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## **What: ADP-Advanced Development Program**

**When: Fall 2013 Season and Spring 2014**

### **Age Groups**

U8 All Girls and U8 All Boys

Churchland ADP is an instructional program dedicated to talented and enthusiastic youth players. The program is offered to U-8 players to provide a quality and enjoyable soccer environment that will enhance their skills, coordination, and understanding of the game.

The objective of the training at the Churchland ADP is to provide our youngest players with an environment that promotes learning, creative thinking, problem solving, skill development and love for the game in an age appropriate soccer environment.

The primary goal of the program is to act as a transitional link between Recreational and Competitive soccer, which will create the perfect learning environment for players to progress through the clubs stages of development.

### **Sessions - 2 practices and game on Saturday**

Sessions for Churchland ADP teams will be held twice a week and will consist of age specific technical training and small sided scrimmages. Professional and qualified coaches from within the Churchland ADP Staff will conduct all sessions and monitor the progress of each player. ADP games will be scheduled on Saturdays and all matches will be supervised by Churchland ADP staff. **The objective of Saturday's games is to promote and reinforce the skills and techniques worked on in practice during the week.** While winning and losing is part of a soccer game, the main focus is the individual and technical development of the players in a competitive environment. Our primary concern is to ensure that our young players have a strong foundation in the basic soccer movements and soccer concepts that they can build on as they grow as players.

At the end of the season we will hold an ADP Team V CSL All Star game to showcase their development.

### **Who is ADP for?**

ADP is for talented and enthusiastic players. There will be **no try-outs** required for this program.

### **Churchland ADP - Curriculum -**

At U8 ADP, we have an **age appropriate curriculum** in place that will equip players with the fundamental skills that they will need to carry with them as they continue to develop. For this reason, our focus at these ages is to develop the individual and small group skills of our players.

### **The 3 main components of our age appropriate curriculum are:**

1. **Technical** - ball control, stop and starts, turns, attacking moves, passing receiving.
2. **Agility, Balance and Coordination**
3. **Simple decisions** - using games to teach format. Smaller sided games, under differing conditions, promote the qualities that we are looking for in our youth players by allowing for more touches on the ball, more creativity with the ball, more individual problem solving in the game environment.

### **Dates**

Would run concurrent with the Recreational Schedule

### **Uniform**

Each Player will have a Training Tee Shirt and ADP Uniform (included in the fee).

### **Fees**

\$165.00 per season (includes Coaching Fee and Uniform)

### **Future**

The ADP program to expand to U6 age group the following year

### **Coaches**

ADP will have a paid Director of the program that will implement the curriculum. We will have paid coaches/staff that will assist in running training session. We will also have volunteer parent coaches that will work with the staff to get the proper coaching training.

Thanks very much for taking the time to read along, please reach out to Charlene Till our Recreation Commissioner to throw your hat in the ring . .Ding Ding!

All the best,

CSL Technical Staff

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