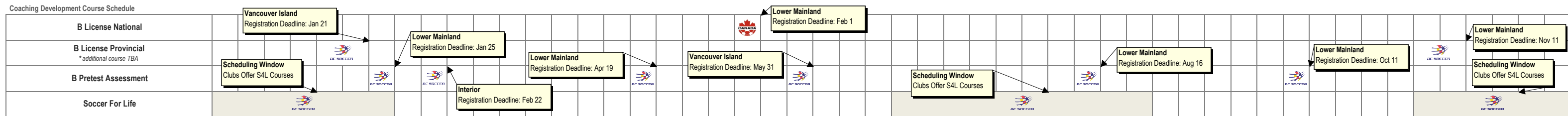
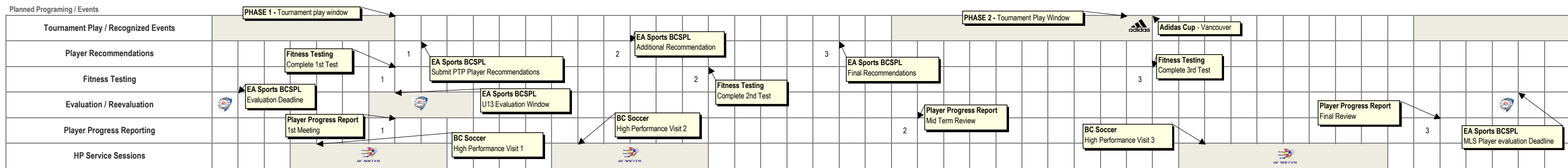
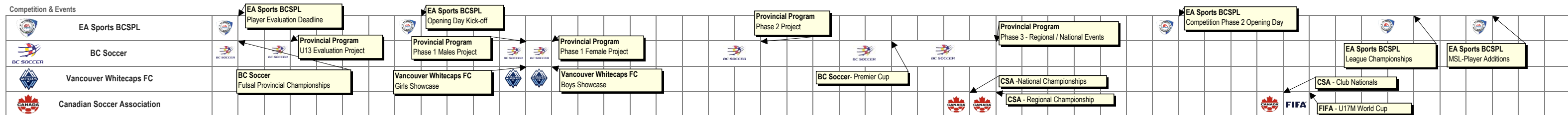


BC Soccer High Performance Programing 2013 Periodized Season Plan

2013 SEASON	JANUARY				FEBRUARY				MARCH				APRIL				MAY				JUNE				JULY				AUGUST				SEPTEMBER				OCTOBER				NOVEMBER				DECEMBER									
Weeks (Monday to Sunday)	31-6	7-13	14-20	21-27	28-3	4-10	11-17	18-24	25-31	4-10	11-17	18-24	25-31	1-7	8-14	15-21	22-28	29-5	6-12	13-19	20-26	27-2	3-9	10-16	17-23	24-30	1-7	8-14	15-21	22-28	29-4	5-11	12-18	19-25	26-1	2-8	9-15	16-22	23-29	30-6	7-13	14-20	21-27	28-3	4-10	11-17	18-24	25-1	4-10	11-17	18-24	25-1		
Weekends	5-6	12-13	19-20	26-27	2-3	9-10	16-17	23-24	2-3	9-10	16-17	23-24	30-31	6-7	13-14	20-21	27-28	4-5	11-12	18-19	25-26	1-2	8-9	15-16	22-23	29-30	6-7	13-14	20-21	27-28	3-4	10-11	17-18	24-25	31-1	7-8	14-15	21-22	28-29	5-6	12-13	19-20	26-27	2-3	9-10	16-17	23-24	30-1	7-8	14-15	21-22	28-29		
Match Day Weekends									1	2	3	4	5	6	7	8	9	10	11								12	13	14	15	16																							



Technical Support & Guidelines

Phase Priorities	
Pre-Season	General physical preparation / Basic Endurance / Extensive Strength / Co-ordination + Suppleness / Games (Technical-Tactical work)
Competition Phase 1	Competitive activity (Matches) Learning (Technical / Tactical Development)
Premier Cup	*Peak 1
Transition	Window for team travel / Tournament Play and Showcase Activity
Summer Break	20 to 30 days Rest & Recovery supplemented with Maintenance Program for last 15 days
Pre-Competition 2	Specific Physical Preparation / Anaerobic (Speed Endurance, Sprint Endurance)/ Power and Explosive Strength / Speed / Aerobic Refresher
Competition Phase 2	Competitive activity (Matches) Refining (Technical / Tactical Development)
League Finals	*Peak 2
Re-Evaluation	Metro League Soccer intake / Evaluation of new players + Re-assessment of current players
Winter Break	10 to 15 days Rest & Recovery supplemented with Maintenance Program for last 5-7 days

Training & Competition Details		
Program	EA Sports BC SPL	BC Soccer
Weeks of Involvement	36 - 44	6
Max Matches	26 - 34	10 - 15
Training Sessions	78 - 105	15 - 25
Hours of Training	133 -177	37 - 58
# of Rest Weeks	12 to 16	
Training to Game Ratio	Minimum 3 : 1	
<small>*Whitecaps FC Exhibition Series - Are proposed matches which are not part of the league or standings. Match dates have been tentatively identified but not confirmed.</small>		
<small>*PTP U13 Evaluation Project - is a proposed project for the U13 players transitioning into PTP and will serve as an additional evaluation opportunity.</small>		
<small>*Futsal - Potential program is under review and in the discussion phases.</small>		

Development Priorities	
Technical	Introduction of advanced techniques to those who are capable; technical acquisition in a more complex environment and position-specific skills.
Tactical	Team work: development of tasks per unit (defensive, midfield or forward unit) and positional awareness through small-sided games and large-sided competitive matches.
Mental	Pre-competition routine, introduction to mental preparation, goal setting, coping with winning and losing.
Physical	Flexibility, disciplined warm-up and cool-down, agility, aerobic and anaerobic endurance, strength, core strength and stability, balance, nutrition and proper diet (pre-game, post-game, tournaments), prevention and care of injuries, importance of rest/recovery.