



**U8-U19
COMPETITIVE &
PLAYER
DEVELOPMENT
PROGRAMS**

COCHRANE WOLVES FC

PROGRAM GUIDE

OUTDOOR 2025

APRIL 2025 – SEPTEMBER 2025



PLAYER PATHWAY CWFC

OUTLINE

As we continue to progress and evolve so does our player pathway. Within the 8-12 year old age group we will now have four levels of programming.

The purpose is to ensure each level becomes more clearly defined and the competencies/mindset of all players within each level are closer.

For the 2025 Outdoor Season our Competitive and Player Development Programs will be two separate programs that both compete in the CMSA League.





OVERVIEW PROGRAM COMPARISON

OUTLINE

The table below outlines the key information and provides a comparison of our competitive and player development programs.

For players within the competitive program who seek further training opportunities we will be providing additional specialized training programs to improve technical competencies.

To ensure we do have a place for every child to play we will offer both Player Development and Competitive programming in every age group.

COMPETITIVE PROGRAM	CRITERIA	PLAYER DEVELOPMENT PROGRAM
2006-2017	BIRTH YEARS	2006-2017
U8-U19	AGE GROUPS	U8-U19
APRIL 22 – SEPTEMBER 14	PROGRAM DATES	APRIL 22 – SEPTEMBER 14
TBC	PRACTICE FIELDS	TBC DEDICATED FIELD
2X TEAM SESSIONS PER WEEK	TRAINING SESSIONS	3X TEAM SESSIONS PER WEEK <ul style="list-style-type: none"> • 1X INTEGRATED SPORT SCIENCE PER WEEK • 1X INTEGRATED MENTAL SKILLS BI-WEEKLY
GIRLS: MON/WED BOYS: TUE/THUR	TRAINING DAYS	GIRLS: TUE/WED/THUR BOYS: TUE/WED/THUR
CMSA TIER 2 OR 3 (BOYS) CMSA TIER 3 (GIRLS)	COMPETITION LEVEL	CMSA TIER 1 (BOYS) CMSA TIER 2 (GIRLS)
C-DIPLOMA OR NCCP TRAINED	COACHING LEVEL	A/B-DIPLOMA
10	U9 (5V5) ROSTER SIZE	9
14	U10-U11 (7V7) ROSTER SIZE	11
16	U12-U13 (9V9) ROSTER SIZE	14
20	U14-U19 (11V11)	16
\$875-\$925	COST	\$1,225-\$1,275



TIMELINES PLAYER ASSESSMENT & EVALAUTIONS

OUTLINE

To ensure all players are placed in the program that best fits for their level of development and aspirations, we will hold 3-week player assessments for all competitive and player development registrants.

PURPOSE

- To provide all players a fair opportunity to trial for a spot in either program.
- To give players different experiences that may push them out of their comfort zone.
- To connect with individual players and families throughout the process.
- To ensure all players are in the right environment for their development.

ASSESSMENT TIMELINES

February 24 to March 8

- Players will be assessed/evaluated within their existing team environments and may be moved to other team sessions during this period to be assessed in a different age or tier.

March 10-13

- Players will be assessed/evaluated outside of their indoor team environments.
- Players will have the opportunity to trial in the program of their choosing.

DEADLINES

March 3rd

- Competitive and Player Development Registration Deadline. Only players registered by this date will be considered when forming and entering teams into the CMSA League.

March 14th

- Provisional Rosters and Teams will be finalized and shared on this date.

March 17th

- Teams will be entered into CMSA.



MALE COMPETITIVE PROGRAM U8-U19

OUTLINE

Our competitive programs are designed for players designed for players who want to be on a team, enjoy competing and are committed to travelling to play against teams from other Communities. All teams will compete in formal league play with 1 League Game per week.

DETAILS

SEASON

- Runs April 22 to September 14
- Practices are Tuesday & Thursdays
- CMSA Dates: April 26 – July 31
- CMSA Fall Series: September 12-14
- Program Break: August 4-24

TRAINING LOCATION

TBC

PRACTICE KIT

- \$55 Macron Jersey, Shorts & Socks

GAME KIT

- Macron Shorts & Socks (From Practice Kit)
- Jerseys will be provided.

PROGRAM | 3 CONTACTS PER WEEK

- 2 x 60-75 Team Session with Team Coach.
- 1 x Game Per Week in Calgary Minor Soccer League

COACHING STANDARDS

All Coaches will hold their Provincial C or NCCP Coach Training. Coaches will appropriately trained for the level of play they are coaching.

COACHING METHODOLOGY

To create a positive learning environments where players are challenged on a consistent basis.

LEAGUE

- 1 Game Per Week.
- Home Games in Cochrane
- Tier 2 or 3

TOURNAMENTS

Our competitive players will have the opportunity to play 1-2 tournaments over the Outdoor Season. All tournaments will be organized by individual teams.

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

Registration Deadline is March 5, 2025.

COST

U9: \$875

U10-U19: \$950



FEMALE COMPETITIVE PROGRAM U8-U19

OUTLINE

Our competitive programs are designed for players who want to be on a team, enjoy competing and are committed to travelling to play against teams from other Communities. All teams will compete in formal league play with 1 League Game per week.

DETAILS

SEASON

- Runs April 22 to September 14
- Practices are Monday & Wednesdays.
- CMSA Dates: April 26 – July 31
- CMSA Fall Series: September 12-14
- Program Break: August 4-24

TRAINING LOCATION

TBC

PRACTICE KIT

- \$55 Macron Jersey, Shorts & Socks

GAME KIT

- Macron Shorts & Socks (From Practice Kit)
- Jerseys will be provided.

PROGRAM | 3 CONTACTS PER WEEK

- 2 x 60-75 Team Session with Team Coach.
- 1 x Game Per Week in Calgary Minor Soccer League

COACHING STANDARDS

All Coaches will hold their C-Diploma or NCCP Coach Training. Coaches will appropriately trained for the level of play they are coaching.

COACHING METHODOLOGY

To create a positive learning environments where players are challenged on a consistent basis.

LEAGUE

- 1 Game Per Week.
- Home Games in Cochrane
- Tier 3

TOURNAMENTS

Our competitive players will have the opportunity to play 1-2 tournaments over the Outdoor Season. All tournaments will be organized by individual teams.

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

Registration Deadline is March 5, 2025.

COST

U9: \$875

U10-U19: \$950



COMPETITIVE PROGRAM U8-U19

TEAMS

Teams will be formed based on age and gender. We will aim to field players in their respective age groups wherever possible. Teams will be entered into their respective tiers based on the player assessment/evaluations.

BOYS

U9 BOYS
2016-2017

U10 BOYS
2015

U11 BOYS
2014

U12 BOYS
2013

U13 BOYS
2012

U14 BOYS
2011

U15 BOYS
2010

U16 BOYS
2009

U17 BOYS
2006-2008

GIRLS

U9 GIRLS
2016-2017

U10 GIRLS
2015

U11 GIRLS
2014

U12 GIRLS
2013

U13 GIRLS
2012

U14 GIRLS
2011

U15 GIRLS
2010

U16 GIRLS
2009

U17 GIRLS
2006-2008

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

Registration Deadline is March 5, 2025.

COST

U9: \$875

U10-U19: \$950



PLAYER DEVELOPMENT PROGRAM U8-U19

OUTLINE

Our Player Development Program (PDP) is designed to provide the highest quality training experience within the Club. It is designed for players who are self-driven, have passion for training and are committed to their personal development. Our Nationally Licensed Professional coaches will have either attained their A or B Diploma License from Canada, USA (USSF) or Europe (UEFA).

DETAILS

SEASON

- Runs April 22 to September 14
- Practices are Tuesday, Wednesday & Thursdays.
- CMSA Dates: April 26 – July 31
- Fall Series: September 12-14
- Program Break for families in August.

LOCATION

Dedicated Field | TBC

ON-FIELD SESSIONS

- 3 x 75–90-minute Training Sessions in April, May, June, & September.
- 2 x 75-90-Minute Training Sessions in July & August.

SPORT SCIENCE & MENTAL SKILLS

- Integrated Sport Science & Mental Skills Sessions.

VIDEO ANALYSIS

- All Home Games filmed with VEO.
- Program Analysis Sessions.

COACHING STANDARDS

Head Coaches in the Player Development Program will hold their A or B Diploma.

COACHING METHODOLOGY

To create a positive high-performance environment that challenges and excites the player.

PLAYER ASSESSMENT AND EVALUATION

- On-Going.
- 2 Formal Assessments Per Season.
- 1on1 Meeting with each player/parent per season.

PROGRAMMING DAYS

- (GIRLS) Tuesday Wednesday, Thursday
- (BOYS) Tuesday, Wednesday, Thursday

COMPETITIONS

- CMSA Tier 1 (Boys)
- CMSA Tier 2 (Girls)
- TOURNAMENTS: 1-2 Per Season
- U14-U17: College/University Showcase

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

Registration Deadline is March 5, 2025.

COST

U9: \$1,225

U10-U19: \$1,275



PLAYER DEVELOPMENT PROGRAM U8-U19

TEAMS

Our Player Development Program will aim to form teams based on the level of player. All teams will be formed with likeminded individuals who are focused on their performance and furthering their game.

BOYS

U9 BOYS
2016-2017

U10 BOYS
2015

U11 BOYS
2014

U12 BOYS
2013

U13 BOYS
2012

U14 BOYS
2011

U15 BOYS
2010

U16 BOYS
2009

U17 BOYS
2006-2008

GIRLS

U9 GIRLS
2016-2017

U9-10 GIRLS
2016-2015

U11 GIRLS
2014

U12 GIRLS
2013

U13 GIRLS
2012

U14 GIRLS
2011

U15 GIRLS
2010

U16 GIRLS
2009

U17 GIRLS
2006-2008

REGISTRATION

Goes live on January 15

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Registration Deadline is March 5, 2025.

COST

U9: \$1,225

U10-U19: \$1,275