



United DFC

Skill Centres

Starting Winter 2018





United DFC Values & Missions

As Many As Possible... For As Long As Possible... In The Best Environment Possible

Participation
Player
Centered
Positive
Quality
Respect and
Sportsmanship

Accountability
Communication
Community
Excellence
Open, Accessible
and Inclusive

All UDFC decisions are made, with these values in mind

Why the Change?

Why?

No research to suggest pre-puberty selections are accurate or effective

No more Tryouts!

All players deserve the same experience & opportunities

Players can play with their friends

More contact time with the ball

Flexible scheduling for families

More effective coach development

Recreate game scenarios

Challenging and FUN for all!

- All kids get the same experience
- No more talent ID (a,b or c teams) and more talent development
- Early selection prior to physical maturation is a guessing game
- No way of predicting elite athletes before puberty
- Characteristics that define talented athletes early are not the same that define elite athletes later in their career

Why continued....Jason De Vos & Dave Nutt



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Why continued....Jason De Vos & Dave Nutt



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Who are they for?



- U7 & U8, U9, U10 & U11
- U7 & U8 groups will be separate groups
- 10 Separate Skill Centre groups
- Both boys and girls
- Potential caps on groups based on coaching availability
 - More on this later

- No U12...why?
 - Fathering in
 - SNS Whitecap Program
 - Maybe in the summer
 - U12 Included starting fall 2019



The Logistics

- **Age groups capped depending on number of coaches**
 - 5 players per coach – means two coaches per team
 - We will enter as many teams as we need
 - E.g - 30 players – 3 teams at u8/u9/u10
 - E.g - 40 players - 3 teams at U11

- **Groups for practices/games selected by different characteristics**
 - Size?
 - Speed?
 - Birthdate?
 - Position?
 - Friends?
 - Random?
 - These are just some examples!

- **1 game per week**
 - Always in same 'slot' - e.g between 9am and 12pm Saturday am
 - To help scheduling we will select teams in 4 week blocks
 - E.g Teams will be selected and changed every 4 weeks

- **2 practices per week**
 - 1 on turf & 1 in a large gym
 - All Skill Centres



How will Practices work?

- Every session will consist of Warm Up & 4 stations, with each section led by different coaches. The warm up allows friends to play together and fosters a social connection. The stations allow focus on particular game aspects which allows all players exposure to different coaches and coaching styles.
- Warm Up
 - Group warm up. All engaged, and involved. The session's groups can be selected here.
- Conditioned Small sided Game
 - Game led by coach with rules/conditions to stimulate problem solving and thinking.
- Activity
 - An activity that allows coaches to focus on a particular, game scenario or topic and get the players to explore solutions.
- Physical Literacy
 - Activities that challenge players to use their bodies in different ways and explore different movements
- Free Play Game
 - Its their game, so we let them pick the teams, rules and how they play!

Skill Centre Video



United DFC

Presents



Skill Centres



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How will games work?

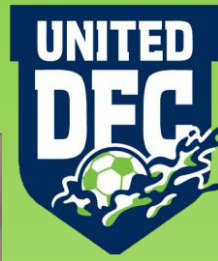
- We will enter as many teams as we need
 - E.g. 30 players – 3 teams (at U7/u8/U9/10s)
 - OR
 - E.g. 40 players - 3 teams (at u11s)
 - Teams will be selected for every block based on different characteristics
 - Size?
 - Position?
 - Speed?
 - Friends?
 - Birthdate?
 - Random?
- These are just some examples!
- Opposition will come into play when selecting teams for that particular block.
 - A player can't make a game time? No problem, let us know and we will move them to another team for the week



How Will Scheduling Work?

- **Games in blocks**
 - Team blocks for 4 weeks
 - Will know your team for the next 4 weeks!
 - Blocks will be announced with 2 weeks notice
- **Practices – same as always**
 - 2 a week, at the same times and locations every week
- **Reasonable scheduling for parents**
 - You will know rough game times for the ENTIRE season
 - You will know exact game times with a minimum of 2 weeks and max of 6 week notice
 - You will know the practice schedule for the ENTIRE season
- **A player can't make a game time? No problem, let us know and we will move them to another team for the week**

Wrap Up



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Thank You

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