

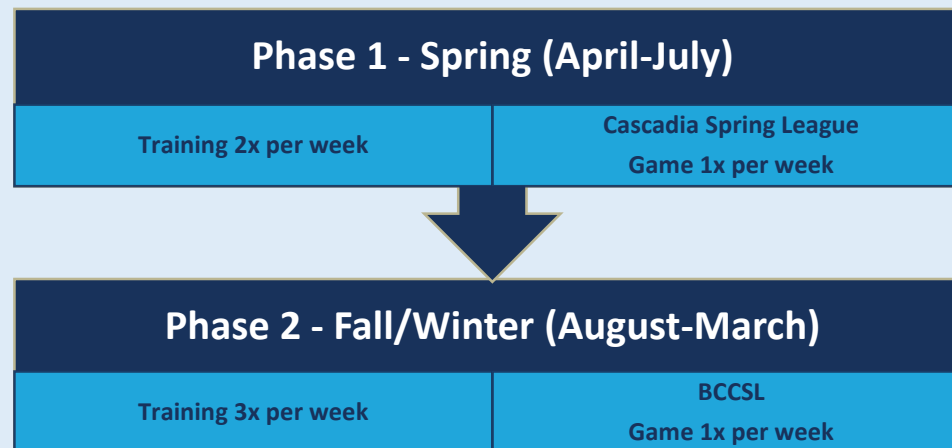


Girls U12 Development Program 2020/21 Season

Richmond FC is excited to be introducing the U12 Girls development program for the 2020/21 season, for 2010/2009 born girls

The Program is designed to develop players who are looking at moving into the high performance stream to play at the BCSPL level or Richmond FC's Select programming at U13 and above. Players Selected for the program would train 3x per week, and play games within the BCCSL U12 League under the guidance of the RFC Professional Staff Coach. The program would run from mid August 2020, to the end of February 2021.

There would be a spring component to the program, selected players would train 2x per week with the option to participate in the Cascadia Spring League, from April 6th to June 27th

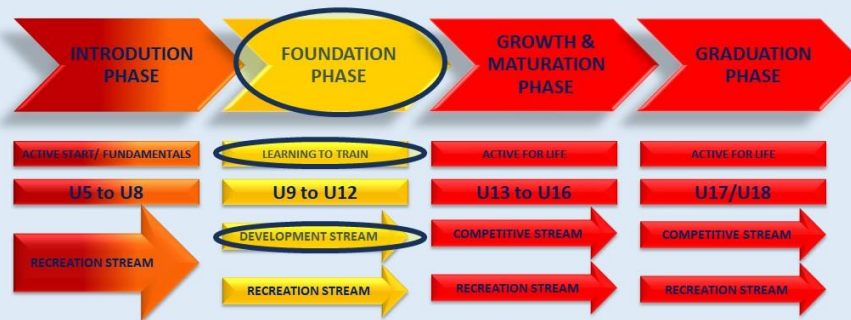




The Program

U11/U12 development Program – The Richmond FC U11/U12 Development Program is the 2nd stage of the player's development at RFC and is part of the Foundation development phase within the club framework, which falls under the Learn to Train Stage of Development in the Canada Soccer Long Term Player Development Model. There are 2 streams within the foundation development phase, the recreational and development streams, this program falls under the Development stream.

RFC DEVELOPMENT PHASES



Foundation Phase Objectives

To provide the foundation in all 4 corners of development to allow players to succeed in the future

To provide a platform for players to move into the high performance stream

To improve the overall standard of play within RFC at all levels of play



The Program

The U11/U12 Development Program is the 1st time players will be selected onto teams based on their current ability level which is split into 2 main divisions, Division 1 and Division 2

Each age group will have an RFC Technical Lead assigned to oversee and co-ordinate program within a specific age group with the objective to provide mentorship and guidance to all the club and staff coaches assigned to the Division 1 and Division 2 teams at training sessions and games.

The RFC Technical Lead will be provided with support from members of the RFC Coaching Staff to assist with the program, who will work directly with the club coaches and players during training sessions, with the aim to provide the best development environment possible for this group of players at their current stage of their development.

The training model would follow the CSA's best practice model for this stage of development and be squad based training where players would be divided into groups based on their current ability level or mixed ability depending on the session outcomes, and movement would occur between the groups based on the development needs of each individual player. Training would be 3x per week as per the LPTD recommendations for this stage of development.





The Program

The curriculum for this program has been developed by the RFC Technical director and follows the Richmond FC Development Philosophy, curriculum and game model, which are based on the technical guidelines set by BC Soccer and the CSA specific to the stream, age and stage of the players development.

Games would be 1x per week, and would be 8v8 format as per the Canadian Soccer Associations LTPD small sided guidelines, the selected group would participate in the BC Coastal Soccer League and be placed in the appropriate division best for the overall development of the players. Any additional exhibition games or tournaments, team formations may be balanced or tiered depending on the level of teams or competition rules.





Futsal Training Component

Futsal Fridays— During the Phase 2 of the program, players would participate in Futsal sessions on alternating Fridays during the fall and winter. During these sessions both girls and boys would be integrated.

Futsal is used to assist with the development of soccer players across the world especially in the younger age groups.

Futsal the Benefits for Soccer Development

Futsal is played with a small number of players, which allows players to have more touches on the ball which helps players to become more comfortable on the ball

The Futsal ball with its reduced bounce allows players to get good control of the ball without it bouncing away, which gives players a greater confidence on the ball and encourages players to be more creative on the ball.

The Futsal ball also encourages players to pass over short distances and keep the ball on the ground as it is harder to just kick the ball in the air down field. This will help to develop good habits in players at an early age.

Futsal is played in a small area on a fast gym surface, which will help players to improve their quickness of thought, which will allow players to make better decisions when under high pressure situations or in tight spaces in games

Futsal rules are closer to soccer, as there are no walls, if the ball goes out of play possession is lost, this encourages good habits as players will try to keep possession of the ball rather than take the easy option to play off the walls, or kick the ball down field knowing the ball will remain in play.

Being in the gym creates a fun environment for young players and keeps them out of the cold, wet weather during the winter months, which will help players to remain interested in soccer and develop a passion for the sport.





Spring Program

U11/U12 development Spring Phase— Players selected for the U11/U12 Development program would participate in the U11/U12 Development Spring Phase. Players participating in the Spring Development Program will train 2x per week and participate in the Cascadia Soccer League which runs games on Sundays (anytime across Lower Mainland) from April 18th to June 14th

The Spring Training phase will run for 12 weeks from April 6th to June 25th , 2019) on the anticipated training days and times:

U12 (2009/10): Tuesdays and Thursdays, 6:00pm-7:30pm (Minoru Oval)





U12 Girls Development Technical Lead



Sherrick Williams

QUALIFICATIONS	COACHING EXPERIENCE	PLAYING EXPERIENCE
JFF Advanced Level 2	Ballaz 2008-2014 Technical Director	Santos FC (Jamaica)
Active Start	Santos FC (Jamaica) Youth Coach	GC Foster College (Jamaica)
Fundamentals	Richmond FC Staff Coach	
Learn to Train		
Soccer For Life		
BC Soccer Provincial C licence		

Sherrick Williams has been with Richmond FC for the past 5 years, and is an expert in teaching/developing players within the U6-U12 age groups, which he achieves through creating a fun, positive learning environment for all. Sherrick's role will be to provide technical oversight to the program, and will be the assigned head coach for the team, who will develop and deliver training sessions, and coach the group during games on the weekend.

An assistant female coach will also be assigned to work alongside Sherrick during the course of the season, RFC is currently in discussions with a few potential candidates, and will provide an update once this role has been filled



Goalkeeper Specific Sessions



Goalkeepers will be provided with 1 specific Goalkeeper sessions each week run by Richmond FC's Head Of Goalkeeping Development Marius Roevde

GK sessions would be integrated with other GK's within the club, and would include both boys and girls

Marius will also provide support for the Goalkeepers during home games, where he will be able to provide specific feedback based on their performance in games



Even Pellerud

In Richmond FC's plans to deliver high-quality programming to both boys and girls, Even Pellerud will be joining as an advisor to Executive Director Marius Roevde. In this capacity, Pellerud will be advising Roevde on the design of both boys and girls programs as well as help guide and support the development of Richmond FC coaching

Pellerud coached the Canadian women's national team for a decade, getting them to a fourth-place finish in the FIFA 2003 Women's World Cup. He also led the women's national team of Trinidad and Tobago recently. In 1995, he steered the national women's team of his native Norway to victory in the Women's World Cup.





Program Fees

Upon selection all players will be required to make a \$150 non-refundable deposit to confirm their spot. This is in accordance with RFC's club-wide Selection Policy. Parents will receive a \$150 discount code to apply to the 2020/2021 registration fee when registration opens.

Phase 1 – Spring 2020

April 2020 – June 2020

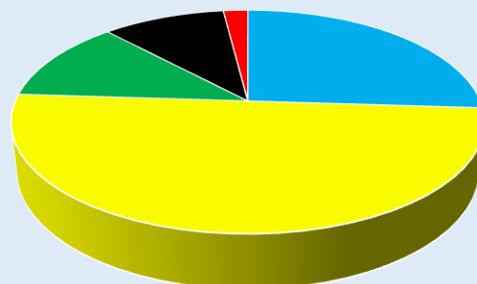
Fee = \$440

Phase 2- Fall-Winter 2020/21

August 2020 – March 2021

Fee = \$875

U9-U12 Development Program Fee Breakdown



■ Operational Cost ■ T&D ■ Facilities ■ Referee ■ Equipment

Operational	Staff other than T&D Administration Office & Storage Credit Card Fee's Legal & Audit Fee's Advertising & marketing Scholarships BC Soccer Fee's Insurance
T&D	RFC Technical Lead RFC Support Staff GK Development
Facilities	Training Facilities Game Facilities
Referee	Referee Fee's
Equipment	Balls Cones Pinnies Goals Uniforms

Richmond FC will never refuse a player who has difficult financial circumstances, if you require financial assistance, please inform us and the club can work out a payment plan, or direct you to funding organisation that can provide financial assistance.