

CALGARY FOOTHILLS SOCCER CLUB

October, 2019 – March, 2020

PROGRAM GUIDE

INDOOR 2019/2020



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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 2019/2020 closes Monday, September 30th 2019.

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"/> Tv1 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** – U9-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.

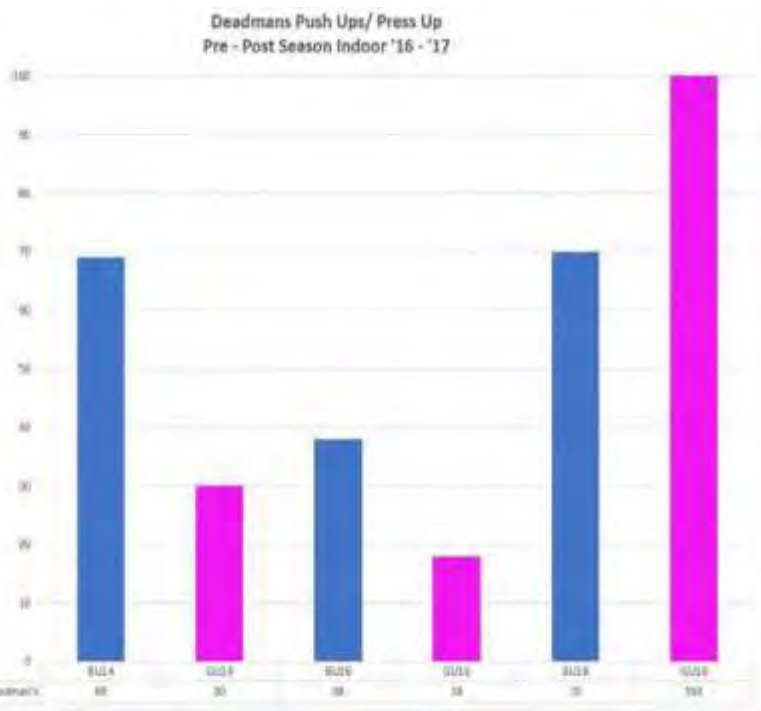
Coach Mentorship

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.



SPORTS SCIENCE PROGRAM

As the game progresses through time, so do the demands of the athletes involved. The Sport Science Department was developed to assist and guide Calgary Foothills players to achieve maximal potential in an ever-changing game of soccer. While focusing on the fundamental movement patterns we are able to introduce certain aspects of strength and conditioning to develop an "all-round" athlete. These aspects include but are not limited to: fundamental movements, speed, agility, aerobic endurance, repeated sprint ability, strength, and power. Excelling on the above characteristics provides Calgary Foothills with a competitive edge amongst the Calgary soccer community.



U13-U17

PLAYER DEVELOPMENT PROGRAM



This indoor season sees the launch of a new style player development program that focuses on the development of individual player habits.

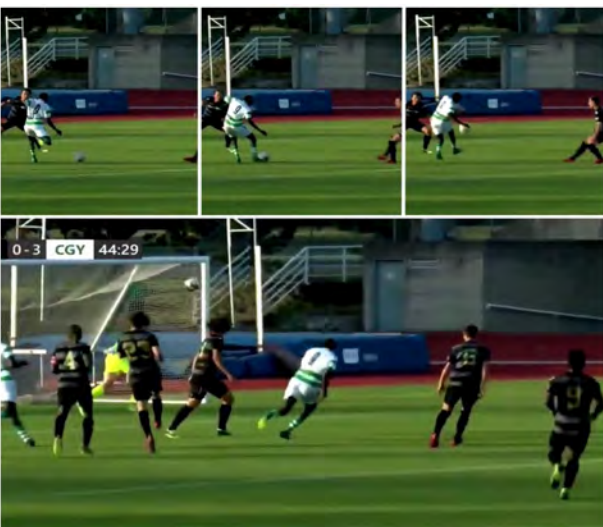
Linking directly to our player development plans we will focus on achieving proficiency in areas such as;

- 1v1, 2v2 attacking & defending
- Finishing techniques including combination play
- Decision making in game scenarios
- Group & unit play

How?

Players are put through personal development stations which focus on our key habits. We also use video analysis to observe “best practice” that the players can then take on field with them to recreate. 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.



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 2011 TIER A & B

U9 / BORN 2011 / TIER A & B

SEASON

Regular Season: October to March

Post Season: February 28 – March 1, 2020

Registration **\$465**

Academy **\$275**

(Deferred payment date is November 20th, 2019)

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.

SMALL SIDED GAMES PROGRAM

1 Futsal Festival in which all the teams will play other Foothills teams in a 5v5 format at the Foothills Skills Center.

1 Soccer Festival in which all the teams will play other Foothills teams in a 7v7 format at the Foothills Fieldhouse.

CMSA GAMES

Average of 1-2 Futsal games played per week as per CMSA league format. U9 Tier A play Sundays and/or Wednesdays

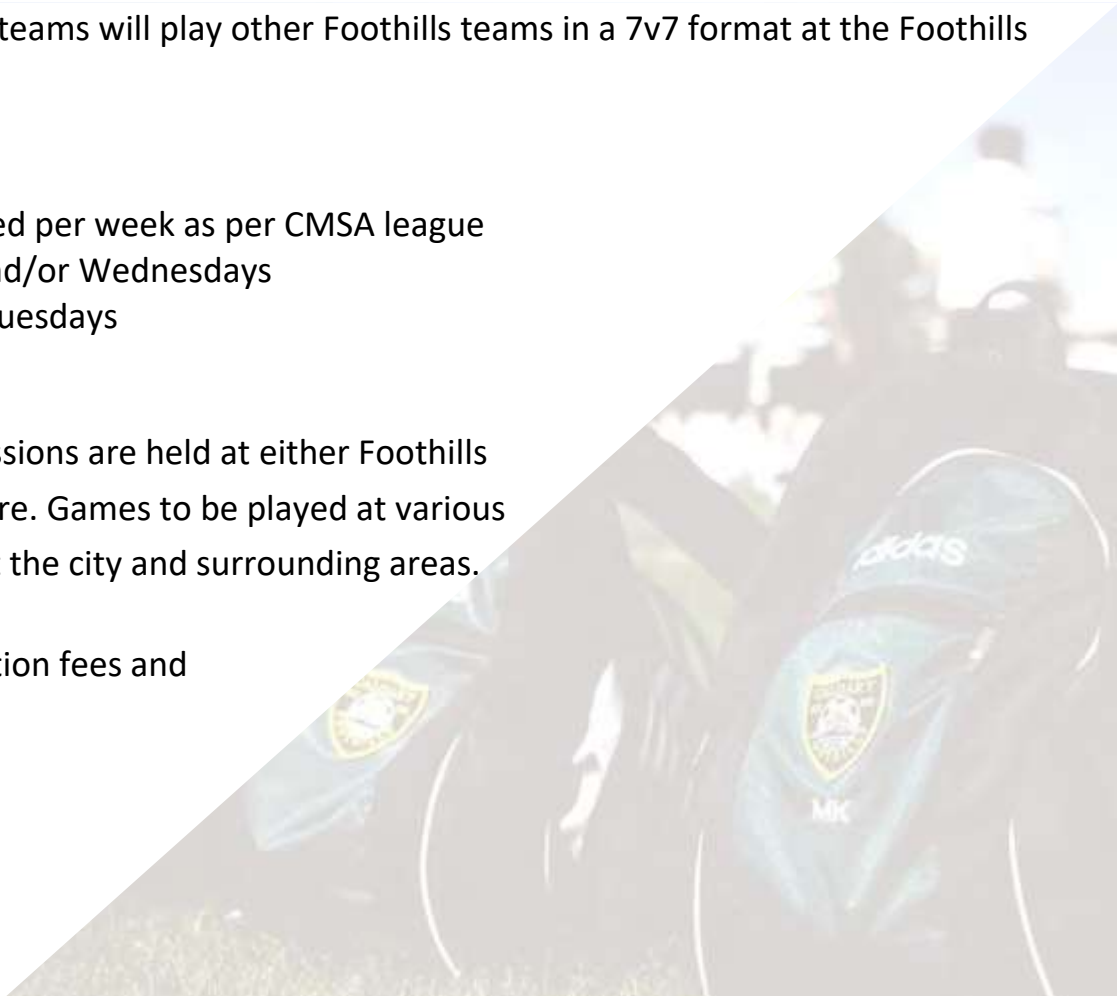
U9 Tier B play Saturdays and/or Tuesdays

LOCATION

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

UNIFORMS

Uniforms are included in registration fees and players will keep their uniform.



U9

BORN 2011 TIER C & D

U9 / BORN 2011 / TIER C & D

SEASON

Regular Season: October to March

Post Season: February 28 – March 1, 2020

Registration **\$465**

Academy **\$275** (optional on team basis)

(Deferred payment date is November 20th, 2019)

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)

SMALL SIDED GAMES PROGRAM

1 Futsal Festival in which all the teams will play other Foothills teams in a 5v5 format at the Foothills Skills Center.

1 Soccer Festival in which all the teams will play other Foothills teams in a 7v7 format at the Foothills Fieldhouse.

CMSA GAMES

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

U9 Tier D play Saturdays and/or Tuesdays.

LOCATION

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

UNIFORMS

Uniforms are included in registration fees and players keep their uniform

U10

BORN 2010 TIER A & B

U10 / BORN 2010 / TIER A & B

SEASON

Regular Season: October to March

Post Season: February 28 – March 1, 2020

Registration \$465

Academy \$275

(Deferred payment date is November 20th, 2019)

TEAM PRACTICES

2 x 75 minute Team Practices per week with TeamCoach.

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.

SMALL SIDED GAMES PROGRAM

1 Futsal Festival in which all the teams will play other Foothills teams in a 5v5 format at the Foothills Skills Center.

1 Soccer Festival in which all the teams will play other Foothills teams in a 7v7 format at the Foothills Fieldhouse.

CMSA GAMES

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

U10 Tier B play Sundays and/or Wednesdays.

LOCATION

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

UNIFORMS

Uniforms are included in registration fees and players will keep their uniform.

U10

BORN 2010 TIER C & D

U10 / BORN 2010 / TIER C & D

SEASON

Regular Season: October to March

Post Season: February 28 – March 1, 2020

Registration \$465

Academy \$275

(optional on a team basis)

(Deferred payment date is November 20th, 2019)

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)

SMALL SIDED GAMES PROGRAM

1 Futsal Festival in which all the teams will play other Foothills teams in a 5v5 format at the Foothills Skills Center.

1 Soccer Festival in which all the teams will play other Foothills teams in a 7v7 format at the Foothills Fieldhouse.

CMSA GAMES

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

U10 Tier C play Saturdays and/or Tuesdays.

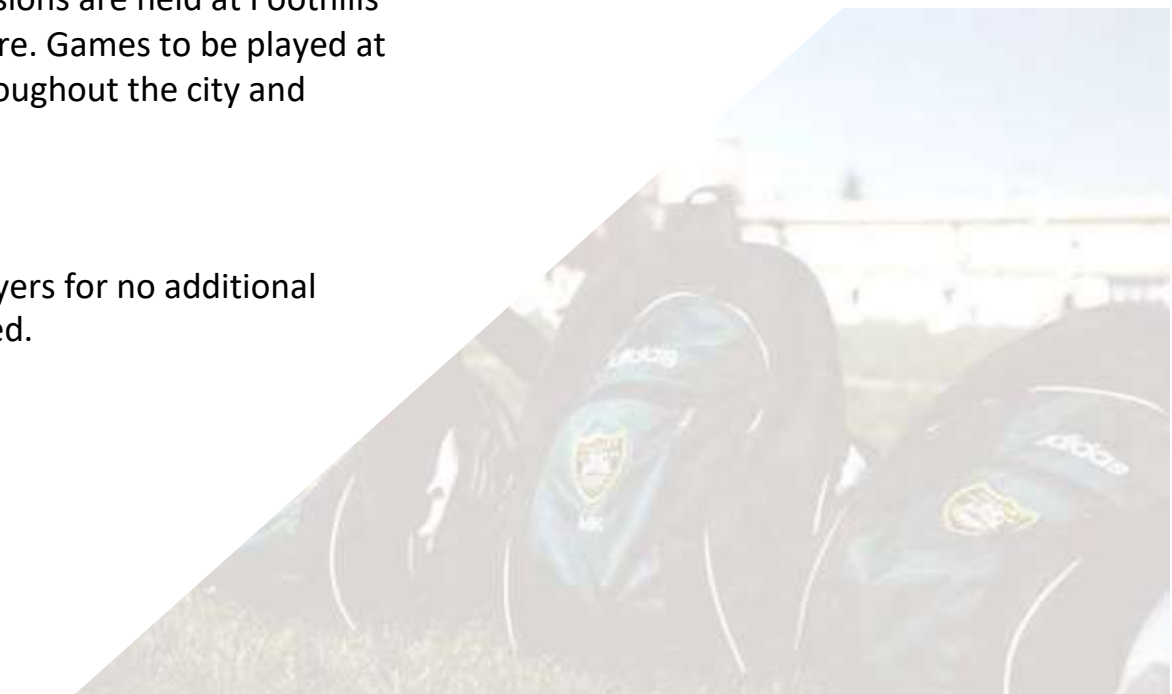
U10 Tier D play Sundays and/or Thursdays.

LOCATION

Practices, Academy and Skills Sessions are held at Foothills Fieldhouse or Foothills Skills Centre. 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.



U11

BORN 2009
TIER 1-3

U11 / BORN 2009 / TIER 1-3

SEASON

Regular Season: October to March

Post Season: March 2-6, 2020

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 PROGRAM

1 Futsal Festival in which all the teams will play other Foothills teams in a 5v5 format at the Foothills Skills Center.

1 Soccer Festival in which all the Teams will play other Foothills teams in a 7v7 format at the Foothills Fieldhouse.

CMSA GAMES

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

1 and 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 Foothills Skills Centre. 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 \$545

Academy \$575

Deferred payment date for academy is October 28th, 2019

Skills/Sports Science \$295

Deferred payment date for skills/sports science is December 30th 2019

U11

BORN 2009 TIER 4-5

U11 / BORN 2009 / TIER 4 - 5

Registration \$545

SEASON

Regular Season: October to March

Post Season: March 2-6, 2020

TEAM PRACTICES

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

SKILLS & SPORTS SCIENCE PROGRAM

Optional for an additional fee. (\$295)

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 Saturday and/or Monday

LOCATION

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

UNIFORMS

Uniforms are included in registration fees and players will keep their uniform.





U12

BORN 2008 TIER 1 - 3

U12 / BORN 2008 / TIER 1 - 3

SEASON

Regular Season: October to March

Post Season: March 2-6, 2020

Registration \$545

Academy \$575

Deferred payment date for academy is October 28th, 2019

Skills/Sports Science \$295
(Deferred payment date for skills/sports science is December 30th, 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.

SMALL SIDED GAMES PROGRAM

1 Futsal Festival in which all the teams will play other Foothills teams in a 5v5 format at the Foothills Skills Center.

1 Soccer Festival in which all the teams will play other Foothills teams in a 7v7 format at the Foothills Fieldhouse.

CMSA GAMES

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

Tier 1 will play 5 a-side futsal

Tier 2 & 3 will play 6 a-side boarded soccer

LOCATION

Practices, Academy, Sport Science and Skills Sessions are held at the Foothills Fieldhouse or Foothills Skills Centre. 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.¹⁵



U12

BORN 2008 TIER 4 - 5

U12 / BORN 2008 / TIER 4 - 5

Registration \$545

SEASON

Regular Season: October to March

Post Season: March 2-6, 2020

TEAM PRACTICES

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

SKILLS & SPORTS SCIENCE PROGRAM

Optional for an additional fee. (\$295)

CMSA GAMES

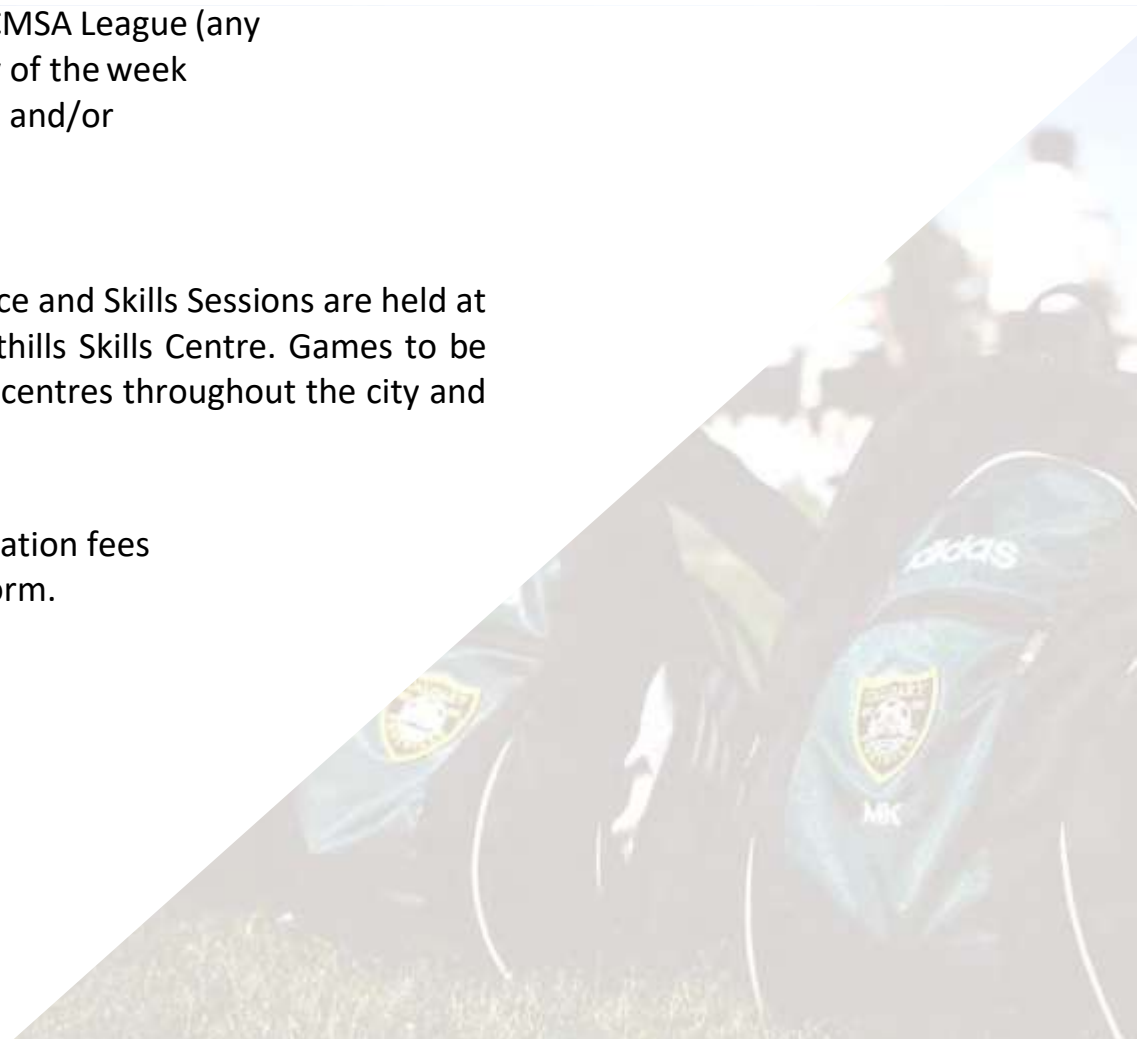
1 game played per week as per CMSA League (any day) U12 Tier 4 will play and day of the week
U12 Tier 5 will play Wednesdays and/or Sundays

LOCATION

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

UNIFORMS

Uniforms are included in registration fees and players will keep their uniform.



U13

BORN 2007
TIER 1-3

U13 / BORN 2007 / TIER 1-3

SEASON

Regular Season: October to March

Post Season: Tier 1: March 5-8, Tier 2-3: March 13-15, 2020

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

Tier 1 will play 7 V 7 played on Saturdays

Tier 2 & 3 will play 6 a-side boarded soccer (any day of the week)

LOCATION

Practices, Academy, Sport Science and Skills Sessions are held at the Foothills Fieldhouse or Foothills Skills Centre. 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 \$595

Academy \$575

(Deferred payment date for academy is October 28th, 2019)

PDP/Sports Science \$295

Deferred payment date for skills/sports science is December 30th, 2019

U13

BORN 2007 TIER 4 - 5

U13 / 2007 / TIER 4-5

Registration \$595

SEASON

Regular Season: October to March

Post Season: Tier 4 – March 13 – 15, 2020

Tier 5 - March 7-8, 2020

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. (\$295)

CMSA GAMES

1 game played per week as per CMSA League. 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 Foothills Skills Centre. Games to be played at various indoor soccer centres throughout the city and surrounding areas.

UNIFORMS

Uniforms are included in registration fees and players will keep their uniform.

U15

BORN 2006 & 2005
TIER 1-3

U15 / BORN 2004 & 2005 / TIER 1-3

SEASON

Regular Season: October - March

Post Season: (Tier 1) March 5-8, 2020 (Tier 2/3) March 13-15, 2020

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

Tier 1 games will be 7v7 games played on Saturdays

Tier 2-3 will be 6-side boarded soccer (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 **\$595**

Academy **\$575**

(Deferred payment date for academy is October 28th, 2019)

PDP/Sports Science \$295

(Deferred payment date for skills/sports science is December 30th, 2019)



U15

BORN 2006 & 2005
TIER 4 - 5

U15 / BORN 2006 & 2005 / TIER 4-5

Registration \$595

SEASON

Regular Season: October to March

Post Season: Tier 4 - March 15–17, 2020

Tier 5 – March 7-8, 2020

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. (\$295)

CMSA GAMES

1 game played per week as per CMSA League

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 fees and players will keep their uniform.

U17

BORN 2004 & 2003
TIER 1-3

U17 / BORN 2004 & 2003 / TIER 1-3

SEASON

Regular Season: October to March

Post Season: (Tier 1) March 5-8, 2020 (Tier 2/3) March 15-17, 2020

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 \$595

Academy \$575

(Deferred payment date for academy is October 28th, 2019)

PDP/Sports Science \$295

(Deferred payment date for skills/sports science is December 30th, 2019)



U17

BORN 2004 & 2003
TIER 4-5

U17 / BORN 2004 & 2003 / TIER 4-5

Registration \$595

SEASON

Regular Season: October to March

Post Season: Tier 4 - March 13-15, 2020
Tier 5 – March 7-8, 2020

TEAM PRACTICES

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

SKILLS & SPORTS SCIENCE PROGRAM

Optional for an additional fee. (\$295)

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 2002 & 2001
TIER 2-4

U19 / BORN 2002 & 2001 / TIER 2-4

SEASON

Regular Season: October to March

Post Season: March 13-15, 2020

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. (\$295)

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 \$595

Academy \$575

(Deferred payment date for Academy is October 28th, 2019)

PDP/Sports Science

\$295

(Optional - Deferred payment date for skills/sports science is December 30th, 2019)