



THE RIPTIDE 10 MONTH PROGRAM



PROGRAM STRUCTURE

The Riptide 10 month program runs September to June and combines VIPL League and Cup play with the Riptide Spring Academy for all U14 – U16 players. This Program provides all VIPL players enhanced access to player development that will ensure they are working on both age-specific technique as well as appropriate tactics for their capabilities.

The VIPL League runs from August to March unless teams qualify for the Provincial A Cup, in which case they continue on until July. This is a league and cup program with the focus mainly on league games in the fall and cup play in the winter/spring.

The Riptide Spring Academy runs from April to June. It is non game-based and is devoted to developing technical ability and its application in small-sided play within a less competitive environment. We believe this environment is critical to the overall development of high performance players as it allows them to develop the more creative side of the game. It also enables players to hone the key technical components of the game (passing, dribbling, crossing, shooting and basic defending) to a degree not possible during the months of game-focused play.

PLAYER DEVELOPMENT IN THE 10 MONTH PROGRAM

The ten month vertical training program ensures players develop in a responsible environment and includes the appropriate use of the five phases of training:

- *General Preparatory Phase (learn to train)*
- *Specific Preparatory Phase (train to train)*
- *Transition Phase (rest and recovery)*
- *Pre-competition Phase (train to compete)*
- *Competition Phase (train to win)*

These five phases are applied in three stages in the course of the program:

- Part One – Late August to December: General and Specific Preparatory Phase followed by a Transition Phase. This part allows players to develop within a league environment.
- Part Two – January to March: Pre-competition and Competition Phases. This is also followed by a Transition Phase. This part is where players are training to compete in cup play and potentially qualify for the Coastal Cup and/or the Provincial Championships.
- Part Three – April to June: General Preparatory and Transition Phase. This part allows players to develop within a less competitive environment where the key technical components of player development are the focus.

Coaches work with the players through Part One and Two on the physical, technical, tactical and mental components of league play. Part 3 then focuses on more technical / tactical development with a higher training-to-game ratio in the less competitive environment of the Academy.