



The Calgary Foothills Academy

Parent Handbook



Our Playing Philosophy.

We aim to produce technically outstanding players.

Create good decision makers with the ball.

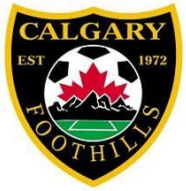
We strongly promote a possession based game by encouraging our players to pass through the thirds.

We encourage pressing play when not in possession, so we can regain and retain possession quickly.

We expect all our players to work hard in training and games.



We will provide the learning environment, players have to have desire to learn and enjoy.



Our Holistic Approach.

“We believe that through the lessons learned in soccer, we will help to develop essential life skills in our players that will be valuable for their future.

We aim to develop players with excellent people skills, self respect, confidence, resilience and a desire for self improvement”.



Always greet coaches with eye contact and a handshake.

Always be on time.

Never waste a developmental opportunity.

Wear the same club attire to team events.

Aspire to be better.

Take care of your body:

- **Train**
- **Fuel**
- **Rest**

Show RESPECT to Coaches, Referees , Team Mates & Opponents.

**Our
Players.**



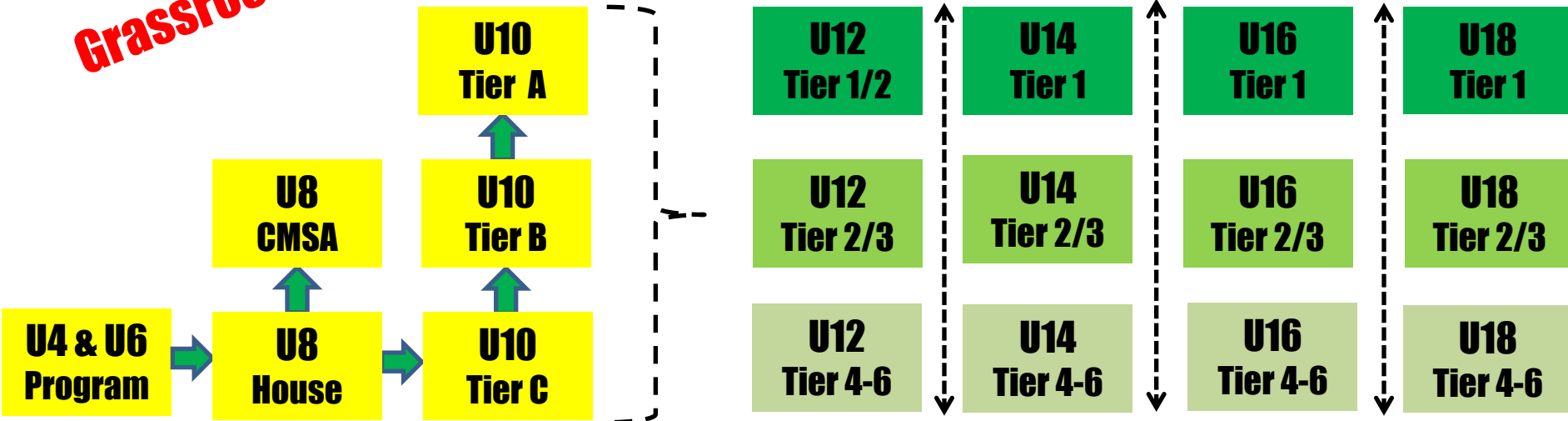
Our Development Pathway.

Our Pathway allows for movement up and down subject to individual stages of development and physical maturation.

Grassroots Program

Premier Program

- FCOE – Tier 1
- Development Academy “DA” Tier 2/3
- Competitive Program Tier 4-6





U10 – U18

**ACADEMY TRAINING
FOCUSES & OUTCOMES**

U10

Within each age group, it is essential that we have a focus relevant to the age and ability of our players, so we can then determine the outcomes for each valuable stage of development.

Focuses:

“Learning to Train”

- **Fundamentals**
- **Master the skills**
- **Express yourself**
- **Take risks**
- **Have fun!**

Outcomes:

“Love to Play”

- **Technically proficient**
- **1v1 Solo Artists**
- **No fear**
- **Learn & adapt**

U12

Focuses:

“Training to Train”

- Consistency in base skills
- Positional competency
- Problem solving situations
- Learn combination play
- Awareness

Outcomes:

“Combining to Play”

- Good decision makers
- Spatial awareness
- Creating space to play
- Appreciation of team mates
- Technically competent

U14

Focuses:

“Training to Train (Cont’d)”

- Transitional stage
- Learning the 11v11 game
- Problem solving situations
- Developing patterns of play
- Improving core skills
- When to pass, when to dribble

Outcomes:

“Working in Units”

- Good decision makers
- Understanding of roles
- Combining as a team
- Creating & utilizing space
- Improving range & type of passes
- Technically proficient

U16 & U18

Focuses:

“Training to Compete”

- Consistency in core skills
- Develop advanced skills
- Positional excellence
- Team tactics & responsibilities
- Preparing for elite competitions
- Preparing for the future

Outcomes:

“Technical Excellence”

- Game intelligence
- Emotional maturity
- Mentally strong & confident
- Elite technical application
- Well rounded individuals



Our training program has a year round focus where we purposely utilize the Winter Training season to benefit our outdoor playing philosophy

U10 – U18

PLAYING STYLE



Our Playing Style.

** Please note that this is a long term focus that takes time to achieve. Learning will be messy, but the final outcome is rewarding!*

We play a possession game.
We focus on playing through the 1/3's.
We work very hard to press to posses in numbers.

From the back:

Comfortable playing around and through.
Technical defenders, passing, receiving, heading
Good in 1v1 defensive situations

Through Midfield:

Players who can create and exploit space, rotate, receive, link the play and be clever (turn, dribble, 1v1, pass).
Quick to press opposition when not in possession.

Into Forwards:

Who can create and exploit space, clever players who take risks. They are skillful and can score or create goals, go 1v1, dribble, turn, shoot and combine with others.
Apply pressure on opposing defenders when not in possession.

Playing Triangles

U12 Playing Style



U14-U18 Playing Style



4-3-3 Rotations





Our Coaches.

Ask yourself...

**Do you deliver the Foothills
Philosophy?**

Are you organized and on time?

**Are you creating a fun and
challenging learning
environment?**

**Producing technically outstanding
players?**

**Do you wear the club attire and
represent us well?**

*We conduct regular in house
Coach Education programs
each season. Our Coaches are
accountable for developing
players through the Foothills
Philosophy.*



Be organized. On time & well prepared.

Have you rehearsed in training what you expect in games?

Be supportive. Give information, don't commentate.

Give better players more responsibility, give all players a fair opportunity.

3 pre game keys, 3 half time points. Simplify.

Game

Day

Routine.

Coaches Game Day Guidelines



Communication.

Are your expectations realistic & objectives clear?

Is your feedback positive & encouraging?

Do you talk too much or too little?

Feedback from our Coaches is a vital tool for our players development.

Giving info: Don't be too tough on strugglers and too positive on elite, not all players can handle praise or criticism.

Do you talk one on one with players regularly to provide feedback?

Do you provide mid season and end of season player evaluations?

Do you communicate with the parent group to update on team expectations and progress?



Parents.

This is your end of the bargain!

**Coaches coach, players play,
parents support.**

**No coaching from the sidelines, we
do not want mixed messages.**

24 hour grievance rule.

**Support the team, commend
positive play.**

This is your child's experience.

Our Club.

Their future.

One philosophy.

A tradition of excellence.