Toronto High Park FC
U13-U18 Select Program

PROGRAM OVERVIEW

Toronto High Park FC Youth Select Program can be also described as our tournament teams. This program is for players who don't want to commit as much as the competitive program but want more of a challenge than the recreation program. It also is used as a tool to help develop athletes in preparation for the Competitive Program and is a feeder team to the "Rep" program.

The Select program provides the opportunity for young athletes to represent THPFC in competitive play against other clubs, without the full-time commitment level of our competitive programs. It also is used as a tool for competitive players to gain more game time and experience in soccer. Our goals are to develop complete soccer players and successful teams, in a fun and structured environment, while playing tournaments throughout the season.

Under the guidance of coaching staff and volunteers, players will continue to develop in four key areas of athletic training – technical, psychological, physical and social – all in alignment with the Canadian Soccer Association Long-Term Player Development (LTPD) model. Team training will focus on tactics, strategies and game simulation to foster on field success.

PROGRAM OUTLINE

Age Group	U13-U18 Boys and Girls
Style	Team Based Sessions
Program Structure	*Spring/Summer (May to September)* Commitment: 1-2x per week Training: 60-75 minutes Games: Potential Tournaments and Exhibition Games
Eligibility	Open to all interested players born in eligible year
Uniform	Uniform Kit (Jersey, shorts, socks)

Shoe Guidelines	The playing surface is variable and it is recommended that appropriate football cleats be used. Please visit THPFC Shoe Guidelines to learn how to pick the right shoes.

DEVELOPMENT CURRICULUM

Technical	Dribbling, Running with the ball, Shooting, Ball Control, Receiving, Shielding, Heading, 1v1 Attacking, Passing, Shielding, Crossing, Finishing, 1v1 Defending
Physical	Agility, Balance, Coordination, Stamina, Strength, Speed, Suppleness, Acceleration, Reaction, Basic Motor Skills, Perception, Awareness.
Socio-emotional	Problem-solving, Decision-making, Patience, Respect/discipline, Fair play/honesty, Co-operation.
Psychological	Motivation, Self Confidence, Competitiveness, Concentration, Commitment, Self Control, Determination.
Tactical	Attacking Principles (Width, Depth, Mobility, Support, Penetration and Improvisation), Defending Principles (Delaying, Pressuring/Supporting, Covering/Screening, Marking/Tracking, Balancing)