



THE CHINOOKS WAY

Purpose



- The Chinooks Way is a document that extracts key elements of the Chinooks Program as a summary of the Chinooks Approach to Program delivery and embracing Chinooks Cultures
 - The material is extracted from:
 - The Chinooks Technical Plan*
 - The Chinooks Game Model*
 - The Chinooks Coaching Manual*
 - The Chinooks website*
 - Chinooks policies*
 - The document is intended to provide members and those interested in the Chinooks Program a summary understanding of who we are and how we deliver our programs
 - Full detailed information on the Chinooks Program can be found on the website and in the above referenced documentation
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"The philosophy of Chinooks FC is to use both personal and soccer development to build a positive community with families in Calgary."



CULTURE

COMMUNITY

THE



4 C'S

COMMITMENT

CHARACTER

Why the Chinooks Way?



- Create a soccer culture
- Maximise our players learning and development
- Address key stages of learning and development
- Provide our principles from the first time they play with the club until graduation from the program
- Work together to build a stronger community and support our "4 C's" values

Active Start – Active for Life

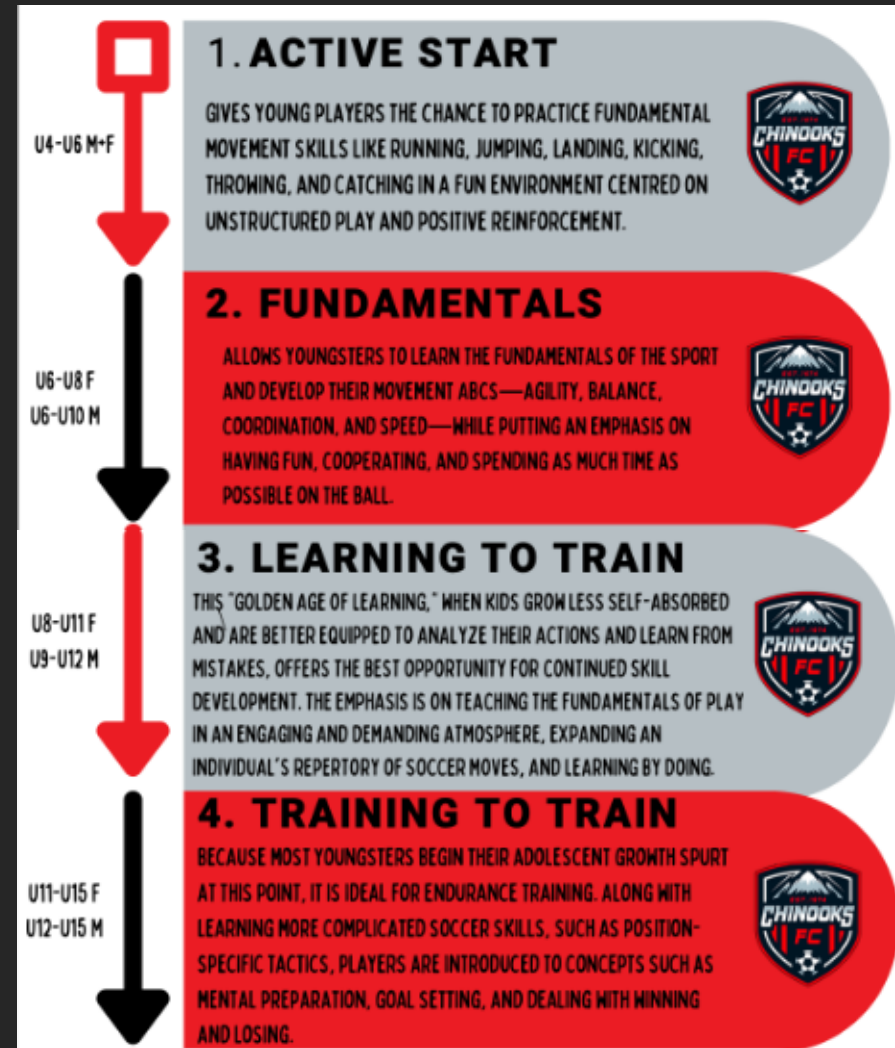
- Create and implement the clubs Game Model and Principles of Play
- Create a model to ensure our players learn and develop at the club
- Apply CSA, ASA, CMSA and International best practices for player growth and development (including CSA LTPD)
- Develop! Not only as soccer players, but socially and psychologically to have a healthy life
- Train through our principles and grow with the club
- Support our players in wherever their soccer path may lead



Chinooks FC LTPD

Chinooks supports the Canada Soccer Pathway LTPD and runs a curriculum that corresponds to each of the seven levels of the LTPD. Chinooks coach education incorporates CMSA standards for all Grassroots coaches to complete. Soccer Grassroots Coach Education Theory and Practical for U3-U6: Active Start; U7-U9 Fundamentals; U10&U11 Learn to Train; and U13-U19 Soccer for Life for all U12-U19 Coaches. The Chinooks program refers to and gives coaches access to all CSA LTPD content and supporting resources, as well as training model samples and templates, and the Chinooks Skills Centres, Academy, and Training and Practice programs all employ LTPD principles in their structures and curricula.

<https://www.canadasoccer.com/play-landing/canada-soccer-pathway/>





LTPD Continued

U15-U19 F
U15-U20 M

5. TRAINING TO COMPETE

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.



U18+ F
U19+ M

6. TRAINING TO WIN

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.





Skills Centre Structure

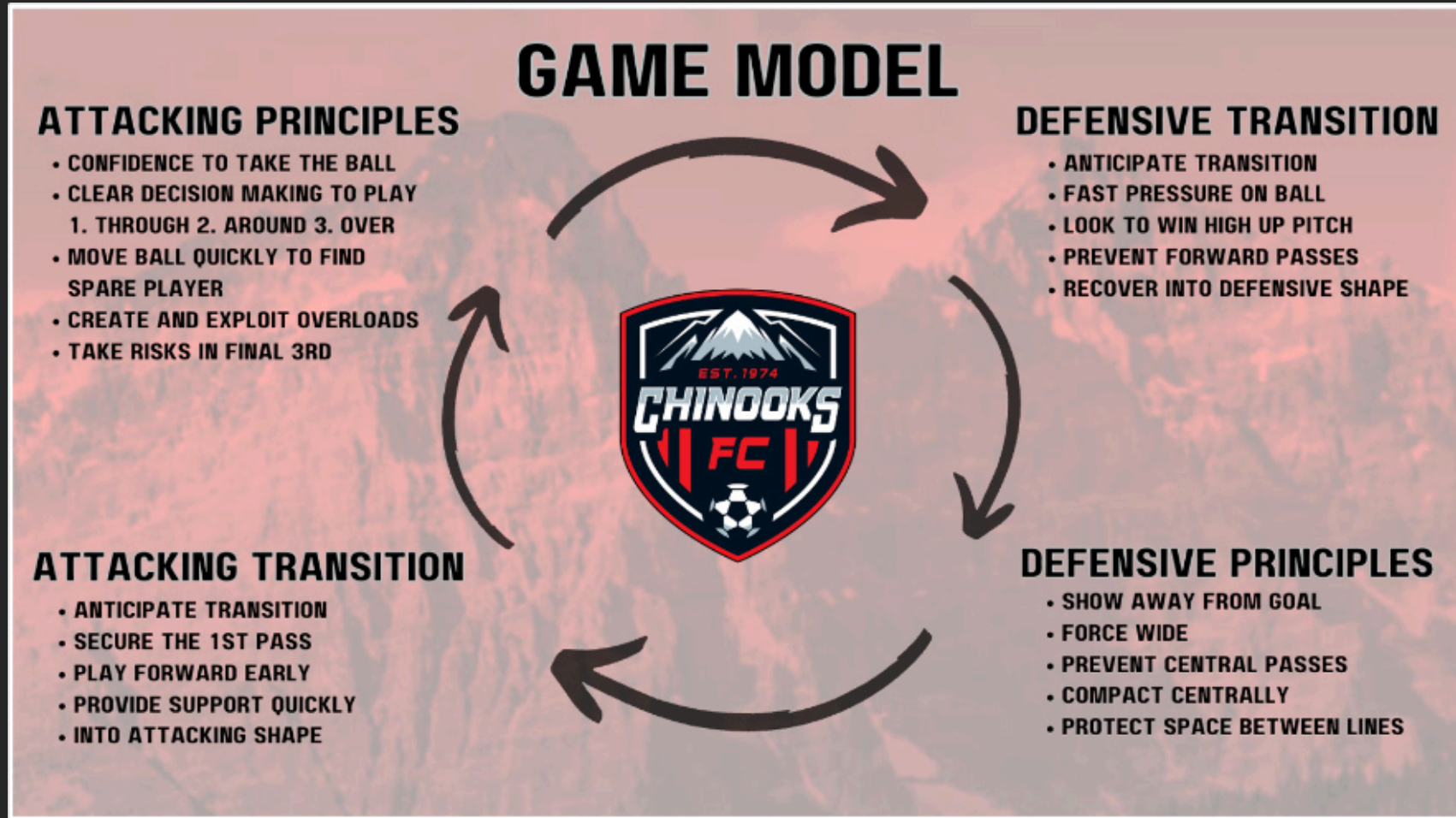
Our skill centre practices (Grassroots U8-12) are run in a carousel format which aligns to the CSA skill center manual.

https://canadasoccer.com/wp-content/uploads/2021/05/Canada-Soccer-Skill-Centre-Program-Manual_EN-updated.pdf





The Chinooks Game Model





The Chinooks Game Model Continued

- Our game model provided in the previous slide is a base for all of our teams to follow
 - Coaches will modify their strategies based on the players on their team, but they will always incorporate these concepts
 - By creating principles as shown, all of our players, no matter the age will learn the clubs style of play, creating fluidity as players move from age groups to new coaches and teams
 - Depending on the age group, the game model will either be more comprehensive or more simple to help each player comprehend it better
 - We assign numbers for each position, and each player will receive instruction on the fundamentals of that position. This gives every one of our athletes the chance to fully comprehend every function and perform every position with an understanding of their role
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Pitch Geography and Tactical Periodization



All sessions at Chinooks are created with pitch geography in mind. This allows us to work in a very specific space on the field making our sessions game realistic and precise.

About 35 years ago, Vtor Frade, a sports science professor at Porto University in Portugal, developed the tactical periodization strategy for football training. Since then, several of the highest-achieving managers have followed this philosophy, including Jose Mourinho, who was among the first to do so. Vtor Frade believed that rather than just one element being focused on during the session, every part of the session should include every element at once. This makes this approach different to a traditional approach in which sessions would typically be run in a more basic format.

Warm up - no ball, jog and stretches,

Physical - no ball, sprints, strength or agility training

Technical - dribbling, passing or shooting

Small sided game

Tactical Periodization

By following the tactical periodization ideology, sessions should always include all 4 corners of player development. For example:

Warm up - possession game, in a large space with short breaks to stretch. This ensures that players are preparing themselves physically for the session as well as working on their technical/tactical, social and psychological elements also.

2nd part – Small groups focused on a technical/tactical element that also include the other elements

3rd part – Similar to part 2 with the same amount or more players

Small sided game – integrating all of the session together using relevant conditions, challenges and targets to ensure that all elements are met and the small sided game is relevant to the other drills that have already been done.

“Any technical or physical action always has an underlying tactical intention”

(AMIERO, OLIVEIRA, RESENDE & BARRETO, 2006)



Continued

A quote by Tee, Ashford and Pigott (2018, p1) states “the key tenet of tactical periodization, is that training should never separate the physiological, tactical, technical and psychological elements of the game”. Rather than focusing on one or two elements, tactical periodization promotes all elements (physical, psychological, tactical and technical) to be trained at all times. Each training session can be focused around the specific game model created ensuring that time isn’t being wasted focusing on a tactic we may not use. Jose Mourinho who used this method successfully said “For me training means to train in specificity. That is, to create exercises that allow me to exacerbate my principles of play.” (Mourinho, in Amieiro et al, 2006) The sessions will all be specific to game like situations. By creating these situations everything can be taken straight from the training ground onto the pitch. By training all elements at once rather than a specific at a time, we are creating overall better football players.





Match Day Relevance

Given constraints of facilities and match day scheduling, at Chinooks we cannot have a rigid program in which we follow with regards to match days. Since most teams will practice three times a week, we still have time to adhere to basic rules of match day relevance.

Sessions will vary due to how close we are to the match day. As shown in the graph, Match day -4 or -3 will be general practices with no specific positions or pitch geography. These sessions will be extensive and players will have a higher training output.

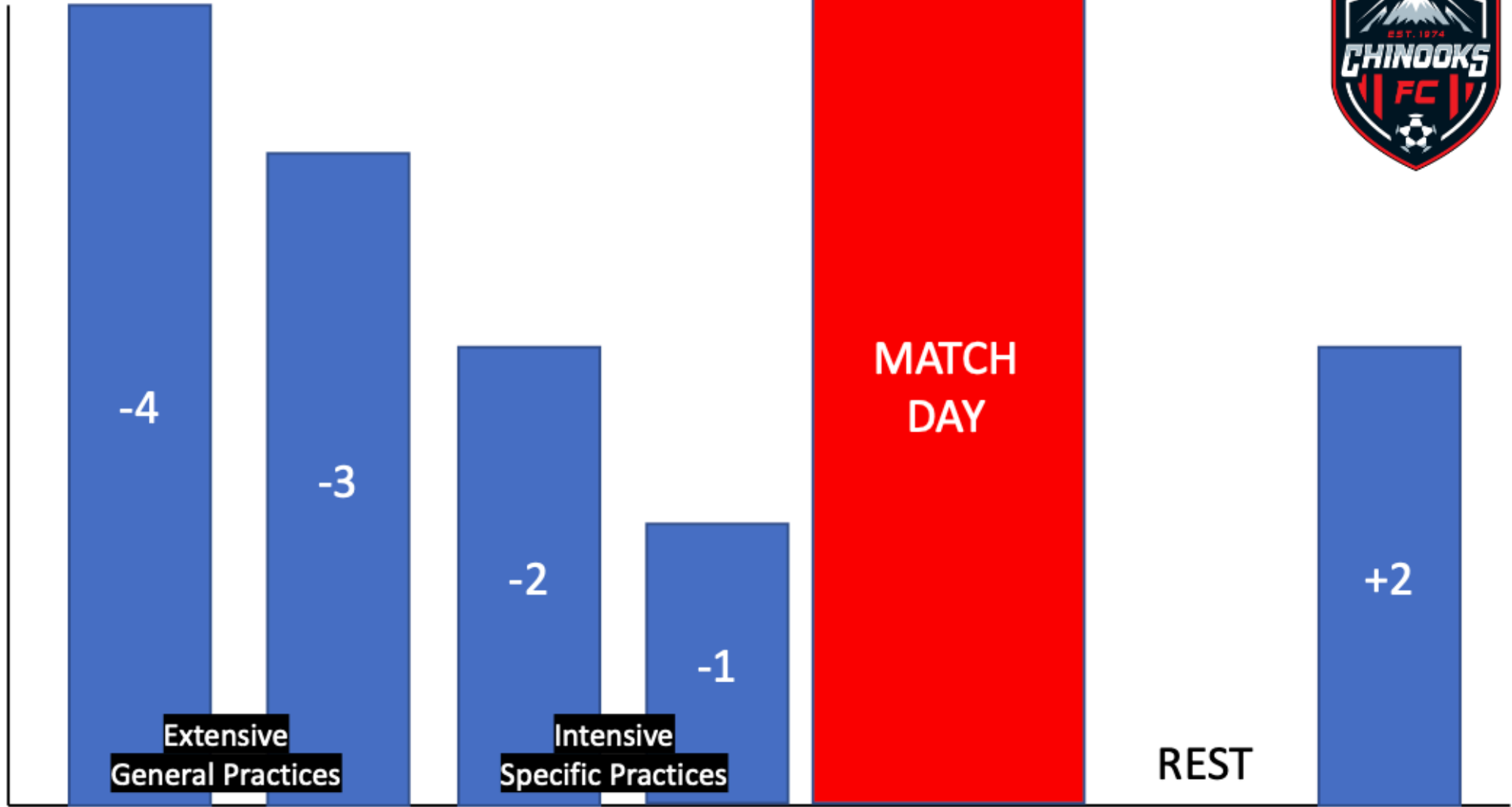
Match day -2, -1 will be more intensive, very relevant pitch geography and positions and will be focused on the tactical side in each specific position that the players play.

An example is shown on the next slide.

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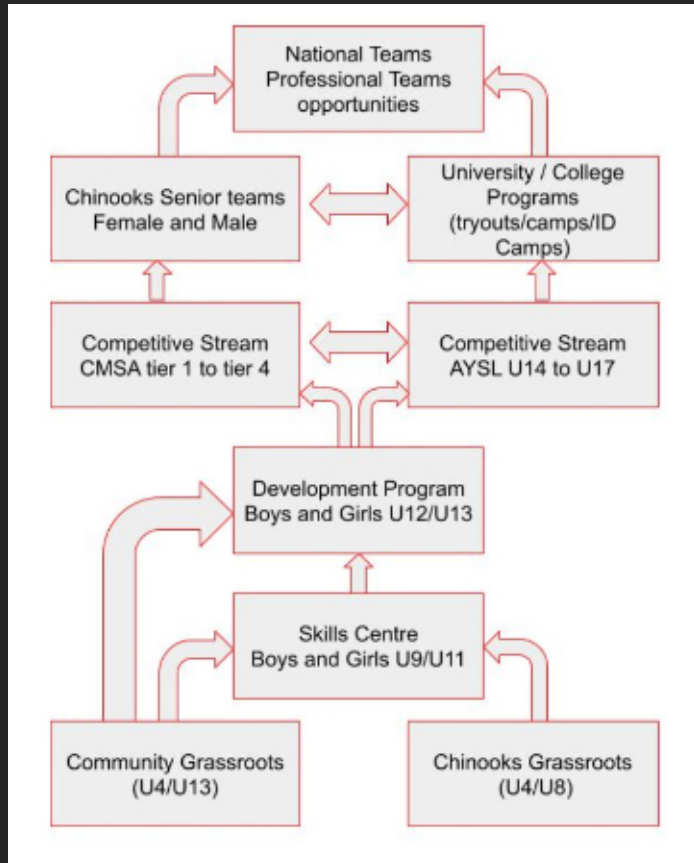


Training
load





Chinooks Player Pathway



The Chinooks pathway embraces at the youth level, internal pathways and those offered at District, Provincial and National Level in addition to adult stage graduation opportunities. An overview is shown on the graphic. The pathways include:

- CMSA Grassroots and League play
 - Recreational and Developmental in LTPD stages 1-3
 - Competitive soccer across tiers in LTPD stages 4-5
 - Graduation to adult soccer in LTPD stages 6-7 (CUSA adult league options)
 - CSA LTPD principles are applied across the Chinooks Program
- AYSL - Chinooks seek to participate through CSA licensing. Prior to full club participation the club collaborates with National Youth Licence clubs to offer this pathway
- Chinooks FC pathway into adult soccer (see above)
- College/University soccer participation in showcase tournaments to provide players the best opportunity to progress in soccer
- Development of relationships with local University and College programs
- In addition to player pathways, the club supports and offers coaching and refereeing pathways and opportunities



Canadian National Team

Cavalry FC Pathway



Top Professional Players

At the end of the U20 program, players will either:

- A) Sign Professional Contract
- B) Go to University / Play USL2
- C) Remain in the Amateur system

Fully Funded Program

The top 16-19 year olds selected for a FT program:
Launched Apr 2019

ID Camps

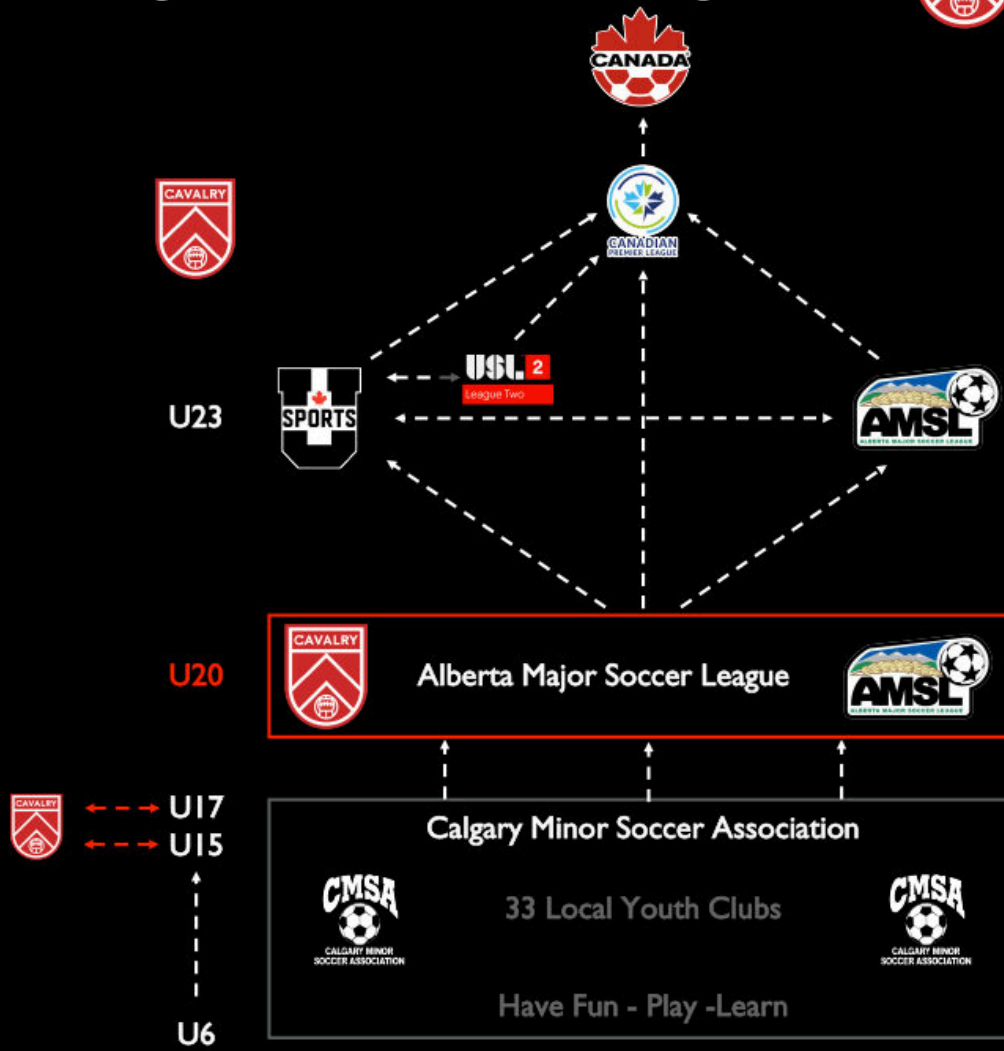
2-4 per year

Projected timelines:

U17 Launched Winter 2019/20

U15 Starting Winter 2020/21

Players remain with clubs and are scouted, then invited to Cavalry FC combines / camps



Chinooks FC supports the Cavalry FC player pathway as shown to the left. This is integrated with CMSA's clubs and will provide our players at the club, the best opportunity to progress as far as possible within soccer.

The club has strong connections with Cavalry, including past Chinooks players representing Cavalry and programs where Cavalry players support the Chinooks coaching stable.

The club actively participates in Club Cavalry days and the related opportunities for players and Coaches.

<https://cavalryfc.canpl.ca/pathways>



Individual Development Program



At Chinooks FC, we support the advantages of ongoing assessments and an IDP (Individual Development Plan) for every individual. The 4 corner model developed by the FA of England is the main emphasis of these scores.

<https://learn.englishfootball.com/articles/resources/2022/the-fa-4-corner-model>

Player assessments support identification of opportunities for players to progress within and across streams and pathways internal and external to the club.

IDP'S

Coaches can identify areas for growth by routinely evaluating each player individually. However, players and parents can also identify these areas by receiving this information. This information is vital in each player's development.

We may then integrate individual or group challenges throughout our session to help players in any areas where they may be weak by focusing on specific aspects of each player. For technical skills that either need to be mastered or that players want to improve, we also offer individual camps (skills clinics).

The **Sporting Resource** identifies these points as benefits of an IDP program.

- **“Holistic Growth:** IDPs promote well-rounded player development by addressing technical, tactical, physical, psychological, and social aspects of the game. This holistic approach ensures that players become not only skilled players but also responsible, confident individuals.
- **Goal Setting:** IDPs allow players to set specific, measurable, achievable, relevant, and time-bound (SMART) goals. This clarity helps players track their progress, stay motivated, and take ownership of their development.
- **Adaptability:** Through regular assessments and revisions, IDPs adapt to a player's changing needs and circumstances, ensuring that the development journey remains relevant and effective over time.
- **Player-Centered Approach:** IDPs shift the focus from a one-size-fits-all approach to an individualised strategy. Coaches gain insights into each player's strengths, areas for improvement, and learning preferences, allowing for tailored training sessions and guidance.”

<https://thesportingresource.wordpress.com/individual-development-plan-idp/>

[#:~:text=Individual%20Development%20Plans%20are%20powerful,towards%20reaching%20their%20full%20potential](#)



IDP's age Specific

- IDP's are applied for LTPD Stages 4,5 and 6, typically for players U13+
 - In exceptional cases, IDP's can be applied for younger players who show development and maturity such their soccer growth and development and pathway aspirations would benefit from the player through applying an IDP process
 - IDP's are completed through a process of self-assessment, coach assessment, reflection, review and update throughout each season
 - IDP's facilitate the club actively engaging, assessing and recording player development and ensures discussions on player growth and development and staying on track in pursuit of the right pathways
-

Goal Setting



Goals	Short Term Up to 4 weeks	Medium Term 4 weeks – 3 months	Long Term 3 months – 1 year
<p>We believe that goals are vital for individual development. By creating SMART (Specific, Measurable, Achievable, Relevant, Time Based) goals, not only can players see their own development and build confidence, the coaches can too</p>			

Evaluations

- Team Selections are dependent upon age group grassroots and league play competition
 - Grassroots soccer does not apply an evaluation process and focusses more on grouping players based on friendships
 - Competitive Team Play Age groups (U13+) utilize player assessments (evaluations) which incorporates:
 - Season Coach Assessments
 - Player on-field Evaluation sessions
 - The Player Assessments intent is to group players of similar abilities to play appropriate league play tiering
 - The following slides outline the evaluation assessment tools used by coaches within the club.
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Evaluations



Player Name	#1 Position	#2 Position
Age	Team	Tier

What are your strengths?	
What would you like to improve?	
What do you find difficult?	
What do you enjoy during practice?	

Key for Evaluations

KEY	
1	Player needs to develop in this area
2	Player is working towards meeting age objectives
3	Player is meeting the age objectives
4	Player is exceeding age objectives

A simple 4 point assessment allows clear indication of a players development within his / her age specific program and level of play.



<i>Technical</i>	Score	Notes
<u>In possession</u> - on the ball		
<u>In possession</u> - field awareness		
<u>Transition</u> - transition speed		
<u>Out of possession</u> - winning the ball back		
<i>Physical</i>		
Agility		
Strength		
Co-ordination/balance		
Speed		
<i>Psychological</i>		
Confidence		
Commitment		
Control (mental)		
Concentration		

Social

Enjoyment

Helping other/leadership

Communication

Involvement

General Comments**Recommended pathway opportunity -**

Coach Development

At Chinooks, our goal is to support our coaches as they pursue their coaching aspirations. We accomplish this by funding for the courses and offering our candidates mentoring support from our higher qualified coaches to assist them along the way. Not only do we provide support in person, but they will also receive video analysis, evaluations and consistent feedback to help them succeed on their coaching pathways.





Coach Recruitment

- While we want to appoint the best coaches available, we prioritize hiring local talent to support our "4 C's" belief at the club
 - Coaching courses provided to assistants, both present and prospective, who wish to advance in their coaching careers
 - Chinooks offers and encourages players of both genders U17+ to embark on their coaching journey with the club
 - The club looks to partner with Canadian and International universities to recruit coaches with relevant qualifications
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Coach Recruitment – Women in Coaching

- Chinooks FC seeks to inspire its female athletes to pursue careers as coaches. Despite the tremendous contribution that women make to the Canadian sports industry, the nation lacks coaches
- We will look to encourage and support all of our female coaches on their journey through the coaching qualifications and within their pathway at the club
- With only 2 female coaches at this current time, we aim to increase this dramatically over the next 5 years. These coaches will either be head coaches or assistant
- <https://coach.ca/women-coaching>



Coach Retention, Assessment, Advancement and Recognition Strategy

- Chinooks believes by providing regular assessment of our coaches, we can provide the highest level of coaches for our players
- This also encourages retention as coaches can see that the club is interested in their development and will support them
- Enrol current technical staff onto the youth licence, children's licence, B licence and/or A
- Chinooks will provide all funding for coaches to embark in their coaching pathway
- Offer incentives for coaches who have been at the club long term
- Coach in the AYSL leagues with opportunities to travel nationally
- Fund conventions internationally to educate our coaches

