



Passion | Teamwork | Respect

Seaway Valley Soccer Club

Blazers Program U10-U13
Players Born 2013 to 2016

Parents Handbook 2025-26





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Introduction

The Blazers Development Competitive Program is designed to help both new and returning families understand how our competitive pathway works, what we value, and what players can expect.

Who Can Join - The program is open to ALL players born between **2013 and 2016**.

Where We Play - Blazers teams compete in the Eastern Ontario Soccer League (EOSL) during the summer, the Eastern Ontario Winter Development League during the winter, and in provincially sanctioned tournaments across Ontario and beyond.

How Teams Are Formed - Competitive player pools are created through assessments held each October. We look for players who are dedicated to soccer as their primary summer sport and eager to challenge themselves at the highest level in our region.

Team Assignments - Players are assigned to a team (skill based colours) in the fall following assessments. However, because development is ongoing, team placements may change over the course of the season to ensure each player is training and competing in the environment that best supports their growth.

Our Focus - These early competitive years are among the most important in a young player's soccer journey. The right environment, coaching, and support can make a lasting impact on their growth. Our goal is to provide a fun, enjoyable, and supportive atmosphere while also introducing players to the principles of high performance and competition.

Our Coaches - Blazers coaches are committed to long term player development first. They create a positive learning environment where players can improve their skills, gain confidence, and develop a lifelong love of the game.

SVSC Pathways and Options



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RECREATIONAL

Intro to Soccer

Players are introduced to soccer and develop how to move their bodies.

Developmental

Players have access to development as part of their program.

Youth Recreational League

Players have the opportunity to play in house league divisions age appropriate.

AGES:

2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 U21 Adult

COMPETITIVE

Blazers Academy

Pre-Competitive

Development program for aspiring competitive soccer players.

Development Competitive

Competitive soccer begins in the regional development leagues.

Youth Competitive

Competitive Blazers teams play in the local competitive leagues and compete in tournaments.

Adult Competitive

Compete in local leagues and tournaments while proudly representing SVSC.



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U10 to U13 Mission and Vision

SVSC U10 to U13 Blazers Program Mission

To provide young players aged U10–U13 with a positive, challenging, and supportive environment where they can develop technical skills, tactical understanding, and a love for the game. We focus on building confident, versatile players while promoting teamwork, respect, and personal growth.

SVSC U10 to U13 Blazers Program Vision

To be a leading youth soccer program in Eastern Ontario that consistently develops players who are prepared for higher-level competition, embrace lifelong learning, and represent the club with skill, sportsmanship, and pride.





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Program Values

Fun & Enjoyment

Players should leave the field smiling, eager to come back, and loving the game more each week.

Confidence With the Ball

Every player develops the skills to dribble, pass, and shoot with comfort and pride.

Belonging & Team Spirit

Being a Blazer means being part of something bigger — supporting teammates, celebrating successes together, and building friendships.

Creativity & Freedom

Players are encouraged to try new moves, take chances, and express themselves without fear of mistakes.

Growth & Progress

Each child feels that they are improving, learning new skills, and taking steps forward in their soccer journey.

Respect & Sportsmanship

Players learn to play fair, respect coaches, referees, and teammates, and represent the Blazers with pride.

Competitive Assessments

To be offered a spot on a player pool, players should attend our competitive assessments each fall.

Following the **Canada Soccer Grassroots Standards:**

- U10 and U11 teams will play 7v7 in the league format of the game.
- U12 and U13 teams will play 9v9 in the league format of the game.
- Development is focused on over results: no standings, rankings, or “must-win” environments.
- Games are for learning and enjoyment, not outcome.
- Coaches should emphasize positive reinforcement, inclusivity, and fun.
- Parents encouraged to support with enthusiasm, not pressure.

All groups work from a tailored curriculum that will provide players with a fun energetic, and competitive environment focused on individual player development.

At these ages, the primary focus is to develop technical, confident and passionate young soccer players. Players will be coached on basic small-group tactics and game situations, but the major focus will remain on technical development.

Player pools do not have set player limits; however the size of player pools will consider the formation of teams for league rosters.

All players selected for a player pool will have the opportunity to be part of a team in the summer.





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Why Player Pools?

Player pools are especially beneficial in youth soccer for several reasons:

- **Enhanced Skill Development:** By training with a larger, varied group, players face different levels of competition and styles of play, which can improve their skills more dynamically.
- **Flexibility:** Coaches can adjust groups based on player development and growth over time, ensuring that players are always challenged but not overwhelmed.
- **Social Growth:** Playing alongside and against a diverse set of peers helps young players build camaraderie and learn valuable teamwork and sportsmanship skills.
- **Long Term Development:** Moving up through the format of the game means more players at each higher age group – this ensures we are developing enough players to fulfill these team rosters at the full competitive level.



Sample Dev-Competitive Blazers Schedule



Calendar Sample		League	Training	Optional Development	Tournaments	Camps / Programs
Winter Program	November	Winter Development League – Saturdays	1 hour a week (Indoor)	Futsal League (Optional)		
	December	Winter Development League – Saturdays	1 hour a week (Indoor)	Futsal League (Optional)		2-Week Break
	January	Winter Development League – Saturdays	1 hour a week (Indoor)			
	February	Winter Development League – Saturdays	1 hour a week (Indoor)			
Spring Program	March		2 hours a week (Indoor)	Exhibition Games		2-Week Break / Spring Assessments
	April		2 hours a week (Indoor)	Exhibition Games		Spring Development
	May	EOSL League	2 hours a week (Outdoor)		OS Sanctioned Festivals / Tournaments	Spring Development
Summer Program	June	EOSL League	2 hours a week (Outdoor)		OS Sanctioned Festivals / Tournaments	
	July	EOSL League	2 hours a week (Outdoor)		OS Sanctioned Festivals / Tournaments	Summer Camp 2-week Break
	August	EOSL League	2 hours a week (Outdoor)		OS Sanctioned Festivals / Tournaments	
OFF	September	OFF	OFF	OFF	OFF	Fall Development
	October	OFF	OFF	OFF	OFF	Competitive Assessments

Blazers Dev-Competitive Summary – Sample Costs – Costs can vary by team



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Program Cost (10-month program)	\$850* to \$1000* approx. (Excludes travel costs)
Program Fee Structure	<p>\$500* Four installments (Nov / Jan / Mar / May). \$135* Uniforms Team Fees - \$250 to \$400</p>
Program Services	<p>Winter Training – 16 sessions (Nov to Feb) Winter Development League (Nov to Feb) Winter Futsal (Optional – Nov to Feb) Spring Training (Mar to Apr) Spring Assessments (Mar) Spring Development Exhibition Games (Mar to May) EOS Mini Festivals (May to Aug) 3 Summer Festivals (May to Aug)</p>
Coaching	Minimum of 1 coach to 10 players at each training session.
Coach Minimum Qualifications	<ul style="list-style-type: none"> - Learn to Train (Ontario Soccer) - Making Ethical Decisions (CAOC) - Making Headway (CAOC) - Respect in Sport

* These cost figures are meant as a guide and may change after publication

Blazers Training Program



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Our practice sessions are built using Ontario Soccer’s Long Term Player Development Matrix and Seaway Valley Soccer Club’s technical guidance manuals, with age appropriate activities that continue each player’s development and growth.

Sessions are usually based around a theme, i.e. dribbling, passing, finishing. Depending on the training content, players may be grouped by ability in order to keep the training environment challenging for all involved.

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

Players will also be encouraged to improve at home through fun “homework” assignments & challenges throughout the year.

Session: U8 Blazers Fundamental Skills Sessions (6 week)
 Session #1 Theme: Dribbling Players: 8-16 Duration: 50 Minutes

Dribbling means making friends with the ball and using your feet to move it in a controlled way.

Key Factors	Technical	Physical	Psychological	Social
	Watch ball and look up to see field. Upright Body Lots of touches	Agility Balance Coordination	Motivation Self Confidence	Communication Listening Co-operation

Warm Up – Steal the Pinnie Duration: 5-8 minutes.

Diagram	Instructions	Key Factors
	Players place a pinnie down the back of their shorts or to the side. Players attempt to steal another player's pinnie while ensuring to keep their own. Players can only have two pinnies max at any one time. Run for two 90 second periods.	Listening Motivation Agility Balance Coordination

Game: 3 v 3 or 4 v 4 Duration: 15 minutes.

Diagram	Instructions	Key Factors
	Players are placed into two teams. No goalkeepers. Coach starts by throwing the ball in – each restart is done by the coaching providing the ball. Players must dribble the ball into the net to score for their team.	Close control. Upright Body. Head Up. Lots of Touches Communication Self Confidence

Liverpool Defending Drill Duration: 15 minutes.

Diagram	Description	Coaching Points
	Ball carrier run to middle. Defender closes him down. Attacker returns the ball to starting position.	Focus on body position. Bent legs

1 Defending Duration: 15 minutes.

Diagram	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.

End with small scrimmage.

PHYSICAL

TECHNICAL

TACTICAL

MENTAL

Our practices are comprised of:

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



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Blazers Fundraising



The rising costs of field rentals, equipment, and playing fees risks becoming a barrier to some. We are fortunate to live in a hugely supportive community that consistently helps our youth in sports, and that ensures ALL players can participate in the program.

Our Blazers program organizes a number of fun events over the year aimed at raising funds to support the team in representing our community.

Parents and players are expected to participate in each event and be ambassadors for the club inside and outside our community.

Each year we also seek a number of sponsors. This help is an integral part of our cost structure and each year we are thankful for the support we receive.



Blazers Experiences



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While we strive to develop our players from a technical ability perspective and nurture talent, we also focus on developing them as people.

Our Blazer program organizes a number of fun events over the year aimed at building friendships and team comradery as well as experiencing soccer in the broader community and identifying athletic paths to professionalism or participation recreationally into adulthood.

Activities such as bowling, swimming, footgolf, strength and conditioning and group trips out to professional matches are all part of the experience and a standard part of the program over the year. One practice a month is usually dedicated to one of these activities.





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Program U10 to U13

www.svsc.ca



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