



# IPC's (Individual Player Competencies)

- Each building block will see our players work on developing Calgary Blizzard Individual Player Competencies (IPC's)
- At Calgary Blizzard we would like our players to develop as best they can 8 unique IPC's which will become their player habits
- Our 8 unique IPC's will also provide a clear & concise approach to evaluating players as they move through the Calgary Blizzard Player Pathway

IPC	Description	Building Block(s)	Program
<b>(1) Vision &amp; Awareness (N-S vs. W-E Concept)</b>	In all moments and phases of the game the player consistently orientates their body to an 'open' position to enable them to see their surroundings. Regularly looks to gain a 360 degree view of the field. The player appears able to play ahead of the game, by gathering and analyzing information aka "Thinking ahead". We look to exploit open lanes when attacking & close off lanes for the opposition to exploit when defending.	<ul style="list-style-type: none"> <li>• ME, MY BALL &amp; THE DEFENDER</li> <li>• ME, MY TEAMMATES &amp; THE DEFENDERS</li> <li>• ME, MY TEAMMATES &amp; THE OPPOSITION</li> </ul>	ROOTS – CORE – REACH & ADULTS
<b>(2) Effective Transitional Reactions</b>	Playing with high energy and controlled aggression we look to regain possession within 6 seconds upon the ball turning over to the opposition and with our 1 <sup>st</sup> pass we secure possession of the ball upon regaining it, before attacking with controlled possession to exploit any space (vertical & horizontal) in defensive lines.	<ul style="list-style-type: none"> <li>• ME, MY BALL &amp; THE DEFENDER</li> <li>• ME, MY TEAMMATES &amp; THE DEFENDERS</li> <li>• ME, MY TEAMMATES &amp; THE OPPOSITION</li> </ul>	ROOTS – CORE – REACH & ADULTS
<b>(3) RWTB to isolate or Go around Defenders</b>	The player is confident and comfortable in possession of the ball (both feet), and able to gain a time/space advantage on opponents by using intelligence, disguise, and trickery to beat opponents. Demonstrates a positive, confident, and determined mentality to achieve success in 1v1 duels to go around or isolate opposition players.	<ul style="list-style-type: none"> <li>• ME, MY BALL &amp; THE DEFENDER</li> </ul>	ROOTS - CORE
<b>(4) Evasive Dribbling to Protect the Ball</b>	The player is confident and comfortable in possession of the ball (both feet), and able to gain a time/space advantage on opponents by manipulating (or shielding) the ball. Demonstrates a positive, confident, and determined mentality to achieve success in 1v1 duels to evade & protect the ball from opposition players.	<ul style="list-style-type: none"> <li>• ME, MY BALL &amp; THE DEFENDER</li> </ul>	ROOTS - CORE
<b>(5) Opening up on our 1<sup>st</sup> touch to Receive</b>	The player is able to receive the ball using a variety of surfaces (foot, thigh, chest, head) which creates time and space from his opponent(s). When possible the players first touch is positive (forward) leading them to make a positive second action (pass, dribble, shot). On receiving the ball, the player is able to unbalance opponents through a variety of turns, at speed, and with deception.	<ul style="list-style-type: none"> <li>• ME, MY TEAMMATES &amp; THE DEFENDERS</li> <li>• ME, MY TEAMMATES &amp; THE OPPOSITION</li> </ul>	CORE- REACH & ADULTS
<b>(6) Passing over distance either thru, around or over Defensive Lines</b>	The players first thought (option) is to advance the ball, with the intent to break a line (or lines) of the opposition set-up. The pass has purpose and is weighted correctly, and when required with disguise. The passes can come in a variety of types, with either foot. The players first passing look &/or option should be positive, have creativity to ultimately progress the ball into a dangerous area.	<ul style="list-style-type: none"> <li>• ME, MY TEAMMATES &amp; THE DEFENDERS</li> <li>• ME, MY TEAMMATES &amp; THE OPPOSITION</li> </ul>	CORE UU11/U12) – REACH & ADULTS
<b>(7) Mobility to support between &amp; behind Defensive Lines</b>	The player is able to move between and behind defensive lines to create defensive confusion and unbalance whilst providing support. The player routinely chooses to support east or west of the ball to open up lanes north of the ball. This gives options to the ball carrier whilst giving opposition defenders a decision when defending the ball. A high emphasis is placed on a players responsibility to move fwd. in the correct moments.	<ul style="list-style-type: none"> <li>• ME, MY TEAMMATES &amp; THE DEFENDERS</li> <li>• ME, MY TEAMMATES &amp; THE OPPOSITION</li> </ul>	CORE UU11/U12) – REACH & ADULTS
<b>(8) Controlled Finishing in a Variety of Ways</b>	The player is able to find themselves in positive areas in and around the opposition 18 yard box, and prepared/ready for the goal chance opportunities that will be presented. The player routinely chooses the correct technique, with the primary objective to ensure good contact (all body parts) is made with the ball. A high emphasis is placed on the accuracy of the shot whilst using the necessary amount of power and disguise.	<ul style="list-style-type: none"> <li>• ME, MY BALL &amp; THE DEFENDER</li> <li>• ME, MY TEAMMATES &amp; THE DEFENDERS</li> <li>• ME, MY TEAMMATES &amp; THE OPPOSITION</li> </ul>	CORE – REACH & ADULTS