

# 2017/18

**BOYS**

**U13-U18**

Fall/Winter

Program Guide

Ottawa

Internationals

Soccer Club



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# TABLE OF CONTENTS

Please click on the links below or scroll down to view program info.

<a href="#">U13 – Advanced Plus Ball Mastery and SAQ</a> .....	3
<a href="#">U13 – Advanced Coliseum League Play</a> .....	3
<a href="#">U13 and U14 – Futsal</a> .....	3
<a href="#">U14 – Advanced</a> .....	4
<a href="#">U14 – Advanced Coliseum League Play</a> .....	4
<a href="#">U15 – Advanced</a> .....	4
<a href="#">U15 – Advanced Coliseum League Play</a> .....	4
<a href="#">U16 – Advanced</a> .....	4
<a href="#">U16 – Advanced Coliseum League Play</a> .....	5
<a href="#">U18 – Advanced Coliseum League Play</a> .....	5

<b>U13 Advanced &amp; Ball Mastery/SAQ Training</b>	Dates: Sept 18th - Nov 18th Outdoors Sept 18 <sup>st</sup> – Feb 13 <sup>th</sup> Indoors
	Location: <b>FALL</b> Sept 18-Nov 18 : Mondays and Wednesdays 6-7:30pm (Franco-Cite Turf) and Saturday (time TBD at Franco-Cite Turf) until mid-November
	<b>WINTER:</b> Nov 18 <sup>th</sup> – Feb 13 <sup>th</sup> Indoor sessions will be run at Brookfield HS on Tuesdays 6-8pm and Thursday Disalvo Sports Turf Complex (Heron and Bank), 7:00-9:00 pm
	Cost: \$530
	Age Group: Players born in 2005
	These sessions will concentrate on technical skill development and group formation/tactics, for players who wish to compete for a position on the 2018 U13 Regional (top tier) team. Emphasis will be placed on refining ball skills related to fundamental techniques: passing, receiving, dribbling and shooting the soccer ball. The technical aspects will be taught by a high-quality instructor and re-enforced through small-sided games, and possibly exhibition games against other Clubs. Thursday Ball Mastery/SAQ will be broken into two one hour sessions focusing on each area. ( <i>Note: a player may be assigned to the Futsal Program based on his skill level.</i> )
<b>U13 Advanced Coliseum League Play</b>	Dates November – February (Sat/Sun TBD)
	RA Dome
	Cost: Approximately \$180-\$200
	Age Group: Players born in 2005
	7V7 Turf Game Play – One hour games. Emphasis will be on putting into play what has been worked on in training as well as fun competition.
	<b>This component will be through the club; but registration will take place after the Winter registration is complete.</b>
<b>U13 and 14 Futsal</b>  (note: this training will combine U13 and U14)	Dates: Oct 12th - Feb 15th
	Location: Thursdays 6-8pm (Canterbury HS); Sundays 11am-noon (Franco-Cite Futsal Complex)
	Cost: \$275
	Age Group: Players born in 2005 and 2004
	These sessions will concentrate on technical skill development, for Tier 2/3 players. Emphasis will be placed on refining ball skills related to fundamental techniques: passing, receiving, dribbling and shooting the soccer ball. The technical aspects will be taught by a high-quality instructor and re-enforced through small-sided games. The team will also play on Sunday mornings in a new Futsal program, including exhibition games vs other clubs. In the event that an opponent is not available, the session will be run as a training session.
<b>U14 Advanced</b>	Dates: Oct 12th - Feb 15th
	Location: <b>FALL:</b> Tuesday 6:- 7:30pm and (Franco-Cite Turf)

	<b>WINTER:</b> Nov 26 <sup>th</sup> – Feb 13 <sup>th</sup> Indoor will be at FTA Turf Facility, Sunday 5:00-6:30 pm
	Cost: \$530
	Age Group: Players born in 2004
	These sessions will concentrate on technical skill development and group formation/tactics, for players who wish to compete for a position on the 2018 U14 Regional (top tier) team. Emphasis will be placed on refining ball skills related to fundamental techniques: passing, receiving, dribbling and shooting the soccer ball. The technical aspects will be taught by a high-quality instructor and re-enforced through small-sided games, and possibly exhibition games against other clubs.
<b>U14 Advanced Coliseum League Play</b>	Dates November – February (Sat/Sun TBD)
	RA Dome
	Cost: Approximately \$180-\$200
	Age Group: Players born in 2004
	7V7 Turf Game Play – One hour games. Emphasis will be on putting into play what has been worked on in training as well as fun competition. <b>This component will be through the Club; but registration will take place after the Winter registration is complete.</b>
<b>U15 Advanced</b>	Dates: Sept 18th - Nov 18th (outside) Nov 18 <sup>th</sup> – Feb 16 <sup>th</sup> (inside)
	Locations: <b>FALL:</b> Mondays and Wednesdays 6-7:30pm (Franco-Cite Turf) + Saturdays (time TBD at Franco-Cite Turf)
	<b>WINTER:</b> Nov 18 <sup>th</sup> – Feb 13 <sup>th</sup> Indoor will be at Franco Cite Tuesdays 9:00-10:30
	Cost: \$530
	Age Group: Players born in 2003
	These sessions will concentrate on technical skill development and group formation/tactics, for players who wish to compete for a position on the 2018 U15 Regional (top tier) team. Emphasis will be placed on refining ball skills related to fundamental techniques: passing, receiving, dribbling and shooting the soccer ball. The technical aspects will be taught by a high-quality instructor and re-enforced through small-sided games, and possibly exhibition games against other clubs.

<b>U15 Advanced Coliseum League Play</b>	Dates November – February (Sat/Sun TBD)
	RA Dome
	Cost: Approximately \$180-\$200
	Age Group: Players born in 2005
	7V7 Turf Game Play – One hour games. Emphasis will be on putting into play what has been worked on in training as well as fun competition. <b>This component will be through the Club; but registration will take place after the Winter registration is complete.</b>
<b>U16 Advanced</b>	Dates: Sept 18th - Nov 18th (outside) Nov 18 <sup>th</sup> – Feb 16 <sup>th</sup> (inside)
	Location: <b>FALL:</b> Mondays and Wednesdays 7:30-9pm (Franco-Cite Turf) + Saturdays (time TBD at Franco-Cite Turf)  <b>WINTER:</b> Nov 18 <sup>th</sup> – Feb 13 <sup>th</sup> Indoor will be at Franco Cite Wednesday 9:00-10:30 and Friday at FTA Turf Facility, 6:00-7:30
	Cost: \$575
	Age Group: Players born in 2002
	These sessions will concentrate on technical skill development and group formation/tactics, for players who wish to compete for a position on the 2018 U16 Regional (top tier) team. Emphasis will be placed on refining ball skills related to fundamental techniques: passing, receiving, dribbling and shooting the soccer ball. The technical aspects will be taught by a high-quality instructor and re-enforced through small-sided games, and possibly exhibition games against other clubs.
<b>U16 Advanced Coliseum League Play</b>	Dates November – February (Sat/Sun TBD)
	RA Dome
	Cost: Approximately \$180-\$200
	Age Group: Players born in 2005
	7V7 Turf Game Play – One hour games. Emphasis will be on putting into play what has been worked on in training as well as fun competition. <b>This component will be through the Club; but registration will take place after the Winter registration is complete.</b>
<b>U18 Advanced</b>	Dates:
	Location:
	Cost:
	Age Group:
	<b>This program will be posted in mid-September once the team's playing level has been determined</b>