

TECHNICAL PLAN



What the club is?

PMSC is a club located in the tri-cities of the lower mainland. We work hard to foster an environment where enjoyment and love of the game is encouraged at all ages.

The Port Moody Soccer Club provides soccer programs in the Tri-cities district serving the residents of Port Moody, Anmore and Belcarra as well as the other surrounding areas. We are able to offer some of the best training programs designed to help develop children's love of the game regardless of the level of play.

The Port Moody Soccer Club believes that soccer is a fantastic tool to help our players not just develop their soccer skills, but to also learn valuable life lessons that they will carry with them through their personal life. Terrific lessons like; teamwork, pride, loyalty, respect and community form the cornerstone of our club and its programs.

What it does?

PMSC is proud to offer programs for soccer players of all ages, whether your child is 2years old or you are an adult looking to rekindle your love of the game, we have a program to suit your needs. We also offer an adaptive soccer program suited for children with special needs. We are very fortunate to have in-house technical staff to help develop skills for players who are just learning to play and for the elite level players who are looking to enhance their skills.

How it does it?

We are very fortunate to have in-house technical staff to help develop skills for players who are just learning to play and for the elite level players who are looking to enhance their skills. We also have a great group of volunteer coaches and managers who help our teams at every age group.

Long-term strategic objectives: Our long-term strategic objectives are to keep our members playing for a lifetime, learning and loving the game. We always aim to have programming and teams so our members can progress through our youth programs to adult programs

Guiding principles:

PMSC is committed to instilling the qualities of ambition, leadership, teamwork, equity, respect, service to others and the pursuit of excellence.

Ambition is the strong drive for success and improvement in everything we do. We will set goals and then set about achieving them. Commitment, discipline, and motivation are important values as well, but ambition is what inspires us to succeed.

Leadership is the guiding, motivating or inspiring of others to improve the performance or the achievement of a common goal. Leadership is being consistent, leading by example, performing under pressure and doing the right things, the right way every day.

Excellence is the gradual result of the continuous effort to learn and improve each day. We will work hard to be outstanding or extremely good at everything we do as a player, coach, team, referee, and club.

Teamwork is the commitment to a common goal or mission. Teams can achieve what individuals cannot. We want our coaches and players to understand that by working enthusiastically and hard toward team goals and team success, they will also reach new heights as an individual.

Equity in its simplest terms means fairness. As a club we will strive to create a community in which equity and inclusion are embedded in all areas of our work and play, enabling all to participate and reach their full potential.

Respect is the ability to see and appreciate the value in ourselves and others. It means showing encouragement to your teammate and applauding their effort even when things are not going well. To be truly successful in soccer – and in life – you must treat all the people around you with courtesy, respect, and empathy.

Service of others is looking for a need and filling it to make positive change on your team, in your club, family or in the community. Leaders know a team, club or group is more important than themselves and they set a good example and lead by doing needed service to the group or team.

Coach Development:

We have an in-house coach development leader who mentors our youngest coaches. He also does monthly coaching clinics for those coaches that are interested in gaining more knowledge or would like new ideas on running sessions. Our volunteer coaches are also given a weekly session plan by the TD. The TD attends training sessions to help the coaches with any questions they have and also do an informal assessment or areas of improvement. Our TD and ED are also in the process of becoming learning facilitators through BC Soccer

PORT MOODY SOCCER CLUB STYLE OF PLAY

Port Moody SC is well known and respected for our passing and indirect style of attack. This style reflects a desire to control the ball and reduce what is left to chance by relying mostly on our own technical / tactical knowledge & ability. This leads to less risk of losing the ball, an increase in the player's confidence, and increase in creativity in decision-making during games.



Such a philosophy of the game is best achieved through progressive possession of the ball. Progressive possession can be defined as **keeping possession with the purpose of creating chances and scoring goals**. Some of the key factors involve – creating space, when to pass forwards vs. backwards, creating triangles and diamonds, and receiving on the half-turn

PMSC Style of Play leads to accelerated development of each individual player by putting them in situations where they must make decisions through keeping possession of the ball. We believe this style of play is best for overall development of the players, which is one of the primary goals of our Port Moody SC.

The Port Moody Game Model is broken into 4 phases

Attacking Organization: When the team is in possession

Port Moody SC teams do not rush the game forward; they rarely just kick the ball automatically after intercepting a pass; they don't "skip" lines of play with long balls but rather gradually build their attack from the back.

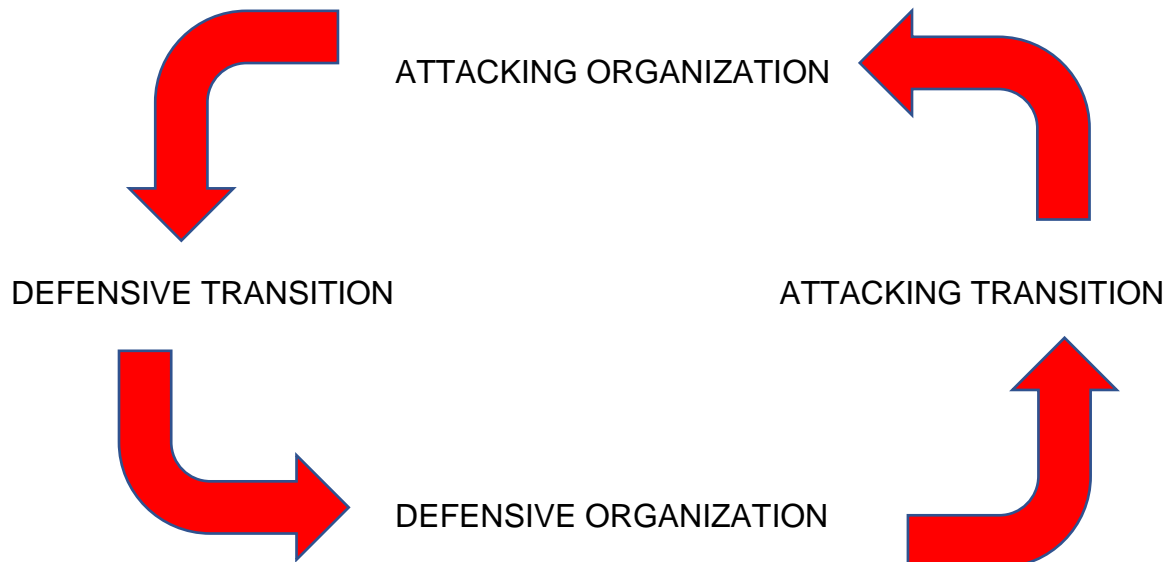
Through progressive possession our teams create favorable situations in which they have numerical advantage in areas from which we can score a goal.

Defensive Transition: When the team has just lost possession and are working to win the ball back immediately.

Defensive Organization: When the team is defending (out of possession).

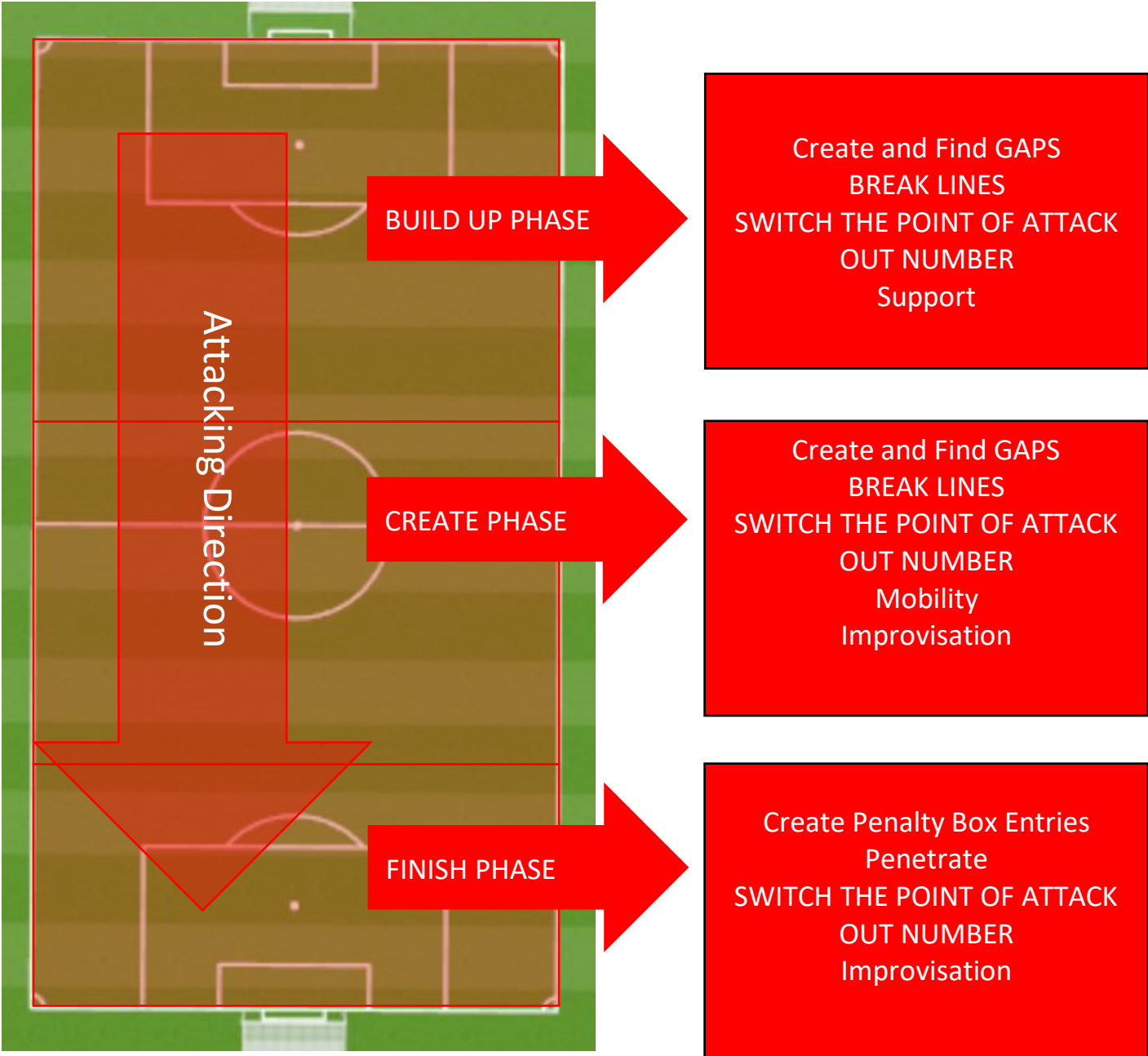
Attacking Transition: When the team has just won possession by defending and are transitioning into attack.

GAME MODEL: Moments of the Game



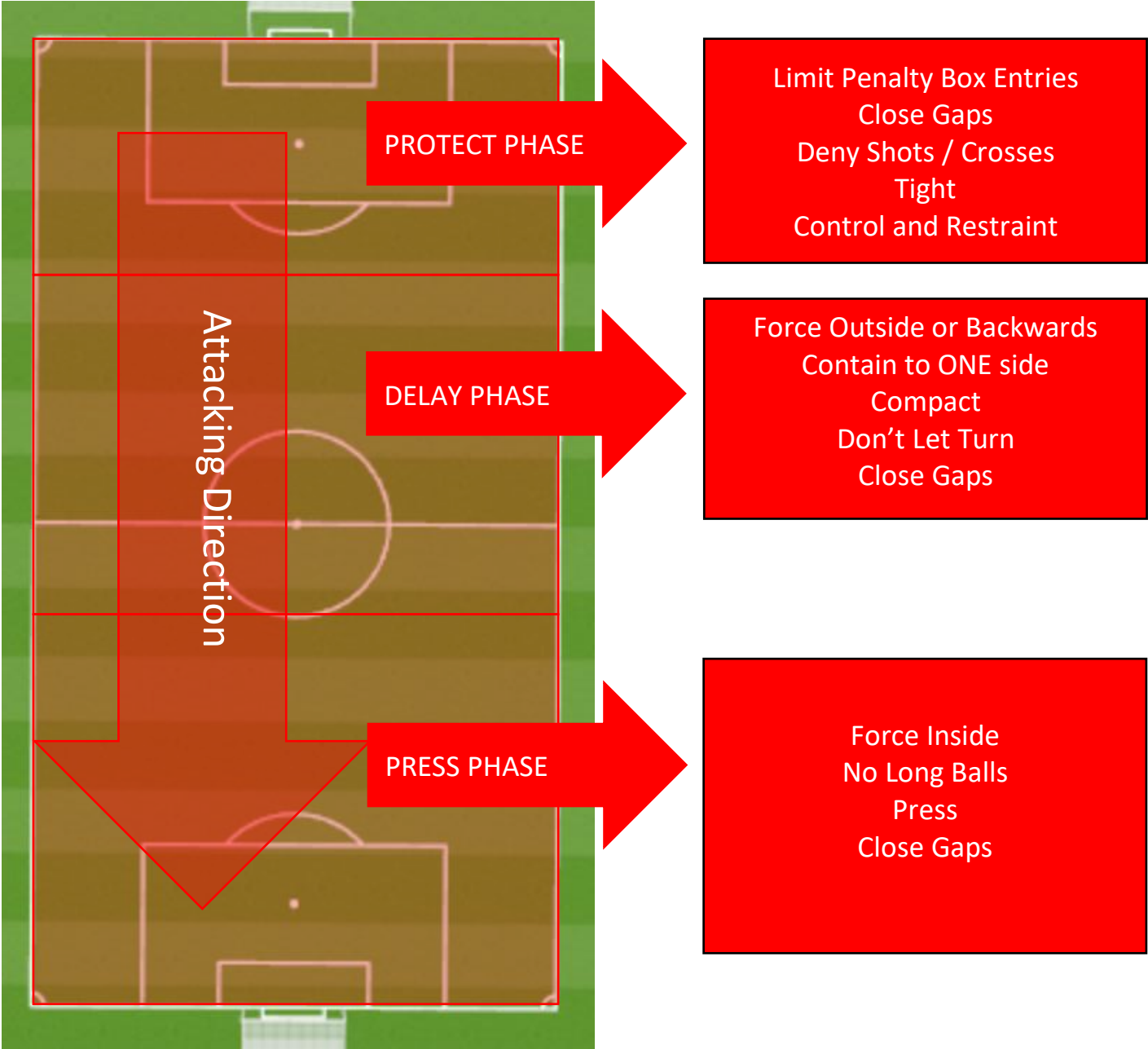
Port Moody Soccer Club Field Outlook: U6 to U10

GAME MODEL: ATTACKING ORGANIZATION



Port Moody Soccer Club Field Outlook: U6 to U10

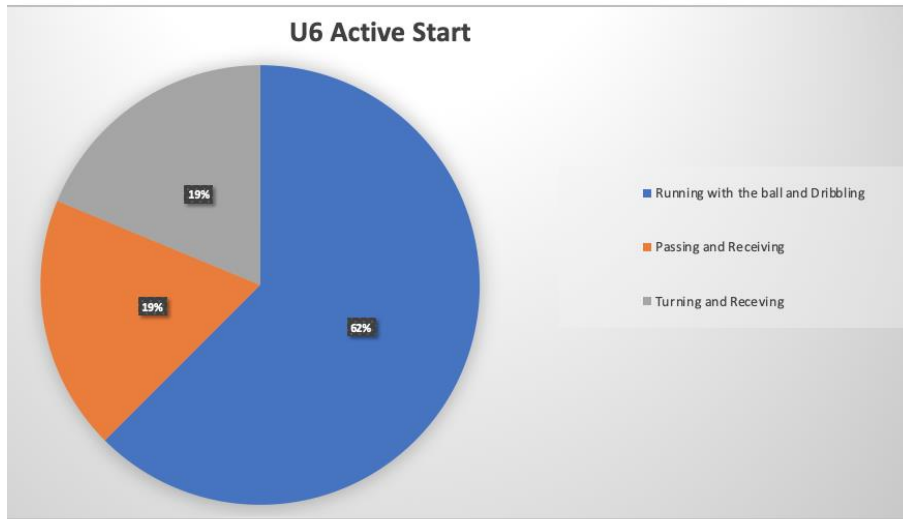
GAME MODEL: DEFENDING ORGANIZATION



Yearly Training Plan – Macro / Micro Cycle

U6 Active Start

Gives the youngest players the opportunity to develop basic movement skills like running, jumping landing, kicking, throwing, and catching in a fun setting built around informal play and positive reinforcement.



Active Start U6												
Month	July				August				September			
Training Week	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	1	2	3
Moment										AO	AO	AO
Habit										RWB Dribbling	RWB Dribbling	RWB Dribbling
Month	October				November				December			
Training Week	4	5	6	7	8	9	10	11	12	13	OFF	OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit	RWB Dribbling	RWB Dribbling	Passing and Receiving	Passing and Receiving	RWB Dribbling	RWB Dribbling	RWB Dribbling	RWB Dribbling	Turning and Receiving	Turning and Receiving		
Month	January				February				March			
Training Week	OFF	14	15	16	17	18	19	20	21	22	Spring Break	Spring Break
Moment		AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit		RWB Dribbling	RWB Dribbling	RWB Dribbling	RWB Dribbling	RWB Dribbling	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving		
Month	April				May				June			
Training Week	23	24	25	26	27	28	29	30	31	32	OFF	OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit	RWB Dribbling	RWB Dribbling	RWB Dribbling	RWB Dribbling	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving	RWB Dribbling	RWB Dribbling		

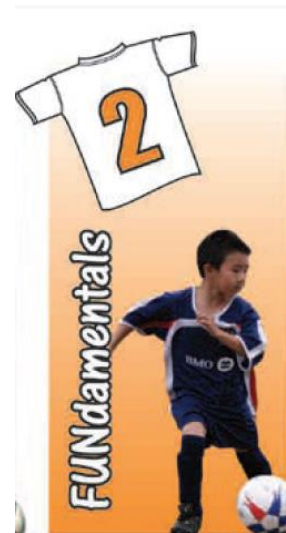
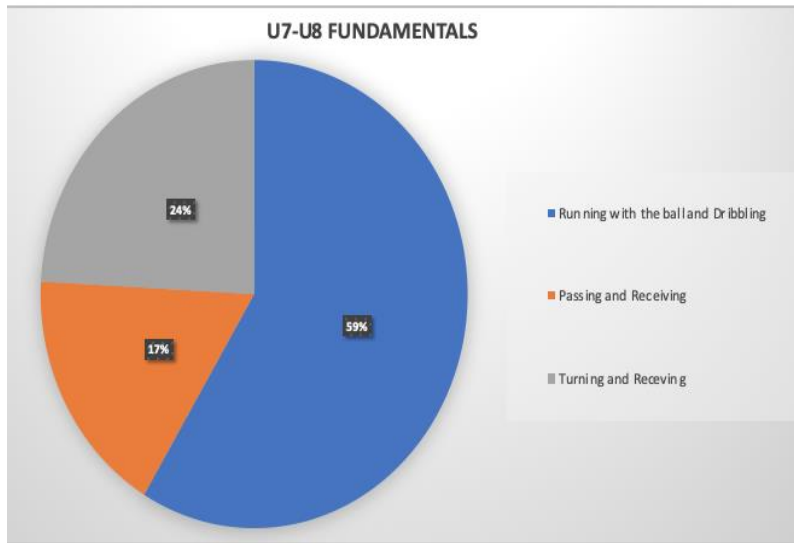
The program brings kids together in a FUN and Engaging environment. Players will learn the fundamentals of soccer, such as dribbling, passing and shooting through FUN games and activities, and social interactions with peers

This program runs for 60 minutes, 1 day a week (on Sunday mornings). It takes place on the turf field throughout our Fall/Winter and Spring Seasons.

Yearly Training Plan – Macro / Micro Cycle

U7 / U8 FUNDamentals

Allows children to develop their movement ABC's (agility, balance, coordination, and speed) and learn the basics of the game while emphasizing fun, cooperation, and maximum time on the ball.



FUNDAMENTALS U7 and U8												
Month	July				August				September			
Training Week	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	1	2	3
Moment										AO	AO	AO
Habit										RWB Drilling	RWB Drilling	RWB Drilling
Month	October				November				December			
Training Week	4	5	6	7	8	9	10	11	12	13		OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		OFF
Habit	RWB Drilling	RWB Drilling	Passing and Receiving	Passing and Receiving	Passing and Receiving	RWB Drilling	RWB Drilling	Turning and Receiving	Turning and Receiving	Turning and Receiving		OFF
Month	January				February				March			
Training Week	OFF	14	15	16	17	18	19	20	21	22	Spring Break	Spring Break
Moment		AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit		RWB Drilling	RWB Drilling	RWB Drilling	RWB Drilling	RWB Drilling	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving		
Month	April				May				June			
Training Week	23	24	25	26	27	28	29	30	31	32	OFF	OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit	RWB Drilling	RWB Drilling	RWB Drilling	Passing and Receiving	Passing and Receiving	Passing and Receiving	RWB Drilling	RWB Drilling	Turning and Receiving	Turning and Receiving		

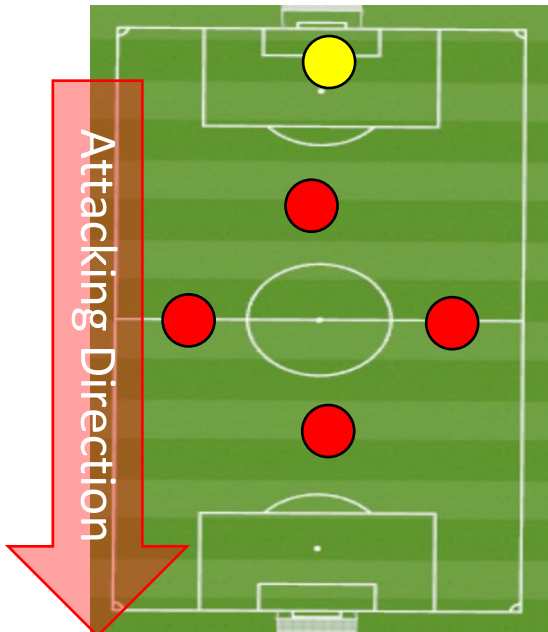
Engaging and Fun Teams program, with games. We are committed to growing the skills and opportunities of the players, while they play and learn with smiles on their faces. Players and coaches will enjoy a lot of support and teaching from [Director of Grassroots Development](#). This program will give player the opportunity to develop, have fun and make friends while improving soccer skills.

UNDER 8

Port Moody Soccer Club: Formations for ATTACKING ORGANIZATION

Under 8: 5 aside (4v4 plus GK)

1-1-2-1



BUILD UP PHASE

DRIBBLING

- When unopposed and space in front

PASSING

- Play forward if open player is ready to receive the ball (to feet or into space)
- Play backwards when under pressure

SWITCH THE POINT OF ATTACK

- Play laterally to wide teammates who are away from opponents

CREATE PHASE

DRIBBLING

- When unopposed and space in front
- Take 1 vs 1 risks when in 1 vs 1 situation (understanding of what this is)
- Create a passing option when you go past opponent to break lines or switch the point of attack

PASSING

- Play forward if open player is ready to receive the ball (to feet or into space)
- Play backwards when under pressure

SWITCH THE POINT OF ATTACK

- Play laterally to wide teammates who are away from opponents who have opportunities to break line

FINISHING PHASE

DRIBBLING

- Take 1 vs 1 risks to shoot or be a playmaker (cross, pass)

PASSING

- Combination play when have an outnumbered situation (2 vs 1)
- If opposing team is compact and the players on the ball is under pressure can play backwards or across

SHOOTING

- Take opportunities when presented to the player on the ball

Port Moody Soccer Club: Formations for DEFENDING ORGANIZATION
Under 8: 5 aside (4V4 + GK)

1-1-2-1



Attacking Direction

PROTECT PHASE

Compact

Eliminate options for opponents to break lines and create penalty box entries

- Forward to defender (front to back)
- Wide players (side to side)

Individual understanding of threats around and on the ball

Eliminate shots on target

- Brave to block shots
- Close space to the player on the ball

DELAY PHASE

Compact

- Forward to defender (front to back)
- Wide players (side to side)

Pressure on the ball

- Eliminate forward progression

PRESS PHASE

Win the ball as close to the goal as possible

Pressure on the ball

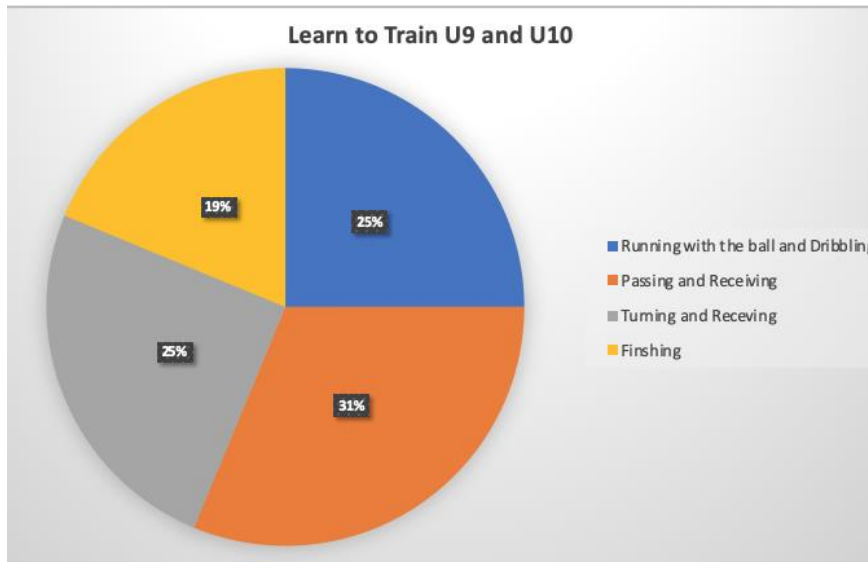
Support / cover players are connected on their front foot (around and away from the ball)

- Take risks to intercept passes

Yearly Training Plan – Macro / Micro Cycle

U9 to U10 Learning to Train

The “golden age of learning”, when children become less self-centred and are more able to reflect on their actions and learn from mistakes, provides an optimal window for further development of skills. The focus is on learning by doing, building a larger repertoire of soccer movements and teaching the basics of principles of play in a fun and challenging environment.



LEARN TO TRAIN U9 and U10												
Month	July				August				September			
Training Week	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	OFF	1	2	3
Moment										AO	AO	AO
Habit										RWB Dribbling	RWB Dribbling	RWB Dribbling
Month	October				November				December			
Training Week	4	5	6	7	8	9	10	11	12	13	OFF	OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit	RWB Dribbling	Passing and Receiving	Passing and Receiving	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving	Turning and Receiving	Finishing	Finishing		
Month	January				February				March			
Training Week	OFF	14	15	16	17	18	19	20	21	22	Spring Break	Spring Break
Moment		AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit		RWB Dribbling	RWB Dribbling	RWB Dribbling	RWB Dribbling	Passing and Receiving	Passing and Receiving	Passing and Receiving	Passing and Receiving	Turning and Receiving		
Month	April				May				June			
Training Week	23	24	25	26	27	28	29	30	31	32	OFF	OFF
Moment	AO	AO	AO	AO	AO	AO	AO	AO	AO	AO		
Habit	Turning and Receiving	Turning and Receiving	Finishing	Finishing	Passing and Receiving	Passing and Receiving	Turning and Receiving	Turning and Receiving	Finishing	Finishing		

Port Moody SC provides opportunities for players from U8 to U10 to choose to play in the Recreational League or join Development League. Recreational teams train 1 x per week and play the game on the weekend. Development teams practice 2x per week and play a game on the weekend.

Both programs offer the opportunities to continue to develop and learn, and both follow the Long Term Player Development pathway. By providing the players and families a choice and placing players we are looking to allow them the opportunities to play with peers at the appropriate skill level at this particular moment in time. Ensuring player success and touches on the ball increase player enjoyment, improved player experience, growth in confidence level, and in turn the player development. Players

learn the most when having fun and experiencing success, which aligns with Long Term Player Development.

Recreational and Development teams are formed at U8 based on year round player evaluations from Technical Director, Club's Head Coach, and Technical Staff during the U7 season. We believe that development does not occur in a straight line, rather everyone develops at their own pace, and at different time. We believe that year round evaluations of our players give us much better knowledge of their strengths and provides us with more informed decision making, in order to best support individual Long Term Player Development of all players.

Players not selected to the development team will continue to be evaluated throughout the season, as are all our players, and player movement can happen during the season, if staff believes it is the best for that player's development.

Port Moody Soccer Club Formations: ATTACKING ORGANIZATION
Under 9 and Under 10: 7 aside (6v6 plus GK)

1-2-3-1



BUILD UP PHASE

DRIBBLING

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PASSING

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SHOOTING

- Take opportunities when presented to the player on the ball

Port Moody Soccer Club Formations: DEFENDING ORGANIZATION
Under 9 and Under 10: 7 aside

1-2-3-1



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