



PRESEASON

[#RespectAllFearNone](#)

2018/2019

A MESSAGE

FROM JASON

Hi All,

I am so excited that we are once again taking our club up to Quest Univeristy in Squamish, BC for our pre-season camp this summer.

This will be the third consecutive year offering this opportunity to our players and teams, and the technical staff has put together what we feel will be the best experience on and off the field for our players to date.

The pre-season is a vital part in our preparations for the season, and this camp offers all our players a great way to bond with teammates and staff from within the club.

Please make sure we are disciplined throughout the off-season and follow the workout plans provided by the club. These plans will give you a good starting foundation for the physical demands that pre-season offer!

I look forward to seeing you in mid August!

Jason Jordan





WE BUILD

COMPETITORS

We put great value into our pre-season sessions and trust that this document will help all our families understand its vital importance in preparing our players to perform at the best of their abilities heading into the season.

STRATEGY

... FOR SUCCESS

The opportunity to have our entire club together during pre-season creates an unique experience that is unrivaled within the BCSPL. Being together for 5 days and 4 nights during the Squamish camp will provide each team with multiple opportunities to bond and work together towards a common goal. With all players going through gruelling physical work it will bring players together as they look to support and push each other to improve ahead of the start of the season. Having 12 teams and roughly 200 players present at the camp, the goal is to create an experience in which players feel they are part of a bigger club and family. Being able to build bonds with players from other teams and age groups is hugely beneficial.



On Field TECHNICAL

On field sessions focusing on a number of different technical aspects of game play. Sessions are lead by club coaching staff and each player will work with each coach.



Off Field FITNESS

Fitness will be a priority. Gym sessions, stength, agility, quickness, and endurance activites will all be a regular part of our preseason programming.



Inter-Squad GAMES

Having the whole club at the same location, we have the luxury of having inter squad games. This allows for real time game experience as well as strategy implementation.



Position-Specific TRAINING

Keepers, defenders, mid-fielders, and attackers alike, we all need postional training. We will have specific sessions to focus on positional strategy, tactics and skills.

OUR BOYS

... FROM INTAKE TO GRADUATION



2006

AUGUST 16
PRINCE OF WALES 1-3

AUGUST 18
LOCATION TBA 10:00 -
11:30

AUGUST 20 - 24
QUEST UNIVERSITY CAMP

AUG 27
LOCATION TBA 5:30 - 7:00

AUGUST 29
LOCATION TBA 5:30 - 7:00

SEPT 1 - 3
SX CUP

2005

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OUR GIRLS

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INNOVATIVE APPROACH IN PRESEASON TRAINING



EXPLOSIVE FITNESS

Designed to simulate game requirements

High intensity interval training, workouts that will incorporate sharp and explosive actions like sprinting, jumping, and shooting.



ENDURANCE FITNESS

To encourage FULL game fitness

Hill and distance runs with an emphasis on pushing personal limits to prepare to perform at peak capacity for full games.



INTENSE ATMOSPHERE

Creating game like scenarios

Coaches will be pushing athletes to prepare them for game like scenarios and mental strengthening. Individual activities such as 1 v 1's and 2 v 2's will allow for proper evaluation and instruction.



SKILLS REPETITION

Practice makes perfect

Skills will be repeated for extended periods to allow for correction and perfection. This kind of repetition will enable players to be able to perform with the same level of efficiency in the last minute of games as they do in the first minute.



REST AND RECOVERY

Ice baths, yoga, physiotherapy and plenty of stretching.

Athletes will have plenty of rest and recovery time. We balance physical output with the necessary down time.



TEAM BUILDING

Those who work together, win together

Every player is expected to participate with their team. This will foster new relationships and strengthen existing ones. We will encourage, grow and improve together as a team.

“A UNIQUE EXPERIENCE UNRIVALED WITHIN THE BCSPL”



While up at the Squamish camp teams will be having inter-club games to further provide our players with opportunity to gain match fitness prior to league games commencing. The inter-club games will serve to provide the coaching staff with a perfect environment in which to start to implement their game model and themes.



Once the season is underway it is more difficult to push players physically as there are too many games to play and recover from. The sessions during the season are designed to follow the block plan outlined in the Fusion club curriculum and they will incorporate periodic fitness in sessions in order to maintain their fitness levels that were achieved during August.



THANK YOU

| #RespectAllFearNone