



WATERLOO MINOR SOCCER CLUB
Ontario Player Development League (OPDL)

PROGRAM OUTLINE

Number of Players	20 Roster Max (Ideal 16-18 players)
Trial Process	All players must attend a minimum of three (3) trials. The trial posted will commence in September. Dates/Times of the trials have been included in this package.
Playing Format	11v11 No score / standings at U13
Program Structure	Year-round programming; Breaks on statutory holidays; Summer breaks (July/August) Winter Break (Portion of December/January) Western, Eastern & Central Conferences Neutral Playing Venues/Central Venue Locations Games will be played on grass and turf fields
League Competition	May to October 20 rounds of games (Home & Away Games)
Indoor Training*	November to April Three session on indoor turf (1 session includes S&C). *Training locations/surface types may change*
Outdoor Training*	May to October Three (3) 90 minute sessions per week on turf or grass *Training locations/surface types may change*
Strength and Conditioning Training	November to October Weekly strength and conditioning session.
Formation	1:4:3:3
Technical Standards	Head Coach - National B License or Youth License (Minimum) Assistant Coach C License (Minimum) Goalkeeper Training Provided Strength and Conditioning Fitness Coach Nutrition Program Minimum training 198 hours per year (4.5 hrs per week)
Medical	Injury Management, Sport Science/Sport Medicine - Waterloo Sports Med Concussion protocol Injury treatment protocol for all games and practices
Coach Evaluations	OPDL Head Coach and Manager of Player & Coach Development feedback sessions
Player Evaluations	Two (2) written player evaluations per year One (1) Verbal Evaluation Parent/Player feedback session upon request



DEVELOPMENT CURRICULUM

Technical	Aerial reception control Receiving: bottom of foot, insides, outsides Passing: any surface Ball Striking: with laces (right & left) 1v1 Skill Development (fakes and feints) Running with the ball, dribbling, turning Double moves/combination of moves Ball Mastery: all surfaces Crossing and finishing Individual defending
Tactical	Combination to penetrate Team attacking/defensive shaping Playing out of the back Possession Transition/switching play Finishing in the attacking third Small group defending: 2v1, 2v2, 2v3 Defending from the front
Principles of Play	11v11 Improvisation, depth, width, penetration, support (near/far), mobility
Physiological	OFF-SEASON Pre-habilitation training consisting of core training, movement patterning, mobility and stability PRE-SEASON Strength/Power Development Movement skill consisting of: Speed, Agility, Quickness Development of aerobic and anaerobic energy systems Athlete monitoring/regeneration IN-SEASON (Maintenance Fitness) Strength/Power Development Movement skill consisting of: Speed, Agility, Quickness Development of aerobic and anaerobic energy systems Athlete monitoring/regeneration Athlete Home Exercise Program
Psychological	Promotion of basic self-confidence Positive attitude/positive energy Commitment to self development Self regulation.

PAYMENT SCHEDULE & PROGRAM ADMINISTRATION

Program Cost per player	\$2,900.00 (Not including Inaria Package) This program is self-funded, non subsidized from any other entity.
What's included	League (OPDL) Technical (Coaching) Administration



Fee Payment Schedule

To be confirmed at the September Board of Directors meeting

Fee Assistance

Fee assistance is available through several sources including:
OPDL Fee Assistance (~\$1,000) - WMSC applies on behalf of participant
City of Waterloo (\$300) - Waterloo residents only
KidSport KW
Canadian Tire Jumpstart

Program Leadership

Manager of Player & Coach Development - Sam Gevaux - sam@waterloounited.com
Competitive Coordinator - Keyshia Martin - keyshia@waterloounited.com

Additional Notes

Information contained in this document is subject to change at the discretion of Waterloo Minor Soccer Club at any time. Please note Program Fees are subject to final approval by the Board of Directors in early September.

