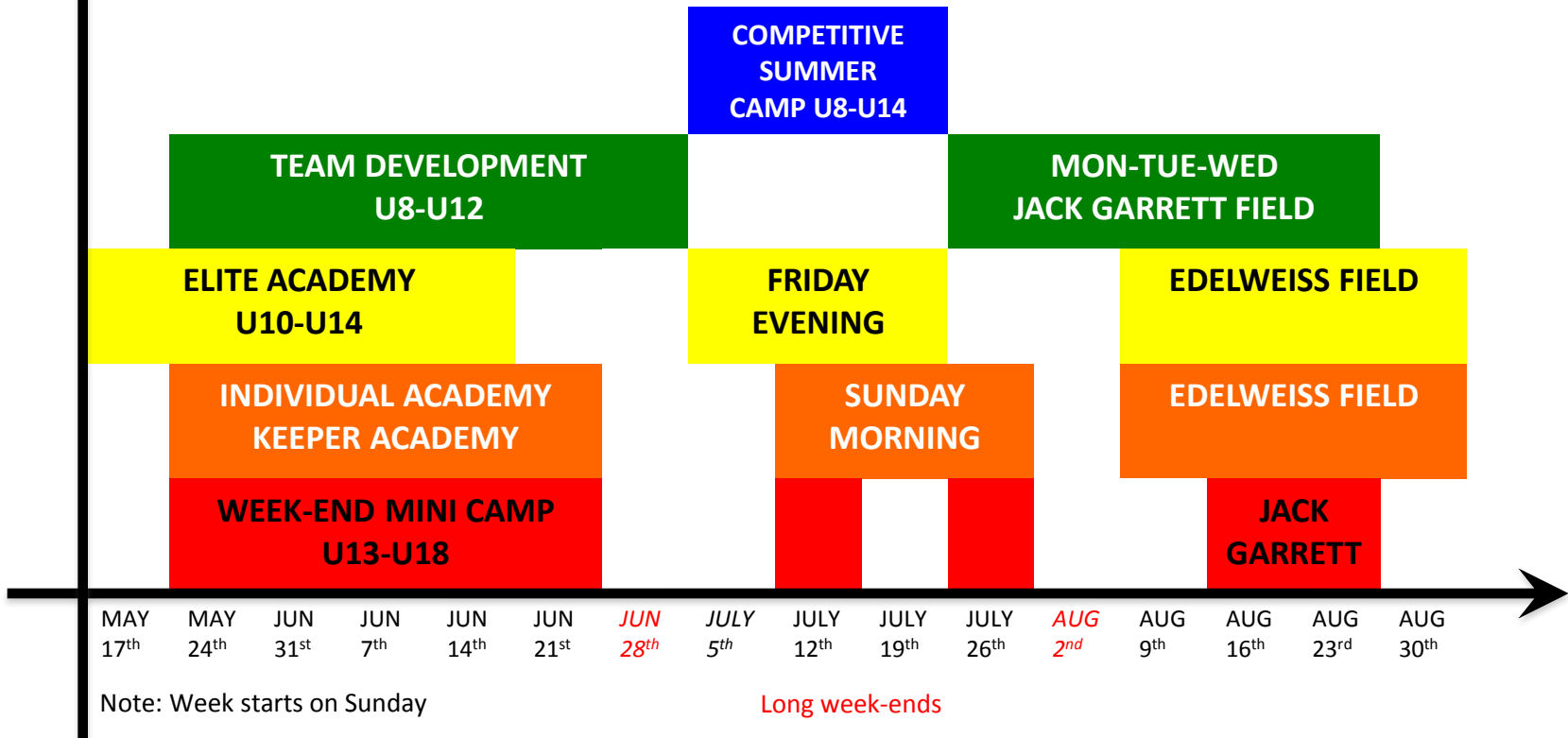


COMPETITIVE PROGRAMS SUMMER 2015 TIMELINE



COMPETITIVE PROGRAMS BY LEVEL

SUMMER 2015



| LEVELS | PROGRAMS | PRICE |
|------------------|---|---------------------------|
| SPECIAL PROGRAMS | COMPETITIVE SUMMER CAMPS U8-U14 BOYS AND GIRLS COMPETITIVE T.D. & ACADEMY STAFF COACHING | \$250 |
| ADVANCED | ELITE ACADEMY SELECTED TOP PLAYERS AND KEEPERS T.D. & ACADEMY STAFF COACHING | \$250 |
| INTERMEDIATE | INDIVIDUAL ACADEMY INDIVIDUAL REGISTRATION ACADEMY STAFF COACHING | \$250 |
| | KEEPER ACADEMY INDIVIDUAL REGISTRATION KEEPERS ACADEMY STAFF COACHING | \$250 |
| <i>BASIC</i> | <i>CLUB REGISTRATION & UNIFORM</i> TEAM DEVELOPMENT PROGRAM: 1 TEAM SESSION BY TEAM COACH/ week 10 ACADEMY SESSION BY ACADEMY COACH (U8-U14) 4 MINI CAMPS sessions (U15 and up) 1 LEAGUE GAME/ week | \$495 <i>(U8-U14)</i> |
| | | \$445 <i>(U15-U18)</i> |

TEAM DEVELOPMENT PROGRAM

U8-U12 COMPETITIVE



LOCATION: JACK GARRETT

TIME: 6:00PM-7:30PM

PRICE: INCLUDED IN THE BWSC REGISTRATION FEE

Following the LONG TERM PLAYER DEVELOPMENT the training sessions will be designed to maximize enjoyment for the players and to set ongoing challenges for them as Individuals and as a Team.

Firstly, improving the Player Technical skills then progressing forward to address and improve the Team Tactical Abilities.

| # | PROGRAM DATES | |
|----|-------------------------------|--|
| 1 | 25-26-27 th May | PLAYER TECHNICAL SKILLS |
| 2 | 1-2-3 rd June | |
| 3 | 8-9-10 th June | |
| 4 | 15-16-17 th June | |
| 5 | 22-23-24 th June | |
| 6 | 27-28-29 th July | TEAM TACTICAL ABILITIES |
| 7 | 3-5-6 th August | |
| 8 | 10-11-12 th August | |
| 9 | 17-18-19 th August | |
| 10 | 24-25-26 th August | |

| WEEK SCHEDULE | | |
|----------------------|----------------|------------------|
| MONDAY | TUESDAY | WEDNESDAY |
| U8 BOYS & GIRLS | U9 BOYS | U11 GIRLS |
| U9 GIRLS | U10 BOYS | U12 GIRLS |
| U10 GIRLS | U11 BOYS | U12 BOYS |

TEAM DEVELOPMENT PROGRAM

U13-U18 COMPETITIVE



LOCATION: JACK GARRETT

SATURDAY: 9:00AM

SUNDAY: 12:00PM

PRICE: INCLUDED IN THE BWSC REGISTRATION FEE

4 Mini Camp dates for U13-U18 will be available during the summer season and is also included in the registration package. The goal is to offer a session that is longer in duration to help develop all aspects of youth soccer. The sessions will include the **technical-tactical training** and the **fitness training with Academy coaches**. During the last hour of the session, the *Team Coaches* will lead the **Friendly Match** (45' match simulation) and debriefing.

SESSION SCHEDULE

| TIME | TOPIC | ORGANIZATION |
|--------|------------------------|--|
| 30 min | ARRIVE | Soccer-tennis - Rondo |
| 20 min | WARM UP | With and without the ball |
| 40 min | TECHNICAL/ TACTICAL | Technical-tactical training General & Position-Specific |
| 30 min | FITNESS | Strength, Acceleration and Speed |
| 45 min | FRIENDLY MATCH | Match Analysis – Game Key Points |
| 15 min | DEBRIEFING | Feedback Coach-Players |

MINIMUM SESSIONS REQUIRED PER AGE GROUP:

| AGE/SESSIONS | 1 | 2 | 3 | 4 |
|------------------|---|---|---|---|
| U13 Boys & Girls | X | X | X | X |
| U14 Boys & Girls | X | X | X | X |
| U15 Boys & Girls | X | X | X | X |
| U16 Boys & Girls | X | X | X | X |
| U17 Boys & Girls | X | X | X | X |
| U18 Boys & Girls | X | X | X | X |

TEAM DEVELOPMENT PROGRAM

U13-U18 COMPETITIVE



PROGRAM SCHEDULE

SATURDAY: 9:00AM

SUNDAY: 12:00PM

WEEK 1
Saturday
MAY 23rd

U17 Girls
U16 Girls
U13 Boys W
U13 Boys B

Sunday
MAY 24th

U14 Girls
U17 Boys

WEEK 2
Saturday
MAY 30th

U17 Girls
U15 Boys
U16 Girls
U14 Girls

Sunday
MAY 31st

U13 Boys W
U17 Boys

WEEK 3
Saturday
JUNE 6th

U17 Girls
U14 Boys
U17 Boys
U21 Girls

Sunday
JUNE 7th

U14 Girls

WEEK 4
Saturday
JUNE 13th

U17 Girls
U16 Girls
U15 Boys
U14 Girls

WEEK 5
Saturday
JUNE 20th

U16 Girls
U15 Boys
U14 Girls
U13 Boys B

WEEK 6
Saturday
JULY 11th

U15 Boys
U13 Boys W
U13 Girls
U14 Boys

WEEK 7
Saturday
JULY 25th

U13 Boys B
U13 Girls
U17 Boys
U21 Girls

WEEK 8
Saturday
AUG 15th

U13 Boys B
U13 Girls

WEEK 9
Saturday
AUG 22nd

U13 Boys W
U13 Girls

ELITE ACADEMY U10-U14



ELITE means the TOP. In order to have an ELITE ACADEMY, BWSC will select TOP PLAYERS from different age-groups and group them together as a DEVELOPMENT SQUAD to provide a high intensity program and showcase opportunities. There will be two try-outs per year to gradually add new talented players to the program. The goal is to guide those players to achieve the next step such as PRO LEVEL and/or UNIVERSITY SCHOLARSHIP. The selection process will involve 3 parts: 1. TECHNICAL DIRECTOR 2. TEAM COACH 3. LEAD COACH

The program is not intended to replace the Bolton Competitive Team Program and club commitments. In order to be accessed for this program the players MUST be registered in the TEAM DEVELOPMENT PROGRAM U8-U12 or U13-U18.

TEAM FORMAT

GROUP "PULCINI" BOYS
U10-U11-U12 BOYS

GROUP "PULCINI" GIRLS
U10-U11-U12 GIRLS

GROUP "GIOVANISSIMI" BOYS
U12-U13-U14 BOYS

GROUP "GIOVANISSIMI" GIRLS
U12-U13-U14 GIRLS

SPRING/SUMMER

PRICE: \$250

TRY-OUTS

ACCESS ONLY BY INVITATION

FRIDAY APRIL 17TH - 24TH

INDOOR FACILITY
7:30PM – 9:00PM
25 NIXON RD.

| | |
|----|----------------------------------|
| | NIXON RD. FIELD 7:30 PM |
| 1 | FRIDAY 1 ST MAY |
| 2 | FRIDAY 8 TH MAY |
| 3 | FRIDAY 15 TH MAY |
| | EDELWEISS FIELD 6:00 PM |
| 4 | FRIDAY 22 ND MAY |
| 5 | FRIDAY 29 TH MAY |
| 6 | FRIDAY 5 TH JUNE |
| 7 | FRIDAY 12 TH JUNE |
| 8 | FRIDAY 19 TH JUNE |
| 9 | FRIDAY 10 ST JULY |
| 10 | FRIDAY 17 TH JULY |
| 11 | FRIDAY 24 ST JULY |
| 12 | FRIDAY 14 TH AUGUST |
| 13 | FRIDAY 21 ST AUGUST |
| 14 | FRIDAY 28 TH AUGUST |
| 15 | FRIDAY 4 TH SEPTEMBER |

SCHOLARSHIP PROGRAM U15-U18



The Bolton Scholarship Program will enhance the player experience, development and opportunities to continue soccer after the youth pathway. Any player U13 and up who is registered with Bolton organization will have the possibility to be educated on the Scholarship protocol. The goal is to inform the parents and the players on the real possibility to achieve a scholarship through consultations with the Scholarship Committee. COMMITTEE: Pedro Gonzales, Rob Ceccarelli, Mark Waddington.

The Technical Director and the Scholarship Committee will review the individual applications and will provide assistance to the players in the specific areas:

- 1.Preparation to SAT (for American University) and for University Enrolment in general (GPA),
- 2.Player traction (Player profile and University contact),
- 3.Training sessions (starting indoor 2015),
- 4.Showcases trips: individual/group tournament showcase will be also considered and supported by BWSC and Sponsors.

Application form will be available at BWSC office during the Summer 2015. Player interview will start in the winter 2015.

The program is not intended to replace the Bolton Competitive Team Program and club commitments. In order to be accessed for this program the players MUST be registered in the TEAM DEVELOPMENT PROGRAM U13-U18.

INDIVIDUAL DEVELOPMENT PROGRAM

U7-U17 COMPETITIVE



LOCATION: EDELWEISS

SUNDAY 9:00AM

PRICE: \$250

| # | DATES | DRIBBLING 1V1 SHOOTING | VOLLEY SHOT HEADING AIR CONTROL | AIR CONROL LONG BALL CHIPPING | ACROBATICAL BICYCLE KICK PENALTY |
|----|-------------------------|--|--|--|---|
| 1 | 24 th May | | | | |
| 2 | 31 st May | | | | |
| 3 | 7 th June | | | | |
| 4 | 14 th June | | | | |
| 5 | 21 st June | 1° WEEK DRIBBLING 1.EYES ON THE BALL/WIDE ANGLE 2.FEEL THE CONTROL 3.USE BOTH FEET | 4° WEEK:VOLLEY SHOT 1.EYES ON THE BALL 2.MOVE ON TRAJECTORY 3.BEND FORWARD | 8° WEEK:AIR CONTROL 1.EYES ON THE BALL 2.MOVE ON TRAJECTORY 3.ORIENTED TOUCH | 11° WEEK:FINISHING 1.LOOK AT BALL 2.QUICK FEET 3.FAST FINISH |
| 6 | 12 th July | 2° WEEK: 1V1 1. LOOK AT TARGET 2.FAKE THE DEFENDER 3.CHANGE SPEED | 5° WEEK:HEADING 1.EYES ON THE BALL 2.TIME THE JUMP 3.USE FOREHEAD | 9° WEEK:LONG BALL 1. EYES ON TARGET 2. SIDE BALL 3. BACKWARD BALL SPIN | 12° WEEK: BICYCLE KICK 1.MOVE ON TRAJECTORY 2. TIME THE FALL 3.LANDING SAFETY |
| 7 | 19 th July | | | | |
| 8 | 26 th July | 3° WEEK: SHOOTING 1.LOOK AT TARGET 2.ANKLE LOCKED 3.FOLLOW THROUGH | 6° WEEK:AIR CONTROL 1.EYES ON THE BALL 2.MOVE ON TRAJECTORY 3.CUSHION THE BALL | 10° WEEK:CHIPPING 1.BALL IN FRONT 2.SPOON KICK 3.LIGHT IMPACT | 13° WEEK:PENALTY 1.EYES ON THE BALL 2.LOOK AT TARGET 3.ACCURACY |
| 9 | 9 th August | | | | |
| 10 | 16 th August | | | | |
| 11 | 23 rd August | | | | |
| 12 | 30 st August | | | | |

KEEPER DEVELOPMENT PROGRAM U7-U17



| # | INDIVIDUAL KEEPERS (Sunday) |
|----|---------------------------------------|
| 1 | 24 th May |
| 2 | 31 st May |
| 3 | 7 th June |
| 4 | 14 th June |
| 5 | 21 st June |
| 6 | 12 th July |
| 7 | 19 th July |
| 8 | 26 th July |
| 9 | 9 th August |
| 10 | 16 th August |
| 11 | 23 rd August |
| 12 | 30 th August |

LOCATION: EDELWEISS

SUNDAY 9:00AM

PRICE: \$250

By Age Group:

U9 +

Young goalkeepers have different physical and psychological needs than older players and therefore are provided a separate agenda. This is an exciting time for the players to learn and have fun with the goalkeeping position. We emphasize the proper fundamentals of goalkeeping and focus on techniques to insure the players safety for this age group.

U12 +

The goalkeepers here are in their prime learning years, both physically and mentally. The program will be devoted to refining the goalkeeper's psychological approach, technical proficiency, tactical awareness and physical enhancement at this stage in their game.

U15 +

The goalkeepers will be challenged to master all the components of goalkeeping technique and agility. The tactical aspect will be developed at this stage with positioning specialization.

COMPETITIVE SUMMER CAMPS PROGRAM



LOCATION: EDELWEISS

MONDAY-FRIDAY (9 AM – 4 PM)
early drop off 8am - late pick up 5pm

COMPETITIVE TEAMS:

U8 GIRLS
U9 GIRLS
U10 GIRLS
U11 GIRLS
U12 GIRLS

6TH - 10TH JULY
Monday to Friday
9am-4pm

COMPETITIVE TEAMS:

U8 BOYS
U9 BOYS
U10 BOYS
U11 BOYS
U12 BOYS

13TH - 17TH JULY
Monday to Friday
9am-4pm

COMPETITIVE TEAMS:

U13 BOYS
U13 GIRLS
U14 BOYS
U14 GIRLS

20ST – 24TH JULY
Monday to Friday
9am-4pm

DAILY ORGANIZATION:

9AM: DROP OFF
9AM-12PM: MORNING TRAINING
12PM-1PM: LUNCH (NOT INCLUDED)
1PM-4PM: AFTERNOON TRAINING
4PM: PICK UP

INDIVIDUAL REGISTRATIONS: **\$250**

COACHING STAFF (ON FIELD):

MATTEO MASUCCI - UEFA A LICENSE
ACADEMY COACHES - NATIONAL B LICENSE