



## IMPACT SC - 2022-2023 Indoor Program Outline

**\* All Club Programming designed to meet Canada Soccer - Club Licensing & Grassroots Standards**

**\*\*Programming is at our Turfed Club Indoor Fieldhouse**

**\*\*\*Coaches hold minimum mandatory Technical / Theory certification / Criminal Record Checks**

**\*\*\*\*Family Discounts – Registration of two + children = 10% discount**

### **U3-U4 & U5 Initiation Programs (30 Registrations per block)**

- **Outline** - 6 Sessions per block
- Each block is a separate registration
  - **(Block One)** = Nov & Dec **(Block Two)** = Jan & Feb
- **Time** = 5:30 pm-6:30 pm on Fridays
  - (15 mins parents/tot time/20-25 mins movement/15-20 mins game-related activity)
- *\*Initiation soccer teaches the Fundamental Movement Skills in a soccer-related environment*
- *\*\*Informal play starts at the U5 level (Based on Canada Soccer Grassroots guidelines)*

### **U6-U7 / U8-U9 Grassroots Programs & U10-U11 Development Program**

- **Outline** - 12 Skill Centre Sessions & 12 Matches
- **Schedule** (Skill Centre Training = first session / Games = second session)
- \*Curriculum is based on BC Soccer Small-Sided Games & Canada Soccer Grassroots guidelines

Preliminary Skill Centre Schedule Starts Early November	Preliminary Game Schedule Starts Early November
● U6-U7 - Tuesday @ 5:30 pm - 6:25 pm	● U6-U7 - Thursday @ 5:30 pm - 6:25 pm
● U8-U9 - Tuesday @ 6:30 pm - 7:40 pm	● U8-U9 - Thursday @ 6:30 pm - 7:40 pm
● U10-U11 - Monday @ 5:30 pm - 6:40 pm	● U10-U11 - Wednesday @ 5:30 pm - 6:40 pm

### **U12-U13 Development / U14-U15 Competitive / U16-U18 Performance Programs**

- **Outline** - 12 Skill Centre Sessions & 12 Matches
- **Schedule** (Skill Centre Training = first session / Games = second session)
- \*Curriculum is based on BC Soccer Small-Sided Games & Canada Soccer Grassroots guidelines

Preliminary Skill Centre Training Schedule Starts Early November	Preliminary Game Schedule Starts Early November
● U13-U18 Monday @ 6:45 pm – 8:00 pm	● U13-U18 Wednesday @ 6:45 pm – 8:00 pm

### **U10-U18 Goalkeeper Academy Program**

- 12 Training Sessions with our Certified Club Goalkeeper Coach - Yanni Ntapas (UNBC Men's Program)
- Preliminary Training Time = Fridays @ 6:30 pm – 7:30 pm

#### **REGISTRATION NOTES:**

- The PGYSA IMPACT Indoor and Outdoor programs are built to align with our year-round development plan
- Additional Club Clothing options available (e.g., tracksuit, hoodies, jackets, etc.)
- For more information on each program please visit our website: [pgysa.bc.ca](http://pgysa.bc.ca)
- Interested in being a member of our Club Technical Team, please contact us at: [impact@pgysa.bc.ca](mailto:impact@pgysa.bc.ca)



## **IMPACT SC - 2022-2023 Indoor Program Outline**

### **IMPACT / Whitecaps FC - U8-U18**

#### **Skillbuilder – Prospects Player Development Program (PDP) – 25 Spots**

**\*Starts third week of October**

**A focused development program for dedicated players that are seeking:**

- Individual skill development
- Physical preparation
- Tactical teachings
- Sport science education

#### **Program includes:**

- Six days/week of supplemental training options
- Field training
- Speed/Agility/Quickness & Strength & Conditioning Training
- Nutrition/Mental Skills/Flexibility Sport Science Education
- Player growth tracking & performance testing
- Education on soccer tactics
- Personal pathway meetings for every player (e.g., BCSPL, Collegiate, Semi-Pro, Pro, Nat'l)
- Identification Opportunities
- Caps to College Program

#### **Schedule Options:**

- Monday-Thursday @ 4:30pm - 5:30pm (players pre-book their training time)
- Friday night drop-in @ 6:30-8:00pm
- Saturday training window @ 10am - 12pm for all players (unless players opt-out)
- All players are tracked and tested with sport science software as per Whitecaps FC criteria
- Testing sessions (e.g., Yo-Yo test, 40 metre, load) on one Saturday morning/month
- One weekend/month is designated for recovery (i.e., no training)

**Program is Managed by Club & Whitecaps North Director – Terrol Russell**

#### **REGISTRATION NOTES:**

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