



Central City Breaker FC (CCB FC) Player Development Program (PDP)

A-PDP Philosophy

All players attack and all players defend (regardless of area of field they may be positioned to play). All players must be involved in the game individually, and as a unit. Through our PDP training sessions, CCB FC aims to equip, and prepare our players/teams for competition in the sport of soccer. All players/teams will be encouraged to display an offensive style of play based on keeping possession and quick movement of the ball.

CCB FC Player Development Program runs full year (i.e. Spring/Summer; and Fall Soccer Seasons). All sessions are delivered by CCB (BC Soccer, and CSA qualified) Staff. All PDP and training sessions will end with a small-sided game (SSG). *SSG is any equal combination of player(s) that is not 11v11 (e.g. 1v1, 2v2, etc.), and has a goal.* The SSG set up create environment that will allow players to execute what they have learned in a game realistic situation. Equally important, players will have more touches on the ball, master the skills necessary to play soccer, and develop the confidence to keep the ball in the game.

Curriculum

CCB FC Player Development Program training curriculum follows, is guided by BC Soccer and in line with Canadian Soccer Association's Long Term Player Development (LTPD) program and player development model; including the framework on Principles of Play (outlined and explained further below).

LTPD program guidelines

- Age-appropriate soccer activities
- Activities to promote a feel for the ball while teaching basic technical fundamentals of the game in a **FUN** but structured environment.

Stages Of Development CCB FC Program Focuses on

- ***Active Start***
- ***Fundamentals***
- ***Learning To Train***
- ***Soccer For Life***

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Players learn basic, (and where applicable) advanced fundamentals of the game that relate to the technical, skill (i.e. application of skill under pressure), and tactical components of soccer such as:

- Ball Control & Mastery/Dribbling
- Running with the Ball
- Passing and Receiving
- Fakes and Feints
- Shooting/Finishing
- Movement(i.e. where, when, and how to create space; including making runs (all age specific & appropriate)

Goalkeeper PDP (GK PDP)

In today's (modern) game, goalkeepers are required to be nearly as good with their feet as in-field players. Hence, it is important that this factor be taken into account when training keepers. The following components will



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be covered in training keepers (i.e. age appropriate based on LTPD program guidelines). Please check CCB FC website: www.centralcitybreakers.com for details in training days.

- Footwork
- Basic Handling Techniques
- Catching Highballs
- Making Recovery Saves
- Reaction Saves
- Ball Distribution (i.e. with both hands, and feet)

Key factors (Influencing Principles of Play to be covered)

These factors are crucial and required at every level, but the higher the player go, the more they become apparent.

- Tech on demand
- Physical
- Speed of play
- Decision making

Principles of Play (The Game)

Defending (Don't have ball)	Attacking (have ball)
Immediate Chase – ability to track behind ball & opponent.	Penetration – ability to get behind opponent(s) by passing, dribbling, or shooting.
Pressure – ability to deny forward ball movement by preventing opponent from passing, dribbling, or shooting.	Support - ability to move around ball to provide passing options for the player on the ball to maintain possession, or penetrate.
Cover – ability to provide defensive help for the pressing player.	Mobility – ability to break down defenders by making runs that create space, and pull apart the compactness of a defensive organization.
Balance – ability of players away from the ball to restrict space, and track down opponents making runs towards the goal.	Width and Depth – ability of a team to spread out the opponent's defensive organization.
Compactness – ability of players to deny opponents space by moving as a unit.	Creative – Ability to make something happen, sometimes from out of nothing (i.e. difficult situation).

Explanation of Two Important Terms often misunderstood, and/or misused

- **Technique** – Simply refers to player's ability to pass, receive, head, shoot, and dribble the ball when there are no opponents, or defenders attempting to dispose ball of the player in question.
- **Skill** – Sometimes referred to as "**Technique under pressure**", executing the ball techniques above mentioned, with one or more opponents attempting to disposes the ball from the player in possession. Hence, we use SSG to evaluate our player – evaluate technical execution under pressure.



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*Player Identification is an ongoing process. It is important to note – that all players will develop at different times, and rates during their soccer playing days (regardless of age and/or gender). Players who develop quicker, may at any time during the program be invited into an Advanced Development Group(s) - **APPROVED** by Director of Coaching & Player Development.*

CCB FC Curriculum Sample

Note: Session content may be adjusted by Director Of Coaching & Player Development based on player ability, and learning “curve” to facilitate on-going learning/development for the player.

CCB FC Academy/Player Development Program Sample			
Week	Session/Topic	Week	Session/Topic
Week 1	<i>Dribbling/Ball Mastery</i>	Week 7	<i>Shielding Ball</i>
Week 2	<i>Dribbling/Ball Master/Movement</i>	Week 8	<i>Shielding Ball/Physicality of Play</i>
Week 3	<i>Passing & Receiving</i>	Week 9	<i>Shooting/Finishing</i>
Week 4	<i>Passing & Receiving/Speed of Play</i>	Week 10	<i>Shooting/Finishing/Speed of Play</i>
Week 5	<i>Fakes & Feints</i>	Week 11	<i>Revision of Skills/All-4-Factors-in-One</i>
Week 6	<i>Fakes & Feints/Skill</i>	Week 12	<i>Player Game Wars</i>