

CBS

25-26 APDL PROGRAM



TABLE OF CONTENTS

3 - Mission & Vision

4 - What is APDL?

5 - CBSC Player Pathway

6 - League Periodization

7 - APDL at CBSC

8 - APDL at CBSC Cont'd

9 - Registration APDL vs Tier 1 & 2





MISSION & VISION



MISSION

To build stronger, healthier communities through positive sport experiences for our membership, stakeholders and partners in an inclusive, sustainable and uniquely Canadian performance environment.



VISION

To establish Calgary Blizzard Soccer Club as Canada's premier soccer organization, committed to the pursuit of excellence in the development of players, coaches, officials and sport families.

What is APDL?

Alberta Player Development League

- **Alberta Soccer Vision:** A centre of excellence for the game, providing opportunities for all players to reach their full potential
- **Alberta Player Development League Vision:** To create a competitive development environment venue which provides opportunities for all participants at the highest level of amateur youth soccer in Alberta and Canada.
- The Alberta Player Development League (APDL) is a partnership between Alberta Soccer, seven (7) local District Members and ten Canada Soccer National Youth Club License (NYCL) holders that is striving to achieve our vision while supporting the overall vision of Alberta Soccer

What clubs compete in APDL?



CALGARY BLIZZARD SOCCER CLUB DEVELOPMENT PATHWAY

ROOTS U4-U8

In-House Blizzard Program
Community Program
U7-U8 Skill Centres
U7-U8 CMSA Festivals



CORE U9-U12

U9-U10 Skills Centres
CMSA Games Day
Academy & Skills Program



REACH U13-U17

U13-U17 CMSA League
U14-U17 AYSL League
Showcase Events
Academy & Skills Program



Women's/Men's U16+

AMSL Women's/ Men's
CWSA Women's
CUSA Men's



National Team Programming
U15-U17 National Team



Post-Secondary Showcases
University Transition
NCAA/ USPORTS/ ACAC/ NAIA



University/College

Semi-Pro/ Pro

Women's- League1, NSL,
NWSL, WPSL
Men's- League1, CPL,
MLS, USL



National Team Programming
U18, U20, WNT/MNT



Women's / Men's/ Co-Ed
Coach
Referee
Parent

Soccer 4 Life





12 Month Program

August 25th-29th APDL Open Trials for 2012-2009

2025 August - October

- Final rosters submitted to ASA August 29
- Training begins September 2
- 11v11 Games commence September -October

2025 November - December

- ASA periodized off season training phase (no league games)
- Team Training/Tech/Video/ORKA/11v11 Friendlies continue

2026 January - March

- 9v9 Regional Games Program (Calgary & Red Deer)
- Club Programming (Training/Tech/Video/ORKA/11v11 Friendlies)
- Periodized ASA breaks to allow for Tournament Travel

2026 April - July

- Club Programming (Training/Tech/Video/ORKA)
- Tournament Travel
- 11v11 Outdoor Games



APDL AT CALGARY BLIZZARD



VEO VIDEO PLATFORM

all games filmed
10 Video Analysis sessions



ATHLETIC THERAPIST

in attendance at all games



SPORTS PERFORMANCE

32 ORKA sessions
testing and tracking



SPORTS NUTRITION

2 sessions per year



MENTAL PERFORMANCE

2 sessions per year



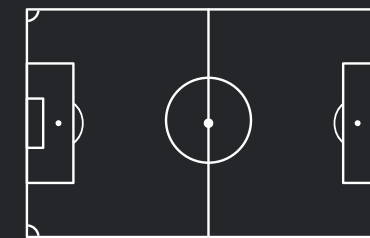
CSA COACHING STANDARDS

Head Coach - CSA B Diploma initiated
AC - CSA C Diploma



TOURNAMENT TRAVEL

periodized breaks in game schedule
for travel windows



11v11 GAMES IN WINTER

CBSC provided 11v11 field time
November-March



A67 SKILLS SESSIONS

Bi-weekly sessions for individual
ball mastery



PLAYER FEEDBACK

IPC report twice per year

PROGRAM BREAKDOWN

September 2 - March 22

- Weekly Team Training (approx 24-26 Sessions)
- 24 x 90 minute Technical Sessions
- 10 x 60 minute Skills Sessions
- Over 85 total hours of on field training
- 6 Video Analysis Sessions
- 1 mental performance session
- 1 nutritional science session
- 16 ORKA Sessions
- 8-9 11v11 League Games(Sept-Oct)
- 8-9 Indoor 9v9 League Games (Jan-March)
- 3-5 11v11 Exhibition Games
- APDL Indoor Provincials (March)
- Tournament Travel
- 10 day training break in November
- 2 week training Break March/April

April 7 - July 24

- Weekly Team Training (approx 16-20 Sessions)
- 22 x 90 minute Technical Sessions
- 10 x 60 minute Skills Sessions
- Over 70 total hours of on field training
- 4 Video Analysis Sessions
- 1 mental performance session
- 1 nutritional science session
- 16 ORKA Sessions
- 8-9 11v11 League Games (April-July)
- 2-4 11v11 Exhibition Games
- Cup Competition (1-4 11v11 Games)
- U15/U17 PDP Nationals (August)
- Tournament Travel



TOURNAMENT TRAVEL

KEY COMPETITIONS

- Each team will compete in 1-2 major tournaments including a national or international option in the APDL Program (some examples from previous seasons):

- IberCup - Portugal
- Cup No1 - Denmark
- SC Del Sol PDT Tournament - Phoenix
- Premier International Cup - Surrey
- Surf Cup - San Diego
- Umbro Showcase - Toronto
- FTF Showcase - October/April/May
- Tournament details will be released to the final roster in September



PROGRAM COMPARISON

APDL Program (September - March)

- 11v11 Sept-Oct (8 Games)
- 9v9 Jan-Mar (8 Games)
- Weekly Team Training (approx 22-24 sessions)
- 24 x 90 min Technical Training Sessions
- 10 x 60 min A67 Skills Sessions
- **Total on field training hours > 85 Hours**
- 16 ORKA Sessions
- 6 Video Analysis Sessions (Team Analysis)
- 1 Mental Performance Sessions
- 1 Nutritional Science Sessions
- VEO Game Film of all games
- Athletic Trainer at all games
- APDL Indoor Provincials

Registration Includes:

- Club Registration Fees
- CMSA Registration Fees
- APDL Registration Fees
- Technical Fees/ORKA
- VEO/AT Fees

CMSA Tier 1 Program (October-March)

- 7v7 CMSA November-March (14 Games)
- Weekly Team Training Session (approx 22 sessions)
- 22 x 75 min Technical Training Sessions
- **Total on field training hours = 55 Hours**
- 16 ORKA Sessions
- 4 Game Model video session
- U13/U15/U17 Provincials

Registration Includes:

- Club Registration
- CMSA Registration
- Technical Fees /ORKA/Video Analysis

FEE COMPARISON

- APDL Total costs are approximately \$1200 more per 12 month program than Tier 1 CMSA Fees over the same length.
- Registration fees are paid in August at the time of registration, with remainder of fees spread over 4 equal installments.

CALGARYBLIZZARD.COM

