



Soccer Nova Scotia Whitecaps FC Prospects Program

Official Partner of Vancouver Whitecaps FC



Top 10 things you need to know about the Soccer Nova Scotia Whitecaps FC Prospects Program

What is the Soccer NS Whitecaps FC Prospects Program?

The Soccer NS Whitecaps FC Prospects Program is a continuation of the original Soccer NS U12 Academy, a province wide league and training structure for U12 soccer players who meet the highest standard in the province for technical/tactical, social/emotional, mental and physical ability. The U12 Academy program was established in 2015 replacing the old U12A league and RTC program. Soccer NS is excited to continue to grow its partnership with Vancouver Whitecaps FC through aligning Nova Scotia clubs with CSA and Whitecaps FC pathways, sharing curriculum and best practices.

The prospects program supports the Canadian Soccer Association's (CSA) 'player first' mentality and Long Term Player Development (LTPD) strategy and allows players to develop with other technically advanced players in a competitive and demanding atmosphere. The prospects program will continue to improve the standard of soccer in Nova Scotia by providing appropriate training and competition for players, providing a pathway for coaching education and development, and by regulating and periodizing the soccer calendar.

What's the difference?

	NEW - Soccer Nova Scotia Whitecaps FC Prospects Academy	OLD -U12A league and RTC
Curriculum	Standardized province wide competency based curriculum Four corner approach - mental, physical, emotional/social and technical/tactical development	Inconsistent programming that differs from region to region No focussed curriculum
Season format	One annual season with a periodized schedule with appropriate rest ratios Rest periods for family vacation, holidays and recovery (4 weeks December, 4 weeks March/April, 2 weeks August * amended January 5, 2016) Entry and exit points to allow players flexibility to play multiple sports	Overlapping seasons, multiple registrations
Coaching Development and Certification	Mandatory: Director of Program – B License Part 1 (soon to be Youth License) Head Coach – C License (certified) Support Staff - C License (trained) Female coach & GK coach development program	No mandatory coaching standards



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Why the change?

The game we love is declining in our province and if we stick with the status quo, the decline will continue. Our players and coaches deserve the best environment to develop and the Soccer NS Whitecaps FC Prospect Program will provide this. Through empowering clubs to achieve key performance objectives, the prospects program will improve programming and get more kids playing at appropriate levels with more certified coaches.

Why no more Regional Training Centre (RTC) program?

The previous RTC model doesn't align with Long Term Player Development (LTPD) standards and doesn't offer consistent programming throughout the province. The Soccer NS Whitecaps FC Prospects Program will offer a more complete program for both players and coaches by implementing standards and competency based curriculum.

What is competency based curriculum and why is it important?

Competency based curriculum is an outline of clearly defined player objectives for a specific age group. Players must fulfill these expectations in order to advance to the next level of high performance soccer. The Soccer NS Whitecaps FC Prospects Program has developed curriculum from Canada Soccer and Whitecaps FC philosophies and has simplified outcomes to suit the U12 age group. The Director of Program in each club academy is in control of the weekly training sessions but each session is built directly from the list of competencies U12 players are expected to have. Design and delivery of sessions may be different throughout the province but the competencies players gain will be the same.





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How does the Soccer NS Whitecaps FC Prospects Program provide a clearer player pathway?

With competency based curriculum, players know the skills and tools they need to master to be successful and reach the next level of the high performance pathway. Furthermore, the prospects program will allow Soccer NS technical staff to see and identify U12 players for the provincial program more often. The prospects program will have four annual provincial tournaments compared to the RTC program which only had one ID tournament.

Will there be any changes to the game and league format?

Retreat line - The Soccer NS Whitecaps FC Prospects Program will continue to use a retreat line to encourage players to play out of the back.

No standings – No standings or scores will be kept for any league competitions.

Why will there be no standings?

No standings or scores during competitions is in line with LTPD and allows for better player development. With no standings or scores coaches are less likely to have a win at all cost mentality and are more likely to continue to help players learn and develop. For example, coaches are more likely to have players try different positions or try playing out of the back during competition.

Why are there gaps in the soccer calendar?

The program has been developed to provide appropriate rest ratios to limit the chance of player burn out. The structure also provides families with vacation and rest periods which were not always possible with the U12A league and RTC program season overlap.

What is the time commitment and cost?

All clubs in the Soccer NS Whitecaps FC Prospects Program are expected to run at least two training sessions a week plus league competition. Clubs can choose to run additional sessions. Players are expected to participate in all training sessions and competitions at the discretion of their club.

Costs will be determined by each club but will remain similar to costs associated with playing in the previous U12A league and RTC program.