

WHITECAPS LONDON
2018 – 2019 PROGRAM OUTLINE U14 (2005) OPDL
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Yearly Fee	<ul style="list-style-type: none"> • \$3,850.00
Registration/Payment Inclusions	<ul style="list-style-type: none"> • Club, Coaching, Facility, Outdoor League and Ref Fees • Ontario Soccer Registration (includes player insurance) • Home and Away Uniforms, Training Kit (Tracksuit, Back Pack – extra cost and mandatory for new players) • Three (3) x 1.5-hour training sessions per week • One (1) Strength & Conditioning session per week • Goalkeeper Training • Classroom Sessions
Registration/Payment Schedule	<ul style="list-style-type: none"> • Program kicks off in November 2018 • Failure to register and pay the fees by the deadline will result in forfeit of placement in the program • The program ends October 2019 • No refunds after October 15th, 2018 unless covered by WL's Refund Policy - available on the Club's website. • Fee assistance is available. Please contact WL's Executive Director. <p style="color: red;"><i>There are Two Payment Options Offered:</i></p> <ul style="list-style-type: none"> • OPTION 1 – Full Payment - \$3,850 Payment in full by October 1st, 2018 via credit card, cheque, cash * Payment Amount: \$3,850 • OPTION 2 – 9 Payments - \$3,850 (plus \$80 surcharge) 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 1st, 2019; June 1st, 2019;
Program Administration	<ul style="list-style-type: none"> • Mike Ayyash – Technical Director • Cam Vassallo – Executive Director • Sarah King – Performance Manager • Team Head Coach – TBD • Team Assistant Coach – TBD • Team Manager – TBD • Goalkeeper Coach - TBD
Coaching	<ul style="list-style-type: none"> • One Team Head Coach per age/gender • One Team Assistant Coach per age/gender
Number of Players	<ul style="list-style-type: none"> • 16 - 18 players per Team
Playing Format	<ul style="list-style-type: none"> • 11 v 11
Turf Training Sessions (Jan–May)	<ul style="list-style-type: none"> • 2 x 1.5-hour session per week • 11 v 11 Indoor Turf Exhibition Games • Spring Training Location, Date and Time TBD
Gym Training Sessions (Nov–April)	<ul style="list-style-type: none"> • 1 x 1.5-hour session per week Location, Date and Time TBD
Grass Field Training Sessions (May–Sep)	<ul style="list-style-type: none"> • 3 x 1.5-hour sessions per week Location, Date and Time TBD
Match Play (Games)	<ul style="list-style-type: none"> • Ontario Player Development League (OPDL) May-October. • Participation in OPDL Approved Tournaments • Participation in Vancouver Whitecaps Combines • Exhibition Games with other OPDL License Holders

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Additional Programming	<ul style="list-style-type: none"> • Strength and Conditioning Program • Classroom Sessions: Video Analysis, Nutrition workshops, Sports Psychology • Goalkeeper Training
Coaching Qualifications	<p>Minimum certifications required by the Ontario Soccer:</p> <ol style="list-style-type: none"> 1. National B Part 2 for Head Coach; National C for Assistant Coaches; Goalkeeper Diploma for GK Coach 2. Respect in Sport 3. Making Ethical Decisions 4. Making Headway <p>Vulnerable Sector Screening validated within last two years First Aid certification dated within the last three years</p>
Coach Evaluation/Feedback (on going)	Head Coach evaluated by Technical Director
Player Feedback	<ul style="list-style-type: none"> • Four Corner Development Evaluation Model: Technical, Physical, Social/Emotional and Psychological • Twice (2) per year
Development Curriculum	<p>Technical</p> <ul style="list-style-type: none"> • <i>1st touch (receiving), Passing, Dribbling (running with the ball), Heading, 1v1's, Crossing, Finishing</i> • <i>Player habits: Vision & Awareness, Receiving & Turning, Positive Defending, Positive Passing, 1v1 Defending, 1v1 Attacking</i> <p>Tactical</p> <ul style="list-style-type: none"> • <i>Introducing the moments of the game and principles of play: In Possession, Out of Possession, Defending Transition, Attacking Transition</i> • <i>Decision-making and individual roles within system of play; partnerships within units</i> <p>Mental</p> <ul style="list-style-type: none"> • <i>Standards, Team 1st, Enjoyment, Competitiveness, Communication, Emotional Control, Leadership</i> <p>Physical</p> <ul style="list-style-type: none"> • <i>Acceleration, Speed, Endurance, Agility, Balance, Coordination, Functional Strength & Power, Reaction & Quickness</i>
GAG Format	<ul style="list-style-type: none"> • Warm up * Initial Game • Technical/Tactical Activity * Final Game
Player Assessments/Trials (Will Follow OPDL Trial Guidelines) Parent Meetings * August / September	<p>U14 Girls (2005) and U14 Boys (2005) OPDL</p> <p>Non-OPDL Players Open Trials – Phase 1: September 10, 6-7:30pm, Windermere 3 September 17, 6-7:30pm, Windermere 3 September 24, 6-7:30pm, Windermere 3</p> <p>OPDL Players – Phase 2: October 1: Resign current players and add players from Open Trials Phase 1 November: Trials for OPDL players, Dates TBD</p> <p>Any Players – Phase 3: February to April: Trials to identify additional players</p>

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