



**PLAYER DEVELOPMENT
PROGRAM
U9-U19**



U9-U19

PLAYER DEVELOPEMNT PROGRAM **PDP (PERFORMANCE) PROGRAM**

PLAYER DEVELOPMENT PROGRAM | U9-U19

Our **Player Development Program (PDP)** is designed to provide the highest quality training experience within the Club. The program will be delivered by Nationally Licensed Professional coaches who have either attained their National A or B-License from Canada, USSF or UEFA.

This program offers comprehensive training for players who are seeking to reach the performance stream of soccer. Cochrane Wolves continues to work towards the National Youth License award which would grant entry into the **Performance Stream** Competition within the **Alberta Youth Player Development League (APDL)**.

Player Development Programs is through invitation. Our Technical Team will use the Open-Trial week, along with our previous knowledge and assessment of players when identifying players for the program.

PLAYER DEVELOPMENT PROGRAM SESSIONS

Our Player Development Program is designed to prepare players for the Performance Stream. PDP sessions will bring high-performing players together to provide an optimal training environment that fosters player development. All sessions will be delivered by the Club's highest qualified coaches.

INDIVIDUAL DEVELOPMENT PLANS

Every player within the Player Development Program (PDP) will receive an Individual Development Plan (IDP). Players in the PDP Program. Players, parents, coaches and staff will be able to review the plans and track a player's individual progress throughout the season.

VIDEO ANALYSIS

All players in our PDP Program will have access to our video analysis program. This program will educate players on how to analyze and reflect on their performance, as well as develop effective strategies to improve their performance.

MENTAL PERFORMANCE

Johnathon Hutton will be delivering our Mental Performance Program that aims to provide players with strategies and processes to enhance performance.



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Male Player Development Program (PDP) **PERFORMANCE PROGRAM**

OUTLINE

Our Player Development Program (PDP) is designed to provide the highest quality training experience within the Club. The program will be delivered by Nationally Licensed Professional coaches who have either attained their National A or B-License from Canada, USSF or UEFA.

Entry into the program will be through invite only. The program will include Goalkeepers.

BIRTH YEAR

2006-2016

PROGRAM DATES

Block 1: October 21 – December 16

Block 2: January 6 – March 10

LOCATION

SLS Centre, 800 Griffin Road

ON-FIELD PROGRAMMING

- 1 Individual Development Training** delivered in a smaller-group setting.
- 1 PDP Training delivered** in a larger group setting
- Exhibition Games** to be organized after CMSA schedule is released

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:** Monday OR Friday
- PDP Session:** Monday
- Games:** TBC

GROUPINGS

We will invite 18-24 Male Players into the Program.

COACHING STANDARDS

All coaches in the Performance Stream will be delivered by National A or B coaches.

COACHING METHODOLOGY

To create a positive high-performance environment that challenges and excites the player.

GOALS OF THE PROGRAM

- Focus on the individual development of each participant.
- Provide a high-performance environment.
- Provide players with the tools to take responsibility for their own development.
- To develop a performance pathway in Cochrane.

COMPETITION/GAMES

Our PDP Program will play exhibition games, tournaments, and showcases as a group or individually.

TOURNAMENTS

TBC

REGISTRATION

Goes live Friday July 19 at noon
Program is invitation only

COST

Indoor Season | \$350



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Female Player Development Program (PDP) **PERFORMANCE PROGRAM**

OUTLINE

Our Player Development Program (PDP) is designed to provide the highest quality training experience within the Club. The program will be delivered by Nationally Licensed Professional coaches who have either attained their National A or B-License from Canada, USSF or UEFA. Entry into the program will be through invite only. The program will include Goalkeepers.

BIRTH YEAR

2006-2016

PROGRAM DATES

Block 1: October 21 – December 16

Block 2: January 6 – March 10

LOCATION

SLS Centre, 800 Griffin Road

ON-FIELD PROGRAMMING

- 1 Individual Development Training** delivered in a smaller-group setting.
- 1 PDP Training delivered** in a larger group setting
- Exhibition Games** to be organized after CMSA schedule is released

OFF-FIELD PROGRAMMING

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

PROGRAMMING DAYS

- Individual Session:** Monday OR Friday
- PDP Session:** Monday
- Games:** TBC

GROUPINGS

We will invite 12-24 Female Players into the Program.

COACHING STANDARDS

All coaches in the Performance Stream will be delivered by National A or B coaches.

COACHING METHODOLOGY

To create a positive high-performance environment that challenges and excites the player.

GOALS OF THE PROGRAM

- Focus on the individual development of each participant.
- Provide a high-performance environment.
- Provide players with the tools to take responsibility for their own development.
- To develop a performance pathway in Cochrane.

COMPETITION/GAMES

Our PDP Program will play exhibition games, tournaments, and showcases as a group or individually.

TOURNAMENTS

TBC

REGISTRATION

Goes live Friday July 19 at noon
Program is invitation only

COST

Indoor Season | \$350