement is age specific and consideration of tiering starts at the U12 age group in line with CMSA League structure for competitive play. Pre-grassroots has no consideration of skills grouping. Grassroots also has limited consideration of skills grouping, however the Skills Centre program does seek to provide players seeking additional challenges, sessions and grouping which offer this. For both these age groups the emphasis is on LTPD training principles in **the LTPD Fundamentals and Learning to Train Stages**. Aspects such as playing with friends, local community location of training facilities, appropriate time of day for training and training in small groups are primary considerations for pre-Grassroots and Grassroots.

Throughout the program, players have opportunity to progress through the pathway streams and to play on higher tiered teams through the player assessment processes applied.

Chinooks FC

Player Management Processes

Emphasis of player growth and development and team placement for the U13+ age groups implements the ongoing in season coach assessments for players within Chinooks.

The completed assessments are:

- Sent to players
- Sent to parents
- Discussed between players and coaches
- Held within a Chinooks Player Development Database
- Used to track player development
- Used within the evaluation processes for team selections

It is recognised and understood that **Players seek opportunities to progress to play at higher standards** and have opportunity to play on higher tiered teams and have opportunities to move across streams and pathways. The Player Evaluation processes offer this opportunity and specifically addresses the question of players being ready to play at a higher Tier or age group.

In addition to the evaluation processes, player development opportunity is further supported through:

- Bio banding applying the CMSA guidance
- Age group play ups – team selections are made with this objective in mind
- Training play up opportunities
- Age Play up opportunities
- Team Tournament play up opportunities

The process of player management and pursuing appropriate opportunities and pathways for players requires close coach to coach communication which is applied under the facilitation and support of the club TD.

Chinooks FC

Program Delivery

The Chinooks Program is delivered through the following processes and activities:

- Guiding Principles applied to on-field delivery
 - Application of Canada Soccer Grassroots Standards
 - CSA Grassroots standards
 - Application of Canada Soccer Skills Centre manual and Dedicated Player Program
 - CSA Skills Centre Manual
 - Application of Canada Soccer Long Term Player Development
 - CSA Long Term Player Development
- Ongoing Coach Education to support the program
- Appropriate Coach allocations to teams (considering required coaches qualifications for age, level and tier of play)
- Coaching on-field delivery
- Program planning
- Program Registration and Administration processes
- Compliance with CMSA Player and Team registration processes
- Communication to members on program content and details
- Communication to members on team placement
- Team periodization input to program planning, with consideration of periodization best practices

Chinooks FC

Playing Philosophy

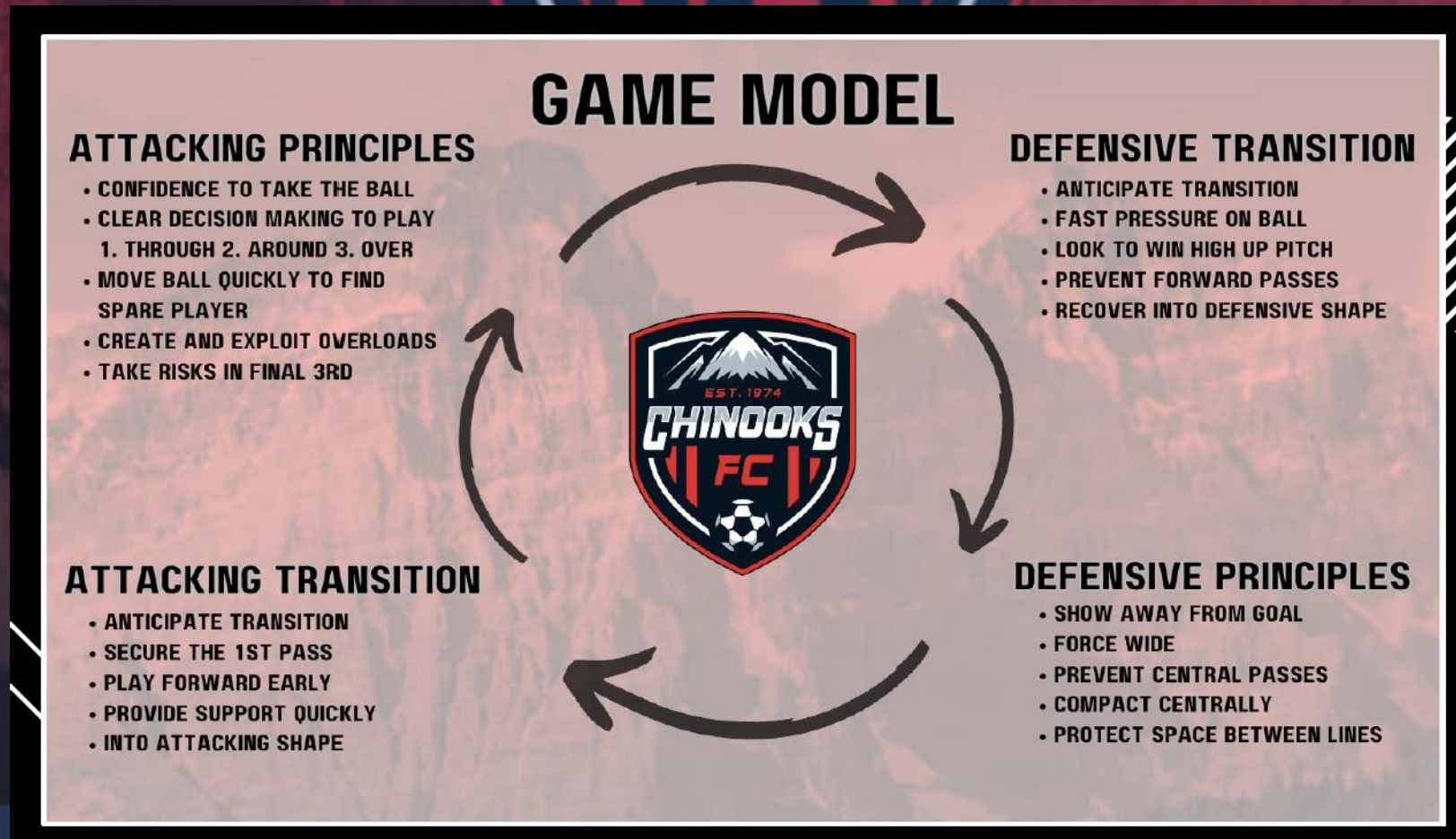
Overall Philosophy (Technical)

- Our Playing style has its foundation in our Game Model (see slide 18)
- We praise and applaud good footskills and ball mastery
- We support (the right type) of risk taking
- We do not play kick and run or dump and chase (we discourage this)
- We typically play out from the back, embracing a 'Possession with Purpose' approach
- We play with vision and awareness of the field of play (heads up soccer)
- We use wide play to exploit space
- We play the game at speed
- Goalie distribution is typically wide and accurate, (short and long options)
- We close down opposition space when not in possession (including chasing back)
- We apply correct tackling techniques to win the ball (close space, not diving in)
- We coach correct marking of opposition players (goal side, touch tight)
- We coach positions and how to retain formation and support play
- Each Team will have an outline Game Plan
- Player and Team Development shall be within the context of the Game Model / Plan

Chinooks FC Game Model

Chinooks have developed a detailed Game Model which provides both a summary and a detailed break down of the style in which Chinooks seek to play its soccer and our principles of play.

The Chinooks Game Model consists of the following content (extracted from the full detailed model):



Chinooks FC

Training Methodology

The Chinooks Training Methodology is embraced within the practice, Skills centre and Academy structures outlined in the Coaches Manual section 4. The framework for training applies the guiding principles referenced in section 9 Program Delivery.

Practice structures are mandatory for all teams U13+ The Coaches Manual Section 4.0 describes these structures and types of practices applied and also addresses aspects such as coaching styles for coaches reflection on effectiveness of delivery. Chinooks adopt a 'Transformational Coaching' approach and is:

- Player focussed / centered
- 4 corners of Development focussed
- Performance focussed (with metrics for success defined)
- Applies a Process (and the principle of trusting the process)
- Does not focus on winning
- Upholds the coaching values stated in section 12. Coaching Strategy
- Applies the best in class practice, Skills Centers and Academy structures
- Provides a Safe Environment at all times for its players, members and stakeholders

All practices are age specific and consider the guidance and curriculum within the Canada Long Term Player Development Program. The season long curriculum is followed and all practices, skills centre and Academies are age and skills level specific. As explained in the Chinooks Game Model, the Game Model forms the foundation for training and provides the basis for the style and principles of play coached.

Chinooks FC

Sports Science and Medicine Plan

The club implements a Sports Science and Medicine Plan incorporating conditioning and sports injury prevention sessions. The club engages third party specialist and qualified support through 'Balsom Sports Performance'.

Chinooks FC work in partnership with **Balsom Sports Performance (BSP)** to provide an elite sports science program for Chinooks FC players.

This additional fitness training is incorporated into the weekly program for all U13+ teams and is applied to the U10-U12 age groups on select times throughout the season. Balsom have developed a detailed training plan and curriculum and offers tailored advice and additional support as requested by coaches and / or teams and players.

BSP's team includes Dan Balsom and Jessica Leemans, who have both played university/NCAA soccer in England and the US, and have since been training soccer players and many other high level athletes for almost 20 years in Calgary. Alongside their practical experience, Dan is currently writing his doctorate thesis on change of direction speed, while Jessica is completing her research on injury prevention and rehabilitation.

Through practical experience and education, BSP's philosophy focuses on addressing coordinative methods to dramatically improve key requirements for soccer players; namely speed, agility, power, sprint repeatability, and technical skill acquisition.

In collaboration with the Chinooks FC technical team, all sessions are tailored for each team based on age, testing results, technical ability, time of the season and game schedules. Each session includes a soccer specific warm up and cool down, alongside drills working on improving strength, movement efficiency, sprint and change of direction mechanics, and importantly endurance work. By encompassing all of these elements into our programming, this ensures players can transfer these physical improvements onto the field, where it matters most.

Click on the logo below to learn more about Balsom Sports Performance.



Chinooks FC

Mental Skills Training

The club offers mental skills training focussed on delivery for the U13+ age groups. The club utilizes coaches qualified in the field for delivery. The program is structured around classroom and on-line session delivery. An example of mental skills content is as follows:

Mental Skills in Sport

Once you get to a certain level of competency in sports, “the mental skills become as important as the physical skills,” writes Gary Mack, sports psychology consultant to Olympic athletes (Mack & Casstevens, 2001).

“Whether competing with elite athletes or as an amateur, hanging in and being calm under pressure, remaining focused, and maintaining selfbelief are all vital aspects needed to push personal limits” (Sheard, 2013).

Mental Skills in Sport

- Motivation
 - Goals
 - Reflection
- **Confidence**
 - **Modelling – imagery, performance routines, selftalk, trust and believe in yourself and abilities**
- Knowledge
 - Of the game (and including opposition)
- **Performance**
 - **Focus on performance, not results**
 - **Follow and trust Game Plan**
 - **Focus on what’s in your control**
 - **Routines (especially pre-game)**
 - The above approach helps remove pressure and retain focus**
- Handling Pressure – anxiety management
 - Relaxation
 - **Emotional control in preparation and in games**
 - **Proactive, not reactive**
 - **Performance focus**
 - **Uphold your Values**
 - **Embrace Challenges**
- **Parent Support** (and team support)

Chinooks FC

Technology Support Plan

At Chinooks we believe in the use of technology to support our club in various ways to add value and efficiencies to program delivery from administration through planning, logistics and technical on-field delivery. This can be from using programs such as TeamSnap to support our communications within the club or using video analysis to support and improve our players development.

Examples of the Use of Technology to leverage from and support Player Growth and Development includes:

- Sport Session Planner for Planning of all on-field sessions
- Video Analysis of games, using state of the art veo camera and analytics capabilities, delivered by coaches qualified in video analysis
- On-line platforms and apps to assist with skills development (e.g. coerver coaching apps)
- Video conferencing platforms for delivery of presentations and classroom activities
- Google apps and microsoft suite of software
- Use of Team Snap for all Team management tasks and scheduling
- Use of website and social media



Chinooks FC

Program Outcomes and Success Factors

The implementation and success of delivery of the Technical Plan is based on objectives, outcomes and success factors and metrics as follows:

Chinooks seeks for a number of **desired outcomes** all of which are founded on upholding the Chinooks 4C's. :

- ✓ Maintaining the Health Safety and Welfare of all who are part of or interact with our program
- ✓ Maintaining a duty of care to all who participate or interface with the Chinooks program
- ✓ Upholding our values and the 4C's at all times
- ✓ Player and member loyalty and enjoyment of our program
- ✓ Player retention
- ✓ Player Growth and Development
- ✓ Sustainable Club Growth and Development in line with the Strategic Plan
- ✓ Delivery of a best-in-class program
- ✓ Application of Continuous Improvement Processes and Practices
- ✓ The application of best-in-Class Transformational Coaching approaches
- ✓ Continuing Coach Education
- ✓ Coach Growth and Development
- ✓ Coach retention
- ✓ Diversity and Inclusion (in support of the club policy)
- ✓ Playing a key active positive and supportive role within our community
- ✓ To implement and uphold all the club policies and standards
- ✓ To be a responsible organisation with respect to the environment and club environmental footprint
- ✓ To deliver prudent financial management (related to the Technical Plan and Technical Program)
- ✓ To be accountable to deliver appropriate, effective and efficient governance
- ✓ To uphold fiduciary duties

Some of the **key measurements of success** can be summarised as follows:

- ✓ The highest standards of player health and safety and welfare when engaged in program activities
 - ✓ Metrics of zero safety incidents related to the Chinooks program
- ✓ Validation and verification of all program stakeholders upholding the Chinooks Values and 4C's
- ✓ Feedback of player enjoyment – through member and team surveys and player and parent discussion with coaches
- ✓ Feedback of satisfaction with player growth and development
- ✓ Feedback of valued community support
- ✓ Player loyalty and retention throughout the Chinooks program and progression from Youth soccer to Adult soccer
- ✓ Coach commitments to ongoing education
- ✓ Coach retention and satisfaction
- ✓ Rigorous application of continuous improvement processes
- ✓ Minimising complaints and satisfactory resolution of complaints

Chinooks FC

Timelines

The detailed Technical Plan contains a SMART Goals Plan and Timeline for delivery of the activities, tasks and key outcomes for delivery of improvements in the Technical Program and to align with the Club Strategic and Operational Plans.

These timelines include short (current year), medium (1-2 years) and long (3-5 years +) term plans for program sustained growth, development and improvement. A summary of the Technical Action Plan timelines can be seen within slides 2-5 within this presentation.

The Technical Plan is subject to ongoing review and is formally updated annually.