

CALGARY FOOTHILLS SOCCER CLUB

PROGRAM GUIDE

INDOOR 2018/2019



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REGISTRATION

To register for a program at Calgary Foothills Soccer, please create an account using our Foothills Memberzone website:

<https://foothillssoccer.powerupsports.com/>

You only need one account per family. This account is used to sign up for the various programs and camps that Foothills offers. If you already have an account and have registered previously, you do not need to create a new account, just use your existing account.

Players must be registered to participate in tryouts.

Registration for Indoor 2018/2019 closes Sunday, September 30th 2018.

PAYMENT

At time of registration you will be expected to pay the registration fees.

Following tryouts and player placement, additional fees for Academy, Skills and Sports Science programs will be required to be paid in deferred installments over the course of the season.

If you require additional information, please contact the Club at admin@gfoothills.ca and we will be happy to help.

Please note:

Any Tier 3 team's that are moved down to Tier 4 based on CMSA pre-season results will still be required to participate in the Academy and Sport Science Program.

U9-U19

THE ACADEMY PLAYER & TEAM DEVELOPMENT

CURRICULUM

Calgary Foothills Soccer Club continues to strive for excellence at all levels and believes in the mandate of being the 'best that you can possibly be' in every environment from Grassroots to our PDL/UWS adult teams.

We promote the game to be played in a creative manner with stage and ability specific training that continually adjusts to meet the requirements of each player as they advance through our development pathway.

Tommy Wheeldon Jr.
Foothills Technical Director

Our technical is specifically designed curriculum designed for the ages & stages of youth development. Our players progress through the curriculum based on their proficiency.

PLAYER DEVELOPMENT PLAN

FOOTHILLS HABITS

Fundamental	Foundation	Development	Generation	NEXT
<input type="checkbox"/> Cuts and Turns	<input type="checkbox"/> Stops and Starts - Ball Mastery	<input type="checkbox"/> Advanced Ball Mastery - Coordination Work	<input type="checkbox"/> Advanced Ball Manipulation	<input type="checkbox"/> Positional Superiority
<input type="checkbox"/> Dribble with the Ball	<input type="checkbox"/> Passing and Receiving Skills - Including Heading	<input type="checkbox"/> Passing and Receiving Skills - Combination Play	<input type="checkbox"/> Advanced Passing and Receiving Skills	<input type="checkbox"/> Proficient Passing and Receiving Skills
<input type="checkbox"/> Basic Ball Striking - Laces	<input type="checkbox"/> 1v1 and 2v2 Attack/Defend Decision Maker	<input type="checkbox"/> Group/Unit Play - Attacking and Defending	<input type="checkbox"/> Vision and Anticipation Attack/Defend - Game Intelligence	<input type="checkbox"/> Winning Behaviours
<input type="checkbox"/> Shielding	<input type="checkbox"/> Shooting and Finishing Techniques	<input type="checkbox"/> Finishing Skills - End Product	<input type="checkbox"/> Team Tactics - Attack and Defend	<input type="checkbox"/> Vision and Anticipation Attack/Defend - Game Intelligence
<input type="checkbox"/> Movement Mechanics - ABC's	<input type="checkbox"/> Speed and Quickness	<input type="checkbox"/> Speed and Agility	<input type="checkbox"/> Power and Strength	<input type="checkbox"/> Fit, Strong and Durable
		<input type="checkbox"/> Game Play	<input type="checkbox"/> Game Play	<input type="checkbox"/> Game Play

An Individual players development plan that enables us to review progress and provide feedback throughout their development pathway.

TEAM DEVELOPMENT



This is the club's holistic approach catered towards the Foothills team experience. We focus on providing the players with an environment that develops excellent players and outstanding people.

U9-U19

COACH EDUCATION & MENTORSHIP

Calgary Foothills Coach Education & Mentorship

At Foothills Soccer Club we encourage an environment of continuous improvement where to be extraordinary you must be looking to add the extra efforts – otherwise you will only ever be ordinary!

To support our coaches we provide FREE coach education for all of our U4-U18 assistant and head coaches. We are able to offer education in line with the current Canada Soccer Association community stream as follows:



Active Start – For U4-U6 Coaches (Coaching workshop designed to help develop a basic understanding of physical literacy) **Fundamentals** – U6-U8 Coaches (Building on the understanding of physical literacy and focusing on the Canada soccer LTPD model **Learning to Train** – U10-U12 Coaches (Focusing on a coaches understanding of the development stage of the players they are working with.



Soccer for Life – U13+ Coaches (Helping coaches to plan sessions considering the development stage of the players and focusing on technical and tactical development.

We also host regular in house education specific to the Foothills Way looking at areas such as how to manage a practice, best practices for players within their respective phase of development and how to maximize the players training time. All of our coach education clinics take place at the Foothills Fieldhouse which is the Club's own 85,000 square-foot 11v11 Fieldhouse.

Coach Mentorship

Alongside our coach education we also have a coach mentorship program in place where we work with our coaches to support their individual needs. This will see us host 1-1 meetings to review past or upcoming practices or games and provide further support with our coaches during their on field commitments.



U11-19

SPORT SCIENCE

SPORTS SCIENCE PROGRAM

The Sports Science department was developed as a means to help young players adapt to the dynamic nature of the game of soccer. To achieve this, we strive to create the ideal atmosphere to help each individual, regardless of age or skill level, become a complete athlete. Our method is to introduce fundamental movement patterns in order to develop each player in the aspects of speed, agility, aerobic endurance, repeated sprint ability, strength and power output. Each of our Sports Science coaches comes from a soccer background, with degrees and certifications in Kinesiology, and Strength and Conditioning.

As a team, combined with the efforts of our athletes, we guarantee to offer a fun, diverse and worthwhile program, while also giving our club a competitive edge on the Calgary and Canadian soccer scene.



U13-U17

TRADES PROGRAM POSITIONAL SPECIFIC TRAINING

POSITION SPECIFIC



Our trades program focuses on the development of individual player habits relating to the positional aspects of the 11v11 game. We focus on developing the understanding of individual roles including group and unit play.

Personal development stations and video analysis enable us to breakdown the key habits that we want to see from a Foothills player and give the players further opportunities to improve. We use footage from professional games and also encourage our players to make their own videos so they can begin to evaluate their own performance.

The players also take part in additional sports science working on areas such as injury prevention, strength and conditioning through gym based sessions, and speed and agility with on field work. We want our athletes to become fitter, faster and stronger.

When players complete our Trades program for the season we aim to have provided our players with a detailed insight into how to apply their individual attributes into the “real game” and challenge both their understanding and current development.

VIDEO



SPORT SCIENCE



PLAYERS DEVELOPMENT PROGRAM



U11/U12 SKILLS PROGRAM

FOOTHILLS SKILLS PROGRAM

At Calgary Foothills Soccer Club we feel it is essential that we train the fundamental skills & techniques in order for our players to grow their confidence with the ball. At the U9-U12 area we believe that players are within their optimal skill development range and that repetition of the core skills plays a crucial role in their development.

As an old coach once said to me if you have 'no technical you have no tactical'. Technique and skill must come first and with high quality training at our club our players will receive more training and gain more touches of the ball than anywhere else in the city.'

We believe that all players should be proficient with both feet by the time they leave this stage.



U9

BORN 2010 TIER A & B

U9 / BORN 2010 / TIER A & B

SEASON

Regular Season: October to March

Post Season: March 1-3, 2019

Registration \$450

Academy \$275

(Deferred payment date is November 21st, 2018)

TEAM PRACTICES

2 x 75 minute practices per week with Team Coach.

ACADEMY SESSIONS (14 WEEKS WITH OPTION FOR ADDITIONAL 4)

1 x 75 minute Academy Session per week with Academy Staff. Our U9/U10 academy with focus on our core technical components such as dribbling, changing direction, staying on the ball mixed with small sided games.

FUTSAL DEVELOPMENT PROGRAM

The Futsal player development program will be implemented as it focusses on developing the individual players ' technical skill in a non-competitive environment'. During each game, each young player will be exposed to a variety of skills and techniques that will improve their comfort and confidence in manipulating the soccer ball. \$100 Per player to be charged from their team account.

CMSA GAMES

Average of 1 game played per week as per CMSA league format.

U9 Tier A play Sundays

U9 Tier B play Saturdays

LOCATION

Practices, Academy, and Skills Sessions are held at either Foothills Fieldhouse or Trifecta Sports Facility. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are included in registration fee's and players will keep their uniform.

U9

BORN 2010 TIER C & D

U9 / BORN 2010 / TIER C & D

SEASON

Regular Season: October to March

Post Season: March 1-3, 2019

Registration \$450

Academy \$275 (optional on team basis)

(Deferred payment date is November 21st, 2018)

TEAM PRACTICES

1 x 75 minute Team Practice per week with Team Coach.

ACADEMY SESSIONS

1 x 75 minute Academy Session per week with Academy Staff.

(Optional Program for Tier C & D)

FUTSAL DEVELOPMENT PROGRAM

The Futsal player development program will be implemented as it focusses on developing the individual players' technical skill in a non-competitive environment'. During each game, each young player will be exposed to a variety of skills and techniques that will improve their comfort and confidence in manipulating the soccer ball. \$100 Per player to be charged from their team account

CMSA GAMES

An average of 1-2 games played per week as per CMSA league format. U9 Tier C play Sundays.

U9 Tier D play Saturdays.

LOCATION

Practices, Academy and Skills Sessions are held at either Foothills Fieldhouse or Trifecta Sports Facility. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are included in registration fee's and players keep their uniform

U10

BORN 2009
TIER A & B

U10 / BORN 2009 / TIER A & B

SEASON

Regular Season: October to March

Post Season: March 1-3, 2019

Registration \$450

Academy \$275

(Deferred payment date is November 21st, 2018)

TEAM PRACTICES

2 x 75 minute Team Practices per week with Team Coach.

ACADEMY SESSIONS (14 WEEKS WITH OPTION FOR ADDITIONAL 4)

1 x 75 minute Academy Session per week with Academy Staff. Our U9/U10 academy with focus on our core technical components such as dribbling, changing direction, staying on the ball mixed with small sided games.

FUTSAL DEVELOPMENT PROGRAM

The Futsal player development program will be implemented as it focusses on developing the individual players ' technical skill in a non-competitive environment'. During each game, each young player will be exposed to a variety of skills and techniques that will improve their comfort and confidence in manipulating the soccer ball. \$100 Per player to be charged from their team account.

CMSA GAMES

An average of 1-2 games played per week as per CMSA league format. U10 Tier A play Saturdays

U10 Tier B play Sundays.

LOCATION

Practices, Academy and Skills Sessions are held at either Foothills Fieldhouse or Trifecta Sports Facility. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are included in registration fee's and players will keep their uniform.

U10

BORN 2009 TIER C & D

U10 / BORN 2009 / TIER C & D

SEASON

Regular Season: October to March

Post Season: March 1-3, 2019

Registration \$450

Academy \$275

(Deferred payment date is November 21st, 2018)

TEAM PRACTICES

1 x 75 minute Team Practices per week with Team Coach.

ACADEMY SESSIONS

1 x 75 minute Academy Session per week with Academy Staff.

(Optional Program for Tier C & D)

FUTSAL DEVELOPMENT PROGRAM

The Futsal player development program will be implemented as it focuses on developing the individual players' technical skill in a non-competitive environment'. During each game, each young player will be exposed to a variety of skills and techniques that will improve their comfort and confidence in manipulating the soccer ball. \$100 Per player to be charged from their team account.

CMSA GAMES

An average of 1-2 games played per week as per CMSA league format.

U10 Tier C play Saturdays.

U10 Tier D play Sundays.

LOCATION

Practices, Academy and Skills Sessions are held at Foothills Fieldhouse or Trifecta Sports Facility. . Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are included in registration fee's and players will keep their uniform.



U11

BORN 2008
TIER 1-3

U11 / BORN 2008 / TIER 1-3

SEASON

Regular Season: October to March

Post Season: March 4-8, 2019

TEAM PRACTICES

1 x 75 minute practice per week with Team Coach.

1 x 60 minute practice per week with Team Coach attached to the 1 X 60 minute Skill Session.

ACADEMY SESSIONS (18 WEEKS)

1 x 75 minute Academy Session per week with Academy Staff.

SKILLS & SPORTS SCIENCE PROGRAM (DEVELOPING THE INDIVIDUAL TECHNICAL FOUNDATION)

1 x 60 minute skills session per week with Academy Staff added to a 60 minute team practice. 30 minutes of sport science per week with Sport Science Staff

SMALL SIDED GAMES DROP IN PROGRAM

1 x 60 minute Skills Game Session per week where players will play small sided games. This is a FREE drop-in program for players (optional).

CMSA GAMES

1 game played per week as per CMSA League (games played any day of the week)

Tier 1 & 2 will play 5v5 futsal

Tier 3 will play 6-aside boarded soccer

LOCATION

Practices, Academy, Sport Science and Skills Sessions are held at the Foothills Fieldhouse or Trifecta Sports Facility. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are provided for all players for no additional cost after team rosters are formed.

Registration \$525

Academy \$545

Deferred payment date for academy is November 7th, 2018

Skills/Sports Science \$275

Deferred payment date for skills/sports science is January 2nd, 2018

U11

BORN 2008 TIER 4-5

U11 / BORN 2008 / TIER 4 - 5

Registration **\$525**

SEASON

Regular Season: October to March

Post Season: March 4-8, 2019

TEAM PRACTICES

1 x 75 minute Team Practice per week with Team Coach.

SKILLS & SPORTS SCIENCE PROGRAM

Optional for an additional fee. (\$275)

SKILLS DROP IN

1 x 60 minute skills game session per week.

This is a FREE drop-in program for players. (optional)

CMSA GAMES

1 game played per week as per CMSA League.

U11 Tier 4 will play any day of the week

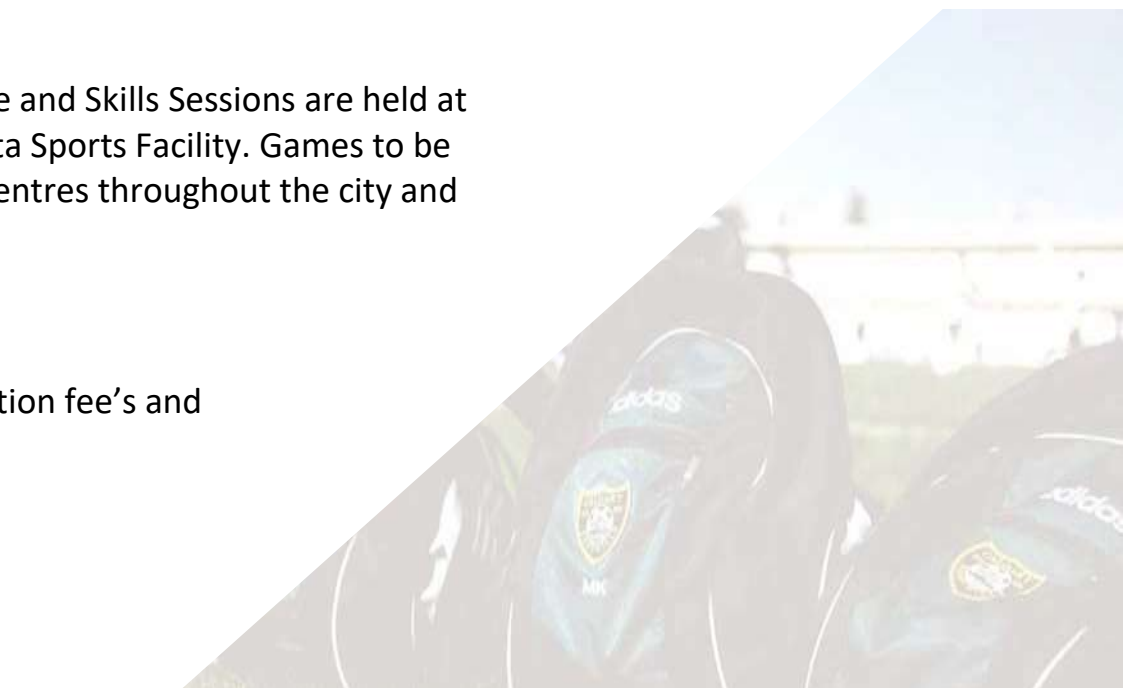
U11 Tier 5 will play Sunday and Wednesday

LOCATION

Practices, Academy, Sport Science and Skills Sessions are held at the Foothills Fieldhouse or Trifecta Sports Facility. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are included in registration fee's and players will keep their uniform.





U12

BORN 2007 TIER 1 - 3

U12 / BORN 2007 / TIER 1 - 3

SEASON

Regular Season: October to March

Post Season: March 4-8, 2019

TEAM PRACTICES

1 x 75 minute Team Practice per week with Team Coach.

1 x 60 minute practice per week with Team Coach attached to the 1X60 minute Skill Session.

ACADEMY SESSIONS (18 WEEKS)

1 x 75 minute session per week with Academy Staff.

SKILLS & SPORTS SCIENCE PROGRAM

1 x 60 minute Skills Session per week with Academy Staff attached to a 60 minute Team Practice 30 minute of Sport Science per week with Sport Science Staff.

SKILLS PROGRAM

1 x 60 minute Skills Game Session per week

This is a FREE drop-in program for players (optional)

CMSA GAMES

1 game played per week as per CMSA League (games played on any day of the week)

Tier 1 & 2 will play 5 a-side futsal

Tier 3 will play 6 a-side boarded soccer

LOCATION

Practices, Academy, Sport Science and Skills Sessions are held at the Foothills Fieldhouse or Trifecta Sports Facility. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are provided for all players for no additional cost after team rosters are formed.

Registration \$525

Academy \$545

Deferred payment date for academy is November 7th, 2018

Skills/Sports Science \$275

(Deferred payment date for skills/sports science is January 2nd, 2018)



U12

BORN 2007 TIER 4 - 5

U12 / BORN 2007 / TIER 4 - 5

Registration \$525

SEASON

Regular Season: October to March

Post Season: March 4-8, 2019

TEAM PRACTICES

1 x 75 minute Team Practice per week with Team Coach.

SKILLS & SPORTS SCIENCE PROGRAM

Optional for an additional fee. (\$275)

SKILLS DROP IN

1 x 60 minute skills game session per week.

This is a FREE drop-in program for players. (optional)

CMSA GAMES

1 game played per week as per CMSA League (any day)

U12 Tier 4 will play and day of the week

U12 Tier 5 will play Sundays & Wednesdays

U12 Tier 6 will play Saturdays & Mondays

LOCATION

Practices, Academy, Sport Science and Skills Sessions are held at the Foothills Fieldhouse or Trifecta Sports Facility. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are included in registration fee's and players will keep their uniform

U13

BORN 2006 TIER 1-3

U13 / BORN 2006 / TIER 1-3

SEASON

Regular Season: October to March

Post Season: Tier 1: March 4-8, Tier 2-3: March 15-17, 2019

TEAM PRACTICES

2 x 75 minute Team Practices per week with Team Coach

ACADEMY SESSIONS (18 WEEKS)

1 x 75 minute Academy Session per week with Academy Staff.

SPORTS SCIENCE PROGRAM

1x 60 minute Sport Science sessions per week with Sport Science Staff.

TRADES PROGRAM

Four camps of 3 hours will be hosted every 4-6 weeks. (Subject to CMSA game schedule). Trades Program will include Skills Testing, Positional Specific Skills, Video Analysis and Player Feedback.

CMSA GAMES

1 game played per week as per CMSA League (any day of the week)

Tier 1 & 2 will play 5 a-side futsal

Tier 3 will play 6 a-side boarded soccer

LOCATION

Practices, Academy, Sport Science and Skills Sessions are held at the Foothills Fieldhouse or Trifecta Sports Facility. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are provided for all players for no additional cost after team rosters are formed.

Registration \$575

Academy \$545

(Deferred payment date for academy is November 7th, 2018)

Skills/Sports Science \$275

Deferred payment date for skills/sports science is January 2nd, 2018

U13

BORN 2006 TIER 4 - 5

U13 / 2006 / TIER 4-5

Registration \$575

SEASON

Regular Season: October to March

Post Season: March 4-8, 2019

TEAM PRACTICES

1 x 75 minute Team Practice per week with Team Coach.

ACADEMY SESSIONS

Optional for an additional fee.

SPORTS SCIENCE PROGRAM

Optional for an additional fee. (\$275)

CMSA GAMES

1 game played per week as per CMSA League (any day of the week). Games are 6 a-side boarded soccer.

U13 Tier 4/5 will play on any day of the week.

LOCATION

Practices, Academy, Sport Science and Skills Sessions are held at the Foothills Fieldhouse or Trifecta Sports Facility. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are included in registration fee's and players will keep their uniform.

U15

BORN 2005 & 2004
TIER 1-3

U15 / BORN 2005 & 2004 / TIER 1-3

SEASON

Regular Season: October - March

Post Season: (Tier 1) TBD (Tier 2/3) March 15-17, 2019

TEAM PRACTICES

2 x 75 minute Team Practices per week with Team Coach.

ACADEMY SESSIONS (18 WEEKS)

1 x 75 minute Academy Session per week with Academy Staff.

SPORTS SCIENCE PROGRAM

60 minutes of Sport Science per week with Sport Science Staff.

TRADES PROGRAM

Four camps of 3 hours will be hosted every 4-6 weeks. (Subject to CMSA game schedule) Trades Program will include Skills Testing, Positional Specific Skills, Video Analysis and Player Feedback.

CMSA GAMES

1 game played per week as per CMSA League (any day of the week.)

Tier 1 games will be 7v7 games.

Tier 2-3 will be 6-aside boarded soccer.

LOCATION

Practices, Academy, Sport Science and Skills Sessions are held at the Foothills Fieldhouse. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are provided for all players for no additional cost after team rosters are formed.

Registration \$575

Academy \$545

(Deferred payment date for academy is November 7th, 2018)

Skills/Sports Science \$275

(Deferred payment date for skills/sports science is January 2nd, 2018)

U15

BORN 2005 & 2004
TIER 4 - 5

U15 / BORN 2005 & 2004 / TIER 4-5

Registration **\$575**

SEASON

Regular Season: October to March

Post Season: March 15–17, 2019

TEAM PRACTICES

1x 75 minute Team Practice per week with Team Coach.

ACADEMY SESSIONS

Optional for an additional fee.

SPORTS SCIENCE PROGRAM

Optional for an additional fee. (\$275)

CMSA GAMES

1 game played per week as per CMSA League (any day of the week). U15 Tier 4/5 will play on any day of the week.

LOCATION

Practices, Academy, Sport Science and Skills Sessions are held at the Foothills Fieldhouse. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are included in registration fee's and players will keep their uniform.

U17

BORN 2003 & 2002 TIER 1-3

U17 / BORN 2003 & 2002 / TIER 1

SEASON

Regular Season: October to March

Post Season: (Tier 1) TBD (Tier 2/3) March 15-17, 2019

TEAM PRACTICES

2 X 75 minute Team Practices per week with Team Coach

ACADEMY SESSIONS (18 WEEKS)

1 x 75 minute Academy Session per week with Academy Staff.

SPORTS SCIENCE PROGRAM

60 minute of Sport Science per week with Sport Science Staff.

TRADES PROGRAM

Four camps of 3 hours will be hosted every 4-6 weeks. (Subject to CMSA game schedule) Trades Program will include Skills Testing, Positional Specific Skills, Video Analysis and Player Feedback.

CMSA GAMES

1 game played per week as per CMSA League (any day of the week)

Tier 1 games will be 7v7 games.

Tier 2-3 will be 6-aside boarded soccer.

LOCATION

Practices, Academy, Sport Science and Skills sessions are held at the Foothills Fieldhouse. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are provided for all players for no additional cost once teams rosters are formed.

Registration \$575

Academy \$545

(Deferred payment date for academy is November 7th, 2018)

Skills/Sports Science \$275

(Deferred payment date for skills/sports science is January 2nd, 2018)



U17

BORN 2003 & 2002 TIER 4-5

U17 / BORN 2003 & 2002 / TIER 4-5

Registration \$575

SEASON

Regular Season: October to March

Post Season: March 15-17, 2019

TEAM PRACTICES

1 x 75 minute Team Practice per week with Team Coach.

SKILLS & SPORTS SCIENCE PROGRAM

Optional for an additional fee. (\$275)

CMSA GAMES

1 game played per week as per CMSA League (any day of the week)

LOCATION

Practices, Academy, Sport Science and Skills sessions are held at the Foothills Fieldhouse. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are provided for all players for no additional cost after team rosters are formed.

U19

BORN 2001 & 2000
TIER 2-4

U19 / BORN 2001 & 2000 / TIER 2-4

SEASON

Regular Season: October to March

Post Season: March 15-17, 2019

TEAM PRACTICES

2 X 75 minute Team Practice per week with Team Coach.

ACADEMY SESSIONS (18 WEEKS)

1 x 75 minute Academy Session per week with Academy Staff.

SPORTS SCIENCE PROGRAM

Optional for an additional fee. (\$275)

CMSA GAMES

1 game played per week as per CMSA League (any day of the week).

LOCATION

Practices, Academy, Sport Science and Skills Sessions are held at the Foothills Fieldhouse. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are provided for all players for no additional cost after team rosters are formed.

Registration \$575

Academy \$545

(Deferred payment date for academy is November 7th, 2018)

Skills/Sports Science \$275

(Deferred payment date for skills/sports science is January 2nd, 2018)