

Vancouver Island Wave



Our values

Our driving forces

Our philosophy

Our mission

We Value

Achievement	The Challenge	Harmony
Respect for others	Honesty and Integrity	Continued improvement
Teamwork	Health	Fair Play

Our driving forces

Technical proficiency	Develop the person- The athlete is inside!	Tactical awareness
Be healthy- in mind and body	Be a giver- not a taker	Love the game

Our Philosophy

We are all people before and after we are athletes:

Our role is to develop the athlete inside the person, but also equip the person to be a winner, long after they leave the field.

Its about PEOPLE.....

Our Mission Statement

Create an environment and culture that allows each participant to reach their maximum potential as an athlete and coach:

To challenge each participant, regardless of role or responsibility, to contribute more to the group than they take away.

Treat others how you wish to be treated and leave things in a better state than you found them!



Collegiate Soccer
USports in Canada
NCAA in US



Grassroots Soccer
Lower Island Soccer Association
Upper Island Soccer Association
We all start somewhere!



Wave 4 year Plan

	Aug	Sept	Oct	Nov	Jan	Feb	Mar	Apr	May	Jun	Aug	Sept	Oct	Nov	Jan	Feb	Mar	Apr	May	Jun	Aug	Sept	Oct	Nov	Jan	Feb	Mar	Apr	May	Jun	Total												
Age of player	U13	U13	U13	U13	U13	U13	U13	U13	U13	U13	U13	U13	U13	U13	U14	U14	U14	U14	U14	U14	U14	U14	U14	U14	U14	U14	U15	U15	U15	U15	U15	U15	U15	U15	U15	U16	U16	U16	U16	U16	U16		
Maximum games inc exh	3	6	4	6	2	4	4	4	4	2	2	6	4	4	2	4	4	4	4	4	3	3	6	4	4	4	2	4	6	4	4	3	3	6	4	4	2	4	6	4	4	3	156
Total training hours max	30	12	12	12	9	12	12	12	12	12	30	12	12	12	9	12	12	12	12	12	12	30	12	12	12	12	9	12	12	12	12	12	30	12	12	12	9	12	12	12	12	12	540
Training phases	GPP	GPP	GPP	GPP	SPP	SPP	SPP	PCP	CP	CP	GPP	GPP	GPP	GPP	SPP	SPP	SPP	SPP	CP	CP	GPP	GPP	GPP	GPP	SPP	SPP	PCP	PCP	CP	CP	SPP	SPP	SPP	SPP	PCP	PCP	PCP	CP	CP	CP			
Result focus	Low				High		Low						High		Low					High		Low	Medium	Low	Medium	High																	
Technical																																											
Acquisition	█										█																																
Refinement											█										█																						
With pressure											█										█																						
Game Pace																					█																						
Consistency in game																					█																						
Tactical																																											
Awareness	█										█																																
SSG understanding to 4v4						█										█																											
Phase of play ability											█										█																						
Decision making ability 6v6																					█																						
In game decisions																					█																						
Re-starts defending											█										█																						
Re-starts attacking																					█																						
Defending																																											
1v1	█																																										
2v2						█																																					
small group 3-5											█										█																						
team + - situations																					█																						
Team defending																					█																						
Attacking																																											
1v1	█																																										
2v2						█																																					
small group 3-5											█										█																						
team + - situations																					█																						
Team Attacking																					█																						

Wave Key Performance Indicators (KPI's)

Why KPI's

How do we know if we have 'played well'

What does playing well mean, what does it look like

The score is not always a true reflection of the game

Scoring goals can be hard or very easy

Relative age effect and early maturation distort the picture

By identifying KPI's we have more metrics

Wave KPI's

Meaningful entries into the attacking 1/3- establish possession in attacking third with control in 1v0, 1v1 or 1v2 situations. Ball can enter by pass or running with the ball.

Must have targets and space available in order to establish possession, play with two strikers working together or three strikers playing a little narrower. Playing with a single isolated striker no longer an option.

Touches of the ball in opponent's area

This KPI will serve as a conversion rate from KPI 1 to see how often we get possession in the 18 when we have entered the attacking third

Attempts on goal

Legitimate shots, headers or redirects onto the frame of the goal where the intention is to score. Hitting the post or crossbar is not considered an attempt on goal.

Possession regains in opponent's half

Must be committed to getting players forward and into the opponents half and attempt to win the ball back. This is not being committed to the press, it is being committed to moving towards the ball as a team when we are defending.

How we want to play.....

There will be numerous opportunities to play on the break as we will be defending deep at times based on the natural flow of the game.

In open play we should be encouraging our teams to move up the field as a block and always look to defend as high up the field as possible.

This then means that our goalkeepers must take up a higher line and be comfortable playing as a sweeper keeper.

In the short term our keepers may just clear the ball back downfield but over time we must encourage them to control and pass the ball to a free team mate

Therefore when the ball goes back to the keeper they will need players to make themselves available for possession.

The idea of outnumbering the opponent around the ball in and out of possession becomes a key theme of our teams play

Practice Focus

TECHNICAL

Receiving the ball facing forward

Receiving the ball under pressure and getting turned to face the opponents goal

Running with the ball

Passing the ball in motion

TACTICAL

Working with strikers in pairs, aiming to complement each other

Movement to support the player in possession

Movement away from the player in possession to create space

Applying defensive pressure when a player moves forward with the ball

Practice Delivery

In small sided games make the space bigger in order to encourage the players to take advantage of the space with the ball at the feet at least once a week.

Create conditioned games that only allow the ball to go forward with a player in possession by using zone games that create overloads that will encourage the players to run with the ball.

Stress to midfield and defensive players the benefits of entering the attacking half with the ball at their feet.

Play more games-the random, variable environment is better for the players

Use 'floating players' to create overloads that occur naturally in the game to recreate game like conditions

We estimate that we have 540 hours of training and approx. 156 games from U13 to the end of U16

Players will get chances to play in different positions based on what we see and what we think

Some players will be more settled in their positioning than others

We are looking for the most effective fit for the group

There will be no changes to the group for 15 months

We will continue to bring different players into the group

We are more interested in their reactions to events in the game than the position they are playing- what do they do when they are in the wrong place-

If we tell them we wont find out.

Wave Program Phases

Phase 1 U13-U14

Catch up!

Phase U15-U16

Compete

Phase 3 U17-U18

Graduation

Phase 1 Catch up

Transition to full field

Games are decided mostly by physical ability

bigger teams

faster players

In this phase our players make huge jumps but have difficulty in games

Many challenges for coaches, players

And PARENTS!

Phase 2 Compete

Our teams become teams, not a set of players

Physical gaps are starting to close

Changes in rosters

Players 'playing up'

Our improvement is not always constant

Results can still be misleading

Phase 3 Graduation

Moving players to the next level

Whitecaps Residency for Male players

Whitecaps/CSA REX program for females

USports opportunities in Canada

NCAA opportunities in the US

Pacific FC from 2019!

Coaching Development

Better coaches = better players

Coaches assessed each phase

Become better communicators

Become more efficient- we don't have time to waste

Continued education

Certification levels

In closing.....

We are NOT a collection of teams

We are a program with set goals

Developing players NOT teams

Not results driven

But we want to compete

Competition drives development

Our goal is to compete, every game, every session.

Our process

We have a long term view on the development of players

Of course we want to win but we cant control the outcome

We are prepared to sacrifice wins for learning opportunities

If we don't fail we don't learn

We know that our process works

We will change elements of our approach, but not the process

We ask that you trust the process and trust us

Fail,

Try again,

Fail better!