

Passion | Teamwork | Respect

# Seaway Valley Soccer Club

Technical Development Plan U3 to Adult Programs - 2025-26

Ed Irvine – Club Head Coach





# Club Philosophy



Seaway Valley Soccer Club (SVSC) is committed to providing a complete soccer pathway from grassroots to adult play.

- Player-Centered Development: Training and game formats are tailored to age and stage of development.
- Long-Term Player Development (LTPD): Programs follow Canada Soccer and Ontario Soccer's guidelines.
- Inclusive Access: Opportunities exist for all levels of ability, from recreational to competitive play.
- Community and Excellence: SVSC values community building while supporting players aspiring to play at higher levels.

# SVSC Pathways and Options







## U3-U5 (Active Start)



**Streams:** Introduction to Soccer Spring and Fall, Summer Outdoor Little Sparks Development program, Spring and Summer Camps.

Focus: Fun, movement, introduction to the ball.

**Training/Game Format**: Parent-assisted sessions, 3v3 mini games.

- Develop coordination, balance, agility.
- Encourage love for the game.
- Short, fun, game-based activities.

## U6-U9 (FUNdamentals)

#### **Streams:**

- Recreational: Focus on development and fun.
- Pre-Competitive (Blazers): U8 and U9 programs introduce competition and organized training. Club skills training.

Focus: Fundamental motor and soccer skills.

**Format:** 4v4/5v5 game play, no goalkeepers.

- Ball mastery, dribbling, passing, shooting basics.
- Build confidence in moving with the ball.
- Basic teamwork and cooperation.
- Begin to understand attacking and defending.
- No dedicated goalkeepers. All players rotate.





## U10-U13 (Learning to Train)



#### **Streams:**

- **Recreational**: House League focus on fitness, fun, and teamwork.
- **Competitive (Blazers)**: EOSL league play, tournaments, and showcase opportunities. Goalkeeper development.

**Focus**: Skill development, game understanding.

Format: 7v7 (U10–U11), 9v9 (U12–U13).

### **Objectives:**

- Introduce positional play and principles of attack/defense.
- Encourage smart decisions through trial, error and discussion.
- Emphasis on 1v1 skills, decision-making, passing/receiving.
- Competitive programming begins (Development Competitive).
- Begin to introduce GK basics in training sessions (catching, diving, positioning, distribution).

**Training-to-Game Ratio**: Minimum 2 practices per game.

## U14-U17 (Train to Train / Compete)

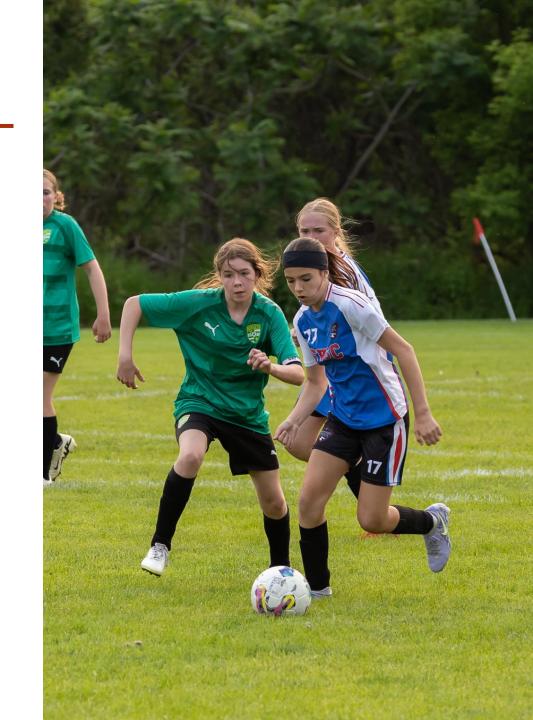
#### Streams:

- **Recreational**: House League focus on fitness, fun, and teamwork.
- **Competitive (Blazers)**: EOSL league play, tournaments, and showcase opportunities. Goalkeeper clinics.

**Focus:** Apply refined skills under match pressure.

Format: 11v11 play

- Technical refinement (first touch, finishing, passing range).
- Tactical development (formation play, pressing, transitions).
- Physical literacy: strength, speed, endurance.
- Psychological focus: resilience, leadership, sportsmanship.
- Dedicated GK training sessions with a club GK coach.





### U18–U21 (High Performance)



#### **Streams:**

- Recreational: Seaway 7s League, Co-Ed, Men's, Women's divisions.
- Competitive (Blazers): U21 teams in OCSL, bridging to senior soccer.

**Focus:** Bridge to adult competition and play.

**Format**: 11v11 and 7v7.

- Prepare players for adult competition.
- Tactical maturity, positional versatility.
- Promote coaching and refereeing opportunities for older youth.
- Specialized GK training continues for competitive teams.
- Mentorship opportunities for older GKs to help coach younger ones.
- Encourage GKs to pursue Canada Soccer GK Coach Licensing.





#### **Streams:**

- **Recreational**: Seaway 7s League, Co-Ed, Men's & Women's divisions.
- Competitive (Blazers): Senior Blazers in OCSL (Men's & Women's), OT35 programs, Masters.

**Focus:** Access to play that matches ability.

**Format**: 11v11 and 7v7

- Continue lifelong participation in soccer.
- Provide structured competition and social opportunities.
- Offer clear pathway from youth competitive to adult competitive.
- Mentorship opportunities for older GKs to help coach younger ones.



# Coaching and Support



**Coaching Standards**: All coaches trained to appropriate Ontario Soccer/Canada Soccer standards (Active Start, FUNdamentals, Learn to Train, Soccer for Life).

**Mentorship**: Senior Blazers players encouraged to support grassroots programs. Senior Coaches mentor new coaches.

**Referee Development**: Club Head Referee leads pathway for young officials.



# Seasonal Structure



**Outdoor Season**: April – September.

Winter Season (Futsal/Indoor): November – March.

**Spring & Fall Programs**: Transitional development blocks.

**Spring and Summer Camps:** Additional development opportunities.



## Key Technical Benchmarks



**U3–U9**: Ball mastery, movement confidence.

**U10–U13**: Foundation of technical skills, game awareness.

**U14–U17**: Refined skills, tactical understanding, physical development.

**U18–Adult**: Performance, competition, and lifelong soccer involvement.



# Long-Term Player Development Pathway



SVSC provides a full pathway:

**Entry Point**: U3 Active Start.

**Progression**: Intro to Soccer → House League → Development → Competitive (Blazers).

Bridging: U21 → Senior Men's/Women's Teams → OT35 → Masters.

**Alternative Pathways**: Refereeing, coaching, volunteering.





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