



**INDOOR SEASON
PROGRAM GUIDE
2024-25**



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Wolves

Introduction



At Cochrane Wolves FC we believe in creating the best environments possible for all our members, providing equal opportunity and access to programming regardless of your age or level of play. Our program is designed to engage, empower, and excite the young athletes.

Our dedicated team of staff and coaches aim to provide an age and stage appropriate program for every child. We are proud of the growth and development of the Club and look forward to creating many more memorable experiences for all our Wolves.

This Indoor season we have made changes to our programs. As an organization we are not just growing, we are retaining more players through the age groups and levels. This Indoor we will be capping our program numbers, and limiting what we are able to offer within each program to ensure we provide the level of service expected by ourselves and our members.

If you have any questions about our programs, cannot find the program you are looking for OR are seeking further information about a future program, please do not hesitate to contact the Club at info@cochranewolvesfc.ca

We look forward to sharing the Indoor Season with you this Winter.

Go Wolves!



Wolves



Mission, Vision, and Values

Who we are

Our Mission

To be a player-centered organization that focuses on creating quality learning environments through positivity and enthusiasm, with coaches who have a desire to teach.

Our Vision

To be a National leader in player, coach, and Club development, driven by our continual commitment to evolve and innovate our programs and operations.

Our Values

Quality of Service

Board, Staff, Coaches, players and parents representing the organization will maintain the quality in performing our individual and collective responsibilities, both internally and externally.

Continuous Improvement

Personal performance improvement and development will be a constant in our quest for individual, collective and continuous organizational improvement.

Communication

We will strive to provide clear, consistent written, & verbal communication to lead, motivate and inspire the membership.

Inclusion

We will strive to provide opportunities for all.



Wolves

Leadership Team



Scott Ansell
Director of Football

- CSA National A-License
- CSA National Youth License
- CSA National Children's License
- Master Coach Developer In Training



Matt Thomas
Director of Coaching

- CSA National A-License
- UEFA A-License
- USSF A-License
- Master Coach Developer

With over 35 years of professional experience in soccer, Scott and Matt bring extensive expertise to Cochrane. Scott and Matt have both worked at the Regional, Provincial and National Level of youth development and have both held Technical Director positions with Provincial Sport Associations. As well as being a Technical Leader, Matt has been a Coach Developer for over 25 years in 10 different countries and has attained his Master Coach Developer qualification.

Our Leadership Team is responsible for the overall direction and management of the Club in alignment with our strategic direction.

Since joining the organization in September 2021 our leadership team has transformed the Wolves into a respected soccer Club. The development of its player programs can be seen by the exponential growth, and retention of players. It can also be seen through the development of our competitive programs where we are now consistently competing at the Tier 1 level.

We are excited to see the positive impact of the changes made for the Indoor Season and continue to build a brighter future here in Cochrane.



MINI WOLVES
U4-U7



U4-U7

Mini Wolves Program

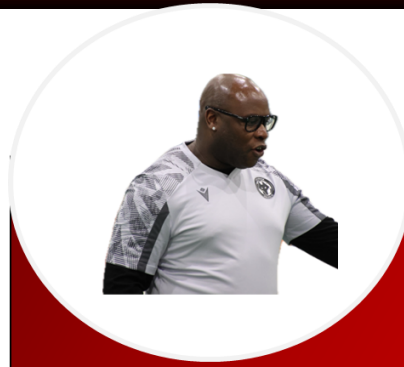


WHAT WE TEACH

Our Mini-Wolves will be introduced to the fundamental skills of soccer throughout each season. The key skills we teach from U4-U7 are; physical literacy, ball-mastery, dribbling, running with the ball and ball-striking.

Players will also learn important social and emotional skills through play such as creativity, critical thinking, group-play, sharing and success/failure.

Players should Master the Ball before you share the ball.



HOW WE TEACH IT

At the Wolves we believe in creating active and open environments. Our coaches will design activities and games that encourage players to be creative and make decisions.

Each activity/game/exercise will begin with a coach demonstration. Players will then have an opportunity to experience with the coach providing individual or over the top feedback.

Coaches will be energetic, enthusiastic and engaged

No laps, lines or lectures



PROGRAM FORMAT

Our practices/sessions are typically delivered in a station-based/carousel format. This provides players with 3 to 4 different stations per session which are all aligned to the same learning theme.

Our Game-Days will follow Canada Soccer Grassroots Guidelines with appropriate playing formats that progress from 2v2 to 5v5 at these ages.

Smaller Playing Formats = more touches, decisions, goals, FUN



SMALL SIDED GAMES

Small-Sided Games are an important part of our program. Small sided games create an environment where players get more touches, more decisions, more transitions, and more goals!

Within Small-Sided Games players will develop a basic understanding of positioning and spaces. Players will also learn how to support teammates, sportsmanship, respect, and basic fundamentals of the game.

More Touches, decisions, soccer actions & FUN



GOALS & OBJECTIVES

Our primary goal is to provide a FUN and safe soccer experience for every player. Creating positive experiences for players will ensure more children remain in sport long-term & develop healthy lifestyle choices for life.

We aim to develop the foundational skills & physical literacy at these ages so players can develop the tools needed to pursue playing the sport at the level they wish.

Healthy Life Choice



U4-U5

MINI WOLVES PROGRAM Grassroots Development

OUTLINE

Our Mini-Wolves programs are focused on providing a FUN, positive learning experience for every child. Our aim is to support each child in building a relationship with the ball, learn fundamental ball and movement skills, as well as develop important social & emotional skills.

BIRTH YEAR

2020-2021

PROGRAM DATES

Block 1: October 15 – December 16

Block 2: January 6 – March 10

Indoor Pass: October 15 – March 10

LOCATION

SLS Centre, 800 Griffin Road

KIT

FREE Timbits Uniform: Jersey, Shorts & Socks

THE PROGRAM

2 sessions per week | 45 Minutes Per session

PROGRAMMING DAYS

Sessions:

Monday 5-5:45pm

Saturday 8-8:45am

PROGRAM FORMAT

Mondays

Activation > Ball-Mastery > 1v1 Activity > Game

Wednesdays

Ball-Mastery > 1v1 > 2v2 > 3v3

Saturdays

Activation > Ball-Mastery > 1v1 Activity > Game

COACHING STANDARDS

All coaches in the Mini-Wolves program meet the Safe Sport Standards.

COACHING METHODOLOGY

To create a fun, and positive learning environment where we foster a passion of the sport for every child.

GROUPINGS

Players will initially be grouped based on age, with the opportunity to move groups if it is best for the child.

GOALS OF THE PROGRAM

To provide an enjoyable soccer experience.

To provide parents with education and information on our Club values.

GAMES

Our Game-Day with the U4-U5 group will be progressive, building from every player on the ball to 1v1s, 2v2s and finishing with 3v3s. This ensures that all players will get time on the ball every session.

REGISTRATION

Goes live Friday July 19 at noon

10% Discount with Early Bird Pricing

Program space is limited

COST

Block 1 | \$225

Block 2 | \$225

Season Pass | \$375



U6-U7



MINI WOLVES PROGRAM Grassroots Development

OUTLINE

Our Mini-Wolves programs are focused on providing a FUN, positive learning experience for every child. Our aim is to support each child in building a relationship with the ball, learn fundamental ball and movement skills, as well as develop important social & emotional skills.

BIRTH YEAR

2018-2019

PROGRAM DATES

Block 1: October 15 – December 16

Block 2: January 6 – March 10

Indoor Pass: October 15 – March 10

LOCATION

SLS Centre, 800 Griffin Road

KIT

FREE Timbits Uniform: Jersey, Shorts & Socks

THE PROGRAM

2 sessions per week | 55 Minutes Per session

PROGRAMMING DAYS

- Sessions:** Choose **2** of the 3 Days
 - Monday, Wednesday 5-5:55pm
 - Saturday 8-8:55am

PROGRAM FORMAT

- Mondays**
 - Activation/Ball-Mastery > 1v1 Activity > Game
- Wednesdays**
 - 3v3 Game-Day with learning objectives
- Saturdays**
 - Activation/Ball-Mastery > 1v1 Activity > Game

COACHING STANDARDS

All coaches in the Mini-Wolves program meet the Safe Sport Standards.

COACHING METHODOLOGY

To create a fun, and positive learning environment where we foster a passion of the sport for every child.

GROUPINGS

Players will initially be grouped based on age, with the opportunity to move groups if it is best for the child.

GOALS OF THE PROGRAM

- To provide an enjoyable soccer experience.
- To provide an fun, fast paced, and active learning environment.
- To provide parents with education and information on our Club values, pathways and programs.

GAMES

Each session will include 3v3 Games which is the Canada Soccer recommended format of play for these ages. The reasons:

- More Touches
- More Decisions
- More Engagement
- More FUN

REGISTRATION

Goes live Friday July 19 at noon

10% Discount with Early Bird Pricing

Program space is limited

COST

Block 1 | \$275

Block 2 | \$275

Season Pass | \$450



**DAY-TIME PROGRAM
U6-U13**



U6-U13

Day Time Program

OUTLINE

Our day-time sessions focus on 4-corner development: social, physical, technical and tactical development. Each session will have two game-based stations and two ball-mastery activities designed to improve the technical competencies of the player in a fun environment.

BIRTH YEAR

2012-2019

PROGRAM DATES

Block 1: October 18 – December 18

Block 2: January 8 – March 5

Indoor Pass: October 18 – March 5

LOCATION

SLS Centre, 800 Griffin Road

KIT

1. Timbits Uniform: Jersey, Shorts & Socks

THE PROGRAM

- 10 Sessions
- 1 session per week | 60 Minutes Per session

PROGRAMMING DAYS

- Sessions:**
 - Wednesday 11:30am-12:30pm

PROGRAM FORMAT

- Each session will be delivered in 4 Parts:
Activation/Ball-Mastery > 1v1 Activity > Game

COACHING STANDARDS

All coaches in the Day-Time program meet the Safe Sport Standards.

COACHING METHODOLOGY

To create a fun, and positive learning environment where we foster a passion of the sport for every child.

GROUPINGS

Players will initially be grouped based on age, with the opportunity to move groups if it is best for the child.

GOALS OF THE PROGRAM

- To provide an enjoyable soccer experience.
- To provide a fun, fast paced, and active learning environment.
- To provide parents with education and information on our Club values, programs and pathways.

GAMES

Every session will include games which will be based on the age of the players.

REGISTRATION

Goes live Friday July 19 at noon

COST

Block 1 | \$120

Block 2 | \$105



**SKILL-CENTRE
PROGRAM
U8-U14**



U8-U14

SKILL-CENTRE PROGRAMMING

OUTLINE

Our Skill-Centre program welcomes all players in the U8-U14 age groups. Within the program we have a wide range of playing levels and experience. Our goal is to provide a meaningful experience for every child.

To provide more meaningful environments for our players we have two (2) streams of soccer. Our Recreational stream provides a FUN environment for players to enjoy learning the sport. Our Development program is designed to provide an environment for players to work towards reaching the Competitive program.

RECREATIONAL | U8-U14

Our Development stream is open to players of all levels, and experience. Here we provide a fun environment that is focused on learning skills and gaining confidence on the ball.

All **Development** competition is in-house.

DEVELOPMENT | U8-U14

Our Development Stream caters to Tier 2, 3 and 4 players who enjoy being challenged and/or aspire of playing in the Competitive Program.

Development players will be placed on a Skill-Centre League Team and will have the option to participate in outside Tournaments throughout the Winter Season. Top performers will also play in exhibition games against Clubs from Calgary and surrounding areas.

SKILL-CENTRE
PROGRAM
STREAMS

TRAINING PRINCIPLES

1. Contact Time with the Ball

At every skill-centre session our program aims to provide as much time on the ball as possible for every participant. Our sessions always include a Ball-Mastery segment where we teach 1-2 ball-mastery skills per session. We will also include 1v1 activities/games to ensure our players build an understanding and confidence in 1v1 situations. Additionally, we will include small-sided games in our program to ensure players are more engaged during game-play.

2. Training that Resembles the Game

All activities and games within our sessions involve decision making and game-like actions. We are committed to developing intelligent footballers and believe in designing constraints-led activities and games.

3. Training will be Fun for everyone

We design and tailor our sessions to the level and mindset of the player. This means we can adapt/adjust each station throughout a session to ensure every child's needs are met. We understand it is imperative to provide individual feedback and challenges, so all players are engaged.



U8-U14



FEMALE SKILL-CENTRE PROGRAM *Recreational Stream*

OUTLINE

Our skill-centre program provides a fun, learning environment for every child. The Development stream is our recreational level stream for players who are either new to the sport, wishing to play with friends, and/or are seeking a lower commitment to organized sport.

BIRTH YEAR

2010-2017

PROGRAM DATES

Block 1: October 15 – December 16

Block 2: January 6 – March 10

Indoor Pass: October 15 – March 10

LOCATION

SLS Centre, 800 Griffin Road

KIT

- Timbits Uniform: Jersey, Shorts & Socks | **Free (OR)**
- Macron Kit: Jersey, Shorts & Socks | **\$50**

THE PROGRAM | 2 Sessions

- 1 Practice per week** | 55 Minutes
- 1 Small-Sided session per week** | 55 Minutes

PROGRAMMING DAYS

- Monday:** 5-5:55pm
- Wednesday:** 5-5:55pm

GROUPINGS

Players will be grouped based on age. Groups will include players from 2 birth years.

COACHING STANDARDS

All coaches in the Skill-Centre Program have completed their relevant NCCP training.

COACHING METHODOLOGY

To create a fun, and positive learning environment where we foster a passion of the sport for every child.

GOALS OF THE PROGRAM

- To provide an enjoyable soccer experience.
- To teach players the fundamentals of the game.
- To ensure players who wish to move on to further levels acquire the tools needed to make the next step up.

GAMES

Each week players will participate in games that best suit the level of player to maximize time on the ball, decision-making, goals and FUN.

REGISTRATION

Goes live Friday July 19 at noon
10% Discount with Early Bird Pricing
Program space is limited

COST

Block 1 | \$275
Block 2 | \$275
Season Pass | \$450



U8-U12



FEMALE SKILL-CENTRE PROGRAM *Development Stream*

OUTLINE

The **Development** stream in our skill-centre is **new** this Indoor and will be designed for players who enjoy training and are interested in competitive play. This program provides a weekly 5v5 game in Cochrane with opportunities to call-up to the competitive program for players who are excelling.

BIRTH YEAR

2013-2017

PROGRAM DATES

Indoor Season: October 15 – March 10

LOCATION

SLS Centre, 800 Griffin Road

KIT

- Timbits Uniform: Jersey, Shorts & Socks | **Free (OR)**
- Macron Kit: Jersey, Shorts & Socks | **\$50**

THE PROGRAM | 3 Sessions Per Week

- Academy Session:** Wednesday
- Team Session:** Friday
- Games:** Saturday AM in Cochrane

PROGRAMMING DAYS

- Wednesday:** 6-7pm (1/3 of Field)
- Friday:** 5:30-6:30pm (1/3 of Field)
- Saturday:** 5v5 OR 7v7 Game

GROUPINGS

Players will be grouped based on age. Groups will include players from 2 birth years.

COACHING STANDARDS

All coaches in the Development Program have their National Coaching Certification Program (NCCP) Training OR Provisional License Training.

COACHING METHODOLOGY

To create a fun, and positive learning environment where we foster a passion of the sport for every child.

GOALS OF THE PROGRAM

- To provide an enjoyable soccer experience.
- To provide a positive learning environment where each player can develop and grow.
- To prepare players for competitive play.

GAMES

Players within the Development Stream will play 1 x 5v5 game per week. All games will be played in Cochrane.

REGISTRATION

Goes live Friday July 19 at noon
10% Discount with Early Bird Pricing
Program space is limited

COST

Season Pass | \$625



U8-U14



MALE SKILL-CENTRE PROGRAM *Recreational Stream*

OUTLINE

Our skill-centre program provides a fun, learning environment for every child. The Development stream is our recreational level stream for players who are either new to the sport, wishing to play with friends, and/or are seeking a lower commitment to organized sport.

BIRTH YEAR

2010-2017

PROGRAM DATES

Block 1: October 15 – December 16

Block 2: January 6 – March 10

Indoor Pass: October 15 – March 10

LOCATION

SLS Centre, 800 Griffin Road

KIT

- Timbits Uniform: Jersey, Shorts & Socks | Free
- Macron Kit: Jersey, Shorts & Socks | \$50

PROGRAM DATES

Block 1: October 15 – December 16

Block 2: January 6 – March 10

Indoor Pass: October 15 – March 10

THE PROGRAM | 2 Sessions

- 1 Training session per week | 55 Minutes
- 1 Small-Sided Game Day | 55 Minutes

PROGRAMMING DAYS

- Monday OR Tuesday:** 5-5:55pm
- Wednesday OR Thursday:** 5-5:55pm

GROUPINGS

Players will be grouped based on age. Groups will include players from 2 birth years.

COACHING STANDARDS

All coaches in the Skill-Centre Program have completed their relevant NCCP training.

COACHING METHODOLOGY

To create a fun, and positive learning environment where we foster a passion of the sport for every child.

GOALS OF THE PROGRAM

- To provide an enjoyable soccer experience.
- To teach players the fundamentals of the game.
- To ensure players who wish to move on to further levels acquire the tools needed to make the next step up.

GAMES

Each week players will participate in games that best suit the level of player to maximize time on the ball, decision-making, goals and FUN.

REGISTRATION

Goes live Friday July 19 at noon
10% Discount with Early Bird Pricing
Program space is limited

COST

Block 1 | \$275
Block 2 | \$275
Season Pass | \$450



U8-U14



MALE SKILL-CENTRE PROGRAM *Development Stream*

OUTLINE

The **Development** stream in our skill-centre is **new** this Indoor and will be designed for players who enjoy training and are interested in competitive play. This program provides a weekly game in Cochrane against other Skill-Centre Teams, or other Clubs from Calgary, & surrounding areas. Teams will also have the opportunity to participate in outside Tournaments.

BIRTH YEAR

2010-2017

PROGRAM DATES

Indoor Season: October 15 – March 8

LOCATION

SLS Centre, 800 Griffin Road

KIT

- Timbits Uniform: Jersey, Shorts & Socks | **Free**
- Macron Kit: Jersey, Shorts & Socks | **\$50**

THE PROGRAM | 3 Sessions

- 2 Training sessions per week** | 55 Minutes
- 1 Full-Game** | 50 Minutes

PROGRAMMING DAYS

- Tuesday:** Training Session (1/3 of Field)
- Thursday:** Training Session ((1/3 of Field)
- Saturday:**
 - U8/U9:** 5v5
 - U10-U14:** 7v7 Game

GROUPINGS

We will group players based on age, current level of play, and mindset.

ROSTER SIZE

12-14 Players

COACHING STANDARDS

All coaches in the Development Program have their National Coaching Certification Program (NCCP) Training OR Provisional License Training.

COACHING METHODOLOGY

To create a fun, and positive learning environment where we foster a passion of the sport for every child.

GOALS OF THE PROGRAM

- To provide an enjoyable soccer experience.
- To provide a positive learning environment where each player can develop and grow.
- To provide a bridging program that helps prepare players for Competitive Play.

GAMES

Players will be placed on a Team Roster and play weekly matches against other Skill-Centre Teams, Exhibitions with other Clubs OR in outside Tournaments.

CALL-UPS

Players who are excelling in the Development Program will have opportunities to call-up to Competitive Games throughout the Winter.

REGISTRATION

Goes live Friday July 19 at noon
10% Discount with Early Bird Pricing
Program space is limited

COST

Season Pass | \$625



**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.



U9-U19



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



U9-U19



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



**INDIVIDUAL
DEVELOPMENT
PROGRAM
U9-U19**



U9-U19



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



**COMPETITIVE
PROGRAM
U9-U19**



U9-U19

OUTLINE **COMPETITIVE PROGRAM**

OUTLINE

Our competitive programs are designed for committed players who enjoy training and seek to further their game! Our focus is to develop the individual within a team environment. We aim to provide the tools for players to be able to enjoy the sport at this level or elevate their game towards the performance stream. One of our goals at the Club has been to develop our programming so we can provide all levels of play here in Cochrane.

GROWTH AND DEVELOPMENT

Over the past 3 years the Club has grown exponentially. We are proud of the development that is beginning to provide players from Cochrane with an opportunity to play locally and compete in the highest tiers of soccer in Alberta. It was only a short time ago that the community was sharing teams with Springbank, and there were no Nationally Licensed coaches at the Club. Managing the growth and development of the club has provided many challenges as youth sports is highly demanding but we are excited to see the foundation being laid for all future players at the Club.

QUALITY OF SERVICE

As an organization we pride ourselves on our program delivery and aim to continually improve our service to meet the needs of our players, and parents. Experiencing continued growth over the past 3 years we have undoubtedly stretched ourselves as we have strived to provide competitive programming for every player who wanted to play. Recognizing we cannot provide the level of program for every child with limited resources we will be limiting the number of teams we offer within the Competitive program to ensure we can provide our families with the program expected.

TIERING

There are between 4-6 Tiers of soccer within each birth year that vary from Tier 1 – 6. Due to the evolution and development of our Mini-Wolves and Skill-Centre programs we see an ever-increasing number of players seeking competitive play, and a player pool growing in quality each season. This has led to the Club entering multiple teams in numerous age groups to provide more players with an opportunity to play at a more competitive level than our skill-centre could provide. We are proud of the continued development of our players in Cochrane and the impact we see on our competitive teams. We have seen Tier 3 teams progress to the Tier 1 levels, and we have supported 15 players in the past 12 months to the Tier 1 OR AYPDL Levels. Our individual player and team progress is by design and we always see benefits in the mid to long-term.

ALBERTA YOUTH PLAYER DEVELOPMENT LEAGUE

The Alberta Youth Player Development League (AYDPL) currently offers the highest level which only Nationally Licensed Clubs can participate. The Wolves have been working with Canada Soccer to attain the License over the past 2 years, and expect to achieve this accreditation in Q4 of 2024. This would provide us with entry into the AYPDL with our projected inaugural age group being our 2013 born players in 2026.



U9-U19

COMPETITIVE OPEN TRIALS **COMPETITIVE PROGRAM**

OUTLINE

For the Indoor Season we will be holding an open trial for all players wishing to participate in our Competitive Programs. With the Club making an active decision to limit the number of teams to ensure we can provide the level of service we demand, parents expect, and players deserve. Our open trials will provide an opportunity for all players, and there will also be opportunities for players from other programs to join the open trials as there are always hidden gems who may not be aware of our programs.

WHERE & WHEN

Matt Krol Park, The week of September 9-13, 2024

PURPOSE

1. To provide all players a fair opportunity to trial for a spot on a competitive team.
2. To provide meaningful feedback to all players on their performance and placement.
3. To continue to elevate the level of player within Cochrane as the competition for spots increase.

SELECTION CRITERIA

Our Technical Team will form a clear criteria and list of expectations we have for our Competitive families. Open trials will be delivered by our Technical Team who have overseen and delivered open trials at the Regional, Provincial, National and International Levels.

ROSTER LIMIT

For all CMSA Teams our maximum roster size will be 14.

INDOOR COMPETITIVE TIMELINES

1. July 19 - September 6 | Registration Period.

- All players wishing to participate must be registered by September 6.
 - More instructions will be provided in full package.

1. September 9-13 | Open Trials and Player Assessment Week

- Players will be regrouped throughout the week to best assess final placements.
- Expected Teams players are trying out for will be set prior to the Trials commencing.

2. September 16 | CMSA Team Entry Deadline

- All Indoor League Teams must be submitted by September 16.
 - All teams are entered are non-refundable.
 - No player refunds after this date.

3. September 16-23 | Indoor Preparation Week

- All Indoor Players will be invited for a week of Pre-Season and Preparation for the Indoor Season..
 - Training & Exhibition Games to bring players, parents and coaches together.
 - September 24-29 is tentative based on weather.

4. October 15 | Indoor Season Commences

- CMSA Game Schedule commences.
- Indoor Programming begins Indoor at SLS Centre



U9-U19



INDOOR 2024-25 TEAMS COMPETITIVE PROGRAM

Below is an outline of our **anticipated** teams for the Indoor Season.

EXHIBITION GAMES

U9 Boys Exhibitions will be played against Teams from Calgary and Surrounding Areas.

U9-U12 Girls Exhibitions will be played against Teams from Calgary and Surrounding Areas.

BIO-BANDING

There will be opportunities for players to bio-band down an age group to play on a team that may be 1 birth year lower than their age.

TOURNAMENTS

1 Tournament for U9 Boys and U9-U12 Girls will be the Calgary Classic on the weekend of February 17

MALE TEAMS

EXHIBITION GAMES + TOURNAMENTS

- U9 BOYS | 2016 BORN
- TIER 1

CALGARY MINOR SOCCER LEAGUE

- U10 BOYS | 2015 BORN
- TIER 1

- U11 BOYS | 2014 BORN
- TIER 1

- U12 BOYS | 2013 BORN
- TIER 1

- U13 BOYS | 2012-13 BORN
- TIER 2

- U14 BOYS | 2011-12 BORN
- TIER 2

- U17 BOYS | 2006-2010
- TIER 1

INDIVIDUAL SHOWCASE EVENTS

- U16-U18 | 2007-2009 BORN
- 1-2 COLLEGE/UNI ID EVENTS

FEMALE TEAMS

EXHIBITION GAMES + TOURNAMENTS

- U9-U10 GIRLS | 2015-2016 BORN
- TIER 2-3
- U11-U12 GIRLS | 2013-2014 BORN
- TIER 2-3

CALGARY MINOR SOCCER LEAGUE

- U13-U14 GIRLS | 2011-2012 BORN
- TIER 2
- U17 GIRLS | 2007-2010 BORN
- TIER 1

INDIVIDUAL SHOWCASE EVENTS

- U16-U17 GIRLS | 2008-2009 BORN
- 1-2 COLLEGE/UNI ID EVENTS



U9-U10

FEMALE COMPETITIVE PROGRAM

OUTLINE

Our competitive programs are designed for committed players who enjoy training and seek to further their game! Our focus is to develop the individual within a team environment. We seek to provide the tools for players to be able to enjoy the sport or elevate their game to the PDP Level.

BIRTH YEAR

2015-2016

PROGRAM DATES

October 15 – March 9

LOCATION

SLS Centre, 800 Griffin Road

KIT

- ❑ Macron Kit: Jersey, Shorts & Socks | \$50

THE PROGRAM

- ❑ **1 Academy Training** Per Week with a Professional Coach.
- ❑ **1 Team Session** Per Week
- ❑ **1 Game** per week in Cochrane

PROGRAMMING DAYS

- ❑ **Academy Session:** Wednesday 6-7pm
 - ❑ 1/3 of Field
- ❑ **Team Session:** Friday 5:30-6:30pm
 - ❑ 1/3 of Field
- ❑ **Games:** Saturday AM in Cochrane
 - ❑ Full Field

GROUPINGS

Final Groupings will be based on the level of player.

COACHING STANDARDS

All coaches leading sessions in the Competitive Program have Provincial or National coaching accreditation.

COACHING METHODOLOGY

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

GOALS OF THE PROGRAM

- ❑ To provide an enjoyable soccer experience.
- ❑ To provide a positive learning environment where each player can develop and grow.
- ❑ To develop a female player pathway in Cochrane.

ACADEMY SESSIONS

Will be delivered by our most qualified coaches. The sessions follow our Club curriculum and focus on teaching principles of play.

COMPETITION/GAMES

Our groups will play 1 Game per week in Cochrane. We will play Calgary based teams as well as Inter-Squad Games against other Wolves teams.

TOURNAMENTS

Our competitive players will have the opportunity to play 1-2 tournaments over the Winter season.

REGISTRATION

Goes live Friday July 19 at noon
10% Discount with Early Bird Pricing

COST

Indoor Season | \$700



U11-U12



FEMALE COMPETITIVE PROGRAM

OUTLINE

Our competitive programs are designed for committed players who enjoy training and seek to further their game! Our focus is to develop the individual within a team environment. We seek to provide the tools for players to be able to enjoy the sport or elevate their game to the PDP Level.

BIRTH YEAR

2013-2014

PROGRAM DATES

October 15 – March 9

LOCATION

SLS Centre, 800 Griffin Road

KIT

Macron Kit: Jersey, Shorts & Socks | \$50

THE PROGRAM

- 1 Academy Training** Per Week with a Professional Coach.
- 1 Team Session** Per Week
- 1 Game** per week in Cochrane

PROGRAMMING DAYS

- Academy Session:** Wednesday 6-7pm
 - 1/3 of Field
- Team Session:** Friday 5:30-6:30pm
 - 1/3 of Field
- Games:** Saturday AM in Cochrane
 - Full Field

GROUPINGS

Final Groupings will be based on the level of player.

COACHING STANDARDS

All coaches leading sessions in the Competitive Program have Provincial or National coaching accreditation.

COACHING METHODOLOGY

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

GOALS OF THE PROGRAM

1. To provide an enjoyable soccer experience.
2. To provide a positive learning environment where each player can develop and grow.
3. To develop a female player pathway in Cochrane.

ACADEMY SESSIONS

Will be delivered by our most qualified coaches. The sessions follow our Club curriculum and focus on teaching principles of play.

COMPETITION/GAMES

Our groups will play 1 Game per week in Cochrane. We will play Calgary based teams as well as Inter-Squad Games against other Wolves teams.

TOURNAMENTS

Our competitive players will have the opportunity to play 1-2 tournaments over the Winter season.

REGISTRATION

Goes live Friday July 19 at noon
10% Discount with Early Bird Pricing

COST

Indoor Season | \$700



U13-U19



FEMALE COMPETITIVE PROGRAM

OUTLINE

Our competitive programs are designed for committed players who enjoy training and seek to further their game! Our focus is to develop the individual within a team environment. We seek to provide the tools for players to be able to enjoy the sport or elevate their game to the PDP Level.

BIRTH YEAR

2007-2012

PROGRAM DATES

October 15 – March 9

LOCATION

SLS Centre, 800 Griffin Road

KIT

Macron Kit: Jersey, Shorts & Socks | \$50

THE PROGRAM

- 2 Sessions** Per Week
- 1 Game** per week

PROGRAMMING DAYS

- Session 1:** Wednesday 6-7pm
 - 1/2 of Field
- Session 2:** Friday 5:30-6:30pm
 - 1/2 of Field
- Games:** TBC

GROUPINGS

Players will be rostered after open-Trials.

COACHING STANDARDS

All coaches leading sessions in the Competitive Program have Provincial or National coaching accreditation.

COACHING METHODOLOGY

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

GOALS OF THE PROGRAM

- To provide an enjoyable soccer experience.
- To provide a positive learning environment where each player can develop and grow.
- To keep female players engaged in the Sport.

ACADEMY SESSIONS

Will be delivered by our most qualified coaches. The sessions follow our Club curriculum and focus on teaching principles of play.

COMPETITION/GAMES

Our Competitive U13+ Teams will play in the Calgary League. Games will take place 1 x per week.

TOURNAMENTS

Our competitive players will have the opportunity to play 1-2 tournaments over the Winter season.

REGISTRATION

Goes live Friday July 19 at noon
10% Discount with Early Bird Pricing

COST

Indoor Season | \$1000



U9



MALE SKILL-CENTRE PROGRAM **COMPETITIVE PROGRAM**

OUTLINE

Our competitive programs are designed for committed players who enjoy training and seek to further their game! Our focus is to develop the individual within a team environment. We seek to provide the tools for players to be able to enjoy the sport or elevate their game to the PDP Level.

BIRTH YEAR

2016

PROGRAM DATES

October 15 – March 8

LOCATION

SLS Centre, 800 Griffin Road

KIT

Macron Kit: Jersey, Shorts & Socks | \$50

THE PROGRAM

- 1 Academy Training** Per Week with a Professional Coach.
- 1 Team Session** Per Week
- 1 Game** per week

PROGRAMMING DAYS

- Academy Session:** Tuesday 6-7pm
 - 1/3 Field
- Team Session:** Thursday 6-7pm
 - ½ Field
- Games:** TBC

GROUPINGS

We will have 1 pool of players within the competitive program.

COACHING STANDARDS

All coaches leading sessions in the Competitive Program have Provincial or National coaching accreditation.

COACHING METHODOLOGY

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

GOALS OF THE PROGRAM

- To provide an enjoyable soccer experience.
- To provide a positive learning environment where each player can develop and grow.
- To provide memorable experiences that continue to foster a love of the sport within the players.

COMPETITION/GAMES

Our groups will play 1 Game per week in Cochrane. We will play Calgary based teams as well as Inter-Squad Games against other Wolves teams.

TOURNAMENTS

Our competitive players will have the opportunity to play 1-2 tournaments over the Winter season.

REGISTRATION

Goes live Friday July 19 at noon
15% Discount with Early Bird Pricing
1 Team Per Age Group

COST

Indoor Season | \$700



U10-U12



MALE COMPETITIVE PROGRAM

OUTLINE

Our competitive programs are designed for committed players who enjoy training and seek to further their game! Our focus is to develop the individual within a team environment. We seek to provide the tools for players to be able to enjoy the sport or elevate their game to the PDP Level.

BIRTH YEAR

2013-2015

PROGRAM DATES

October 15 – March 9

LOCATION

SLS Centre, 800 Griffin Road

KIT

- ❑ Macron Kit: Jersey, Shorts & Socks | \$50

THE PROGRAM

- ❑ **1 Academy Training** Per Week with a Professional Coach.
- ❑ **1 Team Session** Per Week
- ❑ **1 Game** per week

PROGRAMMING DAYS

- ❑ **Academy Session:** Tuesday 7-8pm
 - ❑ 1/3 Field
- ❑ **U10-U11 Team Session:** Thursday 7-8pm
 - ❑ ½ Field
- ❑ **U12 Team Session:** Thursday 8-9pm
 - ❑ ½ Field
- ❑ **Games:** TBC

GROUPINGS

All U10-U12 Teams will enter at the Tier 1 Level only. Player selection will be made through Open Trials.

COACHING STANDARDS

All coaches leading sessions in the Competitive Program have Provincial or National coaching accreditation.

COACHING METHODOLOGY

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

GOALS OF THE PROGRAM

- ❑ To provide an enjoyable soccer experience.
- ❑ To provide a positive learning environment where each player can develop and grow.
- ❑ To provide the right balance between development, competition & enjoyment.

COMPETITION/GAMES

Our Competitive U0-U12 Competitive Teams will play in Tier 1 of the Calgary Minor Soccer League.

TOURNAMENTS

Our competitive players will have the opportunity to play 1-2 tournaments over the Winter season.

REGISTRATION

Goes live Friday July 19 at noon
10% Discount with Early Bird Pricing
1 Team Per Age Group

COST

Indoor Season | \$950



U13-U19



MALE COMPETITIVE PROGRAM

OUTLINE

Our competitive programs are designed for committed players who enjoy training and seek to further their game! Our focus is to develop the individual within a team environment. We seek to provide the tools for players to be able to enjoy the sport or elevate their game to the PDP Level.

BIRTH YEAR

2006-2012

PROGRAM DATES

October 15 – March 9

LOCATION

SLS Centre, 800 Griffin Road

KIT

Macron Kit: Jersey, Shorts & Socks | \$50

THE PROGRAM

- 2 Sessions** Per week
- 1 Game** per week

PROGRAMMING DAYS

- Academy Session:** Tuesday 8-9:15pm
 - 1/3 Field
- Team Session:** Thursday OR Friday 8-9pm
 - 1/2 Field
- Games:** TBC

GROUPINGS

Teams will be formed after Open Trials are complete.

COACHING STANDARDS

All coaches leading sessions in the Competitive Program have Provincial or National coaching accreditation.

COACHING METHODOLOGY

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

GOALS OF THE PROGRAM

- To provide an enjoyable soccer experience.
- To provide a positive learning environment where each player can develop and grow.
- To educate players and parents on the next steps of the player pathway.

ACADEMY SESSIONS

Will be delivered by our most qualified coaches. The sessions follow our Club curriculum and focus on teaching principles of play.

COMPETITION/GAMES

Our Competitive U13+ Teams will play in the Calgary League. Games will take place 1 x per week.

TOURNAMENTS

Our competitive players will have the opportunity to play 1-2 tournaments over the Winter season.

REGISTRATION

Goes live Friday July 19 at noon
10% Discount with Early Bird Pricing
1 Team Per Age Group (Maximum)

COST

Indoor Season | \$1000



U9-U19

GOALKEEPER PROGRAM COMPETITIVE PROGRAM

OUTLINE

To grow the number of **dedicated** Goalkeepers we have in Cochrane we will be developing a Goalkeeper Program that provides more dedicated training and feedback on a consistent basis. The program will ensure every Goalkeeper at the Club is receiving quality coaching weekly and that they are supported with an Individual Development Plan that is tracked. Dedicated Goalkeepers will have their own registration.

BIRTH YEAR

2006-2016

PROGRAM DATES

October 15 – March 9

LOCATION

SLS Centre, 800 Griffin Road

KIT

Macron Kit: Jersey, Shorts & Socks | \$50

THE PROGRAM

- 1 Goalkeeper PDP Session** Per Week with a Professional Coach.
- 1 Additional Dedicated Goalkeeper Session** Per Week
- Individual Development Plan**

PROGRAMMING DAYS

- PDP Session:** Monday
- Goalkeeper Session:** Friday

PLAYER DEVELOPMENT PROGRAM

Goalkeepers will receive goalkeeper specific training integrated into the PDP Session.

TOURNAMENTS

Our Goalkeepers will have the opportunity to play tournaments over the Winter season.

COACHING STANDARDS

All coaches leading sessions in the Goalkeeper Program will have their Goalkeeper Certification.

COACHING METHODOLOGY

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

GOALS OF THE PROGRAM

1. To provide greater opportunities for Goalkeepers to develop..
2. To provide a positive learning environment where each player can develop and grow.
3. To develop a Goalkeeping program and pathway in Cochrane.

COMPETITION/GAMES

A specific plan will put in place for each dedicated Goalkeeper so they opportunities to play with multiple teams and maximize playing experience throughout the season.

COST

Dedicated Goalkeepers will have their own unique registration. Goalkeepers that split time as an outfield player will register through the regular registration.

REGISTRATION

Goes live Friday July 19 at noon
10% Discount with Early Bird Pricing

COST

Indoor Season | 425



**FINANCIAL &
ADMINISTRATIVE
INFORMATION**



Funding

Financial Support & Payment Plans

FINANCIAL SUPPORT PROGRAMS

If you require financial assistance to participate in our programs, you can apply for funding through KidSport or Jumpstart. If you apply for funding through either organization, please then contact us at info@cochranewolvesfc.ca to inform us of your application so we can secure a spot in the program for you.

[KidSport](#)

[Jumpstart](#)

If you do not qualify for financial support but require financial assistance, please contact us at info@cochranewolvesfc.ca to set-up a financial plan.

COCHRANE CONNECT CARD

If you have a Cochrane Connect Card, you will receive a 25% discount. When you complete your registration, you will need to select that you have the Connect Card. You will be required to send a picture of your card to our Registrar (info@cochranewolvesfc.ca) who will apply the discount to your account.

[Connect Card](#)

PAYMENT PLANS

When you reach the check-out stage of registration you will have the option to set-up a payment plan or pay the amount in full. The payment plan allows you to make manageable payments over a set period of time, which can be manually edited if needed by the Club. For more information contact info@cochranewolvesfc.ca

DONATIONS

As an organization we are committed to supporting all families who require financial support and assistance to participate in sport programs. We have had a record number of participants receive jumpstart and kid-sport funding this year, and we as a Club provide further program subsidies for those in need. If you are interested in providing a donation to support another Wolves family please check the box at registration and we will contact you with more details.

REFUNDS

If you would like to request a refund please contact info@cochranewolvesfc.ca

Refunds will be approved on a case-by-case basis that will take into consideration the timing and reasons for the request, as well as the program you are requesting a refund for.



FAQ



1. When is the Early Bird

- The Early Bird will end on August 4 at noon

2. Do we need shin-pads?

- All players are required to wear shin pads for safety purposes.
- You can purchase shin-pads from any sports store, or online.

3. What footwear should I wear Indoors?

- There are **NO CLEATS** at the SLS Centre.
- Comfortable and Athletic shoes for Mini-Wolves and Skills will suffice.
- For Competitive Play please wear soccer specific shoes.

4. When can I get kit?

- The Club will hold Kit Collection Days prior to the season starting. We typically hold 3+ Kit Collections days. Dates/Times will be provided by mid-September.

5. What type of games will be played and why?

- In our **Mini-Wolves** program all game formats will be 2v2, or 3v3.
- In our **Recreational Skill-Centre** Program we will focus on 3v3, & 4v4 Games.
- In our **Development Skill-Centre** we will play 5v5 or 7v7 based on the players age.
- In our **Competitive program** all games are 7v7 as per league rules.
- We focus on smaller formats of play in younger ages because players get more touches, make more decisions, transition more often, are more engaged, score more goals etc. Formats are developmentally appropriate with logical progressions as players get older.

6. Who are the coaches delivering the program

- 95% of Wolves coaches are paid coaches that are either Junior, Club or Professional coaches. This is a system that has been used here in Cochrane for many years and helps provide greater accountability and development of long-term coaches within the program.
- Junior Coaches** are developing coaches.
- Club Coaches** are more senior in age but are also developing Coaches.
- Professional Coaches** are Licensed Coaches who have completed extensive training and certifications.

7. What do I need to coach? And how do I get involved?

- We are committed to maintaining safe sport coaching standards which mandates every coach requires a valid police check, respect in sport, making ethical decisions, and the NCCP age appropriate course for the level of player the coach is working.
- If you would like to coach this Indoor and are committed to completing all steps in the safe sport roster please reach out to info@cochranewolvesfc.ca

8. Who can I contact if I have a Question about the program?

- For all questions & enquiries please contact info@cochranewolvesfc.ca
- Due to the volume of emails we receive, the response time will be 48-72 hours.