

## High Performance Development Program (HPDP)

### Introduction:

The HPDP has been established to meet a growing need amongst young soccer players (boys and girls). The primary focus of the program is technical development, however all four cornerstones of long term player development will be addressed. (Technical, Tactical, Physical and psychosocial) using a structured development curriculum as the method of delivery.

### Who is it for?

The program is aimed at players who are in the 6-8 year old age brackets who are looking for high performance training to enhance their soccer skills and techniques. To be part of the program, players will first have to be assessed and then invited into the program.

**The program is open to soccer players, from all towns. Players should already be motivated and prepared to work hard to attain a higher level of skills.**

### How do players get an invite?

For all players in the Acton & Boxborough program - team coaches or divisional directors can nominate players for assessment. However players can only be invited into the program by the Director of Coaching, (DOC) or the professional development coaches (PDC's)

**Any players from outside Acton & Boxborough – will need to attend a session and be assessed.**

### What is it?

The HPDP program is a “year round” program covering fall, winter and spring (and some pre-season fitness work in summer) – with sessions structured as follows;

Fall 10 weekly sessions on Friday night from 4.30pm – 5.45pm

Winter 10 weekly indoor sessions one night of the week in February/March at Teamwork's

Spring 10 weekly sessions on Friday night from 4.30pm – 5.45pm

Summer 3 x 2 hour sessions (three pre-season fitness and technical training sessions)

### NOTES:

1. (For 2011 the fall program - only will consist of 6 weekly sessions)
2. Additional program and events may be added throughout the year, (*not included in the registration costs*) - these could involve ;( Futsal program, friendly games, jamborees etc)
3. Players invited into the program in winter or spring will be pro-rated
4. All training sessions will be in Acton or Boxborough



## Who are the coaches?

*Mitch Doherty* the Acton & Boxborough and Strikers United director of coaching will oversee and deliver the program. As the program grows, additional professional coaches from within the Strikers United program will assist delivery of the curriculum.

*Mitch Doherty* holds an FFA “B” License, an English prelim certification, is an SAQ (speed, agility and quickness) trainer and holds a Coerver skills certification. He also works for Mass Youth soccer as the head coach in the GU12 ODP program and as a coaching instructor.

The Strikers United coaches bio and more details about the Strikers program can be found on [www.strikersunited.com](http://www.strikersunited.com)

## What are the costs?

The cost of the program will include;

- Over 40 hours of professional training each year.
- Quality branded uniform, including 2 shirts, shorts, socks and an ADIDAS track-suit
- Speed Agility and Quickness training (SAQ)
- Exposure to enhanced technical, tactical, physical and psychosocial training
- Pre-season fitness training
- Indoor winter training
- A safe, fun and challenging environment to learn and develop in

Cost per player for the High Performance Development Program is \$750 per year. Broken down this works out at less than \$18 per session (Uniform included) – for a high level, challenging and structured development program.

