



**WATERLOO MINOR SOCCER CLUB**  
**Ontario Player Development League (OPDL)**

**PROGRAM OUTLINE**

<b>Number of Players</b>	18 Roster Max (16 Players + 2 Goalkeepers)
<b>Trial Process</b>	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.
<b>Playing Format</b>	11v11 No score / standings (U13)
<b>Program Structure</b>	Year-round programming; Breaks on statutory holidays; Summer breaks (July/August) Winter Break (Month of December) Western and Eastern Conferences Neutral Playing Venues/Central Venue Locations Games will be played on grass and turf fields
<b>League Competition</b>	April 2018 to October 2018 20 rounds of games (Home & Away Games)
<b>Indoor Training*</b>	October 2017 to April 2018 Two (2) 90 minute sessions per week on turf One (1) 90 minute session per week in a gym *Training locations/surface types may change.
<b>Outdoor Training*</b>	May 2018 to October 2018 Three (3) 90 minute sessions per week on grass *Training locations/surface types may change.
<b>Strength and Conditioning Training</b>	October 2017 to April 2018 Weekly strength and conditioning session.
<b>Formation</b>	1:4:3:3
<b>Technical Standards</b>	National B License Team Head Coach Assistant Coach (minimum C License) Goalkeeper Training Provided Strength and Conditioning Fitness Coach Nutrition Program Minimum training 198 hours per year (4.5 hrs per week)
<b>Medical</b>	Injury Management, Sport Science/Sport Medicine Concussion protocol Injury treatment protocol for all games and practices
<b>Coach Evaluations</b>	OPDL Head Coach and Technical Director feedback sessions
<b>Player Evaluations</b>	Two (2) written player evaluations per year Parent/Player feedback session upon request



## DEVELOPMENT CURRICULUM

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### **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/combo of moves  
Ball Mastery: all surfaces  
Crossing and finishing  
Individual defending

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### **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

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### **Principles of Play**

5v5, 8v8, 11v11  
Improvisation, depth, width, penetration, support (near/far), mobility

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### **Physical**

**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

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### **Mental**

Promotion of basic self-confidence  
Positive attitude/positive energy  
Discipline  
Mental resiliency



## **PAYMENT SCHEDULE & PROGRAM ADMINISTRATION**

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<b>Program Cost per player</b>	\$3,600.00 This program is self-funded, non subsidized from any other entity.
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<b>What's included</b>	One (1) training jersey One (1) track suit One (1) player bag Two (2) jersey (home & away) Two (2) shorts Two (2) pairs of socks
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<b>Fee Payment Schedule</b>	There are three payment schedules offered:  <b>OPTION 1 - \$3,600</b> Payment in full by November 1, 2017 via credit card, cheque, cash, debit Payment Amount: <b>\$3,600.00</b> November 1, 2017  <b>OPTION 2 - \$3,708 (3% surcharge)</b> Quarterly Payments by credit card or pre-authorized debit Payment Amount: <b>\$927.00</b> November 1, 2017; February 1, 2018; May 1, 2018; August 1, 2018  <b>OPTION 3 - \$3,780 (5% surcharge)</b> Monthly Payment by credit card or pre-authorized debit Payment Amount: <b>\$315.00</b> 1st day of the month
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<b>Fee Assistance</b>	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
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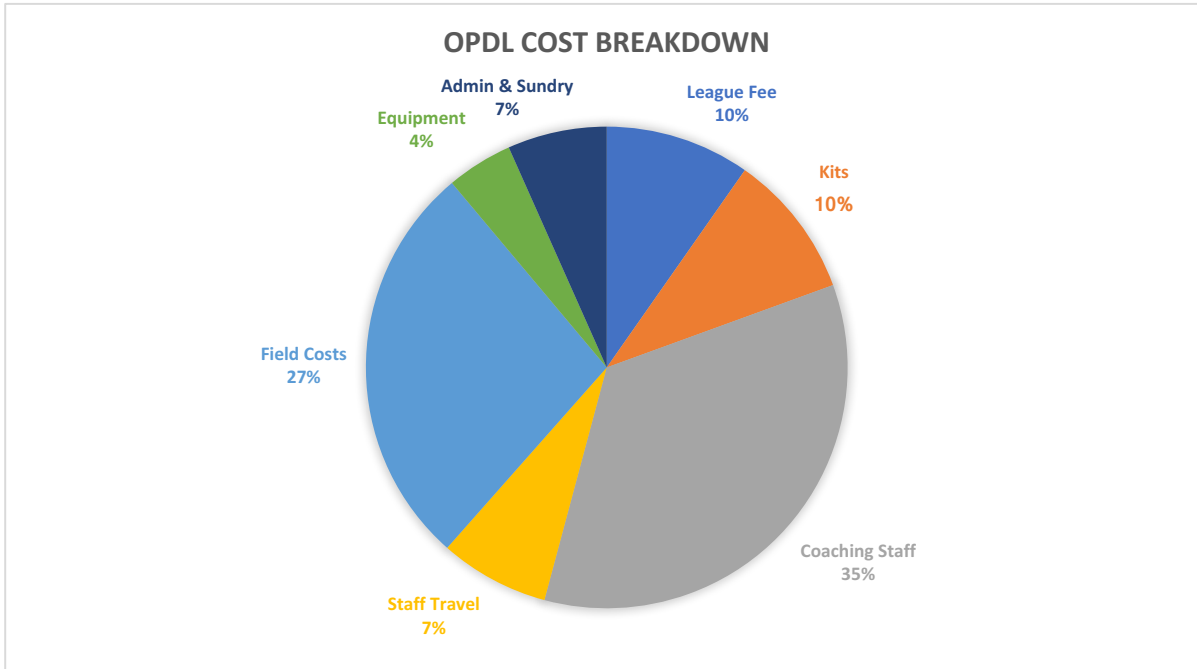
<b>Program Leadership</b>	Carl Horton, Technical Director Peter Mackie, OPDL Head Coach, Club Head Coach Ben Balfour, OPDL Team Manager
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<b>Additional Notes</b>	Information contained in this document is subject to change at the discretion of Waterloo Minor Soccer Club at any time. Please note Program Fees are subject to final approval by the Board of Directors in early September 2017.
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**COST BREAKDOWN CHART**



The minimum training stipulations by the OPDL are 198 hours per year with an anticipated 40 hours of game time. The total program fee divided by the anticipated hours on-field (238) amounts to a **cost per hour of \$15.13**.