

“DON'T COUNT THE DAYS, MAKE THE DAYS COUNT.”



# North York Academy

Player Development Pathway & Player Profile



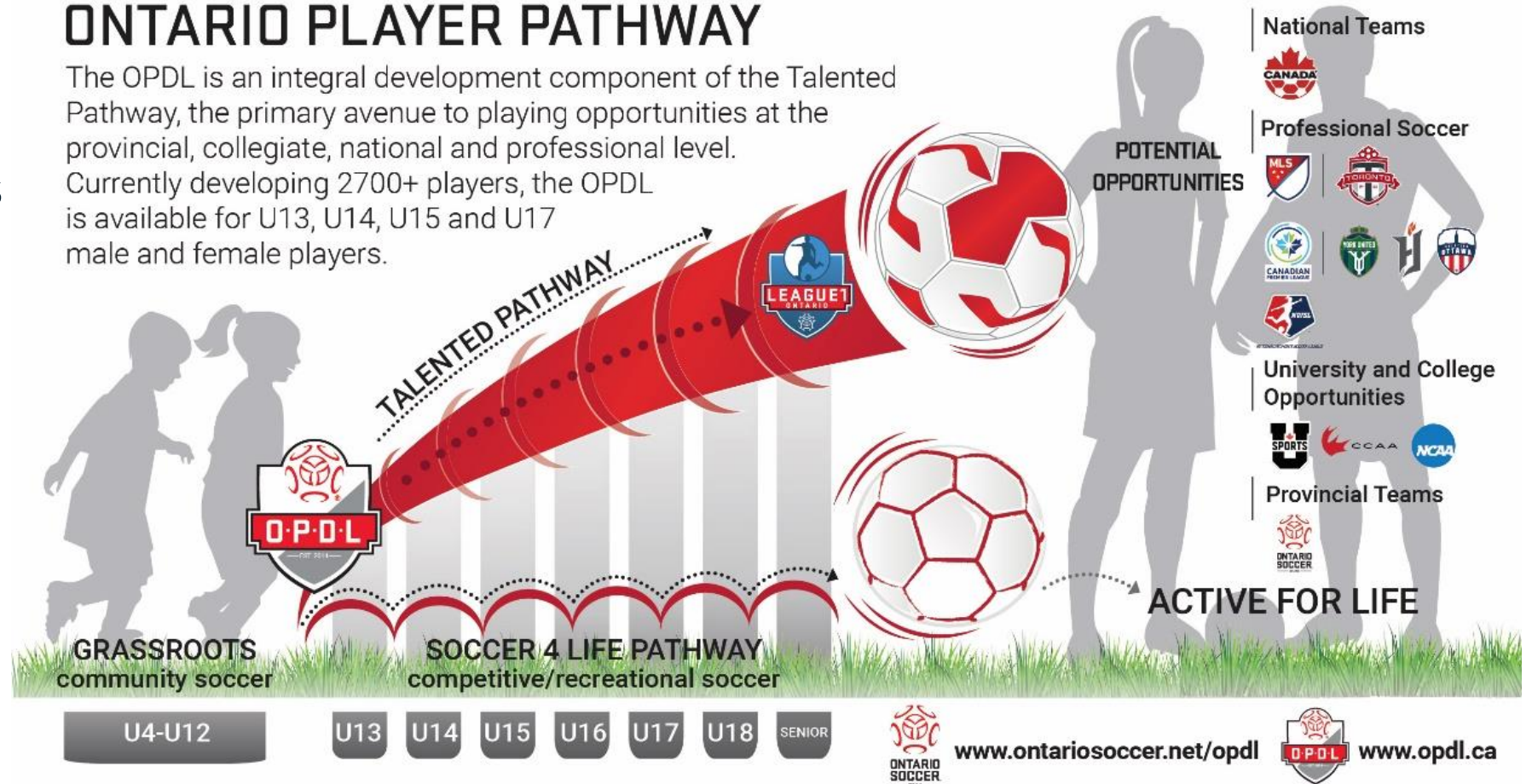
# Ontario Player Pathway



Ontario Player Development pathway determines the stages and its sequence to allow soccer players to progress from the Grassroots level to the Senior level.

## ONTARIO PLAYER PATHWAY

The OPDL is an integral development component of the Talented Pathway, the primary avenue to playing opportunities at the provincial, collegiate, national and professional level. Currently developing 2700+ players, the OPDL is available for U13, U14, U15 and U17 male and female players.



# Active Start (U4-U5)



- **Physical Literacy:** The emphasis is on developing physical literacy and getting familiar with a soccer ball.
- **FUN:** Fun and safe environment are of the utmost importance.
- **Parents:** Parents and guardians are encouraged to accompany players to make young athletes feel more comfortable and relaxed in a new setting.
- **Skills:** While players might not enjoy sharing the ball with other participants, they are usually more willing to share it with their parents and guardians which will allow to work on various skills in pairs, such as passing, protecting the ball, running away with the ball, etc.

# FUNdamentals (U6-U8 female; U6-U9 male)



- **No try-outs:** In this stage, there are still many players who are participating in soccer for the first time.
- **Individual Technique:** The focus is on the continued development of physical literacy and the recognition that individual technique development is paramount.
- **Small-sided Games:** Small-sided games (2v2, 3v3, 4v4, 5v5) are introduced and progresses as the players grow and develop. Coaches in this stage need to create a learning environment that is stimulating and engaging where players learn in a fun-filled small-sized game environment.



# Learn to Train (U9-U12 female; U10-U12 male)

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- **Golden stage of athlete development:** Players start recognizing the concept of a team play while are also motivated to work on individual skills.
- **Physical Literacy:** Coach will concentrate on helping the players to develop Agility, Balance, Coordination and Speed. Physical literacy should be incorporated in the athletes' warm-up and cool down.
- **Small-Sided Games:** A minimum of 50% of each practice time should be spent in the small-sided game environment.



# Ontario Soccer Grassroots Programs (U4-U12)



## During the Grassroots stage:

<b>Transformational Coaching</b>	Coaches should focus on inspiring players using the guiding discovery method. Players should be encouraged to explore creativity and develop the decision-making process, while coaches guide them through these processes by asking questions and creating challenging but fun environment.
<b>Fair Time in All Positions</b>	Players learn to play in different positions. While they might start favoring one or two positions, coaches are responsible for ensuring that players experience playing in all positions, including a goalkeeper. All players should have equal opportunities playing in all the positions, as well as fair playing time throughout the season to develop various skills before they enter a competitive stage at U13.
<b>No Try-Outs</b>	Try-outs and fixed rosters are not permitted. All the players should have an opportunity to compete in different league levels (if a club has more than one team in the age group) based on their individual needs, commitment and performance.
<b>Open Rosters</b>	Open rosters and movements within an age group are encouraged. During this stage, the focus is on development individual skills rather than group tactics.



## Soccer for Life (U13-U18)

Soccer for Life development stage (U13-U18) allows the players to pursue either competitive or recreational streams:

1. **Competitive stream** allows players to have access to intensive trainings and participation in district and regional leagues, such as CSL, YDSL, TDYSL, etc.
2. **Recreational stream** allows players to support a healthy lifestyle and participate in house league games and/or tournaments and be involved in skill training.

# High-Performance Pathway (U13-U17)

- High-performance pathway involves participation in the Ontario Player Development League (OPDL).
- OPDL is a standards-based, youth high performance league that combines top level competition with strict high performance training standards.
- OPDL encompasses the U13 to U17 age categories, for both males and females.
- Players have an opportunity to demonstrate their skills, be scouted and get selected to represent Ontario provincial teams.



# Senior Provincial Leagues (U18+)



## League 1 Ontario (focus on U19-U23)

- League 1 Ontario is the Province of Ontario's Pro-Am, standards-based, senior soccer league.
- Owned and managed by Canadian Soccer Business (CSB) since 2019 and sanctioned by FIFA through the domestic bodies of Canada Soccer and Ontario Soccer.
- League 1 Ontario's primary focus is the showcase and development of Canada's future stars.
- Participation in League 1 Ontario can be combined with university and college sports.

## League 1 Reserve (focus on U21)

- In 2019, League 1 Reserve was launched with a U21-focused division.
- League 1 Ontario Reserve league serves as an important bridge along Ontario's talented pathway, that provides a standards-based development environment for the next generation of League 1 stars.
- Clubs that operate League 1 Ontario teams have to participate in the League 1 Reserve competition as well and have an appropriate structure to support both levels.



# North York Academy Player Pathway



- North York Academy Player Pathway was created to:
  1. support the players' development within the academy, and
  2. ensure the players' progression within the development pathway to guarantee future successes.
- North York Academy Player Pathway is aligned with the Canada Soccer and Ontario Soccer pathways
- NYA Player Pathway Provides players with opportunities for participation in:
  - Grassroots (Development and Recreational U4-U12),
  - Soccer for Life (Competitive and Recreational U13-U18), and
  - Senior (U21) streams.



# Player Pathway: North York Academy



## North York Academy Player Pathway



Program Stream/Program Stage		Grassroots (U4-U12)			Soccer 4 Life (U13-U18)	Senior (U18+)
		Active Start (U4-U5)	Fundamentals (U6-U9)	Learn 2 Train (U9-U12)		
Recreational	Male	<ul style="list-style-type: none"> <li>Co-ed U4</li> <li>Co-ed U5</li> </ul>	<ul style="list-style-type: none"> <li>Co-ed U6</li> <li>Co-ed U7</li> <li>Co-ed U8</li> <li>Co-ed U9</li> </ul>	<ul style="list-style-type: none"> <li>Co-ed U10</li> <li>Co-ed U11</li> <li>Co-ed U12</li> </ul>	Training Players (practices and friendly games)	Training Players (practices and friendly games)
	Female	<ul style="list-style-type: none"> <li>Co-ed U4</li> <li>Co-ed U5</li> </ul>	<ul style="list-style-type: none"> <li>Co-ed U6</li> <li>Co-ed U7</li> <li>Co-ed U8</li> </ul>	<ul style="list-style-type: none"> <li>Co-ed U9</li> <li>Co-ed U10</li> <li>Co-ed U11</li> <li>Co-ed U12</li> </ul>	Training Players (practices and friendly games)	Training Players (practices and friendly games)
Development/ Competitive	Male	N/A	Refer to Fundamentals Recreational	<ul style="list-style-type: none"> <li>U10</li> <li>U11</li> <li>U12</li> </ul>	<ul style="list-style-type: none"> <li>U13*</li> <li>U14*</li> <li>U15*</li> <li>U16*</li> <li>U17*</li> </ul>	U21*
	Female	N/A	Refer to Fundamentals Recreational	<ul style="list-style-type: none"> <li>U11</li> <li>U12</li> </ul>	<ul style="list-style-type: none"> <li>U13*</li> </ul>	Training Players (practices and friendly games)
Skill Centre	Goalkeeping	Basic Motor Skills are incorporated in training	Goalkeeping is incorporated in training	Goalkeeping is incorporated in training	Goalkeeping	Goalkeeping
	Strength and Conditioning	Fundamental Movements are incorporated in training	Fundamental Movements	Fundamental Movements	Strength and Conditioning	Strength and Conditioning
	Individual Player Development	N/A	Individual Player Development	Individual Player Development	Individual Player Development	Individual Player Development
	Player Wellbeing	N/A	N/A	N/A	Player Wellbeing	Player Wellbeing

\*Try-outs

# North York Academy: Mission and Vision



## Mission

- North York Academy promotes and encourages a fun, safe, high-quality, and challenging learning environment to support the academy's players in becoming confident, dynamic, and courageous athletes and people.

## Vision

- Provide athletes with development opportunities tailored to their individual needs.





# North York Academy: Values

- Passion** Praising and celebrating winning mentality, initiative, courage, confidence, and love for sport amongst our members
- Advancement** Creating a fun and challenging learning environment that facilitates character growth and skills development
- Quality** Building a strong foundation to ensure the greatest future success
- Responsibility** Supporting local community and advocating for female leadership
- Integrity** Always demonstrating honesty and reliability through our words and actions

# North York Academy: 5 Development Pillars



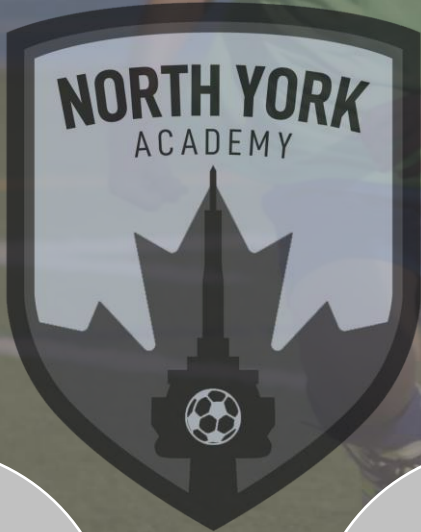
Strong  
Learning  
Foundation

Self-Discipline  
& Motivation

Teamwork &  
Strong Sense  
of Belonging

Equity &  
Inclusion

World-  
Class/Elite  
Opportunities



# North York Academy: Competitive Advantage

Individual Player Development Program (IPD)

Multi-Sport Opportunities (soccer & athletics)

Prime quality home fields

Professional coaching

International partnerships

Holistic Development (Scholarship Support, Tutoring, Player Wellness)



# North York Academy: Player Profile



## What players do we develop?

### Personal Characteristics

1. The goal is to be increasingly competitive and appealing in the competitive stage of player development (U13+)
2. The relationship with the ball remains the priority
3. The number of duels won and the intensity with which the players are able to repeat the actions
4. Focused and committed
5. Creative
6. Spontaneity, aggressiveness and collective sense on dribbling



# North York Academy: Player Profile



## What technical characteristic do we develop?

1  
Technical Characteristics:  
Attacking Principles

Different Branches	Do not overlap pass lines/Ask for the ball on different lines
Do not let the ball die	Constant change of direction and speed of ball circulation
Walls, one-two and bridges	Combinations to change the rhythm and win 1v1's. Passes with different trajectories and aims
1st touch guided	Guided touches to get out of pressure and orient the game
Changes of direction and speed	Break, Accelerate and always Change direction with the ball "glued" to your feet
Keep the Ball	Protect and keep the ball under pressure, attract and connect
Goal worth as much as a great goal	All foot surfaces and with any ball trajectory
Ball is our magnet	Engage on by dribbling or by passing to generate space

Attacking Principles

# North York Academy: Player Profile



## What technical characteristic do we develop?

2

Technical Characteristics:  
Attacking Principles

Awareness	Before receiving the ball check your shoulder
Unmarking	Get rid of markings
Ask for the ball in the gaps; Find Splits	Ask for the ball inside the opponent "structure" to break lines
Team First	Do what is best for the team before what is best for yourself
Progression	Progress together up the pitch
Recycle	Perceive when there is space and time to stop and start again
Culture of Touch	Impose our "culture of touch" in every moments and against any opponent
Balance	Always attack with responsibility on positioning

Attacking Principles



1

## What technical characteristic do we develop?

Technical Characteristics:  
Defending Principles

Transition to Defense	Quick and aggressive transition that allows an immediate ball recovery
Pressure zone	We mark the ball and spaces
Closing Down	Always close the team on the ball side
Always have the ball tight	The nearest defending player on the ball begins the pressure
Eye on the ball - do not chase the ball	Mastery of the concept of containment while approaching the ball



2

## What technical characteristic do we develop?

Technical Characteristics:  
Defending Principles

Defending Off the Ball	Defensive covers near the ball (all field)
If I get deked, I must go back to help!	In case of disassembly, renovation of covers
We all defend!	Defend together. The importance of working together
Don't stop until we have it back	Fight for the ball until the team recovers it
Recover	Save the ball (in width, in depth or by restart from behind)



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If you have any questions please  
do not hesitate to contact us at  
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