



Passion | Teamwork | Respect

# Seaway Valley Soccer Club

## Technical Development Plan

### U3 to Adult Programs - 2025-26

Ed Irvine – Club Head Coach





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# Club Philosophy

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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



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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.

### Adult Recreational

Players have opportunities to play recreational adult soccer.

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.



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# U3-U5 (Active Start)

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**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.

**Objectives:**

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



# U6–U9 (FUNdamentals)

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## 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.

## Objectives:

- 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.







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# 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)

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## 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

## Objectives:

- 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.





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# U18–U21 (High Performance)

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## 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.

## Objectives:

- 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.





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# Adult (Soccer for Life)

## 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

## Objectives:

- 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.





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# 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



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**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

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**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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[www.svsc.ca](http://www.svsc.ca)