



TECHNICAL PLAN

2025-2028

PASSION.AMBITION.COMMITMENT





BRYST FOOTBALL ACADEMY

CLUB BACKGROUND

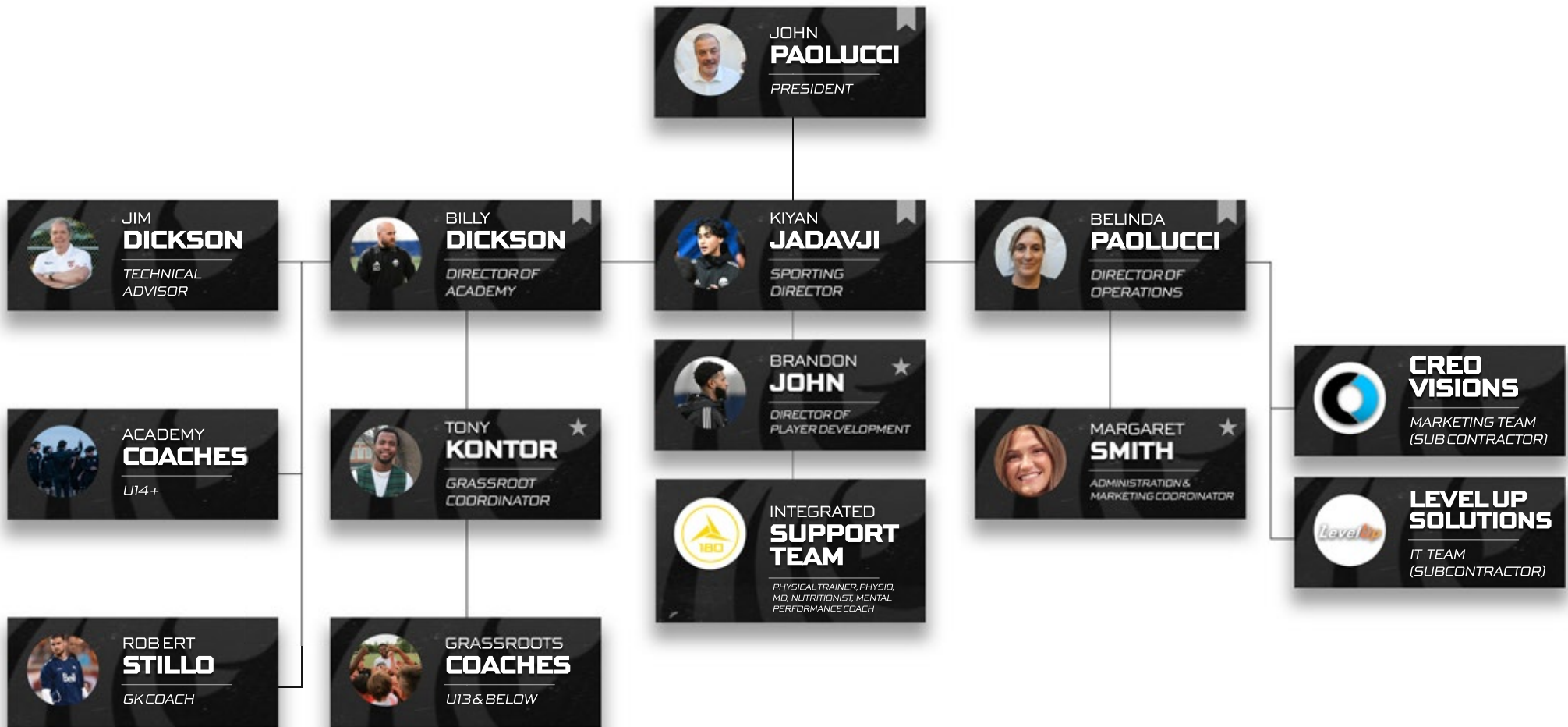
Founded in 1995, **Bryst Football Academy** is a premier youth soccer club based in Ontario, committed to excellence in long-term player development. With a philosophy centered around individual growth and technical mastery, Bryst has built a strong reputation for producing well-rounded players who excel both on and off the field.

The academy follows the principles of the **Canada Soccer Long-Term Player Development (LTPD)** model, emphasizing skill development, game intelligence, and a love for the sport over short-term results. Programs are tailored to meet the needs of players at every stage—ranging from grassroots to high-performance—ensuring each athlete receives the guidance, support, and challenge necessary to reach their full potential.

Bryst Football Academy is led by a dedicated team of experienced and licensed coaches who prioritize mentorship, character development, and continuous learning. The club maintains strong connections with professional academies, post-secondary institutions, and international programs, offering players meaningful opportunities for advancement.

At Bryst, the goal is simple: to inspire and develop confident, creative, and technically skilled footballers in a positive, inclusive, and competitive environment.

BRYST FOOTBALL ACADEMY ORGANIZATION CHART



BRYST FOOTBALL ACADEMY

DESIRED OUTCOMES

Success at Bryst FA is measured through the following key outcomes:

- 1. DEVELOP PLAYERS***
- 2. EMPOWER AND DEVELOP COACHES***
- 3. ELEVATE PERFORMANCE***
- 4. BUILD COMMUNITY***
- 5. SUSTAINABLE GROWTH***



1-A PLAYER DEVELOPMENT OUTCOMES

Goal: Produce technically and tactically intelligent players who can excel in advanced competitive environments.

- **Technical Excellence:**
Players demonstrate advanced ball mastery, intelligent first touches, and precision in passing, finishing, and receiving under pressure.
- **Tactical Intelligence:**
Players understand multiple game models and can adapt their positioning, decision-making, and tempo to different match contexts.
- **Performance Habits:**
Players consistently show high levels of concentration, work rate, and professionalism in training and competition.
- **Physical Preparedness:**
Age-appropriate strength, speed, and endurance programs support injury prevention and performance optimization.
- **Player Pathway Advancement:**
Talented players progress to higher levels — for example, Provincial Teams, National Development Centres (NDC), university/NCAA programs, or professional club academies.

1-B CHARACTER DEVELOPMENT

Goal: Develop responsible, resilient, and respectful young people who model Bryst's values on and off the field.

- **Mental Resilience:**
Players learn to manage adversity, maintain focus, and demonstrate a growth mindset.
- **Leadership and Accountability:**
Captains and senior players mentor younger ones, creating a culture of peer leadership.
- **Respect and Integrity:**
Players embody Bryst's standards of respect toward officials, opponents, and teammates, aligned with Canada Soccer's Safe Sport principles.
- **Community Ambassadors:**
Players engage in mentorship, outreach, or community soccer programs, representing the academy's ethos.

2. EMPOWER AND DEVELOP COACHES

Goal: Maintain a coaching staff recognized for expertise, consistency, and alignment with Canada Soccer Standards.

- **Coach Education and Licensing:**
All coaches hold licensing appropriate to their role with the club and pursue continuous professional development.
- **Coach Development Opportunities:**
The club supports coaches in their pursuit of higher licensing and facilitates real-world coach development opportunities.
- **Bryst Workshops:**
The club hosts coaching workshops, centred around the club's game model and playing philosophy.
- **Player-Centered Approach:**
Training sessions are structured to challenge and support players, emphasizing creativity and game intelligence.

3. ELEVATE PERFORMANCE

Goal: Develop teams who abide by the club's game model and playing philosophy, while remaining competitive in every match.

- **Individual Development → Team Development → Team Results:**
Players and teams are coached with individual development and team development as a core priorities, leading to competitive results as a byproduct.
- **Unified Curriculum:**
All teams follow Bryst's technical and tactical periodization model, ensuring consistent player development from U8–U18.
- **Data-Informed Feedback:**
Coaches use match analysis and player assessments to enhance player and team development.

4. BUILD COMMUNITY THROUGH ACADEMY CULTURE AND ENVIRONMENT

Goal: Foster an elite yet inclusive environment that prioritizes long-term development over short-term results.

- **Culture of Excellence:**
Every player, coach, and staff member is held accountable to high standards of professionalism and effort.
- **Supportive Environment:**
Clear communication channels exist between coaches, players, and families, emphasizing collaboration and transparency.
- **Inclusive Access:**
Bryst continues to identify and support talented players from diverse backgrounds through outreach and scholarships.
- **Parent Education:**
Parents are engaged as partners in the development process through information sessions and education on long-term athlete development.

5. SUSTAINABLE GROWTH

Goal: Strengthen the Bryst position as a leading talent development academy.

- **Alignment with Canada Soccer Pathway:**
Full compliance with Canada Soccer's Club Licensing Program and Long-Term Player Development (LTPD) framework.
- **Pathway Recognition:**
Bryst is recognized as a reliable source of talent for national youth teams, universities, and professional clubs.
- **Sustainability and Growth:**
Financial and operational stability supports ongoing investment in facilities, staff, and player resources.
- **Measurement and Evaluation:**
Success is tracked through clear metrics — player progression, coach development, retention, and player/parent satisfaction.



RECREATIONAL PATHWAY

COMPETITIVE PATHWAY

TALENTED PATHWAY

CSA NATIONAL
TEAMS PROGRAMS

PROFESSIONAL
CLUBS

POST SECONDARY
TEAMS

LEAGUE 1 RESERVE / LEAGUE 2 / COLLEGE PREP TRAVEL TEAM

U13 - U15
DEVELOPMENT
LEAGUE

U13-U15
DEDICATED
PLAYER
PROGRAM

U21 BOYS + GIRLS

U17 BOYS + GIRLS

U16 BOYS + GIRLS

U15 BOYS + GIRLS

U14 BOYS + GIRLS

U13 BOYS + GIRLS

OPDL U17 BOYS + GIRLS

OPDL U16 BOYS + GIRLS

OPDL U15 BOYS + GIRLS

OPDL U14 BOYS + GIRLS

OPDL U13 BOYS + GIRLS

TRIALS / IDENTIFICATION / SELECTION

U8 - U12 GRASSROOTS DEVELOPMENT PROGRAM

U5-U7 PRE ACADEMY

COMMUNITY OUTREACH
SCHOOL PROGRAMS

U5-U7 ALL
ABILITIES PROGRAMS

OPEN PLAYER INTAKE

LTPD

IWODET

DISTRICT COMPETITION

PROVINCIAL COMPETITION

BRYST FOOTBALL ACADEMY

CORE PROGRAMS

ACTIVE START (U5-U6)

Program Cycles: Outdoor/Indoor

Programs Offered: *Kix for Kids, Kix for Schools, All Abilities, Pre Academy*

Block Length: 6-16 weeks

Practice to Match Ratio: N/A

Match Format: Informal games

LEARN TO TRAIN (U10-U13)

Program Cycles: Outdoor/Indoor

Programs Offered: *Grassroots Development Academy, IDP Training Programs, Dedicated Player Program, Rec Development League*

Block Length: 10-22 weeks

Practice to Match Ratio: 2:1, 3:1

Match Format: 7v7, 9v9

FUNDAMENTALS (U6-U7/ U8-U9)

Program Cycles: Outdoor/Indoor

Programs Offered: *Pre Academy, Grassroots Development Academy, Community Outreach School Programs, Dedicated Player Program, All Abilities Program*

Block Length: 6-16 weeks

Practice to Match Ratio: 2:1, 3:1

Match Format: 3v3, 5v5 (with GK)

SOCCER FOR LIFE (U13+)

Program Cycles: Outdoor/Indoor

Programs Offered: *Competitive Youth Academy, Dedicated Player Program, U13-U15 Development League, IDP Programming*

Block Length: 10-22 weeks

Practice to Match Ratio: 2:1, 3:1

Match Format: 11v11



PROGRAM DELIVERY & EXECUTION

Bryst Football Academy Program Delivery Targets

- 1. Build a unified curriculum and structured season training plan.*
- 2. Invest in coach education and internal mentorship.*
- 3. Implement robust player monitoring and feedback systems.*
- 4. Maintain seamless operations and communication.*
- 5. Embed a culture of excellence, inclusion, and continuous improvement.*



TECHNICAL PROGRAM

DESIGN & DELIVERY

Goal: Ensure every session and season aligns with a clear player development plan and curriculum.

- **Implement a standardized curriculum** aligned with Canada Soccer's LTPD model, broken down by age, phase, and learning outcomes.
- **Create annual periodization plans** (macro and micro cycles) to guide coaches through what to emphasize each month and week.
- **Session design templates:** Require all coaches to use a shared session plan format that includes objectives, progressions, and success measures.
- **Weekly technical themes:** Assign technical/tactical focus areas across the academy (e.g., Week 1: Possession, Week 2: Transition, Week 3: Finishing).
- **Coach collaboration:** Hold biweekly technical meetings to ensure consistency and share learning outcomes.
- **Curriculum audits:** Conduct quarterly reviews of session plans and match footage to verify delivery quality and alignment.

Key Tools:

- Bryst Technical Curriculum Document
- Shared digital platform (e.g., TeamSnap, SportSessionPlanner, or Google Workspace)
- Session and match evaluation forms

PROGRAM DELIVERY

COACH DEVELOPMENT & MENTORSHIP

Goal: Deliver a consistent, high-standard coaching experience across all programs.

- **Recruit and retain licensed coaches** who are aligned with Bryst's and Canada Soccer's four corner development model.
- **Annual coach education plan:** Each coach completes at least one Canada Soccer CPD event and one internal workshop yearly.
- **Internal mentorship:** Senior coaches mentor developing coaches, using live session observation and feedback.
- **Coach observation cycles:** Technical Director attends sessions regularly to provide feedback using standardized evaluation rubrics.
- **Unified delivery culture:** Encourage coaches to use consistent coaching language, teaching cues, and feedback models.
- **Performance reviews:** Conduct bi-annual reviews with each coach covering session quality, player feedback, and personal goals.
- Coach Performance Evaluation Template

Key Tools:

- Bryst Coach Education Framework
- Video review sessions for reflective learning

PROGRAM DELIVERY

PLAYER MONITORING, FEEDBACK & COMMUNICATION

Goal: Maintain individualized, transparent development tracking for every player.

- **Recruit and retain licensed coaches** Player Development Plans (PDPs): Each player receives a personalized plan with short-term and long-term goals.
- **Quarterly player evaluations:** Technical, tactical, physical, and psychological feedback provided in written form and through one-on-one meetings.
- **Data-informed feedback:** Use performance analytics (video, GPS, match stats) where appropriate.
- **Consistent communication loops:**
 - Coaches → Players: Weekly performance feedback
 - Coaches → Parents: Monthly progress updates
 - Technical Director → Coaches: Bi-weekly program check-ins
- **Digital tracking:** Use an online database or dashboard to track progress across all phases.

Key Tools:

- Player Development Tracking System (Google Sheets, Team Genius, or Smartabase)
- Standardized evaluation rubric (aligned with Canada Soccer player development matrix)
- Video feedback using tools like Veo, supported by Veo analytics.

PROGRAM DELIVERY OPERATIONS AND COORDINATION

OPERATIONAL AND LOGISTICAL EXCELLENCE

Goal: Deliver a smooth, professional, and safe operational experience that supports performance.

- **Structured seasonal planning:** Confirm training schedules, facility bookings, and staffing 2–3 months before each season.
- **Training-to-match ratio:** Maintain 3:1 or 4:1 training-to-competition ratio for development focus.
- **Integrated staff roles:**
 - Technical Director – program oversight and alignment
 - Club Administrator – logistics, scheduling, communication
 - Strength & Conditioning Lead – physical programming
 - Sports Physiotherapist – safety, well-being, and Safe Sport compliance
- **Facility optimization:** Design field layouts for simultaneous team sessions, encouraging coach collaboration.
- **Clear communication channels:** Use centralized apps for schedules, attendance, and updates (e.g., TeamSnap, Spond).
- **Safety and risk management:** Ensure all staff are Safe Sport certified and background-checked; maintain emergency action plans for each facility.

Key Tools:

- Seasonal Operations Calendar
- Club Communication Protocol
- Facility Use and Risk Management Checklist

PROGRAM DELIVERY

MAINTAINING A STANDARD AND BUILDING AN INCLUSIVE ENVIRONMENT

CULTURE, ENGAGEMENT, AND CONTINUOUS IMPROVEMENT

Goal: Build a performance-driven, inclusive, and growth-oriented academy culture.

- **Establish clear Bryst values** — Passion, Ambition Commitment, Teamwork, Integrity, Sustainability — and integrate them into every program.
- **Coach and player induction:** Each season starts with a values-based orientation session.
- **Parent education:** Host workshops on topics such as LTPD, growth mindset, and supporting athlete well-being.
- **Leadership pathway:** Create opportunities for senior players to assist with younger age groups or community events.
- **Feedback culture:** Regularly survey players, parents, and coaches to identify improvement areas.
- **Annual technical and operational review:** Assess outcomes against KPIs (player retention, advancement, satisfaction, and coach development).
- **Celebrate success:** Share player achievements and academy milestones to strengthen identity and pride.

Key Tools:

- Bryst Code of Conduct and Values Handbook
- Parent Education Series (3 sessions per year)
- Annual Satisfaction and Culture Survey

PROGRAM EXECUTION RHYTHM

(YEAR-ROUND CYCLE EXAMPLE)

PHASE	KEY ACTIONS	DELIVERABLES
Pre-Season (Feb–Apr)	Coach meetings, player testing, curriculum alignment	Annual training plan finalized
Competitive Season (May–Oct)	Program delivery, match analysis, player evaluations	Mid-season review reports
Transition (Oct–Nov)	End-of-season meetings, surveys, and debrief	Annual summary and planning
Off-Season (Nov–Jan)	Indoor technical training, staff education, strategic review	Updated curriculum and staff development



PLAYING PHILOSOPHY AND ON-FIELD IDENTITY

CORE PRINCIPLES AND IDENTITY

Key Elements:

- **Style of Play:**
 - Possession based football where the goalkeeper is the first attacker and the striker is the first defender.
 - The goal is to dominate valued areas of the pitch with positional play and control of the ball.
 - High value to quick defensive transitions through coordinated pressing and man-orientated defensive actions.
- **Game Model Alignment:**
 - Coaches and players with a clear understanding of roles and responsibility through the 5 phases of the game.
 - Agreed upon attacking and defending principles
 - Core principles that embody the playing style, attitude and direction of each Bryst FA team and program.
 - Common club language and terms that allow player movement and shared understanding between age group cohorts.
- **Player-Centered Focus:**
 - The club philosophy prioritizes development over short-term results, with the goal of preparing players for higher performance environments (Provincial, National, University, Professional).
 - Club-wide focus on developing talent holistically, through the four-corners of Technical, Tactical, Physical & Psychological
- **Cultural Identity:**
 - The playing style and philosophy of the club to be the on field representation of the club's core values.

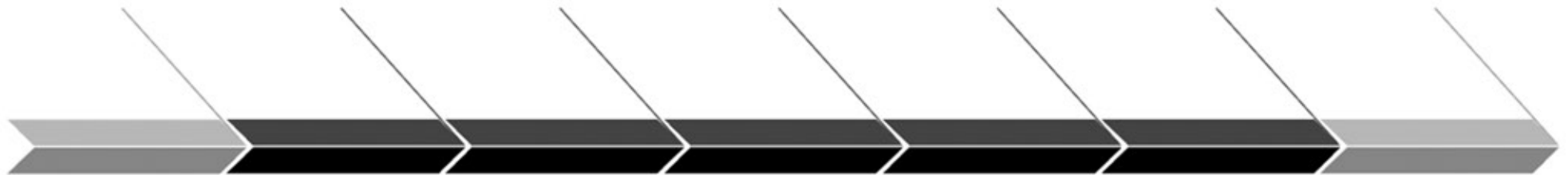


BRYST

TRAINING SESSION METHODOLOGY



TRAINING SESSION METHODOLOGY



PREBRIEF

Brief players on the focus, objectives, and intended outcomes.

WARM UP

Prepare players - physically and mentally - for the session.

PRESENTATION PHASE

Introduce technical and tactical principles relevant to the session.

ACQUISITION PHASE

Leverage repetitions and progressions for players to acquire the intended principles.

CHECK FOR UNDERSTANDING

Provide players with the opportunity to demonstrate competency and evaluate results.

COOL DOWN

Allow players to decompress - physically and mentally - from the rigours of the session.

DEBRIEF

Revisit the focus, objectives, and outcomes. Provide context or food-for-thought as a segway into the next session.

TRAINING PRINCIPLES

- 1 REALISTIC**
Training must mimic the game and all of its elements; what occurs in the game must occur in training.
- 2 OBJECTIVES (OPPOSING)**
Training must mimic the game and all of its elements; what occurs in the game must occur in training.
- 3 ADAPTABLE**
Training must mimic the game and all of its elements; what occurs in the game must occur in training.
- 4 PROGRESSIVE**
Training must mimic the game and all of its elements; what occurs in the game must occur in training.
- 5 ENJOYABLE**
Training must mimic the game and all of its elements; what occurs in the game must occur in training.

R.O.A.P.E



BRYST

COACHING METHODOLOGY & PROCESS

THE COACHING PROCESS FRAMEWORK



The Spectrum of Teaching Styles

The command style (a)

Teacher makes all the decisions before, during, and after the lesson. All exercises are performed after a certain stimulus, such as a whistle.

The practice style (b)

Teacher shows the task and gives room for learners to practice at their own pace. Teacher follows and gives feedback.

The reciprocal style (c)

Students work in pairs and take turns observing & giving feedback to each other using performance criteria.

The self-check style (d)

Similar to reciprocal style but students work on their own.

The inclusion style (e)

Teacher sets out tasks with varying levels of difficulty. Pupils decide which task is most appropriate for their abilities and motivations.

Guided discovery (f)

The teacher uses questions to guide the learners towards a single predetermined response or solution.

Convergent discovery (g)

Learners discover new content by producing a single correct response to an unfamiliar specific problem, question, or situation.

Divergent discovery (h)

Teacher designs problems that engage students to find multiple solutions.

Learner-designed individual program (i)

Students have the opportunity to design, develop and present a series of tasks organized into a personal program.

Learner-initiated style (j)

The learner initiates their own learning experience by deciding the learning intent, objectives, the logistics, procedures, and assessment criteria.

Self-teaching (k)

The learner accepts the decision-making roles of both teacher and learner.

A coach with curly hair, wearing a dark blue Adidas jacket with "KJ" on the sleeve, is leaning over a large white tactical board. The board has a soccer field diagram with blue and red markers. The background is a blurred outdoor field.

THE COACHING PROCESS FRAMEWORK: EXAMPLES

Engage:

- Pre-session video
- Send players session plan
- Interactive tasks to prime

Enter:

- Observation
- Timing of Intervention
- Flow

Explain:

- Whiteboard
- Mini-field
- Demonstration

Educate:

- Intervention approach
- Details of the intervention

Exit:

- Review the environment
- Where to stand & why
- Do you verbally leave the space

Ensure:

- Opportunities for interaction
- Opportunities for rehearsal

SPORTS SCIENCE & MEDICINE PLAN

PURPOSE AND OBJECTIVES

The Sports Science and Medicine (SSM) Plan ensures that all players at Bryst Football Academy receive high-quality, evidence-based care and performance support in line with Canada Soccer National Youth Club Licence standards.

The plan's objectives are to:

- Safeguard the **health, safety, and wellbeing** of all players.
- Support **long-term player development (LTPD)** through science-based monitoring and interventions.
- Provide **integrated medical and performance services** for prevention, assessment, treatment, and rehabilitation of injuries.
- Promote **education and best practices** for players, coaches, and parents.

SSM PLAN:

- 1.** Player Health and Safety Policies (Emergency Action Plan, Injury and Illness Management, Concussion and Return to Play Protocol)
- 2.** Physical Development & Load Management (Athlete Monitoring, Strength & Conditioning, Growth & Maturation Tracking)
- 3.** Performance & Recovery Support (Nutrition, Recovery Strategies, Mental Performance)
- 4.** Data Management & Confidentiality
- 5.** Education & Communication
- 6.** Partnership & Referrals
- 7.** Monitoring, Review & Evaluation

TECHNOLOGY SUPPORT PLAN

At **Bryst Football Academy**, our mission is to develop intelligent, technically proficient, and well-rounded players through evidence-based coaching and innovation. As part of our commitment to modern player development, the Academy integrates **performance technologies**—including **VEO** (AI video analysis) and **Playermaker** (wearable performance tracking)—into our daily training and match environments.

These tools allow our coaches and players to make informed decisions, accelerate learning, and monitor growth in alignment with **Canada Soccer's Long-Term Player Development (LTPD)** framework.

Technological Aids to Player Development:

1. VEO - The goal is to provide players with visual feedback to aid in their development. Improving tactical understanding and decision-making. All home matches and selected training sessions are recorded and reviewed.
2. Playermaker - Providing objective data on players' physical and technical performance in real game context.

Player Benefits:

- Visual learning accelerates learning and positional awareness
- Players become active in their own development and improvements become tangible.
- Coaches will integrate data into training periodization and injury prevention strategies.

CLUB DEVELOPMENT TIMELINE

