



**U10-U17
COMPETITIVE &
PLAYER
DEVELOPMENT
PROGRAMS**

COCHRANE WOLVES FC

PROGRAM GUIDE

OUTDOOR 2026

APRIL 2026 – SEPTEMBER 2026



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 2026 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
2009-2017	BIRTH YEARS	2013-2017
U10-U19	AGE GROUPS	U10-U13
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
GIRLS: MON/WED BOYS: TUE/THUR	TRAINING DAYS	GIRLS: TUE/WED/THUR BOYS: TUE/WED/THUR
CMSA	COMPETITION	CMSA
DEDICATED COACHES	COACHING	DEDICATED COACHES
16 (Max)	U10 (7V7) ROSTER SIZE	12-14
16 (Max)	U11 (7V7) ROSTER SIZE	12-14
18 (Max)	U12-U13 (9V9) ROSTER SIZE	14-16
20 (Max)	U14-U19 (11V11)	N/A
\$950	COST	\$1,150



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 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

March 9-15

- Player assessments will be held during this period.
- Players will have the opportunity to trial in the program of their choosing.

DEADLINES

March 6th

- 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 28th

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

April

- Teams will be entered into CMSA.



PLAYER DEVELOPMENT PROGRAM U10-U13

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.

DETAILS

SEASON

- Runs April 20 to September 30
- Practices are Tuesday, Wednesday & Thursdays.
- CMSA Dates: April 25 – July 31
- Fall Series: September TBC
- Program Break: August 1-23.

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.

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
- ☐ TOURNAMENTS: 1-2 Per Season

REGISTRATION

Goes live on January 15

Early Bird Pricing runs until February 2

Registration Deadline is March 6, 2026.

COST

U10-U13: \$1,150