










West Van FC's Long Term Player Development

ACTIVE START	FUNDamentals	LEARNING TO TRAIN	TRAINING TO TRAIN	TRAINING TO COMPETE	TRAINING TO WIN	ACTIVE FOR LIFE
<p>Age</p> <ul style="list-style-type: none"> ➤ U4 to U6 – Entry Level <p>Skill Level</p> <ul style="list-style-type: none"> ➤ First Kicks <p>Program Level</p> <ul style="list-style-type: none"> ➤ Play with friends <p>Coach</p> <ul style="list-style-type: none"> ➤ First Steps – First Kicks 	<p>Age</p> <ul style="list-style-type: none"> ➤ U6-U8 – Entry Level Program Club Teams <p>Skill Level</p> <ul style="list-style-type: none"> ➤ Fundamental movement and soccer skills <p>Program Level</p> <ul style="list-style-type: none"> ➤ Entry Level Program Club Teams <p>Coach</p> <ul style="list-style-type: none"> ➤ Community Coach for Children 	<p>Age</p> <ul style="list-style-type: none"> ➤ U8-U11 Females U9-U12 Males <p>Skill Level</p> <ul style="list-style-type: none"> ➤ Developing soccer skills and speed <p>Program Level</p> <ul style="list-style-type: none"> ➤ Club teams program <p>Coach</p> <ul style="list-style-type: none"> ➤ Community Coach Youth 	<p>Age</p> <ul style="list-style-type: none"> ➤ U11-U15 Females U12-U16 Males <p>Skill Level</p> <ul style="list-style-type: none"> ➤ Building physical capabilities and developing soccer skills and tactics <p>Program Level</p> <ul style="list-style-type: none"> ➤ District and Provincial Teams and Academies/National Training Centres <p>Coach</p> <ul style="list-style-type: none"> ➤ Pre B/B P1-Provincial License 	<p>Age</p> <ul style="list-style-type: none"> ➤ U15-U19 Females U16-U20 Males <p>Skill Level</p> <ul style="list-style-type: none"> ➤ Refining skills and positional play, specific physical and mental training <p>Program Level</p> <ul style="list-style-type: none"> ➤ District and Provincial Teams and Academies/National Training Centres College/Universities/Pro Teams <p>Coach</p> <ul style="list-style-type: none"> ➤ B P2-Nat. License Competition Development Trained or Certified 	<p>Age</p> <ul style="list-style-type: none"> ➤ 18+ Females 19+ Males <p>Skill Level</p> <ul style="list-style-type: none"> ➤ Perfecting performance <p>Program Level</p> <ul style="list-style-type: none"> ➤ Colleges/Universities Pro Teams (Top Ten Leagues in the World) National Team <p>Coach</p> <ul style="list-style-type: none"> ➤ A license – High Performance Trained or Certified 	<p>Youth Athletes can enter this stage at essentially any age. If players have been correctly introduced to activity and sport through ACTIVE START, FUNDAMENTALS AND LEARNING TO TRAIN programs, they will have the necessary motor skills and confidence (physical literacy) to remain ACTIVE FOR LIFE.</p>
						
<ul style="list-style-type: none"> ➤ 3vs3 and 4vs4 games at Street Soccer ➤ Summer Camps for U4 + players 	<ul style="list-style-type: none"> ➤ At U7 and U8 1 practice per week inside ➤ Skills development programs for U6, U7 and U8 players 	<ul style="list-style-type: none"> ➤ U9 have 1 game per week (6vs6) and 1 futsal practice ➤ U10 have 1 game per week (7vs7) and 1 practice per week ➤ U11 have 1 game per week (8vs8) and 1 practice per week ➤ U12 have 1 game per week (8vs8) and 2 practice per week ➤ All U9-U12 players have the option of taking an extra day of development per week with staff club coaches ➤ Players developing at a faster rate are invited into the club's PLUS PROGRAM and all others are encouraged to join the academy 	<ul style="list-style-type: none"> ➤ At U13 play 11vs11 games and 2 practices a week ➤ Friday Development Academy sessions available ➤ U12 Travel Team is run through our Academy ➤ Position specific goal-keeping training from U11 to U14 	<ul style="list-style-type: none"> ➤ At U15 to U17 level players have the opportunity to attend Academy sessions as well as position specific sessions throughout the season. Some examples of this are finishing clinic, drills that focus on the attacking third of the pitch, long range striking, inside the box striking and crossing and finishing. ➤ The Club has U21 men's and women's PCSL teams. 	<ul style="list-style-type: none"> ➤ The club has a new Women's PCSL team as well as a Premier Men's Team – both looking to train and play at the highest level. 	