

At the Richmond United Football Club, we pride ourselves on offering all players the opportunity to achieve their highest level of play, through our unique club support programs.

“A better place to play, a better place to learn”

Richmond United FC Advanced (Competitive) Development Program for players born 2008 to 2018



Welcome to the Competitive Advanced Development Program (ADP)

Part of the RUFC LTPD/ADP Program



This 2025/26 Fall-Winter, RFC ADP (Competitive) Program kicks off with the boys and girls from U7 to U18 (2018-2008). This program offers all players the opportunity to showcase and develop their technical attributes, combined with their game awareness in front of our qualified coaches.

The RUFC will be following the 4 cornered approach to player development, Tactical, Technical, Social/Emotional/Psychological and Physical. The RFC will also be offering various support programs throughout the season, to help all players that are serious about reaching their next level.

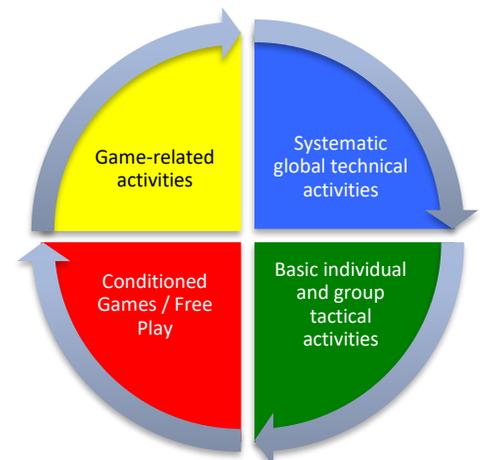
Throughout the Fall-Winter all players will be exposed to a high tempo developmentally appropriate coaching program, based on CSA's LTPD curriculum which offers the ideal development opportunity for every individual in the ADP, to reach his or her highest level. We at the Richmond Football Club would like to thank you for your support during the Spring/Summer program, The club and I *would* like to take this opportunity to wish all the players taking part throughout the Fall-Winter, all the very best. I look forward to seeing you all on the field .

David Thorburn

Technical Director, Richmond FC

DEVELOPMENT STAGE	LEARN TO TRAIN			
	U9	U10	U11	U12
SOCIAL/EMOTIONAL				
Listening	2	2	3	3
Cooperation	2	2	3	3
Communication	3	3	3	3
Sharing	2	3	3	3
Problem-solving	2	2	3	3
Decision-making	2	2	3	3
Empathy	3	2	3	3
Patience	3	2	3	3
Respect/Discipline	2	2	3	3
Fair play/Honesty	2	3	3	3

DEVELOPMENT STAGE	LEARN TO TRAIN			
	U9	U10	U11	U12
TACTICAL				
Possession	2	2	2	2
Transition	2	2	2	2
Combination Play	2	2	2	2
Switching Play	4	4	4	3
Counter Attacking	4	4	4	4
Playing out from the back	2	2	2	3
Attacking Principles	3	3	3	3
Zonal Defending	4	4	4	4
Pressing	3	2	2	2
Retreat	3	3	3	3
Recovery	3	3	3	3
Compactness	3	3	3	2



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Training Schedule

This Fall-Winter ADP program for U7-U18 will run late August 2025 to March 2026. U7-U10 teams will train 2 times per week with inter-squad and exhibition games on weekends. U11-U12 teams will train 2 times per week with weekend games in the BCCSL. U15-U18 Div 1 & 2/U13 & U14 Div 2 will train 2 times per week and weekend games in the BCCSL. U15-U18 Metro/U14 Div 1/U13 Div 1 will train 3 times per week and weekend games in BCCSL.

- **2025/26 FALL-WINTER ODP EARLY BIRD FEES**

- U8 –U10 = \$685
- U11-U12 Div 1 and Div 2 = \$735
- U13-U18 Div 1 & 2 and = \$735
- U13-U18 Metro/U14 Div 1/U13 Div 1 = \$885
- Fee after July 15 will increase by \$75

ADP registration includes:

U7-U10: 2 jerseys, 1 shorts and 1 socks.

U11-U18: 2 jerseys, 1 shorts and 1 socks.

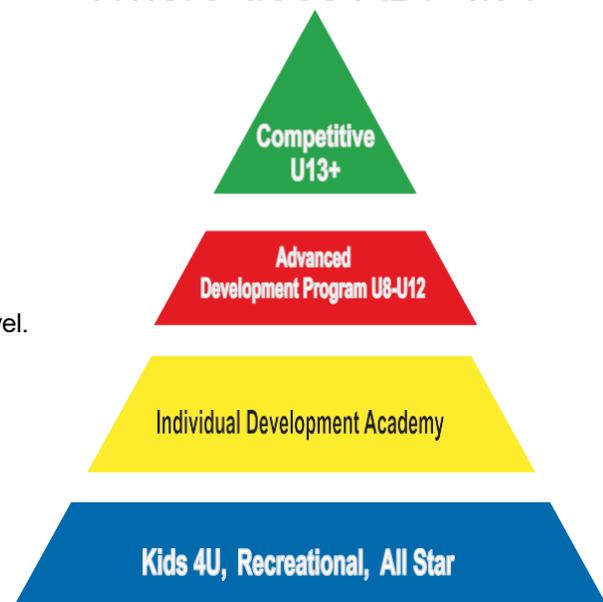
Joma is the New RUFC branded club wear vendor for the 2025/26 season! to purchase training gear, track suits, parka, hoodies, caps, backpacks! Check out the web page.

CLUB DISCOUNTED PROGRAMS

- ADP (Competitive) players also have the opportunity to register for the various discounted support programs,
- “Finishing School” for all positions, Intermediate, Advanced & Performance Level.
- Creative player program: Intermediate, Advanced and Performance Level
- Keeper coaching: Intermediate, Advanced and Performance Level
- Development Academy
- Winter Break Camp & Keeper Camp

- Stage & developmentally appropriate curriculum
- Monthly coach education clinics
- Licensed LTPD Coaching Staff
- CSA/BC Soccer certified team coaches
- Free Goal Keeper training
- 23 Weeks
- Player assessments
- Individual player program
- Player homework
- Festivals TBC
- New club program discounts
- International Soccer Camp Discount

Where does ADP fit ?



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