



Passion | Teamwork | Respect

Seaway Valley Soccer Club

Blazers Pre-Competitive Program U8/U9

Program Overview 2025-26





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Introduction



Our pre-competitive program is a year-round training environment designed to help players maximize their individual technical development.

The Blazers Pre-Competitive Program is the first step in the Blazers player pathway. At this stage, our goal is simple: to help players fall in love with the game while giving them the tools to grow.

Players will spend lots of time on the ball, learning how to dribble, pass, shoot, and make decisions in small-sided games. Just as importantly, they'll build confidence, learn to work with teammates, and discover what it means to wear the Blazers jersey with pride.

This program is designed to be fun, challenging, and supportive, giving every child a strong foundation for future competitive soccer, while making sure they always look forward to coming to the field.

SVSC Pathways and Options



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RECREATIONAL

Intro to Soccer

Players are introduced to soccer and develop how to move their bodies.

Developmental

Players have access to development as part of their program.

Youth Recreational League

Players have the opportunity to play in house league divisions age appropriate.

AGES:

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

U21

Adult

COMPETITIVE

Blazers Academy

Pre-Competitive

Development program for aspiring competitive soccer players.

Development Competitive

Competitive soccer begins in the regional development leagues.

Youth Competitive

Competitive Blazers teams play in the local competitive leagues and compete in tournaments.

Adult Competitive

Compete in local leagues and tournaments while proudly representing SVSC.

U8/U9 Mission and Vision

SVSC U8 & U9 Blazers Program Mission

To give every young Blazers player the chance to learn, play, and grow in a fun and challenging environment. Our mission is to help players fall in love with the ball, gain confidence in their skills, and enjoy being part of a team.

SVSC U8 & U9 Blazers Program Vision

Every player feels excited to come to soccer, proud to wear the Blazers jersey, and confident that they are improving. The vision is for players to leave this stage ready for the next level of their soccer journey, while keeping their passion for the game alive.





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Program Values

Fun & Enjoyment

Players should leave the field smiling, eager to come back, and loving the game more each week.

Confidence With the Ball

Every player develops the skills to dribble, pass, and shoot with comfort and pride.

Belonging & Team Spirit

Being a Blazer means being part of something bigger — supporting teammates, celebrating successes together, and building friendships.

Creativity & Freedom

Players are encouraged to try new moves, take chances, and express themselves without fear of mistakes.

Growth & Progress

Each child feels that they are improving, learning new skills, and taking steps forward in their soccer journey.

Respect & Sportsmanship

Players learn to play fair, respect coaches, referees, and teammates, and represent the Blazers with pride.

Competitive Assessments

To be offered a spot on a player pool, players should attend our competitive assessments each fall.

Following the **Canada Soccer Grassroots Standards:**

- U8 and U9 teams will play 5v5 in the festival format of the game.
- Development is focused on over results: no standings, rankings, or “must-win” environments.
- Games are for learning and enjoyment, not outcome.
- Coaches should emphasize positive reinforcement, inclusivity, and fun.
- Parents encouraged to support with enthusiasm, not pressure.

All groups work from a tailored curriculum that will provide players with a fun energetic, and competitive environment focused on individual player development.

At these ages, the primary focus is to develop technical, confident and passionate young soccer players. Players will be coached on basic small-group tactics and game situations, but the major focus will remain on technical development.

Player pools do not have set player limits; however the size of player pools will consider the formation of teams for each festival.

All players selected for a player pool will have the opportunity to be part of a team in the summer.





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Why Player Pools?

Player pools are especially beneficial in youth soccer for several reasons:

- **Enhanced Skill Development:** By training with a larger, varied group, players face different levels of competition and styles of play, which can improve their skills more dynamically.
- **Flexibility:** Coaches can adjust groups based on player development and growth over time, ensuring that players are always challenged but not overwhelmed.
- **Social Growth:** Playing alongside and against a diverse set of peers helps young players build camaraderie and learn valuable teamwork and sportsmanship skills.
- **Long Term Development:** Moving up through the format of the game means more players at each higher age group – this ensures we are developing enough players to fulfill these team rosters at the full competitive level.



U8/9 Pre-Competitive Program



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U8/9 Pre-Competitive includes:

- One training session per week (Nov to Feb)
- Two training sessions per week (Mar to Aug)
- Winter U8 Festivals in EOSL (Nov to Feb)
- Summer U8 Festivals in EOSL (May to Aug)
- Winter Futsal (Optional) (Nov to Feb).
- Spring Skills Centre (Optional) (April and May).

FUNdamentals

Winter Futsal

Club Skills
Coaching

Pre-
Competitive
Program

U8/9 Pre-Competitive Program



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U8/9 Pre-Competitive Curriculum includes:

Dribbling

Turning

Running
with the Ball

Shielding

Shooting

Passing and
Receiving

Small Sided
Games

Sample Pre-Competitive Blazers Schedule



Calendar Sample		League	Training	Optional Development	Tournaments	Camps / Programs
Winter Program	November	Winter Development Festivals – Biweekly	1 hour a week (Indoor)	Futsal League (Optional)		
	December	Winter Development Festivals – Biweekly	1 hour a week (Indoor)	Futsal League (Optional)		2-Week Break
	January	Winter Development Festivals – Biweekly	1 hour a week (Indoor)			
	February	Winter Development Festivals – Biweekly	1 hour a week (Indoor)			
Spring Program	March		2 hours a week (Indoor)	Exhibition Festivals		2-Week Break / Spring Assessments
	April		2 hours a week (Indoor)	Exhibition Festivals		Spring Development
	May	EOS Mini Festivals Format	2 hours a week (Outdoor)		U8 Festivals	Spring Development
Summer Program	June	EOS Mini Festivals Format	2 hours a week (Outdoor)		U8 Festivals	
	July	EOS Mini Festivals Format	2 hours a week (Outdoor)		U8 Festivals	Summer Camp 2-week Break
	August	EOS Mini Festivals Format	2 hours a week (Outdoor)		U8 Festivals	
OFF	September	OFF	OFF	OFF	OFF	Fall Development
	October	OFF	OFF	OFF	OFF	Competitive Assessments

Blazers Pre-Competitive Summary – Sample Costs – Costs can vary by team



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Program Cost (10-month program)	\$850* to \$1000* approx. (Excludes travel costs)
Program Fee Structure	\$500* Four installments (Nov / Jan / Mar / May). \$135* Uniforms Team Fees - \$250 to \$400
Program Services	Winter Training – 16 sessions (Nov to Feb) Winter Development Festivals (Nov to Feb) Winter Futsal (Optional – Nov to Feb) Spring Training (Mar to Apr) Spring Assessments (Mar) Spring Development Exhibition Games (Mar to May) EOS Mini Festivals (May to Aug) 3 Summer U8 Festivals (May to Aug)
Coaching	Minimum of 1 coach to 8 players at each training session.
Coach Minimum Qualifications	- Fundamentals (Ontario Soccer) - Making Ethical Decisions (CAOC) - Making Headway (CAOC) - Respect in Sport

* These cost figures are meant as a guide and may change after publication

U8/9 Pre-Competitive Program



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Fee includes:

- Training T-shirt
- Soccer Ball
- Coaches and Team Officials
- Spring Assessment
- Festivals and Games
- Registration with Governing Bodies

Blazers Training Program



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Our practice sessions are built using Ontario Soccer’s Long Term Player Development Matrix and Seaway Valley Soccer Club’s technical guidance manuals, with age appropriate activities that continue each player’s development and growth.

Sessions are usually based around a theme, i.e. dribbling, passing, finishing. Depending on the training content, players may be grouped by ability in order to keep the training environment challenging for all involved.

The staff will teach and encourage players to effectively apply correct technique and insight while allowing player creativity so players can train, learn and, compete with confidence.

Players will also be encouraged to improve at home through fun “homework” assignments & challenges throughout the year.

Session: U8 Blazers Fundamental Skills Sessions (6 week)
 Session #1 Theme: Dribbling Players: 8-16 Duration: 50 Minutes

Dribbling means making friends with the ball and using your feet to move it in a controlled way.

Key Factors	Technical	Physical	Psychological	Social
	Watch ball and look up to see field. Upright Body Lots of touches	Agility Balance Coordination	Motivation Self Confidence	Communication Listening Co-operation

Warm Up – Steal the Pinnie Duration: 5-8 minutes

Diagram	Instructions	Key Factors
	Players place a pinnie down the back of their shorts or to the side. Players attempt to steal another player's pinnie while ensuring to keep their own. Players can only have two pinnies max at any one time. Run for two 90 second periods.	Listening Motivation Agility Balance Coordination

Game: 3 v 3 or 4 v 4 Duration: 15 minutes

Diagram	Instructions	Key Factors
	Players are placed into two teams. No goalkeepers. Coach starts by throwing the ball in – each restart is done by the coaching providing the ball. Players must dribble the ball into the net to score for their team.	Close control. Upright Body. Head Up. Lots of Touches Communication Self Confidence

Liverpool Defending Drill Duration: 15 minutes

Diagram	Description	Coaching Points
	Ball carrier run to middle. Defender closes him down. Attacker returns the ball to starting position.	Focus on body position. Bent legs

1 Defending Duration: 15 minutes

Diagram	Description	Coaching Points
	Defender passes ball to attacking player who attempts to beat the defending player and score.	Body position. Pushing attacker to the outside.

End with small scrimmage.

PHYSICAL

TECHNICAL

TACTICAL

MENTAL

Our practices are comprised of:

- 10% - General Movement
- 10% - Balance and Agility
- 40% - Soccer Technique
- 40% - Small Sided Games



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Blazers Fundraising



The rising costs of field rentals, equipment, and playing fees risks becoming a barrier to some. We are fortunate to live in a hugely supportive community that consistently helps our youth in sports, and that ensures ALL players can participate in the program.

Our Blazers program organizes a number of fun events over the year aimed at raising funds to support the team in representing our community.

Parents and players are expected to participate in each event and be ambassadors for the club inside and outside our community.

Each year we also seek a number of sponsors. This help is an integral part of our cost structure and each year we are thankful for the support we receive.



Blazers Experiences



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While we strive to develop our players from a technical ability perspective and nurture talent, we also focus on developing them as people.

Our Blazer program organizes a number of fun events over the year aimed at building friendships and team comradery as well as experiencing soccer in the broader community and identifying athletic paths to professionalism or participation recreationally into adulthood.

Activities such as bowling, swimming, footgolf, strength and conditioning and group trips out to professional matches are all part of the experience and a standard part of the program over the year. One practice a month is usually dedicated to one of these activities.





Seaway Valley Soccer Club



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