BC Soccer High Performance Programming

2015 Periodized Season Plan

EA Sports BCSPL - High Performance League
OBJECTIVES: *Training, Competition, Scouting Platform, Player Promotion*

BC Soccer - High Performance Program
OBJECTIVES: *Evaluation, Assessment, Training, Competition & Player Recommendation*

2015 SEASON	JANUARY				FEBRUARY				MARCH				
Weeks (Monday to Sunday)	29·4	5·11	12·18	19·25	26·1	2·8	9·15	16·22	23·1	2·8	9·15	16·22	23·29
Weekends	3·4	10·11	17·18	24·25	31·1	7·8	14·15	21·22	28·1	7·8	14·15	21·22	28·29
Match Day Weekends								1	2	3	4	4	5

2015 SEASON	APRIL				MAY					JUNE			
Weeks (Monday to Sunday)	30·5	6·12	13·19	20·26	27·3	4·10	11·17	18·24	25·31	1·7	8·14	15·21	22·28
Weekends	4·5	11·12	18·19	25·26	2·3	9·10	16·17	23·24	30·31	6·7	13·14	20·21	27·28
Match Day Weekends	6	7	8	9	10	11			12	13	14	SF	F

2015 SEASON	JULY				AUGUST					SEPTEMBER			
Weeks (Monday to Sunday)	29·5	6·12	13·19	20·26	27·2	3·9	10·16	17·25	26·30	31·6	7·13	14·20	21·27
Weekends	4·5	11·12	18·19	25·26	1·2	8·9	15·16	22·23	27·30	5·6	12·13	19·20	26·27
Match Day Weekends											17	18	19

2015 SEASON	OCTOBER				NOVEMBER					DECEMBER			
Weeks (Monday to Sunday)	28·4	5·11	12·18	19·25	26·2	2·8	9·15	16·22	23·29	30·6	7·13	14·20	21·27
Weekends	3·4	10·11	17·18	24·25	31·1	7·8	14·15	21·22	28·29	5·6	12·13	19·20	26·27
Match Day Weekends	20	21	22	23	24	25	26						

TOFC v FVFC
All other clubs
NWCL M

Program Phase

- **EA Sports BCSPL League Play:** WINTER TRANSITION | PRE-SEASON | SPRING BREAK | COMPETITION PHASE 1 | P.CUP | TRANSITION | SUMMER BREAK | PRE-COM 2 | COMPETITION PHASE 2 | FINALS | RE-EVALUATION | WINTER BREAK
- **High Performance Programming:** HP 02' F | HP 02' M | HPP F | HPP M | HP Programming (May) | HP Programming (July) | HP Programming WCSG (August)
- **Whitecaps FC Residency & Girls Elite:** Concacaf U-20 Championship | Concacaf U-17 Championship | CSA Regional BCID Camp Mar 31-Apr 2 | FIFA U20 WC | FIFA WWC | Concacaf Gold Cup | TRANSITION | PRE-SEASON | FIFA U17 WC
- **Canada National Team Programing:** BCSPL Opening Day Kick-off | BCSPL Tournament Play Window | BCSPL League Championships/Intake Festival | NWCL/FWRL Window

Planned Programing / Important Dates

- **Recognized Events / Tournament Play:** FWRL Match Day | BCSPL Tournament Play Window | FWRL Match Day Tentative | WFC - Showcase | BC Soccer Premier Cup | NWCL | NWCL | CSA - Club Nationals | FWRL | BCSPL Tournament Play Window
- **Recommendation / Evaluation / Selection:** BCSPL Evaluation Deadline | HPP Player Recommendations Deadline | BCSPL Transfer Deadline | WFC Relase and New signings | HPP U13 Intake + Final Recommendations | BCSPL MSL Player evaluation Deadline
- **Player Progress Reporting:** BCSPL U13 2003 Intake Evaluation Window Feb 6-Mar 1 | PP1 | BCSPL Initial Player / Parent Meetings | FWRL Match Day | HPP Additional Recommendations | PP2 | BCSPL Mid Term Player Review | PP3 | BCSPL Player Progress Report Final Review
- **Fitness Testing:** FT1 | BCSPL Base line Fitness Test | FT2 | BCSPL Fitness Test Date | FT3 | BCSPL Fitness Test Date
- **Goalkeeper Education:** GK Development Week
- **Technical Committee Meetings:** TD (19·25 Jan) | TD (16·22 Feb) | TD (30·5 Apr) | TD (4·10 May) | TD (22·28 Jun) | TD (17·25 Aug) | TD (28·4 Oct) | TD (26·2 Nov) | TD (30·6 Dec)

Coaching Development Course Schedule

- **B License National:** Lower Mainland - (Projected Dates)
- **B License Provincial:** North Vancouver Mar 20-22/28-29
- **B Pretest Assessment:** North Van Feb 6, 8/9 | North Vancouver Mar 13-15/Interior Mar 13-15 | North Vancouver April 17-19
- **Soccer For Life:** Scheduling Window Clubs Offer S4L Courses | Scheduling Window Clubs Offer S4L Courses | Scheduling Window Clubs Offer S4L

Technical Support & Guidelines

Phase Priorities	
Pre-Season	General physical preparation / Basic Endurance / Extensive Strength / Co-ordination + Suppleness / Games (Technical-Tactical work)
Competition Phase 1	Competitive activity (Matches) Learning (Technical / Tactical Development)
Premier Cup	**Peak 1*
Summer Transition	Window for team travel / Tournament Play and Showcase Activity
Summer Break	20 to 30 days Rest & Recovery supplemented with Maintenance Program for last 15 days
Pre-Competition 2	Specific Physical Preparation / Anaerobic (Speed Endurance, Sprint Endurance)/ Power and Explosive Strength / Speed / Aerobic Refresher
Competition Phase 2	Competitive activity (Matches) Refining (Technical / Tactical Development)
League Finals	**Peak 2*
Re-Evaluation	Metro League Soccer intake / Evaluation of new players + Re-assessment of current players
Winter Break	10 to 15 days Rest & Recovery supplemented with Maintenance Program for last 5-7 days
Winter Transition	Window for team travel / Tournament Play and Showcase Activity

Training & Competition Details		
Program	EA Sports BCSPL	BC Soccer
Weeks of Involvement	32 to 38	6 to 8
Max Matches	35 to 45	10 to 15
Training Sessions	100 to 120	30 to 40
Hours of Training	150 to 80	45 to 60
# of Rest Weeks	12 to 18	
Training to Game Ratio	Minimum 3:1 *Target 4:1	

Development Priorities	
Technical	Introduction of advanced techniques to those who are capable; technical acquisition in a more complex environment and position-specific skills.
Tactical	Team work: development of tasks per unit (defensive, midfield or forward unit) and positional awareness through small-sided games and large-sided competitive matches.
Mental	Pre-competition routine, introduction to mental preparation, goal setting, coping with winning and losing.
Physical	Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery.