

PRINCE GEORGE
YOUTH SOCCER ASSOCIATION

2021 Program Structure

Game-Day Procedures &
Stages of Development



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MESSAGE FROM THE CLUB MANAGER

“Never forget where you came from, never forget where you are going and never forget those who have helped and supported you along the way”. This is a creed I live by every day. Born and raised in Prince George until I was 19 years old, my family and the soccer community played an important role on my path to become a Husband, Father, Sport Scientist, Coach, Educator and Director.

After a subsequent twenty-one-year journey throughout the USA and Canada, the opportunity to come back home presented itself in early 2018. I cannot thank those who have made the dream of guiding and supporting the Prince George soccer community enough, nor the athletes, mentors, peers, co-workers and sport scientists/professors, I have had the privilege of working with over the past two decades.

Relationships and partnerships are at the core of my developmental philosophy. Today’s younger generation desires belonging, being valued and heard, while being part of something bigger than us all. Although a dedicated framework and structure are integral to the overall success of any ‘system’, building a community connection and a family-based environment is what drives long term sustainability and viability.

Every participant deserves the opportunity to strive for their individual dreams and goals. Our responsibility as life-coaches is to open as many doors as possible and push aside roadblocks that inhibit the success of our youth. The internally driven participant wearing the badge of a Club that is dedicated to the collective success of its members, is a united and relentless force.

We are one, we are united, we are PGYSA/IMPACT.

Sincerely,

Coach Terrol G.G. Russell

CLUB INFORMATION

General Information

- To contact the Club for information, questions, or queries, please email indoor@pgysa.bc.ca.
- Club Website (HTTP:) pgysa.bc.ca
- Club Contacts: <https://www.pgysa.bc.ca/page/show/5362959-current-staff-and-board>
- Clubhouse and Rotary Field Address: <https://www.pgysa.bc.ca/page/show/6215056-contact-us>

Club Policies/Procedures/Codes of Conduct

- Policies & Procedures: <https://www.pgysa.bc.ca/page/show/6253302-policies>

CONTACT INFORMATION

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2021 PGYSA PROGRAM STRUCTURE

PHYSICAL LITERACY SOCCER (3-5 YEARS OF AGE)

The U3/U4/U5 Physical Literacy Soccer program is focussed on fundamental movement skills development, fundamental soccer skill development, is an introduction to group-based interaction and is also an opportunity for parents to be involved with their child(ren). The parent/guardian & child play together informally in an environment promoting running, jumping, twisting, kicking, throwing, catching, tumbling, etc. Staff Coaches run the sessions and parents may participate on the field with their child.

SESSION DURATION:	One session weekly - 45 Minutes with 15 Minutes of free time.
COMPOSTION:	Coed. Agility and Coordination exercises finishing with a Game-related activity.
COACH STRUCTURE:	Staff Coaches and Parents work together with small group of children.

ACTIVE FOR LIFE - GRASSROOTS YOUTH GAMES (6-8 YEARS OF AGE)

A continuing focus for this group is Physical Literacy development but with the addition of more ball integration through games. Coaches conduct a warm-up with the players, where we instill a focus on full body movement. Centred around a fun and active learning environment, young players start to learn how to play the game within a small group. The focus is on encouraging each player to gain a love for soccer and a love for playing with a ball at their feet. Building a foundation at this early stage help to build competence, confidence and added enjoyment.

SESSION DURATION:	60 Minutes
COMPOSTION:	Coed. 15-minute warm-up activity with an approximate 40 min game/5 min halftime.
COACH STRUCTURE:	Club Staff Coaches oversee all games. Volunteer bench support can be provided if required.

ACTIVE FOR LIFE - GRASSROOTS YOUTH GAMES (9-11 YEAR OF AGE)

Players graduate into the next level of teaching at the Grassroots level. Warm-up includes the ABCs of movement: Agility, Balance, Co-ordination. Movement/exercises are designed to promote an added feel for the ball. Players will be introduced to concepts that promote co-operation between small groups of players. By the end of the season our goal is for the players to gain a deeper understanding while building additional game intelligence and decision-making ability.

SESSION DURATION:	60 Minutes
COMPOSITION:	Coed. 15-minute warm-up activity with an approximate 40 min game/5 min halftime.
COACH STRUCTURE:	Club Staff Coaches oversee all games. Volunteer bench support can be provided if required.

ACTIVE FOR LIFE - GRASSROOTS YOUTH GAMES (12-14 YEARS OF AGE)

The U12/U13/U14 Active for Life Grassroots League is a fun league for youth players that are looking to stay active and connect with other people their age. Social development and health and wellness is the main focus as it helps to transition players into the Active for Life stage of Long Term Player Development. During each game all players show up at the field together, where teams are made and we just 'play'. Club Coaches help the players with technical and tactical instruction, in order to help each player, have long term soccer enjoyment.

SESSION DURATION:	60-75 Minutes
COMPOSITION:	Coed. 15-minute warm-up activity with an approximate 40 min game/5 min halftime.
COACH STRUCTURE:	Club Staff Coaches oversee all games. Volunteer bench support can be provided if required.

2021 PGFC IMPACT PROGRAM STRUCTURE

COMPETITIVE LEAGUE – TRAINING & GAMES (12-14 YEARS OF AGE)

This stage is known as the “Golden Age of Learning”, where intrinsic motivation is developed, players move from self-centred to self-critical, talent is identified, and they have a high stimulation level during basic skills training. This is an important time to teach basic principles of play and to establish training ethic and discipline. Repetitions are important in developing technical excellence and are the groundwork for basic tactical play. The Competitive environment uses constraints-based learning ideals to create an environment that challenges body and brain.

SESSION DURATION: 60-75 Minutes

COMPOSITION: Coed. 15-minute warm-up activity with an approximate 40 min game/5 min halftime

COACH STRUCTURE: Certified Club Staff Coaches oversee all training sessions and games.

COMPETITIVE LEAGUE – TRAINING & GAMES (15-18 YEARS OF AGE)

This stage is known as the “Performance Stage”, where players make the decision regarding their potential future in the game. Training and match-play becomes more performance related, with all technical and tactical outputs specifically related to the next level. Players in this stage maintain a higher level of self-drive and self-determination. The game is no longer so much about fun, as it is driving oneself consistently to its limit. Physical and maturational development requires dedicated position-specific instruction and specialized teachings that are based on each player’s strengths. All program Coaches maintain minimum Provincial and/or National Technical certification alongside NCCP Theory certification.

SESSION DURATION: 60-75 Minutes

COMPOSITION: Coed. 15-minute warm-up activity + an approximate 40-60min game/5 min halftime

COACH STRUCTURE: Certified Club Staff Coaches oversee all training sessions and games.

IMPACT/WFC – BMO HIGH-PERFORMANCE TRAINING ACADEMY (6-18 YEARS OF AGE)

- Club Academy is operated under a partnership between the PGYSA’s IMPACT HP department and the Vancouver WFC.
- Supplementary High-Performance training for the more dedicated Junior/Senior player and parent.
- All sessions are overseen by Club Director and Academy Head Coach – Terrol Russell & certified Academy staff.
- Curriculum focusses on Athlete-specific and Sport-specific developmental criteria.
- Academy participants are provided sport science, testing, tracking, strength & conditioning and pathway development.

SESSION DURATION: 60-75 Minutes

COMPOSITION: Coed. 15-minute warm-up activity & 40-60 min of game-related activities.

COACH STRUCTURE: Certified Club Staff Coaches oversee all training sessions and games.

2021 OUTDOOR SEASON ADDITIONAL GUIDELINES

WHERE DO I GO WHEN ARRIVING AT THE ROTARY FIELDS? WHAT WILL HAPPEN?

PHYSICAL LITERACY (3-5)

- Enter the gate by the Aquatic Centre. (Check the Field Map if needed).
- Walk to the fence along the side of the Aquatic Centre with the Advertisements.
- On the fence there will be pictures of animals.
- Stand beside the picture of the animal that is the same as the group your child has been placed in.
- Your Coach will come get you when the session starts and take you to the field the group will be working in.
- The session will be approximately 20 min of movement exercises and 20 min of game related activity.
 - 15-20 min remain for parent and player to have some fun free time together.
- Players at this age traditionally lose their energy and focus within group activity around the 40-minute mark.
- Feel free to bring water and snacks in a bag to keep at the field.
- 1 Parent is permitted to be on the field with their child as a caretaker. In fact, we encourage parents to be involved.
- ***Note - players at this age do not yet know the rules of play or the rules of specific games like soccer. Similar to other sports at this age, we focus mainly on instilling the fundamental movements skills, the basic rules of play and of soccer.
- Patience and understanding goes a long way when working with this age-group. Some players enjoy playing with the grass and picking dandelions and that is ok.
- Coaches and Parent Caretakers work together to engage the children and promote fun and enjoyment.

ACTIVE FOR LIFE (GRASSROOTS (6-8)

- Enter the gate by the Aquatic Centre. (Check the Field Map if needed).
- The 6-8 Fields will be off to the left.
- The 6-8 Fields are named after European countries.
- Head to the Field that has the same field name that is outlined in the master schedule (Teams/Field/Date).
 - E.g., Team Blue plays Team Red on the Italy Field at 5:30pm
- Your Coach will be at the field ready to start a warm-up.
- The warm-up will be approximately 10-15 minutes, with approximately 45 minutes of game-time.
- We will be playing 5v5, 6v6, or 7v7. This depends on factors like temperature, number of players in attendance, and ability.
- Feel free to bring water and snacks in a bag to keep at the field.
- Please be sure to bring the proper footwear and a pair of shin-pads.
- Coaches are permitted to be on the field with the players.
 - A Parent with a valid Criminal Record Check may help with the players on the bench.

ACTIVE FOR LIFE (9-11)

- Enter the gate by the Aquatic Centre. (Check the Field Map if needed).
- The 9-11 Fields will be straight ahead.
- The 9-11 Fields are named after North/Central American countries.
- Head to the Field that has the same field name that is outlined in the master schedule (Teams/Field/Date).
 - E.g., Team Blue plays Team Red on the Canada Field at 5:30pm
- Your Coach will be at the field ready to start a warm-up.
- The warm-up will be approximately 10-15 minutes, with approximately 45 minutes of game-time.
- We will be playing 7v7, 8v8, or 9v9. This depends on factors like temperature, number of players in attendance, and ability.
- Feel free to bring water and snacks in a bag to keep at the field.
- Please be sure to bring the proper footwear and a pair of shin-pads.

- Coaches are permitted to be on the field with the players.
 - A Parent with a valid Criminal Record Check may help with the players on the bench.

ACTIVE FOR LIFE (12-14)

- Enter the gate by the Aquatic Centre. (Check the Field Map if needed).
- The 12-14 Fields will be straight ahead.
- The 12-14 Fields are named after North/Central American countries.
- Head to the Field where the Coaching Staff has set up a base (Equipment, Pinnies).
- Your Coach will be at the field ready to start a warm-up.
- The warm-up will be approximately 10-15 minutes, with approximately 45 minutes of game-time.
- We will be playing 7v7, 8v8, or 9v9. This depends on factors like temperature, number of players in attendance, and ability.
- Feel free to bring water and snacks in a bag to keep at the field.
- Please be sure to bring the proper footwear and a pair of shin-pads.
- The Coaches will stay on the sidelines with this age-group, unless they step on the field to provide a coaching point or the help the players work through a situation, explain a rule, or if there is an injury.
 - A Parent with a valid Criminal Record Check may help with the players on the bench.

IMPACT COMPETITIVE LEAGUE (12-18)

- Enter any gate and Head to the Competitive League/Academy area.
- The Fields are named after the Club's Life Members.
- All Players attend training sessions and games together at the same time.
- During Training sessions - players are separated into training groups.
- During games - players are separated into teams at the field.
- Players may be moved up or down at any time to make a game more competitive or to provide an extra challenge to an individual player.
- All Competitive League players are trained similar concepts from our Club Development/Playing Model.
- All Coaches in the Competitive League must hold the minimum NCCP (Theory) and Canada Soccer (Technical) certifications or be currently working towards them.
- During training sessions:
 - We start with a movement phase, move into a ball control phase, and finish with a small-sided game phase.
- During matches we start with a group warm-up phase and split into teams, where we play 9v9, 10v10, or 11v11 games.

IMPACT/WFC BMO ACADEMY (6-18)

- Enter any gate and Head to the Competitive League/Academy area.
- The Fields are named after the Club's Life Members.
- The Academy consists of a Junior group (6-11) and a Senior group (12-18).
- During Training sessions - players are separated into smaller training groups.
- The training sessions are built upon a Model that requires hundreds/thousands of touches on the ball. During the small-sided game phase in each session, we constantly adapt the 'constraints' (e.g., angles, direction, number of touches) to constantly challenge players in different ways.
- Our Academy is based on modern principles of movement, action, and engagement. Standing in lines and standing still passing the ball back and forth is NOT part of our curriculum.
- All Academy teachings relate back to concepts from our Club Development/Playing Model.
- All Coaches in the Academy must hold the minimum NCCP (Theory) and Canada Soccer (Technical) certifications or be currently working towards them.

STAGES OF DEVELOPMENT & CLUB RECOMMENDATIONS

PHYSICAL LITERACY SOCCER (3-5)

Characteristics of Development:

- Learning Letters/Numbers/Shapes/Patterns
- Learning Direction & how to track objects
- Learning the fundamental movement skills and how to sequence movements
- Start building a repertoire of movement skills
- Decision making in movement skill selection
- Tendency to gravitate towards laterality for specific actions

Training Recommendations

- Try to keep moving
- Keep it fun and social
- Challenging but not overly challenging
- Purpose to the session
- Include everyone
- Appropriate - space & equipment
- Work on building symmetry between right and left
- Mimicry and modelling
- Cueing & feedback
- Teaching games for understanding
- Introduce multiple different ways of moving in space (e.g., animals)

ACTIVE FOR LIFE – GRASSROOTS (6-8)

Characteristics of Development:

- Co-ordination difficulties (imbalance between length of body and muscle structure)
- Enjoyment of Movement
- Short attention span
- Sensitivity to criticism & a need for individual attention
- Enjoyment of being successful and being praised for it
- Enjoyment of gymnastic type activity
- Ability to work well in small groups
- Influence of parents, teacher, coach

Training Recommendations:

- All sessions should have lots of activity and movement
- General co-ordination activities
- Familiarity with the ball (running, turning, changing direction with the ball)
- Small-sided games

ACTIVE FOR LIFE - GRASSROOTS (9-11)

Characteristics of Development:

- Improvement in co-ordination
- Displays of increase in strength
- Enjoyment of physical contact

- Increase in attention span
- Ability to problem solve
- Sensitivity to criticism
- Enjoyment of team sports/environments
- Recognition of own sporting ability
- Influence of parents, teacher, coach

Training Recommendations:

- Lots of Running, Dribbling and Shooting in game-based scenarios
- Ball Control
- Small-sided games
- Inter-passing