



Okanagan United Skills Academy



Contents

- **INTRODUCTION**
- **PROGRAM GOALS & PRINCIPLES**
- **WHY SHOULD PLAYERS ATTEND OUR SKILLS ACADEMY ?**
- **HOW WILL OUR SKILLS ACADEMY WORK?**
- **SKILLS ACADEMY LEARNING OUTCOMES & OPPORTUNITIES**





Introduction

Every person involved in soccer in Canada deserves an enjoyable experience with the game, regardless of the role they play, their age, their level of experience or their ability. For young players, an enjoyable experience means that they have access to high-quality programs where they can have fun with their friends, learn new skills and play the game in an appropriate format.

As a Club Okanagan United plays an important role in this, as we are primary providers of soccer programs in our region.

By taking a structured, long-term approach to player development – based around the principles of Long-Term Player Development (LTPD) – our young players will develop the foundation of fundamental skills required to succeed at whatever level of the game they aspire to reach from participating in our Skills Academy Programs



Skills Academy Goals & Objectives

Focusing on the Individual Player



Offer clear training guidelines that ensure delivery of the **best possible training environment** to young players

Encourage young players to stay engaged in the game longer by creating a positive and enjoyable experience, fostering a lasting appreciation for the sport.

Develop well-rounded players by enhancing access to quality training, diverse competition, and improved training and competition formats.



Our Program Principles

Our academy programs, led by the club's experienced and qualified technical staff, are designed for players of all levels aiming to enhance their technical skills and overall game. With a focus on individual player development, our sessions emphasize growth in technical, tactical, physical, social, and emotional aspects. Our staff deliver realistic and relevant game-based training, guided by the following principles:





SKILLS ACADEMY AND WHY?

The traditional model of team selection in youth soccer revolves around choosing a select number of players at a specific moment in time based on their current performance level, then having them compete against other teams put together in the same way.

Unfortunately this method of talent identification is flawed in several ways:

- It does not accurately predict potential or future performance
- It can often turn away players who might have high potential but who are simply inexperienced at that moment relative to their peer group
- Early selection prior to physical maturation implies early exclusion of the majority and can discourage players who might otherwise have become as good, or better, a little later if given the chance to develop
- The characteristics that define “talented” athletes in early age are not the characteristics that define elite athletes later in their career.

FLAWED+



How Our Skills Academy Work



Canada Soccer believes that every young player deserves the opportunity to participate in an environment that aligns to the best **principles of player development**. They have introduced the Skill Centre designation which represents the highest level of recognition for a grassroots program by Canada Soccer. This designation requires delivery against a demanding set of standards that will not be possible for all organizations. With this in mind Okanagan United is introducing the skills academy programs whilst working towards a Skill Centre Designation. .



"Our Skills Academy programs success is driven by experience rather than results"



Skills Academy Learning Outcomes

Below is a list of Focus Areas for all Okanagan United Academy Centre Players as they work with our staff in the skill centre.





Skills Academy Learning Opportunities

Below is a list of Focus Areas for Okanagan United Staff to develop where appropriate as they work with the players in the Academy

| Dribbling & Ball Mastery | Passing & Receiving | Defending | Shooting & Finishing |
|-----------------------------------|-----------------------|---------------------------------|----------------------|
| Dribbling on 1st Touch | 1st Touch | Work Ethic / Tackling Technique | Striking |
| Running with the Ball | Pass Decisions | Closing Down | Player Movement |
| Body Position to Protect the Ball | Support | Defensive Cover | Decision Making |
| Attacking Dribbling | Movement off the Ball | Awareness | Body Position |
| Evasive Dribbling | Scanning & Planning | Anticipation | |

Okanagan United Skill Centre



4075 Gordon Drive, Kelowna
(Next to H2O Rec Centre)

www.okanaganunited.ca