



Shuswap FC Select Program Overview

Culture/Image

Soccer culture in Canada is lagging behind in comparison to other countries around the world. As Canadians become more involved and educated in the game they will be more *cultured* in soccer; leading to a deeper understanding of the importance of *integrity, culture and image* within youth clubs, such as Shuswap FC feeling a sense of lifetime *loyalty and pride*. To aid in this development the Select program will portray **elegance, professionalism and politeness**.

Players are expected to comply with the following:

- Train in black soccer shorts, Select training t-shirt/jersey when applicable, shin pads, white soccer socks, and proper footwear
- Long hair must be tied back
- Shin pads are mandatory for all practices as well as games
- No jewellery that include earrings
- Must have and wear Select gear to Select functions
- If Select gear is lost, players are expected to order and purchase missing gear right away.
- When representing Shuswap FC Select players, coaches, managers, and parents are expected to act in elegant, professional and polite manner.

Atmosphere

This program is for *serious* and highly *motivated* players only and who are striving for **excellence**, on and off the field. Training can be *intense and demanding*.

Competition

Competition at a higher level is not fair! Some players naturally have physical characteristics that are more effective in soccer than others, where as some have more skill and better technique and others are more intelligent. Players will be rated on the 3 aspects of the game; **skill** (technical), **intelligence** (tactical knowledge), and **fitness**. Players will be allocated playing time based on their ability to be successful in all 3 aspects. Coaches will **not** be giving players equal time; however coaches will be creating opportunities for every player to be successful; more success will lead to more playing time up to a point. It is a *privilege not* a right to part of a Select Program. SYSA has a great Recreational Club program that is open to all players which offers equal playing time for all.



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Overview

Shuswap FC's Select Program is a place to excel in a competitive soccer environment. The program starts at the age of U13 and continues to U18, playing in a Spring League called Thompson Okanagan Youth Soccer League (TOYSL). In SYSA's player development, the Select program is the next level up from our Development Program and below the High Performance BC Soccer Premier League.

The Objective of the Select program is to follow 3 of the 7 stages in the Canadian Soccer Association (CSA) Long Term Player Development Model. The three stages that fall into our Select Program are:

Stage 4: **Training to Train**

Stage 5: **Training to compete**

Stage 7: **Active for life**

[See pages 9,10,11 for a more in-depth look at these 3 stages.](#)

Please note that there was nothing mentioned about **"Training to win"** in any of these stages. In Proper player development this is not taught until U18. This information is published in the document "Wellness to World Cup" published by the CSA. Visit our website www.shuswapsoccer.com/select_development.php to attain a pdf copy in full.

Goal

The Select Program's goal is to efficiently and effectively train our players and coaches to be successful in [Stages 4,5 & 7](#), in order to prepare our players and coaches for stage 6: **"Training to Win"**. We will be attaining these goals by using the tactical terminology of **"Principals of Team Play"** outlined in the book **"The FA Guide to Training and Coaching"** by Allen Wade. These principals are currently used and taught by our provincial soccer association (BCSA). In each of our Select players we will be breaking down their game in 3 parts:

1. **Skill & Technique:** Footwork, ball manipulation, mastery of the ball
2. **Tactical knowledge:** intelligence, understanding how to play the game properly
3. **Fitness:** physically as well as mentally.