



L.T.P.D.
long term player development



Seaway Valley Soccer Club

Spring Skills and Conditioning Supplemental Training Program (SPT)

U12-16 (born 2014 to 2010) Informational Brochure 2026





Introduction



This brochure is intended to help parents understand the Seaway Valley Soccer Club Spring Skills and Conditioning program for both boys and girls at the U12 to U16 level.

This spring pre-season 8-session program is for current *Seaway Valley Soccer Club* players only who are enrolled or have played in our competitive Blazers or Coyotes program, it is designed and structured to supplement the existing team training programs.

This program is well suited to those players looking to continually challenge themselves and improve their technical skills, understanding of the game, and physical fitness.

Players will receive the latest physical, technical and tactical training methods that are implemented by Canada's top soccer academies. Each session the players will be provided the opportunity to learn and develop their individual technique and tactical awareness.

The training is designed and overseen by the SVSC Head Coach and is staffed with highly experienced and certified coaches, all training follows the Long-Term Player Development (LTPD) guidelines adopted by Canada Soccer and its associations.

Spring Skills and Conditioning Schedule



Age	Genders	Days	Dates	Time	Location	Cost
U12/13 (2014/13)	Boys / Girls	Saturday	March 14th, 21st, 28th , April 4th, 11th, 18th, 25th, and May 2nd	12.30pm – 2pm	Benson Centre	\$150
U14-U16 (2012/11/10)	Boys / Girls	Saturday	March 14th, 21st, 28th , April 4th, 11th, 18th, 25th, and May 2nd	12.30pm – 2pm	Benson Centre	\$150

Skills Program

- Full compliance with Ontario Soccer mandated LTPD guidelines.
- 40 players maximum, ensuring good player-to-coach ratios.
- 8 x 90 minute sessions of activities, exercises aimed at individual development.
- 30 minutes dedicated each session dedicated to strength and conditioning.
- Staffed experienced and certified coaches.
- Aimed primarily at all those players who are committed and current competitive players!
- Cost includes a practice T-shirt.

Training Format

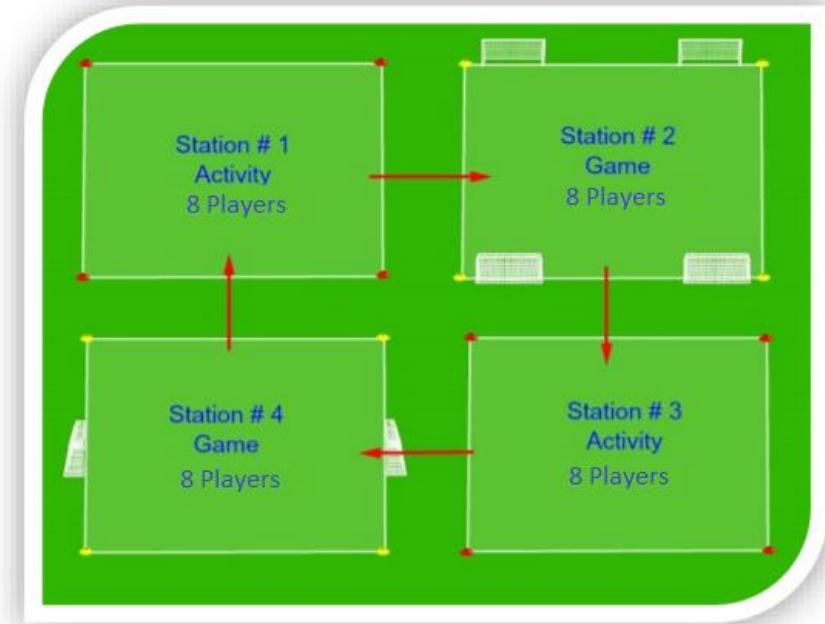


Each session will typically be held in station style group training, which is the Ontario Soccer preferred method of training for competitive players.

Simply put, each session will consist of a number of stations that vary but are based on a theme, i.e. dribbling, passing, shooting. Groups will rotate through each different station in order to experience all activities and coaches. Skill focused training with individualized ball work will feature with individualized evaluations.

Depending on the training content, players may be grouped by ability in order to keep the training environment challenging for all involved.

The coaching staff will teach and encourage players to effectively apply correct technique and insight while allowing player creativity so players can learn with confidence.



Session: Sunday Outdoor Training		Duration: 90 minutes	
Concepts: Movement and Passing		Date: 19 June	
Session objectives: Focus on tight control and accurate and strong passes. Keeping head up after leading players.			
Session warm-up: 10 minutes exercise			
Skills warm up: Gates - Short pass (20), inside volley (15), high-volley (15), chest-volley (15), header (15), kg sprint (15)			
Activity 1: Banquets Four Corners Duration: 10 minutes	Description 	Coaching Points Strong Communication: Solid firm and accurate passes. Close control through gate. Head up to avoid traffic. Progression: Pass on weaker foot.	Duration: 10 minutes Description Coaching Points Ball carrier run to middle. Defender close in when bent up. Attacker returns the ball to starting position.
Activity 2: Banquets Four Corners Duration: 10 minutes	Description 	Coaching Points Strong Communication: Solid firm and accurate passes. Close control through gate. Head up to avoid traffic. Progression: Pass on weaker foot.	Duration: 10 minutes Description Coaching Points Defender passes ball to attacking player who attempts to beat the defending player and score. Body position. Pushing attacker to the outside.

- 10% - General Movement
- 10% - Balance and Agility
- 40% - Soccer Technique
- 40% - Small Sided Games



Seaway Valley Soccer Club

Spring Skills and Conditioning Supplemental Training Program (SPT)



www.svsc.ca



Seaway Valley Soccer Club