



Mississauga Croatia S.C.

Program Structure

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Author: Dean Smiciklas

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HR/Administrative	D. Smiciklas	MCSC Board of Directors	March 1, 2022



Mississauga Croatia S.C.

Program Structure

The Mississauga Croatia Soccer Club adheres to the Long-Term Player Development (LTPD) stage-appropriate Principles of Ontario & Canada Soccer. The MCSC program is directed by the Technical Director, administered by the Directors of Senior Soccer & House League Soccer and driven by Volunteer Coaches, Assistant Coaches and Team Managers. The Club Philosophy is 'player-first', and the curriculum is age & stage appropriate, progressing as the player's maturity/development.

Program Infrastructure

Team	Players	Coaches	Teams	Format	Ratio	Ball size
U5 HL	30	6	1	Informal	5:1	3
U6 HL	30	6	1	Informal	5:1	3
U7 Girls HL	25	5	2	3v3	5:1	3
U7 Boys HL	24	4	2	3v3	6:1	3
U8 Girls HL	24	3	2	4v4	8:1	3
U8 Boys HL	25	5	2	4v4	5:1	3
U9 Boys	24	6	2	5v5 + GK	4:1	3
U10 Girls	18	4	1	7v7	4.5:1	4
U10 Boys	30	7	3	7v7	4.3:1	4
U11 Boys	16	3	1	7v7	5:1	4
U12 Girls	16	3	1	9v9	5:1	4
U12 Boys	16	3	1	9v9	5:1	4
U13 Boys	30	4	2	11v11	7.5:1	4
U14 Girls	18	3	1	11v11	6:1	5
U14 Boys	16	2	1	11v11	8:1	5



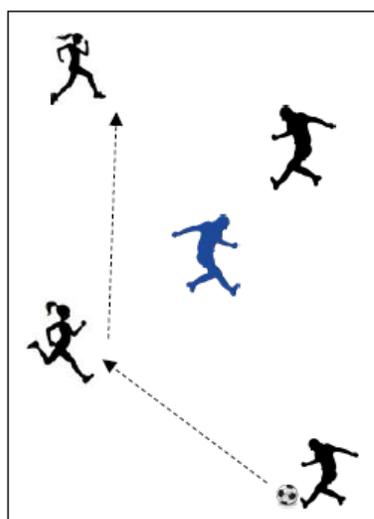
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Team	Players	Coaches	Teams	Format	Ratio	Ball size
U15 Boys	18	2	1	11v11	9:1	5
U16 Boys	18	2	1	11v11	9:1	5
U17 Boys	18	2	1	11v11	9:1	5
U18 Boys	18	2	1	11v11	9:1	5
Sr Men's Team	18	2	1	11v11	9:1	5

Training Methodology

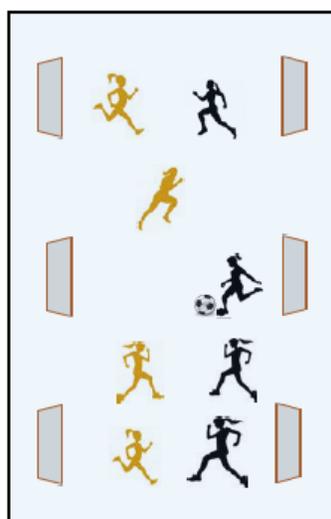
Mississauga Croatia Soccer Club (MCSC) strives to use FUN, TEACHABLE, ACTIVE small-sided games in our training sessions. Small-sided games are extremely educational and can be used to work on technique, tactics and conditioning. Set up and game speed are essential. Small-sided games are enjoyable and can generate an environment that gives our coaches the tools to develop intelligent, technical and tactically-advanced players with the skill sets required to play the game confidently and creatively.

STATION #1



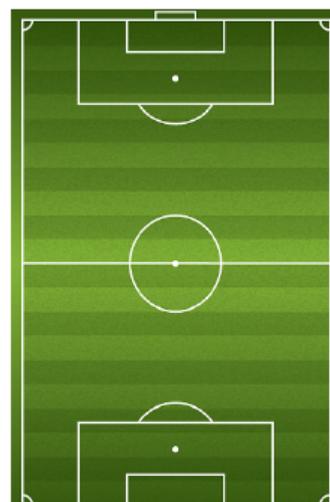
TECHNICAL
DEVELOPMENT

STATION #2



TACTICAL
UNDERSTANDING

STATION #3



FREE PLAY
(SCRIMMAGE)



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Our Training Objectives:

Technical Development: (rondo-20 min.)

- skill identification (basic technique).
- repetition (opposed).
- frequent touches.

Create Good Habits!

Tactical Understanding: (multi-goal game-20 min.)

- specific technical - tactical objectives.
- challenging, but attainable tasks.
- competitive environment.
- goal orientated.

Train the Brain!

Free Play Scrimmage: (small-sided scrimmage-20 min.)

- focus again on previous tasks.
- conditions in place, before the result.
- watch the game attentively...coach what you see.
- free play to express themselves.

Play with Purpose!

Rev. #	Date	Revisor	Comments
.001	March 1, 2022	D. Smiciklas	New Document