



**U8-U10 Training Program
Fall 2016/2017 Season**

OBJECTIVE:

- To further enhance the development opportunities for athletes at Burnaby Girls Soccer Club.
- To ensure a standardized training program based on age specific areas of focus.
- To create a pathway at Burnaby Girls Soccer Club, connecting development from U6-U18.
- To support coaching education development.
- To improve identification of prospect athletes for B.G.S.C. programs, as well as our partner programs.
- To increase registration numbers in these target age groups.

INTRODUCTION:

After observing teams within the Burnaby Girls Soccer Club for the 2015/2016, it was clear to the Technical Director and staff that there were some key points coming out of the U8-U10 age groups. Some of the main points included:

- A wide range of coaching abilities, experience, approaches, training standards, etc.
- No clear areas of focus for athlete development in the specific age groups.
- Environmental challenges such as gravel fields.
- A lack of technical staff support to coaches and athletes due to multiple locations and times of training sessions and matches.

Our club has also seen a decline in registration for these age groups, which supports the premise that the U8-U10 programs require increased support from the club. In an effort to address the points above, variables including the environment, session planning, and staff support of past programming have been altered. By implementing these adjustments, we will be able to provide a higher standard of development for our athletes and coaches.

PROCESS:

- The U8-U10 teams will be provided training time on the turf fields provided by the City and assigned by the Burnaby Girls Soccer Club.
 - While we recognize in the past that teams were able to choose training time, this is an unrealistic option with the turf due to the minimal time available. Our hope is that the majority of athletes and coaches will be able to adjust their schedules to attend the assigned training time.
- U8-U10 Staff Coach Tiffany O'Krane will be composing a session plan for each training based on the areas of focus for the specific age group. This will be sent out to coaches prior to the training night. If coaches would like to use the session plan they are more than welcome, however, coaches are welcome to plan their own session, provided that it is based on the **same topic** as the staff coach's session plan. This ensures that all athletes are being provided the same standard of development and the same key concepts are emphasized.



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- Teams will train with their team coach on the turf field. The coach (if present) will run the training session with their team. Tiffany will be on site to oversee the training sessions and provide support to coaches and athletes. Teams who do not have a coach present will have their players combine with another team so that they can still receive a quality training. Tiffany will ensure this process goes smoothly each night.
- The combination of the turf training, Friday Academy programs, Sunday match, and potential second team session for some programs will ensure our U8-U10 athletes receive an overall development.

OTHER POINTS OF CONSIDERATION:

- Even if a team's coach is unable to make the assigned turf training time, **it is highly recommended that players available attend the training session**. We will ensure athletes have the opportunity to train and encourage as many as possible to be on the field with the Technical Staff present.
- Teams are welcome to hold a second training in the week if the coach and team so desire. Second trainings will be scheduled through our Club Manager and will be on gravel fields or in gymnasiums. It should be emphasized that the second training sessions are not to be used by a team to replace the turf training. Coaches should encourage athletes to attend the turf training if available.
- Support is the priority. Change can be intimidating and is often met with apprehension. We would like to reassure everyone that this restructuring is not meant to minimize the role of the coaches or threaten the overall structure of the teams. The only change is that we are standardizing our approach to training and applying areas of focus (supported by research) to those age groups. We are here to support our coaches and athletes in their continued development.

We are excited to enhance the development opportunities at Burnaby Girls Soccer Club. Our goal is to ensure that every athlete will have a program suited for their specific developmental needs. If you have any questions or comments regarding this program, please contact the club's Technical Director, Kim Bull at td@burnabygirlssoccerclub.com.