



Strategic Plan

By CRYSA Technical
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CRYSA Strategic Plan

Learning Outcomes

The CRYSA Strategic Plan is geared to achieve the following learning outcomes

1. Raise the standard of the CRYSA player
2. Provide extra playing opportunities for the CRYSA player
3. Provide direction and support to coaches on and off the field
4. Improve communication holistically by providing consistency and direction throughout the organisation

These achievements will provide an environment for players, coaches and board members to progress the club substantially. Using this as a reference the club can maintain consistency and high standards.



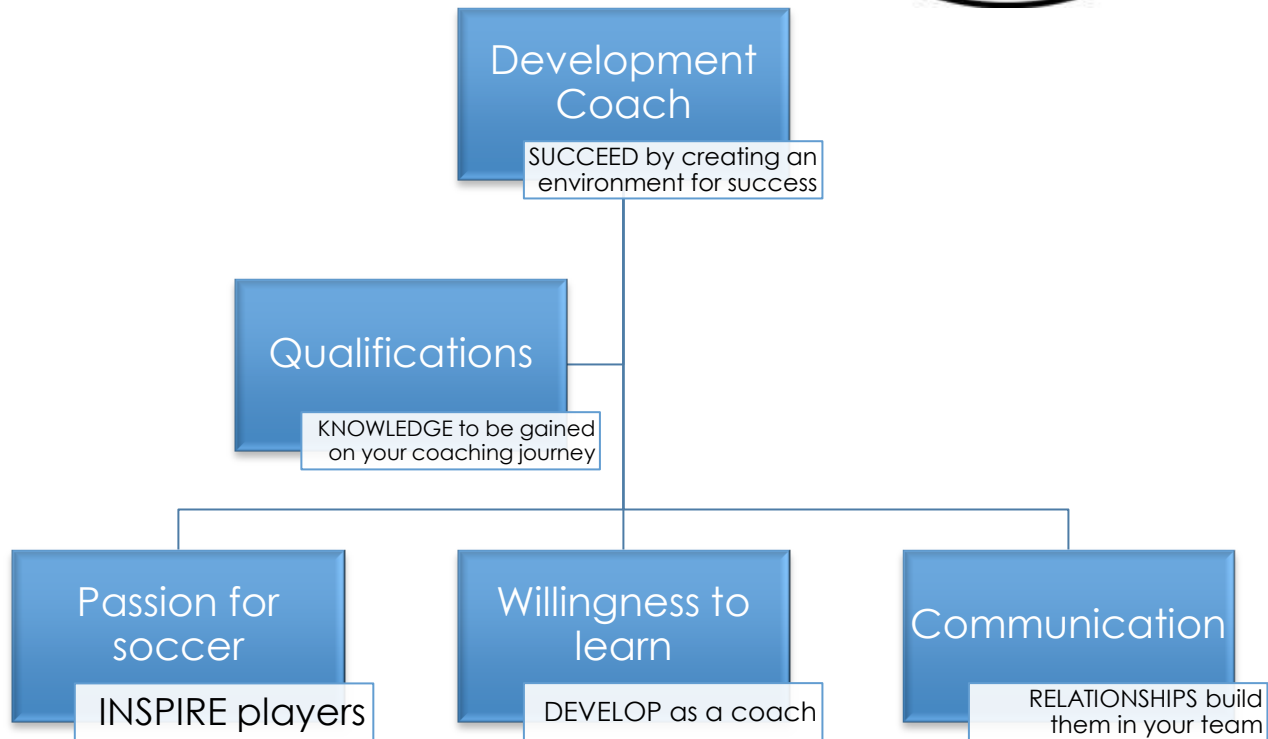
CRYSA Strategic Plan A clear Pathway

This begins with a visible pathway, made tangible by both the Technical Director and the Club, for all CRYSA coaches and players.....





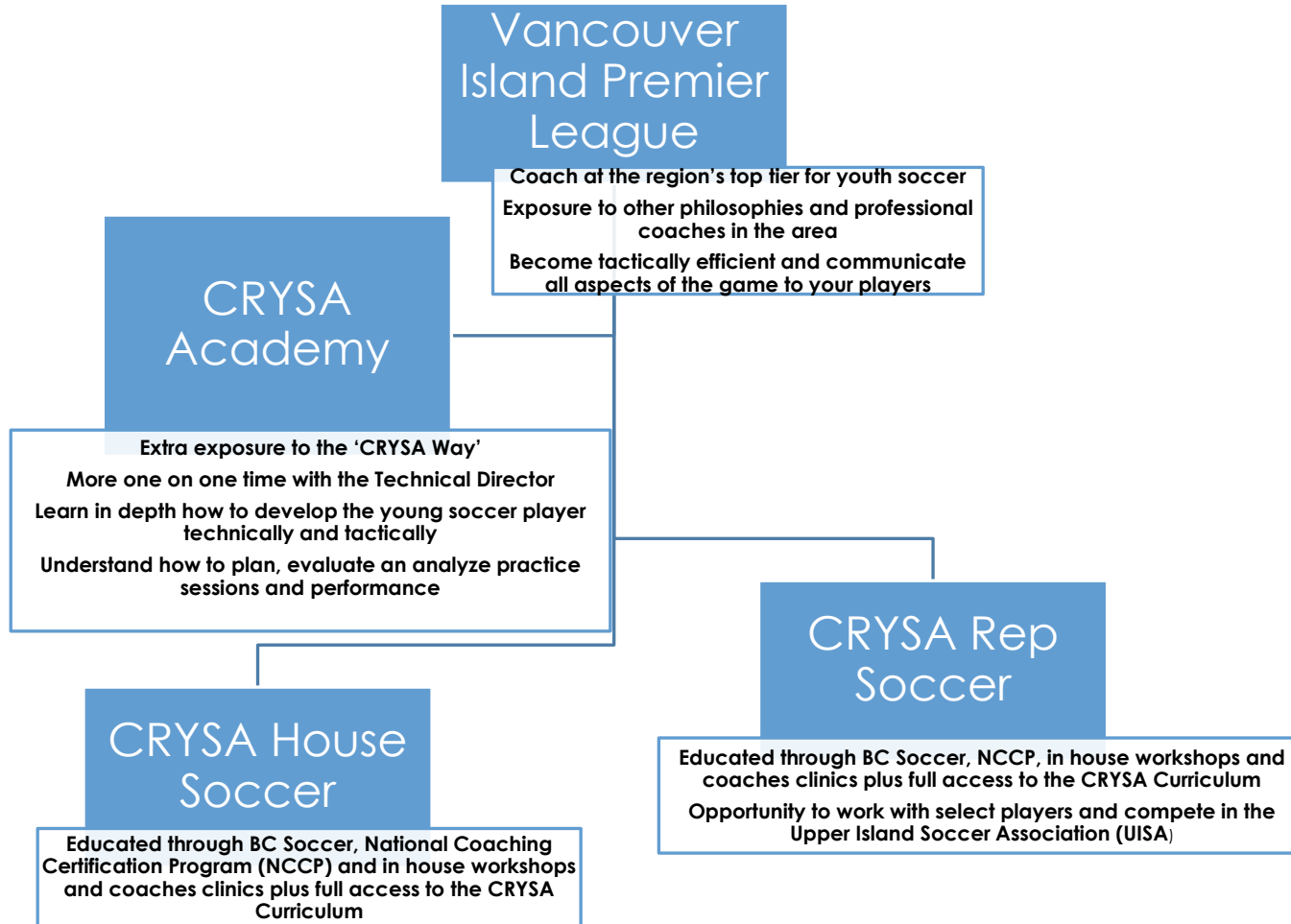
CRYSA Strategic Plan To be a CYRSA coach...





CRYSA Strategic Plan

CRYSA Coaching Pathway

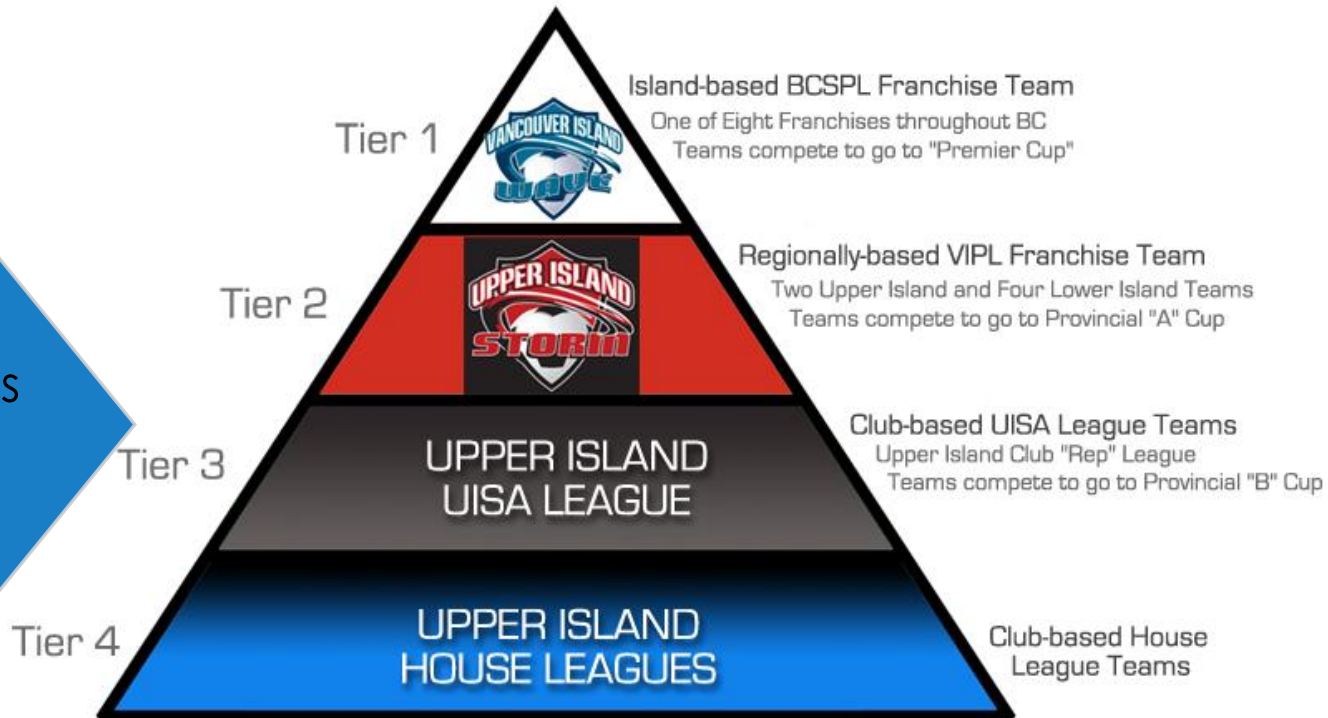
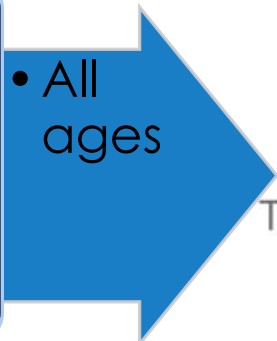


CRYSA Strategic Plan

CRYSA Player Pathway



CRYSA Academy
Led by
Technical
Director
and
selected
coaching
team





CRYSA Strategic Plan

Long Term Player Development (LTPD)

“Wellness to World Cup”

All CRYSA coaches, board members and officials must adhere to the LTPD ‘Wellness to World Cup’ Plan as it serves as an important resource moving forward. This will ensure practices are age and developmentally appropriate. The club must foster the idea of player and coach development and extend it throughout the club. The LTPD is a template for soccer player development, training, competition, and recovery based on biological age (i.e.

physical maturity) rather than chronological age.

It is player centered, coach led, and administration, sport science, and sponsor supported

Please note the following : Playing numbers and gameplay structure



CRYSA Strategic Plan
Long Term Player Development
“Wellness to World Cup”

LTPD:

- Eliminates gaps in the player development system
- Guides planning for optimal athlete performance at all stages
- Provides a framework for program alignment and integration, from volunteer club coaches to national and professional teams
- Follows scientific principles and practical coaching experiences



CRYSA Strategic Plan
Long Term Player Development
“Wellness to World Cup”

Benefits for coaches & clubs:

- Information and education on effective coaching and practice methods
- Guidelines for appropriate game structures
- Guidelines on appropriate competition levels
- Established pathways for player development for all levels of ability and ambition
- Affirmation of best practices for coaches and club administrators



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Long Term Player Development
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Benefits for all:

- Competitive behaviour is fostered in players, while over-competitive behaviour is discouraged in adults (e.g. coaches and parents)
- Players, parents, coaches, and administrators understand that players are unique and therefore different in interest and aptitude
- Players stay involved in the sport throughout their lives (as players, coaches, referees or club administrators)
- Soccer grows, and lifelong wellness is promoted for players of all ages, genders, and levels of ability and disability

CRYSA Strategic Plan

Long Term Player Development “Wellness to World Cup”



Benefits for players & parents:

- Better understanding of what makes a good soccer program
- More players learning at their level and having fun
- Appropriate game and league structures (e.g. size of balls, goals, field etc.)
- More opportunity for players to realize their athletic potential
- More coaches who are knowledgeable in leading safe, effective practices

Canadian Soccer LTPD



STAGE 1: Active Start U4-U6 "FIRST KICKS"

Learning Goals- soccer fun and safety!

- **Physical** – Provide the environment for learning proper fundamental movement skills such as running, jumping, twisting, kicking, throwing and catching.
- **Technical** – The player and the ball: Running with the ball, dribbling, controlling, kicking (not to be coached) and shooting.
- **Tactical** – None.
- **Mental** – Fun, exploratory, and passion for play

Game Structure:

No competitive matches and structure exercises to achieve success in soccer e.g. a goal or dribbling away from trouble

Practice Recommendations

30 to 45 minutes size 3 ball

Adult volunteers are encouraged to be involved but a maximum of 3 per 8 players including the coach, as we want to create the best environment for success, but still plenty of support

Stage 2: FUNDamentals U6-U8 "FUN WITH THE BALL"

- **Physical** – Develop the ABCs of movement: agility, balance, co-ordination and speed also running, jumping, twisting, kicking, throwing and catching
- **Technical** – Movement exercises/games designed to promote individual possession: small passing being introduced to exercises at age 8 to 10
- **Tactical** – Small children are egocentric – playing the ball is the most important objective. However, they now need to be introduced to co-operation between players. They gain understanding of the game through playing situations, small sided games will teach this rather the coach
- **Mental** – Basic awareness of environment to build game intelligence and decision making. Having fun and experience success in the game whilst being challenged. Socially players should now be understand roles and responsibilities within the practice.

Game Structure:

2v2 and 3v3 ensure lots of success in the practice

Practice Recommendations

30 to 60 minutes size 3 or 4

No league standings – jamboree format – emphasis is on FUN.

All players play equal time and try all team positions

CRYSA Practice habits should be introduced



CRYSA Strategic Plan Long Term Player Development 'Wellness to World Cup''



STAGE 3: Learning to Train U8-U11 Female / U9-U12 Male "THE GOLDEN AGE OF LEARNING"

The effect of the role-model is very important at this stage. Children begin to identify with famous players and successful teams, and they want to learn imaginative skills. Skill demonstration is very important, and the players learn best by "doing." Players move from self-centered to self-critical, and they have a high stimulation level during basic skills training.

This is also an important time to teach basic principles of play and to establish a training ethic and discipline. Repetitions are important to develop technical excellence, but creating a fun and challenging environment is still essential for stimulating learning.

- **Physical** – This is an optimal window for trainability of speed, flexibility and skills

- **Technical** – Building a greater repertoire of soccer related movements; technical skills are developed in training and within the context of basic soccer games

- **Tactical** – Developing environment awareness and encouraging decision making; simple combinations, marking and running into space

- **Mental** – Golden age of learning; intrinsic motivation is developed by the Fun and Enjoyment that foster desire to play; imagination, creativity, increased demands

Recommended training times: 45 to 70 minutes.

Practice Recommendations:

- Small leagues provide game fixtures 4v4-7v7, but no league standings are recorded.
- Players and game formats are organized to support the basic playing experiences.
- All players play equal time and try all team positions, including goal keeping.
- The game structure progresses between ages from simple to more complex.
- The training to competition ratio should be 2 to 3 training sessions for every game



CRYSA Strategic Plan Long Term Player Development 'Wellness to World Cup'



STAGE 4: Training to Train U11-U15 Female / U12-U16 Male "IDENTIFYING THE ELITE PLAYER"

At this stage, elite soccer groups express interest in recruiting talented youth players. Care must be taken to recognize and protect the long-term interests of each player. Risks and issues can be avoided by ensuring that the development model remains "player centred."

The optimal window of trainability for stamina begins with the onset of Peak Height Velocity (PHV), more commonly known as the adolescent growth spurt. The demands of skill training as well as training loads should increase, thus provoking improvement in mental toughness, concentration and diligence.

Awareness of tactics within the game becomes an important facet of the learning process. Players tend to be self-critical and rebellious, but they have a strong commitment to the team.

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. Personalized programs needed in order to respect the growth spurt

- **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 competitive matches
- **Mental** – Pre-competition routine, introduction to mental preparation, goal setting, coping with winning and losing

Recommended training times: 60 to 75 minutes.

Season Length: As players progress through this stage, they move towards year-round play that includes appropriate rest and recovery periods.

Practice Recommendations: 5v5-11v11 ball size 4/5

- Appropriate ratio of training, competition and rest throughout the year; periodized planning is critical
- Training to competition ratio should be between 5 to 12 for every game
- First experience in the select programs: regional, provincial and national



CRYSA Strategic Plan Long Term Player Development “Wellness to World Cup”



STAGE 5: Training to Compete U15-U19 Female / U16-U20 Male “DEVELOPING THE INTERNATIONAL PLAYER”
Athletes who are now proficient at performing basic and soccer-specific skills are working to gain more game maturity as they learn to perform these skills under a variety of competitive conditions.

Fulfillment of each player's potential depends on their own efforts, the support of teammates, and the unselfish guidance of the coach. They must be exposed to quality playing and training environments which extend their mental, physical, tactical and technical capabilities to their limit. Players must have a sound understanding of soccer principles and concepts, and they should show emotional stability when confronted with pressure situations.

Physical – Further develop flexibility, correct 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 and recovery

- **Technical** – Refinement of core skills and position specific-skills; continued development of advanced techniques and skills

- **Tactical** – Decision-making tactical awareness, game appreciation, game analysis, match coaching, productivity, competitive proficiency

- **Mental** – Increased player concentration, responsibility, discipline, accountability, goal setting, self-confidence, self-motivation, will to win, mental toughness, competitive mentality in practice and games; satisfy player's urge for competition; importance of being educated in the game (watch games on TV and National team games).

Recommended training times: 75 to 90 minutes.

Practice Recommendations: 7v7-11v11 ball size 5

- Appropriate ratio of training, competition and rest throughout the year; periodized planning is critical.
- Training to competition ratio should be between 5 to 12 for every game.
- Players should play regularly in highly competitive professional and international match play



CRYSA Strategic Plan **CRYSA Player Habits**

CRYSA Coaches and Executive should all familiarize themselves with the CRYSA Player Habits

1. 1v1 Play (attacking & defending)
2. Pro-Active Passing
3. Receiving to turn
4. Support



CRYSA Strategic Plan

CRYSA Practice Habits

Coaches and Executive should all familiarize themselves with the CRYSA Player Practice Habits

1. In house soccer gameplay players call their own decisions including throw-ins, kick-ins and dribble-ins as well as corners and fouls
2. No sitting in the session or on drink breaks, this encourages lack of focus. Sessions must be as active as possible
3. Players make their own subs during practice and game day
4. When arriving at practice players immediately become engaged with a soccer ball dribbling, juggling or small games of possession- no shooting or long passing

These Practice habits are in place to develop the person as well as the player. CRYSA will pride themselves in producing a player that takes responsibility, shows respect and can make decisions for themselves both on and off the field



CRYSA Strategic Plan

Long Term Team Development Plan (LTTDP)

- Each practice session will have a topic, learning outcomes and evaluations that will be recorded in the LTTDP
- Using the Player Habits as a guide these habits will then be broken down into learning blocks
- Each LTTDP will differ for each age group as it will suit the needs for their development

CRYSA Strategic Plan LTTDP Example



| Week | Habit | Topic | Evaluation |
|------|-------|-----------------------|----------------------|
| 1 | 1v1 A | Dribbling | Analysis or comments |
| 2 | 1v1 A | Turning | |
| 3 | 1v1 A | Running with the ball | |
| 4 | 1v1 A | Switching play | |
| 5 | 1v1 A | Recap | |



CRYSA Strategic Plan

Methodology

The “Wellness to World Cup” and the LTDP will introduce consistency, transparency and an endeavor to learn throughout the whole club

- Provides a structure to practice
- Blocks would preside over the season e.g. 12 blocks
- Length of blocks and amount of time taught on each player habit would be determined by ability and learning capacity of the group



CRYSA Strategic Plan

CRYSA Commitment to Coach Education

Led by the Technical Director, the club will ensure all possible needs are met to give CRYSA coaches the support they need on and off the field

- Season LTTDP containing weekly sessions
- Links to useful tools for extra education and to keep up to date with ongoing trends in the global game
- A CRYSA memory stick to keep sessions and trade amongst each other
- Coaches Facebook page where we can communicate and share coaching ideas
- Exposure and financial support on coaching pathways provincially
- Monthly coaches clinics delivered by the TD where coaches will be interactive as players or components of the session

CRYSA Strategic Plan Technical Overview



**Player centered, coach led and
administration supported**

