



Technical Development Plan

Mission Statement

London – St. Thomas Croatia Soccer Club is a non-profit volunteer organization that is a non-profit volunteer organization that is dedicated to offering youth in the London-St. Thomas area, positive, fun soccer environment at the competitive level. London-St. Thomas Croatia Soccer Club coaches are dedicated to the players and their development while at the same time promoting sportsmanship and fellowship among its members.

The Technical Development Plan will outline the following:

- 1) Purpose and Objectives
- 2) Developmental Pathways
- 3) Coaching Development

Purpose

The Technical Development Plan aims to achieve a major improvement in the quality and performance of London – St. Thomas Croatia Soccer Club's players, coaches and teams.

Objectives

- To create a standardized youth development system in the London – St. Thomas Croatia Soccer Club that produces strong players, teams, and coaches.
- To develop and maintain a culture of excellence that nurtures consistently positive outcomes for both the LS Croatia SC and its members, both on and off the field.
- To create a coaching development system that produces quality coaches that are capable of bringing the content of the curriculum to life to realize the clubs goals.



Player Development Pathways

Stage 1: Fundamentals – U6-U8

Aim

- Learn all fundamental movement skills using a well structured, positive and fun approach.

Technical

- Introduction to basic soccer skills with a ball.

Tactical

- Implement basic attack and defense principles.

Physical

- General overall development and mobility.
- Running, jumping, throwing, balance, and speed.

Mental

- Positive attitude to sport.
- Confidence, concentration and enjoyment of the game.

Stage 2: Learn to Train – U9-U12

Aim

- Learn all fundamental sports skills.

Technical

- Soccer specific skills of dribbling, shooting, passing and controlling.
- Combination of skills in game related activities.

Tactical

- Play modified and small sided games. Introduction to positional awareness.

Physical

- Continue to develop ABC's - Agility, Balance and Coordination.
- Develop speed, power and endurance through fun games.

Mental

- Understanding the role of practice.
- Perseverance, confidence and concentration.



Stage 3: Training to Train – U13-U15

Aim

- Consolidate basic soccer skills, Introduce basic elements of tactics.

Technical

- Perform skills under competitive conditions.
- Positional awareness in relation to ball and opposition.

Tactical

- Implement more advanced concepts of attack/defense.
- Implement basic team principles, positions and team shape. Support, timing of runs, movement off the ball.

Physical

- Soccer specific physical conditioning e.g. stamina, speed and strength.

Mental

- Concentration, patience, focus and control.

Stage 4: Training to Compete – U16-U18

Aim

- Players work to gain more game maturity as they learn to perform these skills under a variety of competitive conditions.

Technical

- Refinement of core skills and position specific skills; continued development of advanced techniques and skills.

Tactical

- Decision-making tactical awareness, game analysis, productivity and competitive proficiency.

Physical

- Further develop flexibility, agility, aerobic and anaerobic endurance, strength and stability.

Mental

- Increased player concentration, responsibility, discipline, accountability, goal setting, self motivating and will to win. Mental toughness, competitive mentality in practice and games.



Stage 5: Training to Win – U19-U21

Aim

- The focus of training has shifted to optimization of performance and maximization of all capacities.

Technical

- Further development of advanced techniques and skills. Refinement of individual positional skills; game-related technical repetition under pressure.

Tactical

- High degree of decision making and game analysis skills; ability to adjust game plan and adapt playing strategies to suit changing demands.

Physical

- Individual fitness program for maintenance. Periodization is critical.

Mental

- Increased concentration and responsibility, leadership, discipline, accountability, self confidence, self motivation, will to win, mental toughness and competitive mentality.

In addition to the above stages, London-St. Thomas Croatia Soccer Club offers a Master's men's program-Senior Reserve Team (for players over the age of 35).

While LS Croatia SC does not mandate that our teams participate in local Futsal programming, players and coaches are encouraged to assemble and enter local Futsal leagues, including the London Canadian Futsal League. Our Club is committed to providing appropriate Futsal training throughout the year, including but not limited to weekly practices on local Futsal courts (i.e. Whiteoaks Public School, etc.)



Yearly Training Plan (YTP)

Challenge	Solution
Technical skills are deficient in players in elite and competitive programs.	All skills are required when in contact with the ball. Moving forward, it will be imperative for all members to build strong technical skills before setting out to develop strong game skills. The LS Croatia SC will follow the LTPD model in order to produce a sufficient number of technically sound players, and establish this standard as the baseline for all coaching initiatives moving forward.
Deficient game skills due to club/coach focus on winning.	In order to capitalize on the potential of the club's strong players and remain competitive with other clubs, identified strong players will have year-round training available to them.
Insufficient training and/or resources available for coaches working with talented young players.	Top players and top teams require top coaches in order to remain competitive. This cycle is reciprocal. Top coaches emerge over time from extensive experience with top players, teams and competitions.

The London – St. Thomas Croatia Soccer Club has identified common weaknesses typically found in youth players (boys and girls), often resulting as a product of heavy emphasis on winning at a young age and little focus on technical development. The LTPD will address the following weaknesses on a stage-by-stage basis:

- 1) **Overall Technical Game Skills**
 - First touch under pressure
 - Short/long passing game
 - Handling of speed in tight areas/lack of agility and mobility specific to soccer
- 2) **Ball Possession and Positional Play**
 - Controlling and changing the speed of the game
 - Successful attacking combinations
- 3) **Tactical Maturity**
 - Decisions making
 - Reading the game/tactical awareness
 - Game cleverness

In addressing these weaknesses, the London – St. Thomas Croatia Soccer Club will prioritize the following:

- 1) Development instead of results.
- 2) Focusing on the skillful rather than the powerful during player selection.
- 3) Mistakes being learning moments rather than punishable moments.
- 4) Encouraging individual play not forbidding it.
- 5) Encouraging taking risks.
- 6) Playing with purpose instead of the long direct approach which is "results" driven.



LONDON - ST. THOMAS CROATIA SOCCER CLUB

London – St. Thomas Croatia Soccer Club Player Development Program

The London – St. Thomas Croatia Soccer Club will develop its players using the Long Term Player Development (LTPD) model set forth by the Ontario Soccer Association (OSA) and Canada Soccer.

In doing so, LS Croatia SC commits to providing:

- 1) A stimulating and enjoyable environment for players and coaches to support their development and growth in soccer;
- 2) Training for all players;
- 3) Communication of and support for the OSA and District vision;
- 4) Core administration and organization functions for players, coaches and referees.

In following the guidelines set out by OSA's Long Term Player Development, the London – St. Thomas Croatia Soccer Club subscribes to the *LTPD 2020 Vision*:

- Clear integrated pathway (player, coach, referee, administrator);
- Players needs are put first in all decisions;
- Consistency in delivery of all programs throughout the province (Player, Coach and Referee);
- Unity and alignment of all stakeholders involved with strong, credible and trusted leadership;
- Financial security to ensure sustainability and ongoing development;
- Quality and quantity of players, coaches and referees increased;
- Clubs the hub of their communities;
- Ontario contributing 70% of players for all national squads

As LS Croatia SC implements its LTPD, it will do so in a manner that is consistent with the following principles:

- 1) The needs of the player should be put first in all decisions.
- 2) Lowering barriers to participation, especially in the early development stages.*
- 3) Developmental needs of the player will guide decisions, especially in Talent Identification and selection and ongoing scouting.
- 4) Balance – Importance of retention and pathways for all (Player, Coach, Referee & Administration).
- 5) Strong foundation in “Participation” starting from active start.
- 6) Communication, consultation and education is critical at all times.
- 7) Consistency and alignment throughout the province, cognizant of geographical challenges

To **learn more** about Ontario Soccer's LTPD, visit: <https://www.ontariosoccer.net/player-ltpd>



Emergency Action Plan

Purpose

An Emergency Action Plan (EAP) is a plan designed by a coach to assist him or her in responding to emergency situations. The idea behind having such a plan prepared in advance is that it will help the coach, and others, respond in a professional and clearheaded way under stressful circumstances.

An EAP should be prepared for the facility or site where you normally practice and for any facility or site where you regularly host games. For away games, coaches or team managers should ask the host team or host facility for a copy of their EAP.

An EAP can be simple or elaborate, but should cover off the following seven items at a minimum:

- Designate in advance who is in charge in the event of an emergency (this could be the coach, assistant coach, manager or team 'first aider').
- Have a cell phone with you, with battery fully charged. If this is not possible, know exactly where a telephone that you can use is located. Have spare change in the event you need to use a pay phone.
- Have emergency telephone numbers with you (facility manager, fire, police, ambulance, public safety) as well as contact numbers for your participants (parents, guardians, next of kin, family doctor).
- Have on hand a medical profile for each participant, so that this information can be provided to emergency medical personnel. Include in this profile a signed consent from the parent/guardian to allow medical treatment in an emergency.
- Have a First Aid kit accessible and properly stocked at all times. All coaches are strongly encouraged to pursue First Aid training.
- Designate in advance a call person (the person who makes contact with medical authorities and otherwise assists the person in charge).
- Be sure that your call person can give emergency vehicles precise instructions to reach your location or site.