



BC Soccer High Performance Programing 2014 Periodized Season Plan



EA Sports BC SPL - High Performance League
OBJECTIVES: Training, Competition, Scouting Platform, Player Promotion



BC Soccer - Provincial Development Program
OBJECTIVES: Evaluation, Assessment, Training, Competition & Player Recommendation

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

Program Phase	WINTER TRANSITION				PRE-SEASON				SPRING BREAK				COMPETITION PHASE 1				P.CUP				TRANSITION				SUMMER BREAK				PRE-COM 2				COMPETITION PHASE 2				FINALS				RE-EVALUATION				WINTER BREAK			
EA Sports BC SPL League Play	WINTER TRANSITION				PRE-SEASON				SPRING BREAK				COMPETITION PHASE 1				P.CUP				TRANSITION				SUMMER BREAK				PRE-COM 2				COMPETITION PHASE 2				FINALS				RE-EVALUATION				WINTER BREAK			
Provincial Development Program	PEP 01' M				PEP 01' F								PHASE 1								PHASE 2																PHASE 3				WINTER BREAK							
Whitecaps FC Residency & Girls Elite													COMPETITION PHASE								TRANSITION				PRE-SEASON								COMPETITION PHASE															
Canada National Team Programing									U17W WORLD CUP								FIFA WORLD CUP								U20W WORLD CUP																							

Planned Programing / Important Dates	PDP Intake Preliminary Evaluation Project				BCSPL Tournament Play Window				WFC - Showcase				PDP Phase 1 Project				BC Soccer Premier Cup				PDP - Phase 3 Regional Competitions				BCSPL Tournament Play Window				BCSPL Tournament Play Window							
Recognized Events / Tournament Play	BCSPL Opening Day Kick-off				WFC - Showcase				PDP Phase 1 Project				BC Soccer Premier Cup				PDP - Phase 3 Regional Competitions				BCSPL Tournament Play Window				BCSPL Tournament Play Window											
Recommendation / Evaluation / Selection	BCSPL Evaluation Deadline				BCSPL U13 Intake Evaluation Window				PDP Player Recommendations Deadline				BCSPL Transfer Deadline				PDP Additional Recommendations				WFC Release and New signings				PDP U13 Intake + Final Recommendations				BCSPL MLS Player evaluation Deadline				BCSPL Player Progress Report Final Review			
Player Progress Reporting	PP1 BCSPL Initial Player / Parent Meetings				PP2 BCSPL Mid Team Player Review				PP3 BCSPL Player Progress Report Final Review																											
Fitness Testing	FT1 BCSPL Base line Fitness Test				FT2 BCSPL Fitness Test Date				FT3 BCSPL Fitness Test Date																											
HP Service Sessions	BC SOCCER High Performance Visit 1				BC Soccer High Performance Visit 2				BC Soccer High Performance Visit 3																											
Goalkeeper Education																													GK							
Technical Committee Meetings	TD				TD				TD				TD				TD				TD				TD				TD							

Coaching Development Course Schedule	Lower Mainland - (Projected Dates)				Vancouver Island - (Projected Dates)				Lower Mainland - (Projected Dates)				Vancouver Island - (Projected Dates)				Lower Mainland - (Projected Dates)							
B License National																								
B License Provincial	Lower Mainland: Feb 7-9 & 15-16				Vancouver Island: May 2-4 & 10-11				Lower Mainland: Nov 21-23 & 29-30															
B Pretest Assessment	Lower Mainland: Feb 21-23				Interior (Kelowna): Mar 7-9				Lower Mainland: Apr 25-27				Vancouver Island: Jun 6-8				Lower Mainland: Jun 20-22				Lower Mainland: Oct 11-12			
Soccer For Life	Scheduling Window Clubs Offer S4L Courses				Scheduling Window Clubs Offer S4L Courses				Scheduling Window Clubs Offer S4L Courses				Scheduling Window Clubs Offer S4L Courses				Scheduling Window Clubs Offer S4L Courses							

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
Summer 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
Winter Transition	Window for team travel / Tournament Play and Showcase Activity

Training & Competition Details		
Program		
Weeks of Involvement	32 to 38	6 to 8
Max Matches	35 to 45	10 to 15
Training Sessions	100 to 120	30 to 40
Hours of Training	150 to 80	45 to 60
# of Rest Weeks	12 to 18	
Training to Game Ratio	Minimum 3:1 *Target 4:1	

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.