



**Glen  
Shields  
Futbol  
Club**



**U17 Girls Program  
2017 - 18**

Thank you for your interest in the U17 Girls Competitive Program.

The winter and summer program will provide technical and tactical training elements specific to the intricacies of the women's game with soccer specific on and off the field training. The goal is to help players reach their full potential in the game of soccer and to be successful at all levels of competition both as an individual and as a team.



The program focuses on properly training female athletes in position-specific instruction and game strategy and to develop efficient technical habits and tactical acumen to create athletes who know how to play and perform in any competitive environment.

**The Coaching Staff will endeavor to:**

- Create a positive learning environment.
- Implement a challenging training program that matches the needs and requirements of the athlete.
- Create and deliver a series of training and classroom sessions that lead to significant and sustainable improvements in the athlete's competence and confidence.
- Assist players in moving to the next higher level.



**TACTICAL**

- The modern full back
- Holding and Attacking midfielders
- How to Enter and play from zone 14
- More craft, deception in the attacking 1/3
- Pressing
- Constructive build up play
- Attacking and Defending Principles
- Roles and responsibilities of each position
- The modern GK
- Interchangeable players' positions
- Flexibility in front of the CB
- Transition and Counter-attack
- Learn to play more than one system
- Retain and manipulate the ball at speed and under pressure
- Tactically efficient in more than one role
- Able to play accurately and at pace

**TECHNICAL**

- Proactive Passing
- Attacking skills - Finishing
- Receiving and Turning
- Vision and Awareness
- Running and Dribbling
- Proactive Defending
- Speed of play.
- Technically effective in possession
- Decision training
- Extended technical range
- Ability to play in congested areas
- Technical-tactical at optimal speed
- Capable in 1 v 1 under pressure in attack and defence
- Able to play 1 touch football accurately and at pace



**PHYSICAL**

- Cutting-edge training in performance elements to improve strength, agility, endurance, nutrition, confidence and overall health.
- Speed, power and agility in all positions
- Core Strength
- Aerobic Training
- Speed and Coordination
- Fitness testing

**SOCIAL / Psychological**

- Desire to Be the Best
- Setting goals and standards
- Preparation to Competition
- Peer-to-Peer Interactions
- Career Planning
- Time Management
- Commitment
- Hard Work Ethic
- Good Sportsmanship
- Be Goal-Oriented
- Passion for the Game
- Resilience

**WINTER PROGRAM DETAILS**

Up until Nov 30th the girls will train on the following days and location (weather permitting)

Mondays	8pm - 9:30pm	Racco Pkwy Turf Field
Tuesdays	6:30pm - 8pm	Racco Pkwy Turf Field
Thursdays	8pm - 9:30pm	Racco Pkwy Turf Field

In case of inclement weather we can move either indoor to a gym or to Trio Sportsplex. We will also look at scheduling some exhibition games on Wednesday nights or weekends.

**Upcoming scheduled events:**

- Nov 30-Dec 3rd-Final IV showcase, Orlando, Florida
- Mid Dec- Indoor Ontario Cup, Ontario Soccer Centre

**The club has also planned an extensive SHOWCASE program both in Canada and in the USA. More details will follow**

**Winter / Spring Training 2018**

Starting in January of 2018, we will continue to provide 3 sessions per week as per the schedule below. This schedule will remain in effect until approximately March 1st when we should be able to resume outdoor training.

Tuesday	8:15pm - 9:45pm	St. Margarets Gym
Wednesday	6:00pm - 7:30pm	Trio Sportsplex
Thursdays	7:30pm - 9:00pm	Trio Sportsplex

In addition, we will add a fitness component to the weekly training supported by a take-home fitness program. To further improve and develop the players' tactical awareness and understanding of the game, players will attend a series of classroom sessions that deal with the following topics:

- Defending Principles of Play - Attacking Principles of Play
- Systems of play - Pressing and counterattacking.
- The roles and responsibilities of players in a defined system of play
- The Flat - Back Four and playing with 3 at the back.
- Developing and maintaining possession.