



PRINCE GEORGE YOUTH SOCCER ASSOCIATION

PHASE ONE DEVELOPMENT PLAN

NOVEMBER 2018 - 2023

“Work Hard - Show Respect”

Developed by Terrol Russell (B.Sc. (Kin), M.Sc. (MSES))



PGYSA Information Release

The PGYSA Releases Part-One of a Five-Phase Development Plan 2019-2023 **Four New Programs between November 2018 – April 2019**

Over the past three months the Prince George Youth Soccer Association has undergone a Club review and analysis. Resulting is a five-phase implementation plan, where new and revised programming will be released between the period of November 2018 – Spring 2023. Phase-One will include an Indoor Youth League, Youth and Grass Roots Physical Literacy and Athlete Physical/Cognitive development programs, alongside a new spring Indoor Youth/Senior World Cup Tournament, that will be open to our local members and Northern British Columbia partners. We are very excited at the future options and opportunities for our participants, the new outlook for the Club, and building positive youth and senior community engagement.

Provided below is a short explanation on each program. Individual program documents will be provided on the PGYSA website over the coming weeks.

Sincerely,

Terrol Russell B.Sc. (Kin), M.Sc. (MSES)
PGYSA Director of Club Operations

Prince George Indoor SuperSoccer League (PGSSL) (U6-U11, U12-U17 & Senior)

The Prince George Youth Soccer Association and the Prince George Dome (with the support of Jon Lafontaine), have partnered together and are thrilled to present the Prince George community with the first ever indoor youth soccer league. The **Prince George Indoor SuperSoccer League (PGSSL)** is designed to be part of an interconnected Club development model, while playing an important role in community engagement and in the PGYSA's long-term development plan and pathway.

The **PGSSL** will assist in synchronizing a development framework between local youth and senior athletes. With a Grass Roots division located at the PGYSA Indoor facility and Youth and Senior divisions located at The Dome facility, the groundwork for a local development pathway has been initiated.

Literature has expressed that youth athletes are more inclined to remain engaged in sport when there is strong local adult involvement. By building an interconnected Grass Roots-Youth-Adult Indoor league for the Prince George community, we can bring participants from different generations together and work to re-establish the passion our soccer community has been admired for in the past.

Competing in a safe, engaging and competitive environment, the **PGSSL** will provide league members with a brand of soccer specifically designed for athletes as they transition through stages of development. Challenging league participants both cognitively and physically, the environment will add more tools to their individual toolbox and ultimately help strengthen athlete and coach development, community connection, and the transition of youth into our Senior Soccer League(s).

**** Due to the PGYSA implementing maturational/developmental age groupings, all chronological ages are guidelines. Athletes will be placed where appropriate for their growth*



Northern BC Youth & Senior Indoor World Cup Tournaments (U12-U17 & Senior)

With a youth competition scheduled for April 12-14, 2019 and a senior competition scheduled for March 8-10, 2019, the northern youth/senior 'World Cup' champions will be crowned. Matches will commence on Friday evening and concluding with a Gold medal final match Sunday afternoon, where a replica of the World Cup trophy will be presented.

With each team wearing the colors of their chosen country, this is an excellent opportunity to bring people together and represent the multiculturalism that is prevalent within Prince George and throughout British Columbia Northern Communities. Additionally, by working in partnership with The Dome, the generational pathway at the core of the Indoor SuperSoccer League is further validated.

An atmosphere based on enjoyment and competitive drive, we are very excited about the opportunity to bring people together and crown the 2019 Northern BC World Cup Champions.

Early Movers Physical Literacy Development Program (U3-U5+)

Commencing in Spring 2019, the PGYSA will release a dedicated Physical Literacy development program for early movers. A core part of our revised Club Framework, specialized programming will provide movement and cognitive programming aimed at athletes in the early learning stages.

Within this program, athletes will receive training that prepares them for the sporting path of their choice. Reinforced by PGYSA Club Director Terrol Russell, "We have a duty and responsibility to provide full body symmetrical training for our youth members. Over the next decade, I would love to report the next Christine Sinclair, Steve Nash, Sydney Crosby, and Eugenie Bouchard, all started their movement development in the PGYSA.

From a soccer specific perspective, Terrol Russell also adds, "There is no tactic without technique and no technique without first knowing how to move, balance and process information. The complexity of today's game is higher than ever before; athletes require education on how to 'feel' their environment, process information efficiently, and ultimately respond effectively". By building the individual athlete first and subsequently transitioning them into a team context through an adaptive small sided game design, focussing on process will guide the Club toward Individual and Team success.

ACCELERATION Program – Athlete-Specific Development Centred (U9-U17)

The advanced ACCELERATION program educates athletes on how to process environmental information and develop an appropriate response (physically and cognitively). With an emphasis on critical inquiry, athletes will learn to recognize and interpret environmental patterns in addition to building essential movement skills (posture/balance/foot locomotion/ballistic skills, and manipulative skills). Through analysis that highlights the individual, participating athletes will appreciate the intimate details (purpose/methodology) of how the 'brain-body' pathway generates deliberate output.

- **Mobility, Stability and Rhythmic movement development**
- **Initial engagement, reactive/anticipatory action and pattern building**
- **Quick movement and transition, on and off-ball agility**
- **Speed of cognition and pattern recognition building**
- **Symmetrical development in overall athleticism and position specific training**

**** Due to the PGYSA implementing maturational/developmental age groupings, all chronological ages are guidelines. Athletes will be placed where appropriate for their growth*