



# INTENSIVE SOCCER PLAYER DEVELOPMENT COURSE (ISPDC)

2010 July 05 – 09, Deep River, Ontario



## General Objectives:

The purpose of this course is to bring to our area qualified and highly trained personnel for a week of intensive soccer player development. The objective is to foster an enriching environment that brings together a selected group of accomplished and motivated players from the Ottawa Valley and a highly qualified coaching staff. This staff will include two professional coaches, two hired technical coordinators, several hired external part-time consultants, and local volunteer coaches. The intent is to cover technical skills and tactical/team play skill development, but also to further educate young players in other areas such as overall athletics, nutrition, positive approach to a competitive environment, and personal life skills.

## Benefits:

- Provide an opportunity for players to develop higher-level technical soccer skills
- Further develop young players as well-rounded individuals that would then engage more safely and more confidently in a variety of high-output sports
- Avoid having to send players far away to get similar experience and therefore minimize the travel/accommodation cost to parents
- Provide positive interaction between players from different clubs
- Develop our local coaching staff as they gain knowledge while assisting the highly-qualified coaches
- Involve some of our certified community members who have specific applicable skills and training and can contribute as external consultants

## Staff:

- Professional coaches with extensive experience in coaching soccer at these age groups.

- Technical coordinators with previous experience in organizing community events and experience in mentoring and supervising youth. The technical coordinator(s) will run the program from a logistics point-of-view and will assist the professional coaches.
- External consultants for the delivery of short interventions/course material during lunchtime learning sessions focused on several key topics applied to soccer, including physical conditioning, athletic regeneration, positive approach to a competitive environment, nutrition, and life skills
- Several volunteer coaches in charge of teams at the U10 to U18 levels to assist the professional coaches if need be.

#### Targeted Players and Age Groups:

The targeted players are those displaying a good general understanding of the game, good technical soccer skills, good general physical skills, maturity, and positive general attitude. The players will be selected to ensure that the qualified and assistant coaches will not spend time dealing with discipline issues and/or lack of player motivation. Also, players' technical skills should be developed enough prior to the course to be able to engage successfully in team play and in the various exercises. The players should be skilled enough to benefit from the course and see it as a rewarding experience. Initially, all interested players will be accepted at pre-registration in March. The final registration will be confirmed by the course coordinator following an assessment/selection of the players during the spring of 2010, following a review of the players' technical and social skills involving his/her regular coach.

All OSA-registered players who are currently playing 11-a-side soccer in our area (and beyond, as visitors to our area are welcome) are eligible to pre-register. This includes U12 to U17 players, boys and girls. The course may also be open to some of the more accomplished players born in 2000.

Preliminary age groups will be formed as follows:

- Girls born in 2000, 1999, 1998, and 1997 (Group 1)
- Boys born in 2000, 1999, 1998, and 1997 (Group 2)
- Girls born in 1996, 1995, 1994, and 1993 (Group 3)
- Boys born in 1996, 1995, 1994, and 1993 (Group 4)

The above age grouping may be subject to changes following a final assessment of the registered players' age demographics. Each group will be limited to a maximum of 25 players for a maximum total registered number of 100 players for the course.

#### Course Format:

The detailed content of the soccer technical sessions is the full responsibility of the provincial level coaches. However a course format and a schedule are pre-established to help ensure that the stated objectives of the course are met. The general format of the course is described below.

Each group of players will be involved in the course for three and half hour per day, three hours with one of the qualified coaches and half an hour with an external consultant. Each group will be able to use a full soccer field at all times. Two of the four groups will be attending the course simultaneously. The course will run Monday to Friday from 9:00 am to 4:00 pm. Groups will alternate attendance in the morning and in the afternoon from one day to another. The Morning Session will be from 9:00 am to 12:00 pm with the professional and assistant coaches and from 12:00 pm to 12:30 pm for the learning

focus session with an external consultant. The Afternoon Session will be from 12:30 pm to 1:00 pm for the learning focus session with an external consultant and from 1:00 pm to 4:00 pm with the professional and assistant coaches.

The half-hour long lunchtime learning sessions will be delivered by professionals who are experts in their field. The anticipated content of each lunchtime learning session is as follows:

- Physical conditioning (warm-up, stretching, flexibility, mobility, strengthening, agility, development of endurance)
- Athletic regeneration (optimal biomechanics/posture, prevention of injuries, management of training load)
- Positive approach to a competitive environment (dealing with pressure from peers/parents/coaches, dealing with failure, develop confidence, develop a positive team mentality)
- Nutrition (hydration and food intake for high performance, eating patterns, and eating habits in relation to high-output sports, recovery)
- Life skills development (sportsmanship, environmental awareness, mentoring of pairs, time management, volunteering, finding a place within the team).

The course will be delivered at the Deep River Grouse Park soccer fields with the exception of one day that will include some “Beach Soccer” activities. The beach soccer day will be held at Deep River Lamure Beach with part-time training at the Deep River Campus soccer field. The table below shows the proposed sessions and schedule for the course.

	Monday 2010 July 05	Tuesday 2010 Jul 06	Wednesday 2010 Jul 07	Thursday 2010 Jul 08	Friday 2010 Jul 09
9:00 – 12:00 Morning Session Part 1	Group 1-2 Soccer Tech. Session #1	Group 3-4 Soccer Tech. Session #2	Group 1-2 Soccer Tech. Session #3	Group 3-4 Soccer Tech. Session #4	Group 1-2 Soccer Tech. Session #5
12:00 – 12:30 Morning Session Part 2	Group 1-2: Focus Session on Physical Conditioning	Group 3-4: Focus Session on Nutrition	Group 1-2: Focus Session on positive approach to a competitive environment	Group 3-4: Focus Session on Athletic Regeneration	Group 1-2: Focus Session on Life Skills
12:30 – 1:00 Afternoon Session Part 1	Group 3-4: Focus Session on Physical Conditioning	Group 1-2: Focus Session on Nutrition	Group 3-4: Focus Session on positive approach to a competitive environment	Group 1-2: Focus Session on Athletic Regeneration	Group 3-4: Focus Session on Life Skills Development
1:00 – 4:00 Afternoon Session Part 2	Groups 3-4 Soccer Tech. Session #1	Groups 1-2 Soccer Tech. Session #2	Groups 3-4 Soccer Tech. Session #3	Groups 1-2 Soccer Tech. Session #4	Groups 3-4 Soccer Tech. Session #5

### Registration Schedule and Fees:

A \$100.00 deposit will be requested at pre-registration of a player. The deposit will be cashed once the technical skills of the player have been assessed, the regular coach of the player has been consulted, and the player is confirmed as eligible to participate. Once the player attendance is confirmed and the qualified staff is hired (end of 2010 May), the player will be expected to attend and the \$100.00 deposit will not be refunded unless the course is cancelled for unforeseen reasons. In June, the balance of \$80.00 for the course fee will be requested for a total course fee of \$180.00 per player. A player who may be forced to withdraw prior to the end of Course Day #2 due to injury will be eligible for an \$80.00 refund. A medical certificate confirming that the player can no longer take part in the course will be required.

### Discipline/Termination:

In terms of discipline, the players will be under the responsibility of the qualified coaches during the soccer technical sessions and under the responsibility of the technical coordinators during the focus learning session. The emphasis will be on procuring a safe, rewarding, beneficial environment for all players involved. Therefore, discipline issues will be systematically reported to the course coordinator and to the parents and will be dealt with without delay. The COC may decide to terminate the involvement of a player found guilty of misconduct and this without refund, regardless of when termination occurs.

### Player's Kit provided by course organizers:

- Water, sport drinks, snacks each day
- Portfolio including five facts sheets summarizing information delivered during the focus learning sessions
- A CD including a gallery of photos taken during the course
- A certificate of course completion
- A soccer t-shirt with original creative design by Ashley Gadd

### Summary of schedule:

- 1- Pre-registration and \$100.00 deposit (2010 March-April)
- 2- Player selection process and confirmation of registration (2010 May)
- 3- Payment of \$80.00 course fee balance (2010 June)
- 4- Course delivery (2010 July 05-July 09)

For further information and pre-registration, talk to the ISPDC coordinator or ISPDC registrar during one of the regular club registration nights organized in your town or send an e-mail to the following address consult our website at [www.dramsc.ca](http://www.dramsc.ca)

Mail your 100\$ deposit cheque and your filled pre-registration form to:

DRAMSC  
ISPDC 2010  
P.O. Box 1225  
Deep River, Ontario  
K0J 1P0