



# Croatia Norval S.C.

## Program Structure

<u>Policy Type</u>	<u>Author</u>	<u>Approved By</u>	<u>Approval Date</u>
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# Croatia Norval S.C.-Program Structure



The Croatia Norval Soccer Club adheres to the Long-Term Player Development (LTPD) stage-appropriate Principles of Ontario & Canada Soccer. The CNSC program is directed by the Technical Director and driven by Volunteer Coaches, Assistant Coaches and Team Managers.

The Club Philosophy is 'player-first', and the curriculum is age & stage appropriate, progressing as the player matures and develops.

## Program Infrastructure

Team	# of Players	# of Coaches	# of Teams	Format	Ratio	Ball size
U4 HL	24	6	2	Informal	4:1	3
U5 HL	40	8	2	Informal	5:1	3
U6 HL	30	6	2	Informal	5:1	3
U7 Girls HL	10	2	1	3v3	5:1	3
U7 Boys HL	18	3	2	3v3	6:1	3
U8 Girls HL	12	2	1	5v5 + GK	6:1	3
U8 Boys HL	20	4	2	5v5 + GK	5:1	3
U9 Boys	26	4	2	7v7	6:1	3
U9 Girls	12	2	1	7v7	6:1	3
U10 Boys	14	2	1	7v7	7:1	4
U11 Boys	20	2	2	9v9	10:1	4
U11 Girls	14	2	1	9v9	7:1	4
U12 Girls	16	2	1	9v9	8:1	4
U12 Boys	20	2	1	9v9	10:1	4
U13 Boys	20	2	1	11v11	10:1	5
U13 Girls	18	2	1	11v11	10:1	5
U14 Girls	16	2	1	11v11	8:1	5
U14 Boys	20	2	1	11v11	10:1	5
U16 Boys	20	2	1	11v11	10:1	5
U17 Boys	18	2	1	11v11	9:1	5
U21 Men's	18	2	1	11v11	9:1	5
Sr Men's	18	2	1	11v11	9:1	5



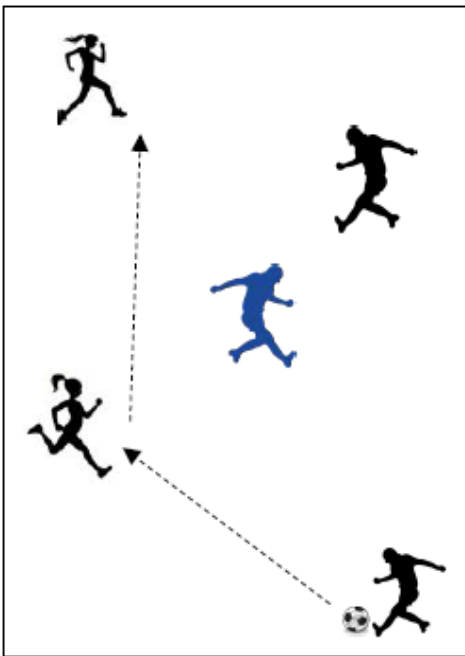
# Croatia Norval S.C.-Program Structure



## Training Methodology

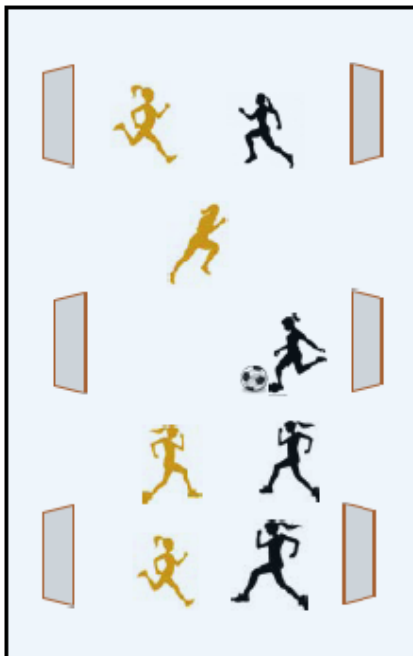
The one constant we have in the Croatia Norval Soccer Club (CNSC) is the use of FUN, TEACHABLE, and ACTIVE small-sided games in our training sessions. Small-sided games are extremely educational and can be used to work on technique, tactics and conditioning. Setup and game speed are essential. Small-sided games are enjoyable and can generate an environment that gives our coaches the tools to develop intelligent, technical and tactically-advanced players with the skill sets required to play the game confidently and creatively.

### STATION #1



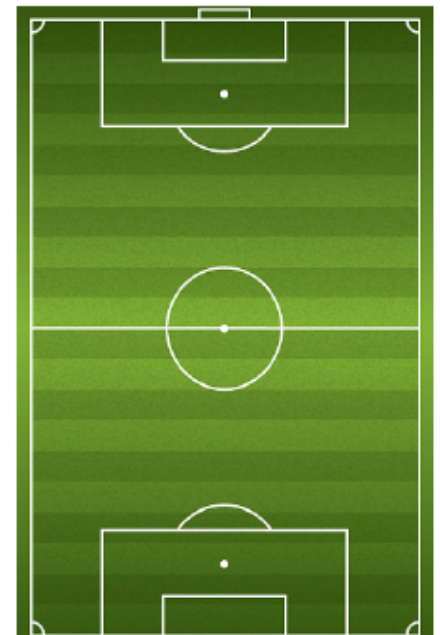
### TECHNICAL DEVELOPMENT

### STATION #2



### TACTICAL UNDERSTANDING

### STATION #3



### FREE PLAY (SSG)



# Croatia Norval S.C.-Program Structure



## **Training Objectives:**

### **Technical Development: (rondo-20 min.)**

- skill identification (basic technique).
- repetition (opposed).
- frequent touches.

### **Tactical Understanding: (multi-goal game-20 min.)**

- specific technical-tactical objectives.
- challenging, but attainable tasks.
- competitive environment.
- goal orientated.

### **Free Play Scrimmage: (small-sided scrimmage-20 min.)**

- focus again on previous tasks.
- conditions in place, before the result.
- watch the game attentively...coach what you see.
- free play to express themselves.

*Create Good Habits!*

*Train the Brain!*

*Play with Purpose!*

<b>Rev. #</b>	<b>Date</b>	<b>Revisor</b>	<b>Comments</b>
.001	Dec 1, 2022	A. Radosevic	New Document