

**WHITECAPS LONDON**  
**2018 – 2019 PROGRAM OUTLINE U13 (2006) OPDL**  
**WWW.WHITECAPSLONDON.COM**



<b>Yearly Fee</b>	<ul style="list-style-type: none"> <li>• <b>\$3,850.00</b></li> </ul>
<b>Registration/Payment Inclusions</b>	<ul style="list-style-type: none"> <li>• Club, Coaching, Facility, Outdoor League and Ref Fees</li> <li>• Ontario Soccer Registration (includes player insurance)</li> <li>• Home and Away Uniforms, Training Kit (Tracksuit, Back Pack – extra cost and mandatory for new players)</li> <li>• Three (3) x 1.5-hour training sessions per week</li> <li>• One (1) Strength &amp; Conditioning session per week</li> <li>• Goalkeeper Training</li> <li>• Classroom Sessions</li> </ul>
<b>Registration/Payment Schedule</b>	<ul style="list-style-type: none"> <li>• Program kicks off in October 2018</li> <li>• Failure to register and pay the fees by the deadline will result in forfeit of placement in the program</li> <li>• The program ends October 2019</li> <li>• No refunds after October 15th, 2018 unless covered by WL's Refund Policy - available on the Club's website.</li> <li>• Fee assistance is available. Please contact WL's Executive Director.</li> </ul> <p style="color: red;"><i>There are Two Payment Options Offered:</i></p> <ul style="list-style-type: none"> <li>• <b>OPTION 1 – Full Payment - \$3,850</b> Payment in full by October 1st, 2018 via credit card, cheque, cash * Payment Amount: \$3,850</li> <li>• <b>OPTION 2 – 9 Payments - \$3,850 (plus \$80 surcharge)</b> 9 Payments by credit card 1st Payment October 1st - \$650 8 Payments x \$410 (\$400 + \$10 surcharge) November 1st, 2018; December 1st, 2018; January 1st, 2019; February 1st, 2019; March 1st, 2019; April 1st, 2019 May 1<sup>st</sup>, 2019; June 1<sup>st</sup>, 2019;</li> </ul>
<b>Program Administration</b>	<ul style="list-style-type: none"> <li>• Mike Ayyash – Technical Director</li> <li>• Cam Vassallo – Executive Director</li> <li>• Sarah King – Performance Manager</li> <li>• Team Head Coach – TBD</li> <li>• Team Assistant Coach – TBD</li> <li>• Team Manager – TBD</li> <li>• Goalkeeper Coach - TBD</li> </ul>
<b>Coaching</b>	<ul style="list-style-type: none"> <li>• One Team Head Coach per age/gender</li> <li>• One Team Assistant Coach per age/gender</li> </ul>
<b>Number of Players</b>	<ul style="list-style-type: none"> <li>• 16 - 18 players per Team</li> </ul>
<b>Playing Format</b>	<ul style="list-style-type: none"> <li>• 11 v 11</li> </ul>
<b>Turf Training Sessions (Oct–May)</b>	<ul style="list-style-type: none"> <li>• 2 x 1.5-hour session per week</li> <li>• 11 v 11 Indoor Turf Exhibition Games</li> <li>• Spring Training Location, Date and Time TBD</li> </ul>
<b>Gym Training Sessions (Nov–April)</b>	<ul style="list-style-type: none"> <li>• 1 x 1.5-hour session per week Location, Date and Time TBD</li> </ul>
<b>Grass Field Training Sessions (May–Sep)</b>	<ul style="list-style-type: none"> <li>• 3 x 1.5-hour sessions per week Location, Date and Time TBD</li> </ul>
<b>Match Play (Games)</b>	<ul style="list-style-type: none"> <li>• Ontario Player Development League (OPDL) May-October.</li> <li>• Participation in OPDL Approved Tournaments</li> <li>• Participation in Vancouver Whitecaps Combines</li> <li>• Exhibition Games with other OPDL License Holders</li> </ul>

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<b>Additional Programming</b>	<ul style="list-style-type: none"> <li>• Strength and Conditioning Program</li> <li>• Classroom Sessions: Video Analysis, Nutrition workshops, Sports Psychology</li> <li>• Goalkeeper Training</li> </ul>
<b>Coaching Qualifications</b>	<p>Minimum certifications required by the Ontario Soccer:</p> <ol style="list-style-type: none"> <li>1. National B Part 1 for Head Coach; National C for Assistant Coaches; Goalkeeper Diploma for GK Coach</li> <li>2. Respect in Sport</li> <li>3. Making Ethical Decisions</li> <li>4. Making Headway</li> </ol> <p>Vulnerable Sector Screening validated within last two years          First Aid certification dated within the last three years</p>
<b>Coach Evaluation/Feedback (on going)</b>	Head Coach evaluated by Technical Director
<b>Player Feedback</b>	<ul style="list-style-type: none"> <li>• Four Corner Development Evaluation Model: Technical, Physical, Social/Emotional and Psychological</li> <li>• Twice (2) per year</li> </ul>
<b>Development Curriculum</b>	<p><b>Technical</b></p> <ul style="list-style-type: none"> <li>• <i>1<sup>st</sup> touch (receiving), Passing, Dribbling (running with the ball), Heading, 1v1's, Crossing, Finishing</i></li> <li>• <i>Player habits: Vision &amp; Awareness, Receiving &amp; Turning, Positive Defending, Positive Passing, 1v1 Defending, 1v1 Attacking</i></li> </ul> <p><b>Tactical</b></p> <ul style="list-style-type: none"> <li>• <i>Introducing the moments of the game and principles of play: In Possession, Out of Possession, Defending Transition, Attacking Transition</i></li> <li>• <i>Decision-making and individual roles within system of play; partnerships within units</i></li> </ul> <p><b>Mental</b></p> <ul style="list-style-type: none"> <li>• <i>Standards, Team 1<sup>st</sup>, Enjoyment, Competitiveness, Communication, Emotional Control, Leadership</i></li> </ul> <p><b>Physical</b></p> <ul style="list-style-type: none"> <li>• <i>Acceleration, Speed, Endurance, Agility, Balance, Coordination, Functional Strength &amp; Power, Reaction &amp; Quickness</i></li> </ul>
<b>GAG Format</b>	<ul style="list-style-type: none"> <li>• Warm up * Initial Game</li> <li>• Technical/Tactical Activity * Final Game</li> </ul>
<b>Player Assessments/Trials</b> (Will Follow OPDL Trial Guidelines) Parent Meetings * August / September	<p><b>U13 Girls (2006) OPDL</b></p> <p>September 4, 5:30-6:45pm, North London 2                  September 5, 5:30-6:45pm, Windermere 3                  September 7, 5:30-6:45pm, North London 1                  September 11, 5:30-6:45pm, North London 2                  September 12, 5:30-6:45pm, Windermere 3</p> <p><b>U13 Boys (2006) OPDL</b></p> <p>September 4, 6:45-8pm, North London 2                  September 6, 5:30-6:45pm, Windermere 2                  September 7, 6:45-8pm, North London 1                  September 11, 6:45-8pm, North London 2                  September 13, 5:30-6:45pm, Windermere 2</p>

*\*Information contained in this document subject to change at the discretion of Whitecaps London Soccer Club at any time*