Toronto High Park FC
Adult Technical Development

PROGRAM OVERVIEW

The Adult Technical Development program at Toronto High Park Football Club is designed for individuals looking to improve their soccer skills in a supportive and dynamic environment. Whether you're new to the game or returning after some time, this program offers training sessions led by experienced coaches to help you build technical abilities, enhance tactical understanding, and boost overall fitness. It focuses on player development through drills, small-sided games, and fitness activities, allowing participants to improve at their own pace while enjoying the social and recreational aspects of the sport. Join the Adult Technical Development program to sharpen your skills, stay active, and experience the joy of soccer in a welcoming and non-competitive setting.

COMPONENTS

This new comprehensive program encompasses several different pillars from the technical side of the sport:

Ball Mastery

The best players in the world are those most comfortable with the ball at their feet. This program focuses on an individual player's ball control. Players will apply the skills they learn in various small-sided game situations to improve their overall confidence with the ball.

Movement

An SAQ (Speed, Agility, Quickness) component is also included in this program and offers age and stage appropriate drills and exercises to promote efficient and functional movement.

Ball Striking

The ball striking component enhances a players' current abilities and will expose players to different ball-striking techniques. This will aim to improve their chance of finishing on goal and overall passing execution. Players will perform a variety of drills and exercises that combine player movement, with striking the ball towards goals and targets (small nets, teammates, etc.).

Small-sided Games

1x1 2x2 3x3 (if the restrictions allow) Will also be included

Fitness

- Fitness component to be included as well as a focus on running it in a way where participants can expect to have some fun while developing their physical and soccer skills

PROGRAM OUTLINE

Age Group	19+ Women & Men
Style	Individual and small-sided game sessions (where possible)
Program Structure	*Spring/Summer (May to September)* *Fall/Winter (November to April)* Commitment: 1x per week Length of Training Sessions: 60 minutes
Eligibility	Open to all interested adult players
Uniform	No additional gear provided. Players should use THPFC training jerseys or comparable athletic gear. Shin pads are required, but not supplied.
Shoe Guidelines	Gym. 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)