



BRYST STRATEGIC & OPERATIONAL PLAN | 2021-2026

Plan Intent:

The BRYST 5-Year Strategic Plan was developed in November 2019, revised March 2020, updated August 2020 and revisited February 2021 due to the impact of the COVID-19 pandemic. The COVID-19 pandemic has made a profound impact on families, businesses, and sports on a global basis. Our strategic and operational plan will reflect our new priorities due to regulations and protocols implemented by all levels of government, Ontario Soccer and Canada Soccer.

A SWOT analysis was sent to all membership (Parents, Coaches, Volunteers, Staff and Directors) of the BRYST to provide further clarity on strategic goals.

The Plan is broken down into 5 key elements:

1. Player Development
2. Coach Development
3. Match Officials Development
4. Organizational Development
5. Facilities Development

About:

Mission:

To provide an opportunity for any person in the region to play soccer in an encouraging and rewarding environment that emphasizes fun, teamwork and skill development at a level that fits his/her BFA is also dedicated to offering high standard training for those individuals that wish to reach their full potential.

Vision:

To be recognized in our community as a premiere soccer club known for developing and retaining players and having quality coaches and referees.

Values:

Fun - we believe soccer being fun!

Inclusiveness - we believe soccer should welcome all who wish to participate

Excellence - we strive for and support the greatest level of achievement for all members

Fair Play - we believe in fairness on and off the field of play

The BRYST's 5 Year Strategic and Operational Plan were devised with the contribution of qualified individuals, members, coaches, volunteers, staff and approved by the President.

1. Player Development

BRYST provides recreational programs for boys and girls of all ages of U4 through to U21. The BFA is committed to developing our programs to align and support the CSA's Long-Term Player Development (LTPD) framework. Due to the impact of COVID-19, participation levels in sport has declined drastically.

Our primary strategic target is to maintain and increase player registration from 2021 – 2026.

- Ensure all soccer related programs for greater BRYST community abide by all regulations and protocols as required by all levels of government to prevent the transmission of COVID-19
- Encourage participation from Newcomers to Canada as soccer is a gateway to building friendships and remove cultural/social barriers
- Build greater diversity, equity, and inclusion in participation and within our communities
- Create programming to actively engage and encourage participation from Girls and Women
- Increase number of certified paid coaches for both recreational and competitive teams to maintain high level of quality and consistency with player development
- Continuing player surveys for both recreational and competitive divisions to receive constructive

feedback

- Continue to promote BFA's player pathway virtually and throughout social media channels
- Entrench BRYST in the region's communities through increased exposure throughout various community events

The growth potential and benefits to BFA:

- Assist in reducing player registration costs
 - » Increase registration levels allows division of overhead costs among a broader base
- Assist in increasing participation levels for all Newcomers to Canada
 - » Removal of cultural and social barriers
- Establish BFA as an organization who embraces diversity, equity, and inclusion
- Increase participation level in girls' programs
- Develop strong leadership in soccer
- Supports CSA/OS Long Term Player Development Model
 - » Increase number of teams in each age division promotes open rosters
 - » Encourages age and stage development
- Increased revenue streams
 - » Additional Technical Staff and coaches will be hired to support programs
 - » Allows Technical support staff for each competitive team

Player Development KPIs

- Player Development KPIs
 - Increase number of registered players from 200 to 400 by 2027
 - Increase number of I Model players to 120 by 2026 (one full team per age group)
 - Field an I Model team in every age group U13 to U18 year over year
 - Build out our district program to have a second team in every age group by 2027
 - Increase number of players selected for Provincial Screening from 5 in 2025 to 10 by 2027
 - Increase number of players selected for the TFC trial period from 2 in 2025 to 5 by 2027
 - Graduate a minimum of 8 players onto collegiate level soccer (NCAA/NAIA/USports/OCAA) annually
 - Maintain diversity within our club and team – track the number of players who are part of a visible minority, and strive to have representation from all backgrounds (no arbitrary target because our selection methodology is based on sport-specific criteria)
 - Increase the numbers of girls' teams at Bryst Football Academy from 2 to 5 by 2027

2. Coach Development

Bryst believes that in the next five years the development of our coaches is essential to the growth

development of our program and the development of our players.

The objective for the next five years is to employ highly qualified head coaches by taking advanced coaching courses regardless of the age or division they are coaching.

Our primary strategic target is to increase the number of certified coaches (National B, Provincial B & C License) and establish a Professional Coaching Structure with qualified Technical Staff over the next five years:

2021-2026

- Ensure all Development Head Coaches achieve a minimum C coaching license qualification
 - Establish and implement a system of coach mentorship that is available to all coaches
 - Attract, develop, and mentor additional female coaches
 - Ensure all development and competitive coaches are assessed at least twice a year
 - The Director of Technical Development will focus on identifying coaches and mentor them for the next level of the coaching pathway
 - The club will implement coaching workshops, in class and on field sessions to prepare and evaluate coaches for coaching certifications
- » 2021: National B Part 2; National B Part 1; C License
 - » 2022: National A; National B Part 1; National B Part 2; C License
 - » 2023: National A; National B Part 1; National B Part 2; C License
 - » 2024: additional National B Part 1; National B Part 2; C License
 - » 2025– 2026: assess progression and requirements annually

Our secondary strategic target is to attract, develop and mentor additional female coaches

- The Director, Technical Development will focus on identifying high potential female players currently with our club, to mentor as future coaches

Coach Development KPIs

- Coach Development KPIs
 - Ensure there is one unique coach per I Model team with a minimum C License Certified – 6 C License Certified coaches (minimum) at the club at all times
 - Ensure there is one unique coach per Grassroots team with the appropriate certification (Active Start, Learn to Train, Soccer for Life)
 - Ensure assistant coaches are actively working towards C License Certification (i.e., registered in the C License course or one of its prerequisites)
 - Have a minimum of 2 coaches enrolled in Advanced Coaching Diplomas per year (this year, 2025, we will have 3)

- Cover the cost for all head coaches at club U13+ to attend the Ontario Soccer Summit annually
- Hold a minimum of 2 Bryst Coach Development sessions in person per season
- Provide a coaching assessment to each head coach once per season (twice per year)
- Increase the number of female coaches at Bryst Football Academy from 2 to 5 by 2027 (to align with girls' team targets)

3. Match Official Development

The BFA recognizes that a key element of soccer development is that of Match Official Education and Development.

Soccer cannot be played in a structured fashion without officials and the club recognizes that it is in the interests of everyone to ensure that the technical development of this important stakeholder group is focused heavily on it.

The BFA Strategic & Operational Plan supports the development, education, and promotion of match officials from the grassroots (club) level.

This is achieved through on-going education, assessment and mentoring throughout the soccer season while implementing all regulations and protocols as required by all levels of government, Ontario Soccer and Canada Soccer.

- Match Official Development
 - Work with head referee to increase the number of referees in the Bryst Match Official pool from 12 to 25 by 2027
 - Increase the number of Grade 6 referees in the Bryst Match Official pool to 15 by 2027
 - Increase the number of referees employed to work at the Bryst Holiday Cup
 - In 2024, we employed 9 referees across the 4-day tournament
 - In 2025, we aim to employ 12 referees across the 4-day tournament, should we be able to increase the number of Grade 6 referees in our Match Official pool
 - Pay 50% of course costs for Head Referee's higher grading

4. Organizational Development

With the growth of the BRYST coupled with our goal of providing more programs and support our membership, we recognize the need to increase and retain operational and technical staff.

We are currently working with our Operations and Technical Teams to create job descriptions to reflect the ongoing changes in prerequisites for divisions of play, inclusivity, equity, and diversity.

Revenues required for club operations are managed through BFA's stringent fiscal planning and execution.

To maximize our membership satisfaction, sponsorship and fundraising are key to limiting the dependency on increasing membership fees.

Our primary strategic target is to ensure BFA is fiscally sustainable to continue operations at a credible and serviceable position despite economic swings.

2021 - 2022: Investigate additional forms of revenue

- » Development of additional programs, clinics, and camps
- » Sale of clubwear and equipment

2021-2026: Continue with sound financial reporting processes

- » In partnership with our 3rd party auditor, continue to ensure all financial processes and procedures are consistent with accepted accounting practices

2021-2026: Build financial reserves

- » Ensure registration fees are reflective of the costs incurred, quality of programming and service delivery

2022 – 2023: Explore integration of online registration and league management modules

- » This would allow for alignment with Ontario Soccer's service provider and streamline us processes
- » Reduce overlap in service providers and provide a full online management solution

Our secondary strategic target is to retain additional staff to focus on increasing sponsorship and fundraising, resulting in increased community partnerships.

2021: re-establish our sponsorship base which has been impacted by the COVID-19 pandemic

- » Implement communications strategy to include all current and potential sponsors

2021-2022: Undergo club “re-branding” to streamline communication and club image to focus on inclusion, equity, and diversity

» Develop strategic partnership with community leaders/organizations

» Expand community involvement to position BFA as more than just a soccer club

2021 - 2026: Explore additional sources of funding

» Investigate all government funding opportunities, Municipal, Provincial, and/or Federal grants

» Investigate funding opportunities with private and public organizations

2021 – 2026: Continue to develop partnerships with local schools and community groups

» Reach out to new schools in our boundary to partner on extra-curricular soccer activities

» Work with community groups to promote each other’s offerings to the local communities.

Our tertiary strategic target is to implement a Board and Staffing Succession Plan to ensure consistent levels of programming and service levels despite planned or unanticipated turnover

2021 – 2026: Continue with performance reviews of operational and technical staff

» Recognition of performance and identification of growth opportunities

2021 – 2026: Attract skills-based volunteers to serve on various committee roles

» Broaden our volunteer base; exposure to board and/or staff positions should turnover occur

- **Organizational Development**

- Host a minimum of 2 camps per season – target revenue is \$50,000 per year (\$12,500 per camp)
- Host a minimum of 24 technical clinics/sessions per year – target revenue is \$15,000 per year
- Introduce summer development program (i.e., camp for Bryst players only) – target revenue is \$12,000 (\$2,000 per week x 6 weeks)
- Develop and launch club spirit wear online store – target revenue is \$15,000
- Maintain 15% net margins on all team program registrations
- Reduce bad debts expense (i.e., players unable to play and without sponsorship/scholarship & players who leave the club and do not close out their account) to 5% for the outdoor 2025 season and onwards
- Rebranding: replace “old Bryst logo” with “new Bryst logo” on all Bryst apparel, social media, and documentation.
 - Transition all Bryst apparel to Adidas by 2027
- ****Social Media KPIs have already been provided****

5. Facilities Development

With limited fields available in the BFA boundaries, over the last 5 years BRYST has grown and reached maximum capacity, especially in the younger age groups. Due to impending growth within the communities over the upcoming 5 years, additional

facilities will be introduced.

As the BFA has developed a great relationship with the City of Vaughan over these past many years, we will continue to work with these municipalities to develop high quality soccer fields and facilities to reflect the requirements of our growing membership and diverse programming. Our primary strategic target is to expand our inventory of lit fields. As our membership continues to grow, we ensure that we have an adequate inventory of lit fields to maximize and streamline scheduling. Currently the BFA has access to a few lit fields which presents challenges in the scheduling of us competitive divisions as well as match officials.

2021 – 2024: work with the City of Vaughan needs assessment and identify facilities that will support infrastructure improvements.

2021 – 2026: Maximize scheduling on high quality facilities for all divisions practices and games.

Due to the increased demand for programming for 12 months of the year, coupled with the stringent facilities standard imposed by the development of players, the BFA has built and operates our own indoor facility- Prime Athletic Centre PAC 1192 Martin Grove Rd.

- **Facilities Development**

- Utilize our own indoor turf facility and S&C gym, Prime Athletic Centre (which we own and operate), once per week per team to reduce the strain on dome time and outdoor field time for private clubs
- Recently added a third indoor field to Prime Athletic Centre – plan to expand with a fourth field by 2027 subject to building availability
- Plan to expand Prime Athletic Centre with a larger S&C gym space by 2026
- Continue to develop our relationship with DG Sports to secure indoor field time
 - In 2024, we increased our full-field training hours in Wet n Wild dome from 6 training blocks (3 hours - full field) to 12 training blocks (6 hours - full field) per week
 - For indoor 2025-26, it is our goal to increase our full-field training hours to 9 hours – 18 training blocks
- Continuing to develop our relationship with the Zanchin Automotive Soccer Centre for outdoor field time
 - In 2025, we have increased our number of outdoor season training hours with the OSA by 6.5 hours, but some of this time is using the indoor space; it is our goal to move these 6.5 hours to the outdoor field for 2026
- Continue to grow our newfound relationship with Newton’s Grove School to further develop our Futsal program – increase training hours from 6 hours to 10 hours for Indoor 2025-26.



SWOT ANALYSIS

STRENGTHS

- >In-house coach development (male/female)
- >Alignment to LTPD
- >Full-service Club
- >Alignment to YRSA, OS, CS

WEAKNESSES

- >Lower female program numbers
- >Access to field permits/fields (lit)
- >No authorized “house league” permission

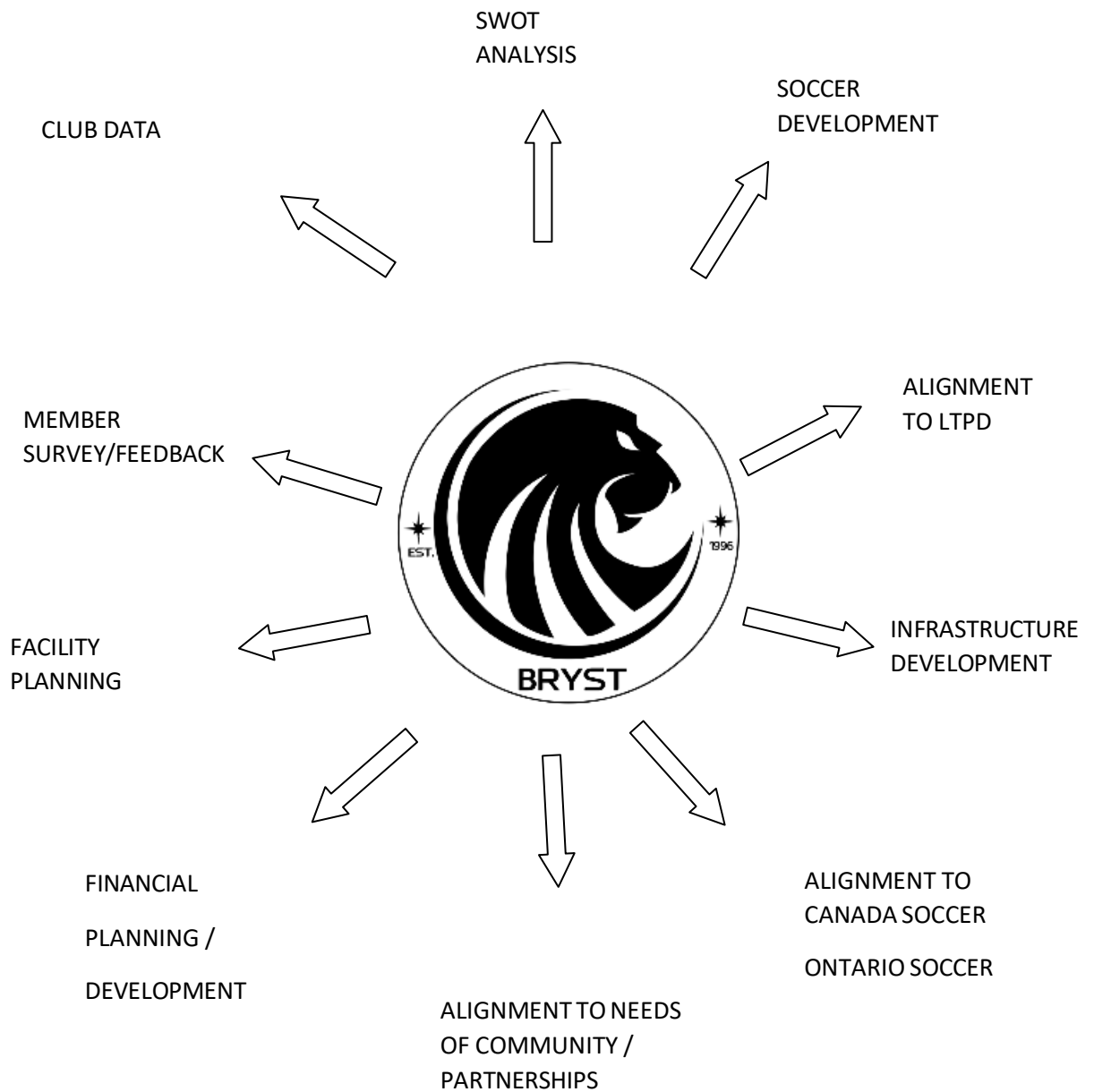
OPPORTUNITIES

- >Strategic “Partnerships”
- >Canada Soccer Club Licensing
- >Growth (female/male)

THREATS

- >Fluid landscapes
- >Non-sanctioned entities
- >Cost/fees/operating expenses

STRATEGIC PLANNING



STRATEGIC PLAN ALIGNMENT

Once the Strategic Plan was completed the Technical team was able to complete this plan, which aims to exceed all expectations for the next five years. Within the Technical Development Plan, we can create a strategy to help us create alignment and cohesion.

Specifically, within the Strategic Plan you will find

- Continued connection between our Club, Members, Community and Partners
- Adapt our programming to ensure everyone within our community can play soccer at our club regardless of age, sex, ability, or interest level
- Transition Current Bryst players and Alumni into Coaches and Officials (emphasis on female coaches)
- Continue to use our LTPD alignment to transition players into Provincial and National teams as well as professional academies, CPL and Post-Secondary playing opportunities

HOW / WHY / WHO-STRATEGIC PLANNING

Who Helped Build the Strategic Plan

- Executive Director/ Board of Directors
- Technical Staff
- Admin Staff

How was the Strategic Plan Developed

- Feedback provided from our membership
- SWOT Analysis

Why was the Strategic Plan Developed

- To ensure BRYST is set up for success moving forward
- To ensure we are aligned with the vision of Ontario Soccer and Canada Soccer
- Set achievable, obtainable and object goals for the club
- Continuing to provide high quality soccer service to our Community

OPERATIONAL PLAN ALIGNMENT

The Club Board of Directors completed the operational Plan which we will utilize for the next five years. This could only happen once we completed our strategic plan. To ensure our Strategic, Technical and Operational Plan, are all interconnected and aligned with one another these common themes will be evident in all our documentation

Our

Community,

Our People

Long-Term viability

OUR COMMUNITY

The club continues to provide our community with soccer programming for players of all ages, abilities, and interest levels. As a “Full-service Club” we offer programming that allows anyone and everyone in our community to be involved in the beautiful game.

OUR PEOPLE

Coaches have always been and will be the foundation in which BRYST is built upon. The value they bring to our Club and Community is immense and they will be mentioned repeatedly in our Strategic and Operational Plans.

We continue and will always have coaches provide guidance for our membership at varying levels.

LONG-TERM VIABILITY

BRYST has been present in the community for decades. To ensure we continue to, there are a few things that the club has and will continue to focus upon

- Fiscal Responsibility/Financial Planning
- Flexibility to deal with the ever-changing landscape in Canadian Soccer
- Improved and More Facilities
- Continually promoting existing BRYST players and Alumni into coaching and Club official positions

TECHNICAL DEVELOPMENT PLAN OVERVIEW

BRYST Technical Development Plan has been created to provide a detailed overview, understanding and vision of the club.

Understanding where the club currently stands will help us make improvements, to ensure we are constantly raising the level of our club to provide the best opportunities for our players, coaches, and officials.

PROGRAM DEVELOPMENT & ALIGNMENT

BRYST continues to adapt our programming to ensure it is not only LTPD Compliant but also aligned with the vision Ontario Soccer and Canada Soccer for our sport moving forward

Active Start- Recreational Programming (indoor and outdoor)

FUNDamentals- Recreational Programming/Open Development Programming (Indoor and Outdoor)

Learn to Train- Recreational Programming/Open Development Programming (Indoor and Outdoor)

Soccer For Life- Recreational Programming/ Competitive (Indoor and outdoor)

***Train to Train**- Ontario Player Development League (Year-Round)

***Train to Compete** – League1 Ontario (Year-Round)

Active For Life- Adult Programming (Men, Women, Co-ed) Indoor and Outdoor

We also offer an all-abilities program (this is co-ed and open to all)

For more information about our programming please go to www.brystsoccer.com

*Pursuant to National Youth Club Licensing

YEARLY TRAINING PLAN

Ensuring that all our Yearly Training Plans are up to date and LTPD compliant create a highly organized and cohesive training schedule. This ensures that player development and the improvement of teams is done by design, and not by chance.

Yearly Training Plans help in the following manner

- Ensuring that the appropriate amount of time is dedicated to Age and Stage specific topics
- Creates a clear vision for each player/coach/team at the Club
- Ensures the appropriate amount of planning and organization have gone into the design of the Curriculum

BRYST YEARLY TRAINING PLAN (PERIODIZATION)

YEAR/MATCH/SPORTS	TRANSITION PHASE																																									
	GENERAL PREPARATION												PRE-COMPETITION																													
	JANUARY						FEBRUARY						MARCH						APRIL						MAY						COMPETITION PHASE						TRANSITION PHASE					
	3	31	29	27	24	21	1	7	5	3	1	21	1	7	14	21	28	4	11	18	25	2	9	16	23	30	JUNE - OCTOBER						NOVEMBER - DECEMBER									
	RECOVER/TRANSITION PERIOD						RECOVER/TRANSITION PERIOD						RECOVER/TRANSITION PERIOD						RECOVER/TRANSITION PERIOD						RECOVER/TRANSITION PERIOD						RECOVER/TRANSITION PERIOD						RECOVER/TRANSITION PERIOD					
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BRYST WEEKLY TRAINING-INDOOR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAY OFF - REST/ RECOVERY	TEAM ENDURANCE TRAINING OUTDOOR MICHAEL POWER TRACK/ POWER AND ENDURANCE DEVELOPMENT	DAY OFF/ REST RECOVERY	TEAM TRAINING PAC: SUB PRINCIPLES & SUB PRINCIPAL DEVELOPMENT: INDIVIDUAL AND SECTORIAL AND GROUP WORK	TEAM TRAINING @ OSA OUTDOOR: MAIN PRINCIPLE AND SUB PRINCIPAL DEVELOPMENT - 4 PHASES OF THE GAME AND GAME MODEL DEVELOPMENT	INDIVIDUAL DEVELOPMENT PRACTICE @ PAC	TEAM MACTH DAY - PRE - M A T C H PREPARATION & ACTIVATION

BRYST WEEKLY TRAINING-OUTDOOR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAY OFF - REST/RECOVERY	TEAM FITNESS TRAINING PAC/ SPEED AND AGILITY WORK - FITNESS RELATED TO SUB PRINCIPAL DEVELOPMENT	TEAM TRAINING OSA (1/3) TECHNICAL POWER DEVELOPMENT/ INDIVIDUAL AND SECTORIAL WORK	TEAM TRAINING OSA (1/2) DEVELOPMENT OF 4 PHASES & IMPLEMENTATION OF GAME MODEL	TEAM TRAINING OSA (1/2) DEVELOPMENT OF 4 PHASES & IMPLEMENTATION OF GAME MODEL	INDIVIDUAL DEVELOPMENT WORK - ACTIVATION AND PREPARATION FOR GAME	MATCH DAY
RECOVERY	ACTIVE RECOVERY	TACTICAL LEARNING		ACTIVATION	MATCH	
REST	SUB- SUB PRINCIPLES	SUB PRINCIPLES	MAIN PRINCIPLES/ SUB PRINCIPLES - GAME MODEL IMPLEMENTATION		SUB - SUB PRINCIPLES	PERFORMANCE

PLAYER DEVELOPMENT OVERVIEW

HOLISTIC APPROACH

BRYST believes in an integrated approach to developing the player. For any players to meet his or her potential we as a club need to provide the following Opportunity – All BRYST players must have access to different levels of play ensuring that they are competing at the correct level of playing specific to them

individual needs (Open Development, Players Movement) Grassroots, Competitive Education – All players must have the same access to our highly qualified coaches. Engaging and educating parents is key to this Innovation – Creating solutions out of potentials issues, and ensuring our club is always player-centered, progressive, open-minded, and evolving as opposed to just reacting

BRYST provides an environment where the integrated approach to developing players is at the forefront of everything that we do. We have partnered with HP WELLNESS AND 180 FITNESS to provide our athletes with the following opportunities - Individual Fitness training - Small Group Training - Athletic and

Massage Therapy - Nutritional Education and Support - Injury Prevention and Rehabilitation - Sport science

BRYST PATHWAY APPROACH

BRYST website (www.brystsoccer.com) allows all members and potential members the opportunity to view and compare available programming -BRYST is a “Full Service” Club allowing players regardless of age, gender, ability or desire level a place to play -BRYST offers both indoor and outdoor programming allowing our members to play year round -The technical staff and coaches at the club are constantly assessing players and will happily discuss with parents’ what program is best suited for their child - Goalkeeper training offered to members who are willing and have a desire to attend

COMMUNITY DEVELOPMENT

VISION- Develop a greater connection with our school system

GOAL-Delivering programming in our local school system to continue building a relationship between our club and the community and local schools

VISION-Create an environment where more teachers from our local schools are coaching at our club
Goal Target local teachers by creating financial/ community involvement incentives for them

GOAL-Target local teachers by creating financial/ community involvement incentives for them

SOCCER DEVELOPMENT

Vision Increase the number of grassroots participants

Goal begins a targeted campaign within our local schools and community to better promote our club and boost enrollment

Vision Adapt and promote our programming to ensure every person within our community regardless of sex, ability or age has a place to play

Goal Continue to have open development/ competitive teams that represent our club on the district, regional and provincial level

Goal Begin in-depth research into the demographics within our community to ensure we have a 5% growth within our club membership

Vision Enhance programming that is age & stage appropriate as well as fully LTPD compliant

Goal Capture between 5%-10% more players at the FUNdamental stage of development (Increasing the number of players at this stage of development ensures we have a viable player pool for years to come)

Vision Enhance the quality and quantity of BRYST players and alumni who become officials.

Goal Create a more detailed communication in accordance with LTPD and target players who are in our senior program.

TRAINING PROGRAM PHILOSOPHY

GAG TRAINING SESSION

Our training program philosophy is a tried and tested program that we utilized at the club for the last three years. The Global (Initial Game) – Analytical (Activity) – Game (Final Game) (also known as GAG) training program allows the coach to maximize the amount of time that the players are training. It allows the game to be the teacher, and the focus of everything we do. Please note all training session will begin with a “warm up” and end with a “cool down.”

TRAINING PROGRAM PHILOSOPHY

GAG TRAINING SESSION “WARM UP”

The first 10-12 minutes of the training session will consist of a warmup that is related to the major themes and techniques you want to focus upon for tonight.

All players from the session will be active within the warmup. They get the opportunity to get touches on the soccer ball and prepare themselves both mentally and physically for the training session to come.

Warm up (10-12 Minutes)

Organization: Players placed into two groups of four with two players on the outside of a 20-yard X 20-yard grid. 4 balls will be utilized for this activity. Passing/Receiving movement warm up. 2 teams of players, half of the players will have a ball. Have players on the outside, but also goalkeepers can be used. Players are encouraged to pass the ball with various parts of their foot as well as receiving the ball.

with various aspects of the foot. Encourage quick passes, movement of the ball, quality, and accuracy of pass. If GK's are used encourage them to have hands as well as feet.

Psychological: Confidence, Being Safe

Technical: Passing, Receiving

Physical: A, B, C's Change of Direction

Social: Communication, Peer Interaction, Fun

Emphasis: Changing Direction, passing + Receiving, A, B, C's, Speed Fun

GAG BRYST TRAINING SESSION

GAME (INITIAL GAME)

Global (Initial Game): After the warmup, the first phase of play (Initial Game) will begin with a Simple game related to the major theme or topics you want to discuss and introduce.

This game format can vary 2v2, 6vs6, 4 goals, target players, or to end zones.

Players are placed in an environment where they are encouraged to try new things and experiment.

The role of the coach is to set the parameters of the training session while using the initial game to unveil the remainder of the training session.

Game (Initial Game) (12-15 Minutes) Organization: 6 vs 6 +2 in a small-sided game in a 60-yard X 40 Yard grid. 2 players from each team are placed on the outside of the grid in the attacking half of the field as support players. Support players are limited to 2 touches.

Encourage players to keep possession of the ball and make passes that advance the ball and break lines of pressure.

Psychological: Confidence, Being Safe, Decision Making

Technical: Passing, Receiving, Possession

Physical: A, B, C's Change of Direction

Social: Communication, Peer Interaction, Fun

Emphasis Changing Direction, passing + Receiving, A, B, C's, Speed, Fun

GAG BRYST TRAINING SESSION

ANALYTICAL (ACTIVITY)

During this part of the training session more emphasis will be placed upon and is placed on the activity and development of certain aspects of the game.

During this portion of the training session the coach's role is to correct the technique of players. If possible do not stop the activity. Coach "over" to correct the behavior.

Analytical (Activity) (12-15 Minutes)

Organization: Players placed into groups of 4 with 2 players on the outside of a 20-yard X 20-yard grid. Please use 2 soccer balls for this activity. 2 groups of 4 players are numbered 1 through 4. Number 1 always shows and collects the ball from the player on the outside. Number 1 collects the ball from the outside 1 pass to 2, 2 passes to 3 and then 3 passes to 4. Keep repeating the sequence. Encourage players to continue to move and accept new positions within the grid. Continue to focus on quick passes, movement off the ball and accuracy of passes.

Always look to get support around the person who is in possession of the ball Switch the people on the outside after every 2-3 minutes. As a progression look to creates passing that split the opposition (look to break lines)

Psychological: Confidence, Being Safe, Positive Reinforcement

Technical: Passing, Receiving

Physical: A, B, C's Change of Direction

Social: Communication, Peer Interaction, Fun

Emphasis: Changing Direction, passing + Receiving, A, B, C's, Speed

GAG BRYST TRAINING SESSION

GLOBAL (FINAL GAME)

The Final Game allows everything that the player learned in the training session to be put on display in the final game.

The role of the coach is to allow the players to play while ensuring that they adhere to the objectives of the session. Limited coaching stoppages should take place in the final game.

Station D – Global (Final Game) (12-15 Minutes)

Organization: Play 7 vs 7 in a 60 Yard X 40 Yard Field. No conditions. Encourage players to be positive, play forward and penetrate with passes. Look for good movement to find support and create space. Look to break lines of pressure with forward balls.

Psychological: Confidence, Being Safe, Decision Making

Technical: Passing, Receiving, Possession, Individual Ability

Physical: A, B, C's Change of Direction

Social: Communication, Peer Interaction, Communication, Fun

Emphasis: Changing Direction, passing + Receiving, A, B, C's, Speed, Fun

ALIGNMENT TO LONG TERM PLAYER DEVELOPMENT

(LTPD)

Ontario Soccer Continues to be a great resource for all Soccer Clubs within the Province

Readily available material such as training sessions, webinars and other information is available for all to see

To ensure we are fully LTPD compliant, and that our membership understands the benefits of LTPD, we make this information available to all our members.

ALIGNMENT TO CANADA SOCCER PATHWAYS

Provide age and stage appropriate programming within Active Start, FUNdamentals, Learn to Train, Train to Train, Training to Compete/Training to Win and Active for Life areas (www.brystsoccer.com)

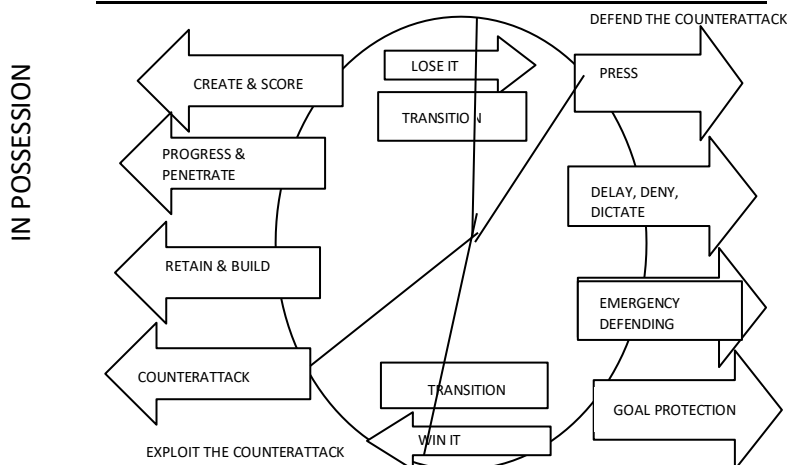
Participating in standard based programming National Youth Club Licensing

Continue to collaborate with the School, board, and City to ensure we have the necessary facilities required to provide high quality soccer programming for our community

Support coaches as they participate in Canada Soccer licenses and certifications - Develop players in a manner that allows them to go on and play for Provincial and National teams.

BRYST

PLAYING & TRAINING METHODOLOGY



OUR PLAYING STYLE WILL PROVIDE CLEAR IDENTITY TO OUR COACHES AND PLAYERS ON HOW BRYST TEAMS PLAY.

IN POSSESSION- AN ATTACK MINDED POSSESSION BASED ON STYLE WHICH FOCUSES ON CREATING GOAL SCORING OPPORTUNITIES.

OUT OF POSSESSION- AN AGGRESSIVE, HIGH PRESSING STYLE WHICH FOCUSES ON FORCING TURNS FROM OUR OPPOSITION AND QUICKLY RETAINING POSSESSION.

PLAYING MODEL GAME DAY OBJECTIVES

These are the elements that we expect our BRYST Coaches to implement to ensure we are meeting the objectives of our playing model.

Appropriate arrival time before training sessions and games

Age and Stage appropriate warm-up

Appropriate Tactical discussion which focuses on the individual, unit, and team –

Management within the game that reinforces the tactics which were previously discussed –

Ensuring the process is more important than the result –

A focus on development which ensures that the training sessions and training load does get altered due to a negative result or a string of negative results.

BRYST PLAYER MODEL

ATTACKING ↓	DEFENDING ↓	+TRANSITION ↓	-TRANSITION ↓	SET PIECES ↓
POSSESSION ↓	PRESSURE ↓	SECURE THE BALL ↓	RE PRESS THE BALL ↓	ATTACKING ↓
CREATIVITY ↓	COVER/SUPPORT ↓	CAN WE PENETRATE ↓	DELAY/DENY ↓	DEFENDING ↓
PENETRATION ↓	COMPACTNESS ↓	RETAIN THE BALL ↓	COMPACTNESS ↓	ORGANIZATION ↓
COUNTERATTACK	WIN THE BALL	SUPPORT THE BALL	BALANCE	COMMUNICATION

BRYST GAME DAY PHILOSOPHY

Play from the back (Goalkeeper-Defender-Midfielder-Attacker) on the ground when possible (use possession to advance the ball) –

Encourage creative, attack minded individual play in the Zone 4 (Change the Game) –

Defend as a unit (press high up the field) to win the ball back and start the attack again –

Do not alter our Game Day philosophy because of how the game result is going –

Continue to put the process ahead of the result –

Understand Soccer is always changing but we need to put faith in our game day philosophy

BRYST PLAYING MODEL

U8 (5 VS 5)

1-1-2-1 System of Play

The 1-1-2-1 system of play (Diamond Formation) allows players to gain the individual tactical awareness required to play in a defined system as they transition into a 1-2-3-1 system of play. Playing in a diamond formation allows the team to create both width and depth naturally while attacking. The individual units are broken up into a defensive, midfield and attacking unit. The units collaborate with one another to ensure the team tactics are fulfilled.

U9-10 (7 VS 7)

1-2-3-1 System of Play

The 1-2-3-1 system of play is an ideal formation to coach positions and give your players a good idea of what is expected of them. It also allows the players to gain the tactical awareness required as they transition into a 9-a-side 1-3-4-1 system of play. The responsibilities of each player are like the ones they will utilize in the next formation that they will play (1-3-4-1). The 1-2-3-1 system allows us to begin working with 3 separate units (defense, midfield, and forward units) and how they interact and depend on each other.

U11 (9 VS 9)

1-3-4-1 System of Play

The 1-3-4-1 is an ideal formation to coach positions and give your players a good idea of what is expected when they move into a 1-3-2-3 system of play. The 1-3-4-1 system provides width while attacking however it is balanced enough to ensure that in most cases the team can defend with 7 players. The wide players within this system are key as they must join the attack when in possession, however, they need to be disciplined enough to connect with the midfield unit and defend while we do not have possession of the ball.

U12 (9 VS 9)

1-3-2-3 System of Play

The 1-3-2-3 is an attack minded formation which allows players the ability to gain the required experienced necessary to be successful as they transition into a 1-4-3-3 system of play. The 1-3-2-3 system of play focuses on the interchange play of the front 3 creating fluidity and creativity in the attacking 3rd. This system mimics the roles and responsibilities of each individual player as they transition into a 1-4-3-3 system of play

U13 and up (11 VS 11)

1-4-3-3 System of Play

The 1-4-3-3 is an ideal system to learn because of its tactical flexibility. It is also the preferred playing model of Canadian National Teams. Minor adjustments in positioning and mentality easily allow the system to become a more defensive 1-4-5-1, these adjustments are easier to make in the 1-4-3-3,

especially for younger players, than in most other systems. It is important to note that our interpretation of the 1-4-3-3 will include one holding midfielder and two attacking midfielders.

MOMENTS WITHIN THE GAME

The five moments within the game that we focus upon are the following

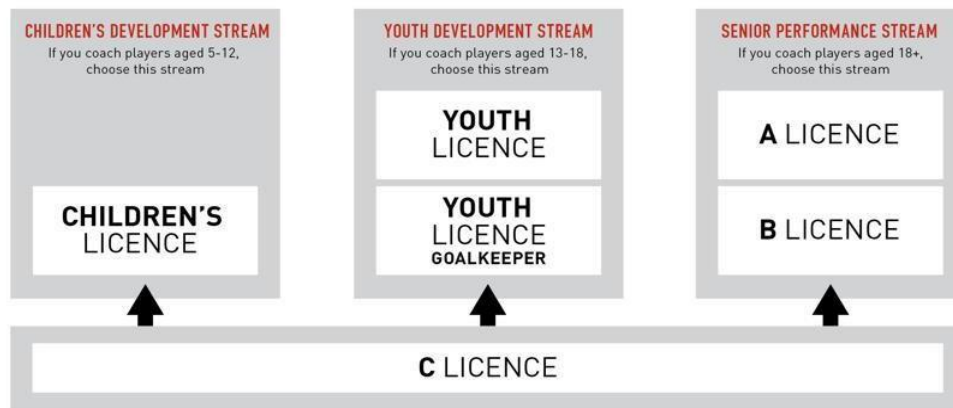
- 1) **Attacking** (when we are in possession of the ball)
- 2) **Defending** (when we are not in possession of the ball)
- 3) **Positive Transition** (we won the ball back, and are starting the attack)
- 4) **Negative Transition** (we had the ball; we lost it and now we must defend)
- 5) **Set Pieces** (defending and attacking set pieces)

COACH DEVELOPMENT A NEW ERA

CANADA SOCCER COACH EDUCATION PROGRAM

CANADA SOCCER ADVANCED COACH EDUCATION PROGRAM

ONLINE MODULES + PRACTICAL WORKSHOPS + EVALUATIONS



CANADA SOCCER GRASSROOTS COACH EDUCATION PROGRAM

ONLINE MODULE + PRACTICAL WORKSHOP

ACTIVE START

If you coach players aged 4-6, complete this workshop

FUNDAMENTALS

If you coach players aged 6-9, complete this workshop

LEARN TO TRAIN

If you coach players aged 9-12, complete this workshop

SOCCER FOR LIFE

If you coach players aged 13+, complete this workshop



BRYST COACHES ARE KEY

Five Pillars

Coach Recruitment

Coach Education

Coach Mentorship

Coach Retention

Coach Advancement/Recognition

BRYST COACHES

RECRUITMENT-EDUCATION-MENTORSHIP-

RETENTION-ADVANCEMENT/RECOGNITION

Coach Recruitment –

Utilize our U21 and League1 teams to help transition BRYST players into BRYST coaches (BRYST Players = BRYST Coaches in the future) –

Create an environment where the club is invested in each coaches' individual development –

Make each young coach feel supported, valued, and appreciated –

Match these coaches with older, more experienced coaches (mentor and mentee relationship through our Junior Mentorship Program) –

If needed acquire coaches on the open market (last resort)

Coach Education –

Support coaches as they acquire age and stage appropriate licensing (financially as well preparing them on the field) –

Host in house coaching education clinics delivered by senior technical staff (once per month) –

Align all coach education opportunities with LTPD as well as the vision of OS and CSA –

Focus on the coach as an individual, and the goals he or she has for themselves (individualized coaching plan) –

Pay for coaches to attend conferences such as the Ontario Soccer Summit, and the NSCAA Conference

BRYST COACHES Provide expert guidance on player management, technical/tactical approach, session planning, yearly periodization plan as well as parent meetings/ management

Accessibility to the Club Head Coach and Technical Director as well as Senior Technical staff

Create a positive environment where young coaches feel as though they can learn and grow.

Make sure each coach knows that they are important

Track our Coach Retention rates yearly –

Ensure that after investing in our coaches that they remain at our club for numerous years –

Create Individualized Coaching Plans for each coach which indicates timelines and clear objectives –

Have some flexibility with young coaches so that they do not feel overwhelmed and decided to quit when they have a setback –

Create an environment where they feel appreciated, supported, and valued –

Pay coaches fairly and on time –

Ensure that our coach retention rates are above 80% year after year

The process in place to assess and evaluate Coaches at the club includes the following –

Ongoing session evaluation and interaction review –

Monthly division meetings –

Semi Annual update group meetings –

One yearly planning and review session –

Parent/Player Coach Survey –

Player questionnaire on leadership style evaluation –

Discuss with each coach what their short, medium, and long-term goals are

Women in Coaching

Promoting and creating opportunities for young women to coach at BRYST is something that we have really promoted. Our goal is to increase number of our Girl's teams being coached by women head coaches. teams to transition our players into coaching roles

Individualized Coaching Plan (ICP) We understand that some coaches may want to progress through the coaching ranks at varying rates (not a cookie cutter program)

BRYST will continue to support the Female Mentorship Program offered through Ontario Soccer

Continuing to investigate and integrate the information that the Canadian Association for the Advancement of Women and Physical Activity (CAAWS) is creating and providing will be implemented into our programming.

Like CAAWS the BRYST is dedicated to creating an equitable and inclusive system that empowers girls and women as active participants and leaders in sport.

For more information on CAAWS please go to the following website <https://www.caaws.ca/>

Coach Recognition

Recognizing coaches for the job they do is an ongoing process. Year-end banquets and Coach appreciation nights are done on a yearly basis. We also recognize our coaches by treating them with respect and as they continue to do a good job help prepare them for an upcoming license that they may want to take

Coach Advancement

As a “Full Service” Club BRYST offers its coaches many opportunities. Should coaches choose, they may pursue employment in soccer in a full-time capacity as opposed to part-time.

BRYST

THE FUTURE

In the years to come BRYST will focus on improving the following aspects of our club.

- Continue to create a safe and inclusive environment for all players within our community
- Continue to offer our “Soccer for Life” pathway where players regardless of ability, age, or sex can continue playing at our club for as long as they want
- Continue to develop players who can move on and play at the professional, postsecondary, provincial, and national team level
- Continue to develop “home grown” coaches who are heavily invested in the long-term development of our club
- Ensure infrastructures are in place to support the continued growth and success of our players, coaches, and match officials