

PETAWAWA
FALCONS



Petawawa Minor Soccer Club's

TECHNICAL PLAN



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1. INTRODUCTION

The Petawawa Minor Soccer Club's Technical Development Soccer Plan establishes a structured, inclusive approach to developing players, coaches, and referees. Aligned with Canada Soccer's Pathway and Ontario Soccer's Long-Term Player Development (LTPD), the plan is tailored to fit the club's unique needs.

How to implement:

- Use the *LTPD Matrix to customize programs for each age group.
- Conduct annual reviews of the plan to ensure alignment with national and provincial guidelines.
- Engage stakeholders through workshops and forums to reinforce shared goals.





2. STRATEGIC DIRECTION

Vision and Objectives:

- **Community-Driven Leadership** - Promote collaboration amongst staff, volunteers, and parents to foster a sustainable club culture.
- **Player Development** - Provide a structured progression from recreational to competitive levels.
- **Coach Development** - Offer clear pathways and resources for ongoing education.

How to implement:

- **Appoint a technical director to oversee the plan's execution.**
- **Develop partnerships with local schools and organizations to expand the club's reach.**
- **Set measurable goals, such as increased participation and certification rates, to track progress.**



3. PLAYER DEVELOPMENT PATHWAY

U4-U6 (Active Start)

Goals

Develop basic physical literacy and foster enjoyment.

How:

- Host weekly sessions led by volunteer facilitators (Mini Soccer Program).
- Train parents to support their children during sessions.
- Use imaginative games to introduce soccer basics (dribbling, ball control).





3. PLAYER DEVELOPMENT PATHWAY CONT.

U6-U8 (FUNdamentals)

Goals

Focus on skill development and tactical understanding.

How:

- Implement the GAG (Game Activity Game) model in training sessions.
- Host development programs where players are grouped by skill level.
- Use metrics like passing accuracy and decision-making to track improvement.





3. PLAYER DEVELOPMENT PATHWAY CONT.

U12-U18 (Train to Train/Compete)

Goals

Prepare players for competitive environments.

How:

- Introduce fitness benchmarks (sprinting, endurance, strength).
- Establish Individual Development Plans (IDPs) with player and parent input.
- Use video analysis for tactical feedback.

” LTPD gives all players the best chance of success in soccer by tailoring training, competition and coaching to their needs at the appropriate stage of development.





4. COACH DEVELOPMENT PATHWAY

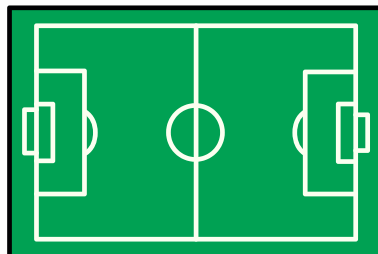
Grassroot Coaches:



Equip volunteer coaches with tools to lead fun, age-appropriate sessions.

How:

- Offer pre-season workshops introducing LTPD principles and session design.
- Pair new coaches with experienced mentors during their first season.
- Provide practice plan templates for consistency.





4. COACH DEVELOPMENT PATHWAY CONT.

Competitive Coaches:

Goals

Develop tactical and technical expertise through advanced certifications.

How:

- Offer financial support for Ontario Soccer courses.
- Conduct in-season feedback sessions based on practice and game observations.
- Schedule semi-annual workshops on advanced topics (e.g., set-piece strategies).





4. COACH DEVELOPMENT PATHWAY CONT.

Junior Coaches:

Goals

Provide young players (ages 16–21) with opportunities to develop coaching skills.

How:

- Include Junior Coaches in grassroots programs under senior staff supervision.
- Offer coaching apparel and small stipends to encourage participation.
- Schedule bi-annual evaluations to track growth.

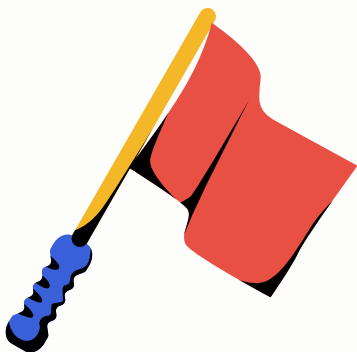




5. REFEREE DEVELOPMENT PATHWAY

Goals

- Ensure referees are well-trained and confident in officiating at all levels.
- Increase referee recruitment and retention by providing support, mentorship, and development opportunities.
- Improve the quality of games by fostering a better understanding of the rules among referees, players, and parents.





5. REFEREE DEVELOPMENT PATHWAY CONT.

Program Details

Recruitment:

- Advertise referee opportunities through club channels, schools, and community events.
- Introduce refereeing to players at U13 through Laws of the Game seminars.
- Offer incentives like free certification and club-branded apparel.

Education:

- Conduct Small-Sided Referee and Entry-Level Certification Programs annually.
- Provide workshops for recreational referees on game management and decision-making.
- Collaborate with district and provincial associations for advanced training.



5. REFEREE DEVELOPMENT PATHWAY CONT.

Mentorship:

- Pair new referees with experienced officials for observation and feedback.
- Implement a Referee Buddy System for grassroots games.
- Offer one-on-one coaching sessions with the Club Head Referee.

Retention:

- Host monthly fitness sessions for referees in the off-season.
- Hold regular debriefs to discuss game challenges.
- Recognize top referees through awards and leadership opportunities.





5. REFEREE DEVELOPMENT PATHWAY CONT.

Game Assignments:

- Assign referees to games matching their skill and experience levels.
- Promote referees to higher-level games based on mentor evaluations.
- Rotate assignments to expose referees to various formats (small-sided to 11v11).

How to Implement:

- **Recruitment Campaign:** Promote referee opportunities through player and parent meetings.
- **Training Sessions:** Schedule pre-season and mid-season workshops, utilizing online tools and video simulations.
- **Mentorship Program:** Pair new referees with mentors for the first 5–10 games.
- **Feedback and Evaluation:** Use standardized evaluation forms and share feedback in one-on-one meetings.
- **Retention Initiatives:** Organize social events and provide continued learning opportunities.



5. REFEREE DEVELOPMENT PATHWAY CONT.

Metrics for Success:

- **Recruitment:** Number of new referees certified annually.
- **Retention:** Percentage of referees returning for subsequent seasons.
- **Quality Improvement:** Reduced number of disputes related to officiating.
- **Advancement:** Number of referees promoted to higher-level games or roles.

**NO REF,
NO GAME.**



SOCCER IS A BULLY AND HARASSMENT FREE ZONE.



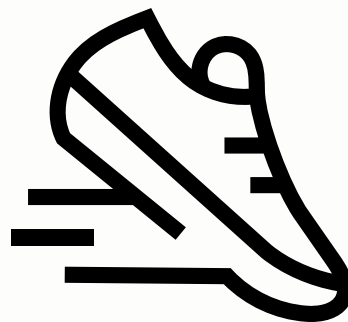
6. SPORT SCIENCE and analytics

Fitness Training:

Weekly strength and agility sessions tailored to age groups.

How:

- Partner with certified sports performance organizations for training programs.
- Conduct fitness testing twice per season to measure progress.
- Integrate injury prevention exercises into every session.





6. SPORT SCIENCE and analytics CONT.

Nutrition and Psychology:

Teach players and parents about proper hydration and fueling.

How:

- Provide coaches, during preseason training, with the educational material necessary to advise players and parents on recommended game and training day nutrition and hydration.
- Offer mental resilience workshops on focus and composure during competition.





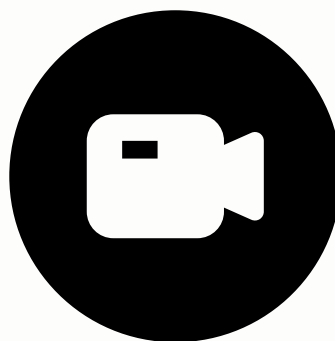
6. SPORT SCIENCE and analytics cont.

Video Analysis:

Use platforms to enhance player understanding.

How:

- Film a minimum of 3 games per competitive team per season for review.
- Conduct weekly classroom debriefs with players to analyze footage and set goals.





7. COMMUNITY ENGAGEMENT

Inclusive Programs:

Promote “All Abilities Soccer”

-Ontario Soccer

How:

- Recruit volunteers to support inclusive sessions.
- Collaborate with local organizations to ensure accessibility.
- Use Ontario Soccer’s “Everyone Plays Guide to First Involvement and Quality Participation” to help direct our program offerings



Figure 1. A Blueprint for Building Quality Participation in Sport for Children, Youth, and Adults with a Disability (www.cdpp.ca)



7. COMMUNITY ENGAGEMENT CONT.

School Outreach:

Offer free programming for elementary schools.

How:

- Train staff to deliver age-appropriate soccer sessions in schools.
- Distribute promotional materials to encourage participation.





7. COMMUNITY ENGAGEMENT CONT.

Events and Outreach:

Attend festivals with inflatable soccer fields.

How:

- Partner with sponsors to fund event participation.
- Engage grassroots players and parents as volunteers to manage activities.
- Collaborate with the Town of Petawawa to increase the club's visibility.





8. MONITORING and EVALUATION

Player Metrics:

- Assess technical (e.g., passing, shooting), tactical (e.g., positioning), and physical (e.g., endurance) skills.

How:

- Use tools like heatmaps, fitness benchmarks, and skills reports.
- Integrate data into *IDP's to set personalized goals.





8. MONITORING and EVALUATION CONT.

Coach Metrics:

- Evaluate coaching effectiveness and alignment with club philosophy.

How:

- Conduct end-of-season reviews with Technical Directors.
- Gather feedback from players and parents to refine coaching practices.





8. MONITORING and EVALUATION CONT.

Program Review:

- Evaluate the overall plan's success and alignment with goals.

How:

- Collect surveys from stakeholders.
- Conduct annual performance reviews to identify areas for improvement.





9. APPENDIXES

- **Player Development Framework Table:** Details the technical, tactical, and physical focus areas by age group.
- **Coach Pathway Progression Chart:** Shows the stepwise development from Grassroots to Competitive levels.
- **Templates:** Provide forms for IDPs and session planning.



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