



**INDIVIDUAL
DEVELOPMENT
PROGRAM
U9-U19**



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Individual Development Program (IDP)

OUTLINE

This winter we will offer an Individual Development Training Program for players who seek to develop their game but may not have a suitable Competitive Team to join within the Club or may not want to play on a Competitive Team, OR may simply be looking for additional training.

BIRTH YEAR

2006-2016

PROGRAM DATES

October 20 – December 22

ON-FIELD LOCATION

SLS Centre, 800 Griffin Road

ON-FIELD PROGRAMMING

❑ **10 Individual Development Training Sessions** | delivered in a small group setting of 3-6 players.

OFF-FIELD PROGRAMMING

- ❑ **Individual Training Plan (IDP)** for each player with action plans & progress tracking
- ❑ **Video Analysis** aligned to IDP
- ❑ **Mental Performance** training

PROGRAMMING DAYS

- ❑ **Individual Session:** Friday Or Sunday
- ❑ **Video & Mental Performance** Coordinated with coach + player

GROUPINGS

3-6 Players per session.

COACHING STANDARDS

Individual development Plans will be developed by Licensed coaches.

COACHING METHODOLOGY

To create a positive learning environments where players are challenged on a consistent basis.

GOALS OF THE PROGRAM

- ❑ Focus on the individual development of each participant.
- ❑ Provide player with a clear actionable plan to develop their game.
- ❑ To provide players with the tools to take responsibility for their own develop & progress further.

COMPETITION/GAMES

In alignment with Individual Development Plan

REGISTRATION

Goes live Friday July 19 at noon

COST

Registered Players | \$300
Non-Registered Players | \$425