



**EDMONTON SCOTTISH UNITED SOCCER CLUB**  
**Accelerated Development Program**  
**Outdoor 2015**



# Scottish United Soccer Club

## Accelerated Development Program

### Vision of Program

*Our vision is to select, develop, motivate and prepare the our most ambitious players through the delivery of a modern, progressive and holistic soccer program rooted in the pillars of player development - technical, tactical, physical and psycho-social.*

### Mission of Program

*Our mission is to develop athletes who are capable of challenging for selection at the highest levels of our sport, and to equip our teams to compete for qualification to Provincial Championships at Stage 5 (Train to Compete).*



# Scottish United Soccer Club

## Accelerated Development Program

### Introduction

*The Accelerated Development Program (ADP) has been developed as a platform for talented athletes and driven teams to maximize their potential. Whether that potential leads to professional opportunities or National Team selection, or playing to the best of their ability at a more local level, this approach is the gateway to furthering soccer ambitions.*

*The ADP has been established to provide the continual coaching hours required by the CSA's adoption of the Long-Term Player Development Model (LTPD) - simply stated, athletes need more relevant and deliberate training opportunities, while squads require exposure to a playing philosophy that helps create problem-solving skills and tactical awareness.*



# Scottish United Soccer Club Accelerated Development Program

## Our Goals - Player Development

*An Advanced Development Program Player will be*

- *Technically Excellent*
- *Tactically Aware through an Understanding of the Principles of Play*
- *Insightful, Intelligent and Creative*
- *Physically Literate and Ready to Work*
- *Mentally Strong, Confident and Eager to Learn*
- *Respectful, Responsible and Uphold Fair Play*
- *Contributors to their Club and Embrace Social Awareness*



# Scottish United Soccer Club

## Accelerated Development Program

### Our Goals - Team Development

*An Advanced Development Program Team will, while*

- *In Possession*
  - *Demonstrate a Possession-Based Approach, Played Through All Thirds of the Pitch*
  - *Use Quality Passing and Intelligent Movement and Support off of the Ball*
  - *Be Incisive, Capable of Penetration and Varied Attacking Play, Connected to Quality Finishing*
  - *Circulate the Ball Quickly and Thoughtfully through Multiple Passing Combinations*
  - *Demonstrate Fluidity and Positional Interchanges*



# Scottish United Soccer Club Accelerated Development Program

## Our Goals - Team Development

*An Advanced Development Program Team will, while*

- *Out of Possession*
  - *Demonstrate a Cohesive Approach to Defending, in which All Players Contribute*
  - *Use Robust Pressing to Win the Ball Back Quickly, and Higher Up the Pitch*
  - *Have an Assertive and Controlled Approach When and Where Necessary, Ensuring Defensive Shape is Maintained*



# Scottish United Soccer Club Accelerated Development Program

## Our Goals - Team Development

*An Advanced Development Program Team will, while*

- *In Transition*
  - *Positive: Organize to Obtain Space when Possession is Regained, and Exploit Opponent's Lack of Shape*
  - *Negative: Apply Immediate Pressure to Slow Attack, Regain Shape and Win Back Possession*



# Scottish United Soccer Club Accelerated Development Program

## Our Goals - Team Development

*An Advanced Development Program Team will, while*

- *Executing and Defending Restarts and Set Pieces*
  - *Demonstrate an Understanding of Roles and Responsibilities*
  - *Show Commitment and Attention to Detail*
  - *Be Ready at All Times*





# Scottish United Soccer Club Accelerated Development Program

## Strategies - Overview

*In an effort to reach the standards outlined in the CSA's Wellness to World Cup (Volumes 1 & 2), Scottish United is set to offer increased training opportunities in a progressive environment.*

*Teams will continue to train twice weekly with their assigned coach(es), using a curriculum that aligns with the club's philosophy. Additionally, teams will be scheduled for three other training sessions focussed on separate and distinct needs.*



# Scottish United Soccer Club Accelerated Development Program

## Strategies - Individual Skill Improvement

*Once weekly, teams will be exposed to practice sessions designed to “Train the Player”.*

*Themes will be centred on:*

- Ball Carrier (Ball Mastery, Progression with the Ball, Transmission of the Ball and Finishing) and*
- Defending the Ball Carrier (Duels, Delaying Tactics, Defensive Runs, Winning Challenges, Clearances)*



# Scottish United Soccer Club Accelerated Development Program

## Strategies - Collective Improvement

*Once weekly, teams will be exposed to practice sessions designed to “Train the Team”.*

*Themes will be centred on:*

- Principles of Play (Attacking and defending constants of soccer - these do not change, regardless of philosophy):*
- Style of Play (The overarching choices a team makes around how to attack and defend - this is the club’s identity)*
- System of Play (The various positional frameworks available to best bring to life the chosen style of play)*



# Scottish United Soccer Club Accelerated Development Program

## Strategies - Athletic Improvement

*Weekly sessions will be held by specialists to help “Train the Athlete”. For teams in Learn to Train Stage 3 (U12), athletes will be provided multi-sport opportunities to help build their physical literacy - exposure to volleyball, ultimate frisbee, flag football, self-defence instruction and other sports will be offered. Teaching Games for Understanding (TGfU) will be a central teaching tool.*

*For teams at Stage 4 and 5 (U14+), players will be provided instruction in SAQ (Speed - Agility - Quickness) and Functional Strength designed to improve their physical capacities.*



# Scottish United Soccer Club

## Accelerated Development Program

### Process - Under 12 Tier I

- *2 x 75 Minute Training Session with Team Coach(es) using Club Curriculum*
- *1 x 90 Minute Tactics-Based Training Session with Technical Staff Member*
- *1 x 60 Minute Individual Skill-Building Session with Technical Staff Member*
- *1 x 30 Minutes Multi-Sport Experience with Academy Staff Coach*
- *2-Day Pre-Season Mini-Camp with Academy Staff Coaches*
- *2 Match Evaluations with Technical Director*
- *1 Seasonal Player Evaluation by Technical Committee*



# Scottish United Soccer Club

## Accelerated Development Program

### Process - Under 14

- *2 x 90 Minute Training Session with Team Coach(es) using Club Curriculum*
- *1 x 90 Minute Tactics-Based Training Session with Technical Staff Member*
- *1 x 60 Minute Individual Skill-Building Session with Technical Staff Member*
- *1 x 30 Minutes SAQ / Functional Strength Session with Academy Staff Coach*
- *2-Day Pre-Season Mini-Camp with Academy Staff Coaches*
- *2 Match Evaluations with Technical Director*
- *1 Seasonal Player Evaluation by Technical Committee*





# Scottish United Soccer Club

## Accelerated Development Program

### Process - Under 16

- *2 x 90 Minute Training Session with Team Coach(es) using Club Curriculum*
- *1 x 90 Minute Tactics-Based Training Session with Technical Staff Member*
- *1 x 60 Minute Individual Skill-Building Session with Technical Staff Member*
- *1 x 30 Minutes SAQ / Functional Strength Session with Academy Staff Coach*
- *2-Day Pre-Season Mini-Camp with Academy Staff Coaches*
- *2 Match Evaluations with Technical Director*
- *1 Seasonal Player Evaluation by Technical Committee*



# Scottish United Soccer Club

## Accelerated Development Program

### Process - Summary

- *Teams will practice Twice Weekly with their Primary Coach(es) using a Club Training Curriculum*
- *Tactics-Based Sessions will emphasize and teach the Principles of Play, Style of Play and Systems of Play*
- *Individual Skill Building Sessions will assist players in all aspects of individual play*
- *Multi-Sport Experiences will allow players to improve their physical literacy through fun, enjoyable activities while using the to Teaching Games for Understanding (TGfU) approach.*
- *Functional Strength-SAQ Training Sessions will be aimed at developing and controlling dynamic body movements through performing challenging and explosive multi-directional exercises.*
- *Pre-Season Mini-Camps will be used to introduce Players and Teams to the demands of the Accelerated Training Program, and allow the Academy Staff to better understand the unique needs of each team.*
- *Skill Sessions and Multi-Sport / SSAQ will be conducted on the same day*
- *Teams will be on-field 5 times weekly - 1 league match + 4 training sessions*





# Scottish United Soccer Club

## Accelerated Development Program

### Facility, Equipment & Technology

*All sessions will be conducted at our six-field, soccer-specific ground, the Edmonton Scottish Society Park, located just off Anthony Henday Drive and Calgary Trail (3105 - 101 Street SW). Features of our Facility:*

- *300 Person Banquet Room*
- *Soccer Pavilion, including Dressing Rooms, Concession, Lounge with Seating for 60, and Televisions Suitable for Video Analysis*
- *Movable Goals on all Pitches, with Soccer-Specific Equipment - Mannequins, Agility Equipment, Finishing Targets, Small Sided Goals, Soccer Tennis Nets and Rebounders*
- *Individual Player Tracking Technology*
- *Movable Video Platform for Recording Training Session and Matches*
- *Individual Action Recording with GoPro and Coach's Eye*



# **Scottish United Soccer Club Accelerated Development Program**

## **People - Technical Staff**

**Kevin Poissant, Technical Director**

**Chris Devlin, Technical Staff Member**

**Sam Lam, Technical Staff Member**

**Neil Turnbull, Technical Staff Member**

**David McCarthy, Technical Staff Member**

**Elise Emmott, Technical Staff Member**

**Paul Hamilton, Technical Staff Member**

**Jay Vetsch, Technical Staff Member**

**Shalla Kadima, Technical Staff Member**

**John Pegg, Technical Staff Member**

**Marcus Johnstone, Technical Staff Member**

**John Pino, Technical Staff Member**

**Rob Jones, Technical Staff Member**

**Karli Hedlund, Technical Staff Member**

## **People - Administrative Staff**

**Carol D'Andrea, Director**

**Nella Papaiani, Club Administrator**