



The Orange Way

Approach to Development and Programs

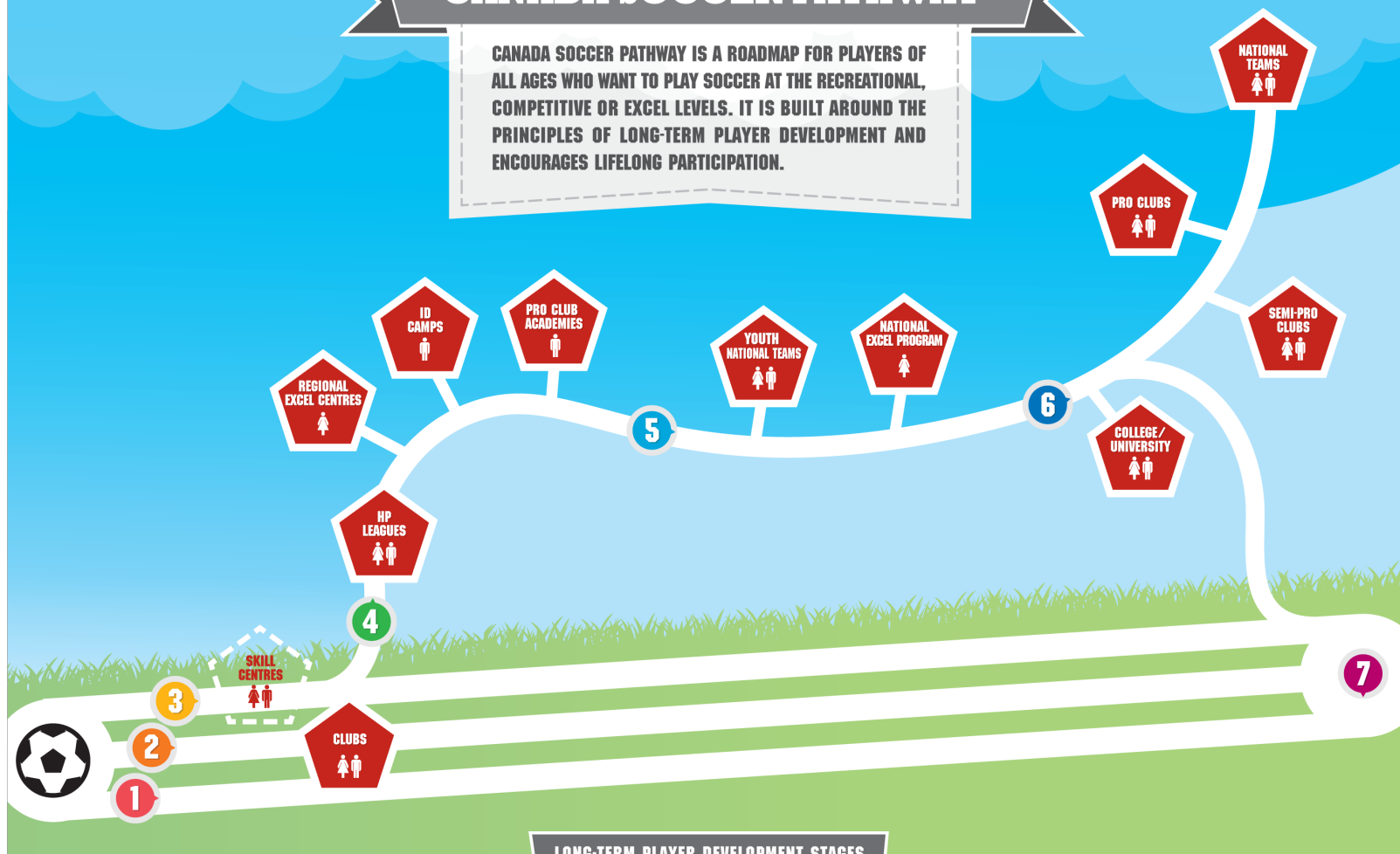
CALGARY BLIZZARD SOCCER CLUB

The Canada Soccer Pathway



CANADA SOCCER PATHWAY

CANADA SOCCER PATHWAY IS A ROADMAP FOR PLAYERS OF ALL AGES WHO WANT TO PLAY SOCCER AT THE RECREATIONAL, COMPETITIVE OR EXCEL LEVELS. IT IS BUILT AROUND THE PRINCIPLES OF LONG-TERM PLAYER DEVELOPMENT AND ENCOURAGES LIFELONG PARTICIPATION.



LONG-TERM PLAYER DEVELOPMENT STAGES

LEVEL OF PLAY

	EXCEL
	COMPETITIVE
	RECREATIONAL

PHYSICAL LITERACY

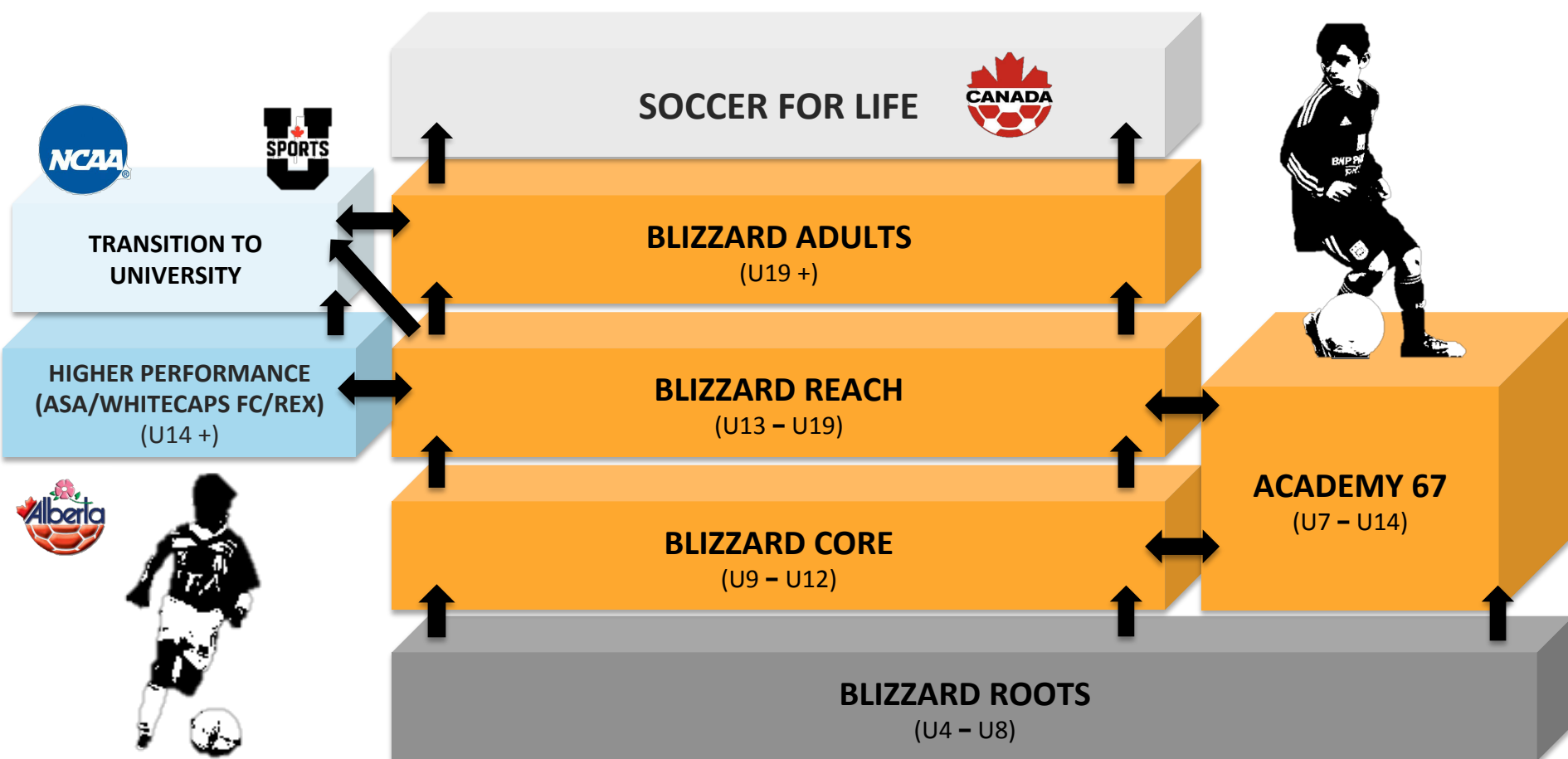
- 1** Active Start AGE 4-6
- 2** FUNdamentals AGE 6-8 AGE 8-9
- 3** Learning to Train AGE 9-11 AGE 11-12

- 4** Training to Train AGE 11-15 AGE 12-16
- 5** Training to Compete AGE 15-19 AGE 18-20
- 6** Training to Win AGE 18+ AGE 19+
- 7** Active for Life ALL AGES



YOUR GOALS. OUR GAME.

Blizzard Player Pathway





Strategic Goals

Blizzard's Commitment to Our Members

- 1) **Develop great people and a better player** in line with the positive habits they already have. Blizzard's goal is to help each player understand the importance of key society values through the game they are playing whilst growing and maintaining a love for soccer. Soccer for Life.
- 2) **Develop the individual player** with a clear & consistent identity linked to the objective characteristics associated to their development as a child In the Foundations Phase (Roots & Core Programming).
- 3) **Develop the group of players** with a clear & consistent identity linked to the game at higher levels with an emphasis of getting players to higher levels (Reach Programming).
- 4) **Continue to educate parents and our coaches** in line with LTPD on the world's best practices associated to player & coach development linked to our player development philosophy.

The Blizzard Game Model

Blizzard's Commitment to Our Players

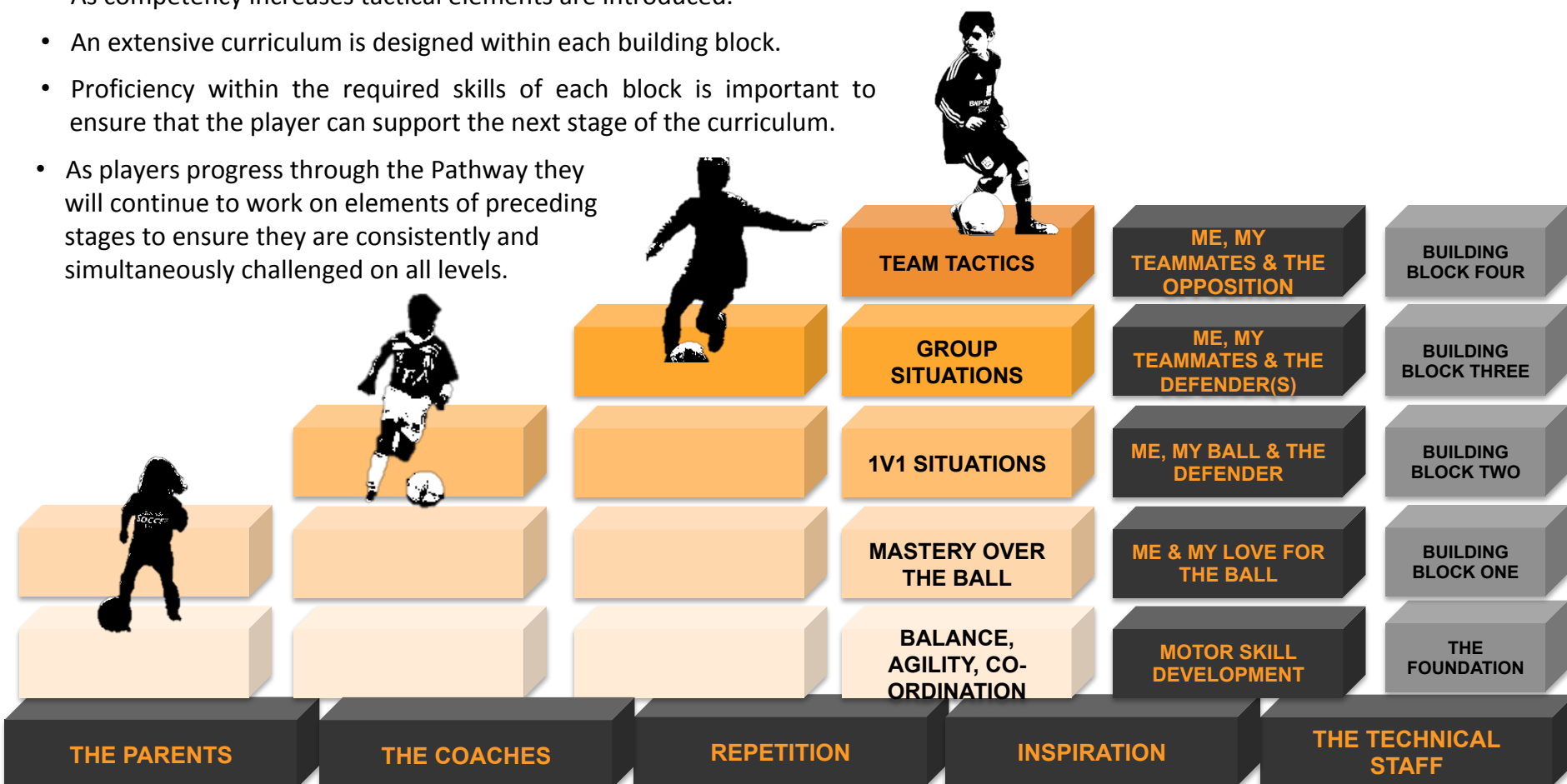
- **A Player Development Curriculum** aligned to our Building Blocks of Player Development & IPC's, categorized by their development needs linked to our Game Model
- **Game Model** – Is How we Train & How we Play

Blizzard Game Model



Player Building Blocks

- Blizzard has a building block approach to player development. Players follow a path focused on technique and skill development.
- As competency increases tactical elements are introduced.
- An extensive curriculum is designed within each building block.
- Proficiency within the required skills of each block is important to ensure that the player can support the next stage of the curriculum.
- As players progress through the Pathway they will continue to work on elements of preceding stages to ensure they are consistently and simultaneously challenged on all levels.



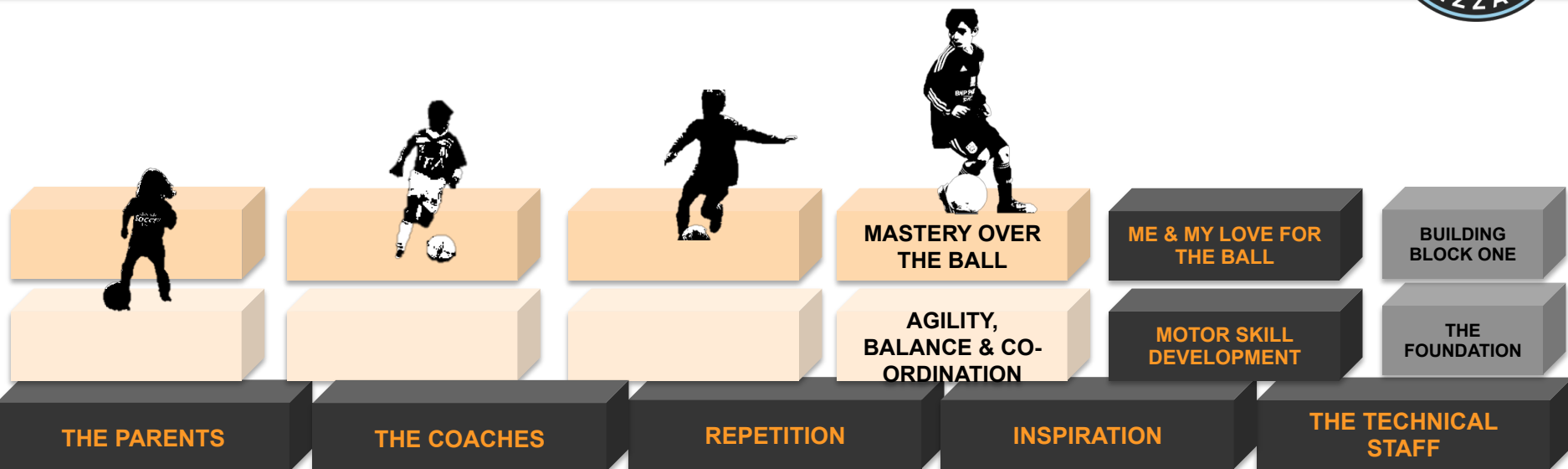


IPC's (Individual Player Competencies)

- 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

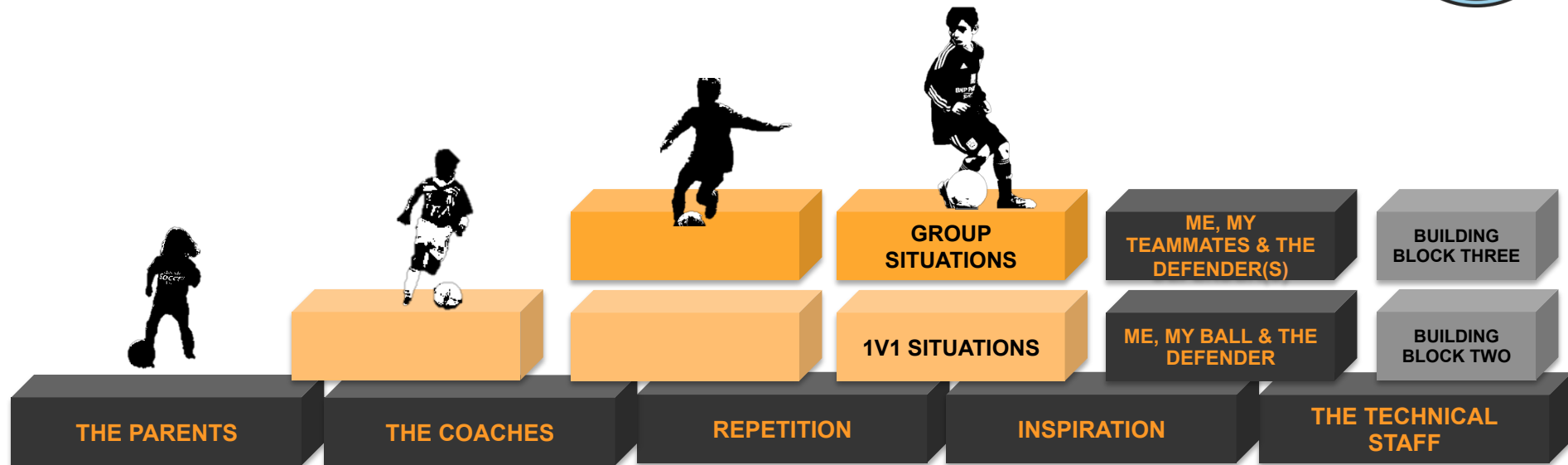
IPC	Description	Building Block(s)	Program
(1) Vision & Awareness (N-S vs. W-E Concept)	In all moments and phases of the game the player consistently orientates their body to an 'open' position to enable them to see their surroundings. Regularly looks to gain a 360 degree view of the field. The player 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"> • ME, MY BALL & THE DEFENDER • ME, MY TEAMMATES & THE DEFENDERS • ME, MY TEAMMATES & THE OPPOSITION 	ROOTS – CORE – REACH & ADULTS
(2) Effective Transitional Reactions	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 st 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"> • ME, MY BALL & THE DEFENDER • ME, MY TEAMMATES & THE DEFENDERS • ME, MY TEAMMATES & THE OPPOSITION 	ROOTS – CORE – REACH & ADULTS
(3) RWTB to isolate or Go around Defenders	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"> • ME, MY BALL & THE DEFENDER 	ROOTS - CORE
(4) Evasive Dribbling to Protect the Ball	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"> • ME, MY BALL & THE DEFENDER 	ROOTS - CORE
(5) Opening up on our 1st touch to Receive	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"> • ME, MY TEAMMATES & THE DEFENDERS • ME, MY TEAMMATES & THE OPPOSITION 	CORE- REACH & ADULTS
(6) Passing over distance either thru, around or over Defensive Lines	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"> • ME, MY TEAMMATES & THE DEFENDERS • ME, MY TEAMMATES & THE OPPOSITION 	CORE UU11/U12) – REACH & ADULTS
(7) Mobility to support between & behind Defensive Lines	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"> • ME, MY TEAMMATES & THE DEFENDERS • ME, MY TEAMMATES & THE OPPOSITION 	CORE UU11/U12) – REACH & ADULTS
(8) Controlled Finishing in a Variety of Ways	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"> • ME, MY BALL & THE DEFENDER • ME, MY TEAMMATES & THE DEFENDERS • ME, MY TEAMMATES & THE OPPOSITION 	CORE – REACH & ADULTS

Roots Phase (U4 – U8)



BUILDING BLOCK PHASE	AGE	DESCRIPTION
MOTOR SKILL DEV.	3+	WHAT: FUN BASED SOCCER ACTIVITIES THAT FOCUSES ON OWNING THE BALL WHY: AID IN THE DEVELOPMENT OF FINE MOTOR SKILLS AND INSPIRE PLAYERS TO LOVE THE GAME HOW: SHORT FAST PACED ACTIVITIES THAT ALLOW PLAYERS TO OWN THE BALL
ME & MY LOVE FOR THE BALL	6+	WHAT: MASTERY OVER THE BALL WHY: PRIOR FORMATION OF MOTOR SKILLS ALLOWS FOR PLAYERS TO MANIPULATE THE BALL FROM POINT A TO B HOW: ACTIVITIES THAT MAXIMIZE BALL CONTACT & REPETITION

Core Phase (U9 – U12)



BUILDING BLOCK PHASE	AGE	DESCRIPTION
ME, MY BALL & THE DEFENDER	8+	WHAT: SMALL SIDED GAMES THAT FOCUS ON 1V1 ATTACKING & DEFENDING SITUATIONS WHY: BUILDING MASTERY OVER THE BALL ENABES AN INTRODUCTION OF INDIVIDUAL TACTICS FORMING THE FOUNDATION TO BUILD GROUP & TEAM TACTICS HOW: FULLY OPPOSED ACTIVITIES THAT DEVELOP CREATIVE DECISION MAKING
ME, MY TEAMMATE & THE DEFENDER(S)	10+	WHAT: SMALL SIDED GAMES THAT FOCUS ON GROUP ATTACKING & DEFENDING SITUATIONS WHY: INTRODUCED SO PLAYERS COMFORTABLE IN DEALING WITH "OUTNUMBERED" GAME SITUATIONS HOW: USE OF NUMBERS UP (2V1), NUMBERS DOWN (1V2) AND BALANCED NUMBERED (3V3) ACTIVITIES WITH GAME CONDITIONS (CONSTRAINTS TO PROMOTE LEARNING)

Reach Phase (U13 – U19)



BUILDING BLOCK PHASE	AGE	DESCRIPTION
ME, MY TEAMMATE & THE DEFENDER(S)	10+	<p>WHAT: SMALL SIDED GAMES THAT FOCUS ON GROUP ATTACKING & DEFENDING SITUATIONS</p> <p>WHY: INTRODUCED SO PLAYERS COMFORTABLE IN DEALING WITH “OUTNUMBERED” GAME SITUATIONS</p> <p>HOW: USE OF NUMBERS UP (2V1), NUMBERS DOWN (1V2) AND BALANCED NUMBERED (3V3) ACTIVITIES WITH GAME CONDITIONS (CONSTRAINTS TO PROMOTE LEARNING)</p>
ME, MY TEAMMATES & THE OPPOSITION	13+	<p>WHAT: SITUATIONS WHERE MULTIPLE GROUPS OF PLAYERS ARE WORKING TOGETHER TO DEVELOP TEAM CONCEPTS</p> <p>WHY: OUR PLAYERS TRANSITION TO THE 11V11 GAME, FUNCTIONING WITHIN AN ADULT FRAMEWORK & STANDARD</p> <p>HOW: USING LARGER GROUPS OF PLAYERS IN GAME BASED SCENARIOS CONNECTING 2 LINES OF TEAM SHAPE WITH A FOCUS ON TRAINING TWO LINKED MOMENTS OF THE GAME (e.g. DEFENDERS ATTACKING – TRANSITION TO DEFEND)</p>