



SOCCER NOVA SCOTIA

2020

PROVINCIAL PROGRAM

Overview

WELCOME

This document was created to assist with the Soccer Nova Scotia Provincial Program.

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OVERVIEW

Soccer Nova Scotia will be offering the Provincial Program for 2020 as delivered in 2019.

- U13-U15 - Focus is identification, motivation, travel & exposure
 - Two Camps - Two separate registration points
 - Two Weekends - Traditional training weekend
 - One Event - Atlantic Championships
- U16-U18 Focus is exposure to NCAA & CIS coaches/schools
 - Three Weekends - AUS coaches offered to lead
 - One Event - Showcase (*2004 boys will not travel due to Canada Games trip)

We are delighted with how the new programs aligns with the wider annual calendar, allowing clubs more time in facilities, cooperates with leagues for consistent scheduling & exposes the program to areas of the province outside of HRM.

We feel with these changes it aligns with our values at Soccer Nova Scotia.

Player Centred

Respect

Inclusion

Innovation

Quality

Integrity

These values guide our process as we continue to strive to provide those participating with in the performance environment and continue our long term objectives of supporting the growth of the game with the clubs.



MIKE WHYATT

DIRECTOR OF
SOCCER DEVELOPMENT

STAFF

DEVELOPMENT DEPARTMENT

EACH STAFF WILL SUPPORT THE IMPLEMENTATION OF THE PROVINCIAL PROGRAM AS A COACH OR LEADING & SUPPORTING THE OPERATIONS OF THE PROGRAM



MATTHEW HOLTON

TALENT DEVELOPMENT

Matt will focus on supporting clubs with yearly training plans, game models & curriculums for both community, competitive & performance programs.



JULIA BURTON

GRASSROOTS DEVELOPMENT

Julia will focus on supporting clubs implementation of Canada Soccer's LTPD grassroots principles and supporting those clubs operating Canada Soccer Skill Centres.

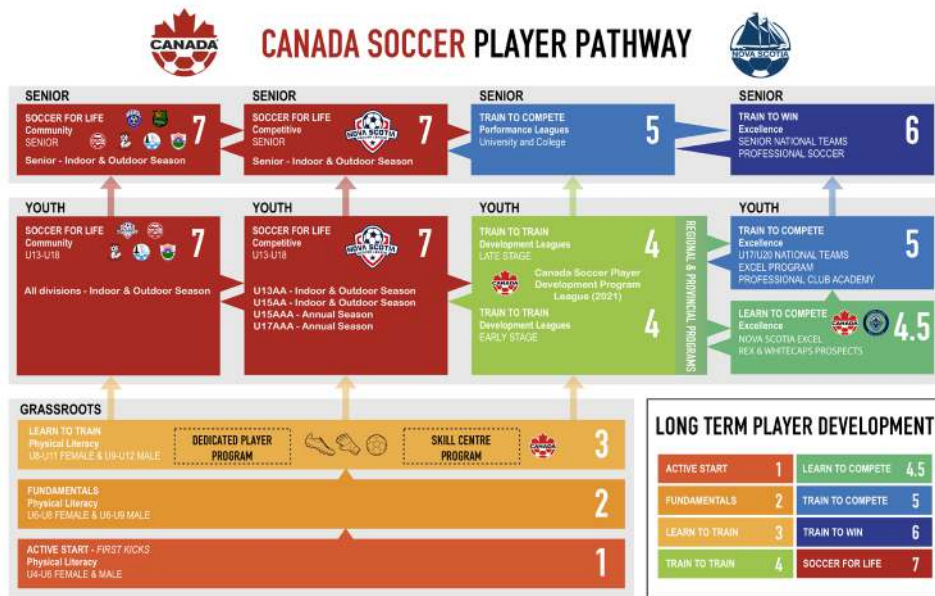



NINO KOVACEVIC

STRATEGIC DEVELOPMENT

Nino will support clubs strategically with the development of operational and technical plans. In addition, Nino will identify opportunities within the community to grow the exposure of the sport.

PATHWAY





CREATING A DELIBERATE PROGRAM THAT SERVICES THE NEEDS OF THE MEMBERSHIP

The program has been designed to synergize with existing clubs programs and league operations. There will be limited impact on the club experience with dates being carefully identified to remove conflict.



Non-Linear Development is a major principle with the design of the program at the entry age groups. Research demonstrates that selecting athletes prepuberty as inconsistent and results in a loss of potential talent. It is the aim of the program to keep as many players active in the performance stage until this phase is complete.

01

Identification & Exposure

In partnership with the Nova Scotia Soccer League, there will be centralized league events to assist with the identification of players:

October - U14-U15

September & November - U13

Depth Chart via previous years & recommendations from clubs - U16-U18

After the identification occurs the U13-U15 program will invite players to attend a camp in February & April.

Both of these camps will be separate invitation & registration points. This allows for the nature of non-linear development in these sensitive developmental age groups.

02

Selection

After the two camps, there will be a short list of players invited to attend two training weekends during May & June, with a final selection of eighteen players being selected for travel to the Atlantic Showcase.

In the U16-U18 program, selection for the three weekends in February, March & April will occur after a discussion with the clubs, existing provincial program performance & whether the player has already committed to post secondary institution.

03

Competition & Showcase

Upon team selection, the age groups will attend the following events:

U13's will have two teams and participate in both the U13 & U14 Atlantic Championships.

U14's will participate in the U15 Atlantic Championships.

U15's will participate in the U16 Atlantic Championships.

U16 girls will participate in the Umbro Showcase.

U17 - U18 girls will participate in the Umbro Showcase

U17 - U18 boys will participate in the BCSPL Showcase.

Note - U16 boys will not participate with a trip planned for November 2020.

SOCCER NOVA SCOTIA

IDENTITY

“WEARING THE NOVA SCOTIA JERSEY AS A 13 YEAR OLD WAS ONE OF MY FONDEST & PROUD-EST MEMORIES AS A YOUTH PLAYER”

**BURTON
GRASSROOTS DEVELOPMENT CON-
SULTANT & PROVINCIAL ALUMNI**

When Nova Scotia teams travel, there is an expectation that our values both on field and off field will be clear to recognize.

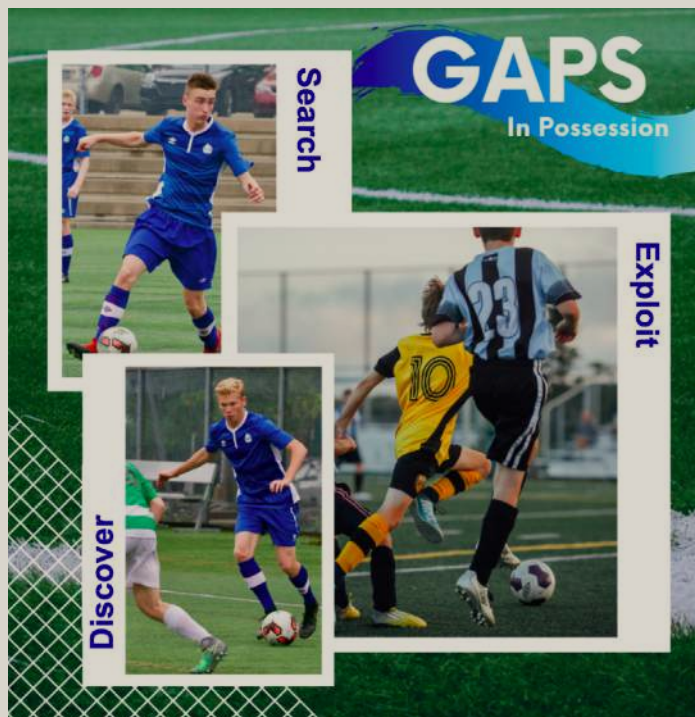
For many being able to wear the Nova Scotia jersey and compete against other provinces is one of the proudest, fondest memories a youth player will experience.

As highlighted in the diagram the game is broken into 4 main moments. This is broadened into 2 moments when we look at our principles:

When we have the ball (AO & AT) & When we do not have the ball (DO & DT)

These principles will guide our behaviours as coaches when designing sessions.





In Possession

As highlighted, the game is broken into 4 main moments. This is broadened into 2 moments when we look at our principles:

1. When we have the ball (AO & AT)
2. When we do not have the ball (DO & DT)

When we have the ball our guiding principles are: **search, discover, and exploit gaps/space.**

Examples:

Search: Scanning the field, looking for gaps to move into, looking for gaps to play the ball into

Discover: Create space/gaps either for yourself or a teammate (by a dribble, by movement off the ball)

Exploit: Dribble through a gap, pass through a gap, run into the space

Out of Possession

1. When we have the ball (AO & AT)
2. When we do not have the ball (DO & DT)

When we do not have the ball our guiding principles are: **recognize, reduce & deny gaps/space.**

Examples:

Recognize: Scanning the field, looking for most dangerous space, prioritizing danger

Reduce: Making a gap smaller: getting pressure on the ball, getting closer to a teammate, dropping to prevent space behind backline

Deny: Getting high pressure on the ball, closing gaps completely, tackling.



THE PROGRAM

OPERATION

THE PROVINCIAL PROGRAM WILL BECOME A PROVINCIAL PROGRAM, WITH TRAINING OCCURING ACROSS NOVA SCOTIA

After discussing with several stakeholders on the role the provincial program, travel was a key component.

Continuing in 2020, the provincial program will operate across regions in Nova Scotia starting the U13-U15 camp in Cape Breton during February. The camp will be three days with all players (minus Cape Breton athletes) travelling on a coach and staying in a hotel.

This will be the first entry point for players in this age range, with registration occurring during December & January. All players will receive apparel, travel arrangements and training as part of the cost.

All players will be released after the camp, with a new intake of players occurring during March for a camp to take place in April in Halifax. The cost will differ if players participated in January due to previously having received apparel.

Once the two camps have completed, a squad of 22-24 players will be selected for training weekends during May & June. A final selection of 18 players plus two official alternates will be selected in June. Due to the delay in selection all 22-24 players selected will pay the full amount including travel before the first weekend. Players released will be refunded the travel difference. Note - The Newfoundland trip will be a 50% deposit with the full amount being required once selection has been confirmed.

The U16-U18 program will operate differently, with 22-24 players being selected after the All-star fixtures.

The program fee includes: apparel, training and travel arrangements. Note - The older age groups are specifically for players seeking a university/college opportunity and therefore anyone committed will not travel.

50% of the amount including travel will be collected before the first weekend, with the final 18 players including two official alternates being selected after the May weekend, those not selected will be refunded the travel costs and able to participate in the final weekend.

All players selected to travel will require a Soccer Nova Scotia tracksuit and will be able to order that directly through our partners SoccerX. Timelines on when delivery needs to be made will be communicated.

All teams travelling will have two coaches and one manager accompany them.

Note - The 2004 program will not be travelling in May with the expectation for a trip in November 2020.

COST (APPROX)

Program	Camp #1	Camp #2	Weekends + Travel*
U13 Development Boys	\$350.00	\$100.00 \$175.00**	\$635.00
U13 Development Girls	\$350.00	\$100.00 \$175.00**	\$1,430.00
U13 Boys	\$350.00	\$100.00 \$175.00**	\$635.00
U13 Girls	\$350.00	\$100.00 \$175.00**	\$1,430.00
U14 Boys	\$350.00	\$100.00 \$175.00**	\$450.00
U14 Girls	\$350.00	\$100.00 \$175.00**	\$650.00
U15 Boys	\$350.00	\$100.00 \$175.00**	\$450.00
U15 Girls	\$350.00	\$100.00 \$175.00**	\$650.00
U16 Boys	N/A	N/A	\$350.00
U16 Girls	N/A	N/A	\$1,500.00
U17-U18 Boys	N/A	N/A	\$1,850.00
U17-U18 Girls	N/A	N/A	\$1,500.00

*Travel: U13 Boys - Prince Edward Island, U13 Girls - St Johns, Newfoundland, U14-U15 Boys - Kings Edge Hill, NS, U14-U15 Girls - New Brunswick, U17-U18 Boys - British Columbia, U16-U18 Girls - Ontario

**This fee includes apparel if not selected for the first camp.

PROVINCIAL COACHES

AN ENVIRONMENT TO LEARN AND DEVELOP

Soccer Nova Scotia will be recruiting coaches to support the delivery of the provincial program in the fall. All coaches will have a Canada Soccer B License Part 2, Canada Soccer Youth Licence or have a personal development plan to obtain.

The criteria for those people being recruited will be aligned with the values of the organization and program. These individuals must have a development first mind-set, eager to learn and develop as individuals, demonstrate the respect of being prepared and showing integrity to the Soccer Nova Scotia playing identity.

Role & Responsibilities of a Soccer Nova Scotia Provincial Coach

- Design learning environments that are relative to the game of soccer.
- Understand how to create the problem and support the solution.
- Maximize playing time aiming for a high percentage of ball rolling time.
- Able to communicate and breakdown the Canada Soccer aligned Soccer Nova Scotia game model.
- Able to maximize video analysis to engage players understanding of the game model and individual development.
- Willing to give meaningful feedback to players both formal and informal.
- Demonstrate high values as an individual and leading by example both on and off the field.



MENTORING & JUNIOR COACHES

Soccer Nova Scotia will also be looking for coaches who would like to be mentored and supported through the entry coaching licenses.

These individuals will need to have playing experience or have been coaching for a minimum of two years.

To be considered for this opportunity, email talentdevelopment@soccerns.ca

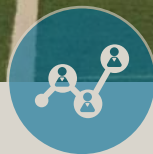
TEAM MANAGERS

LOOKING FOR INDIVIDUALS WHO ARE ORGANIZED AND
LEAD BY EXAMPLE



Communication

We are looking for individuals who can communicate effectively to coaches, parents, and organizations that Soccer Nova Scotia stakeholders.



Planning

Creating deliberate plans that align with all stakeholders involved ranging from players, coaches, competition, transport, accommodation & meals.



Budget

Respecting the budget is adhered to while being creative. Individuals will need to have excellent skills when it comes to recording what was spent, fulfilling a final report including receipts.

INTERESTED?

DOWNLOAD
HANDBOOK HERE

2020 DATES

Program	Camp #1	Camp #2	Weekends	Trip
U13 Development Boys	Jan 31-Feb 2	Apr 4-5	May 2-3 June TBC	July 2-5 PEI
U13 Development Girls	Feb 7-9	Apr 18-19	May 2-3 June TBC	July 2-5 Newfoundland
U13 Boys	Jan 31-Feb 2	Apr 4-5	May 2-3 June TBC	July 2-5 PEI
U13 Girls	Feb 7-9	Apr 18-19	May 2-3 June TBC	July 2-5 Newfoundland
U14 Boys	Jan 31-Feb 2	Apr 4-5	May 2-3 June TBC	June 27-30 Windsor, NS
U14 Girls	Feb 7-9	Apr 18-19	May 2-3 June TBC	June 27-30 New Brunswick
U15 Boys	Jan 31-Feb 2	Apr 4-5	May 2-3 June TBC	June 27-30 Windsor, NS
U15 Girls	Feb 7-9	Apr 18-19	May 2-3 June TBC	June 27-30 New Brunswick
U16 Boys	N/A	N/A	Feb 15-16 Mar 7-8 Apr 25-26	N/A
U16 Girls	N/A	N/A	Feb 15-16 Mar 7-8 Apr 25-26	May 15-18
U17-U18 Boys	N/A	N/A	Feb 15-16 Mar 7-8 Apr 25-26	May TBC



Soccer Nova Scotia