

Technology Support Plan





Stage Specific Learning

Classroom Lessons

Okanagan FC players (starting in the development age) all attend weekly classroom lessons on zoom. The lesson content is outlined below:

Development (U9-U12)

Stage 1 players do 30 minutes per week of classroom learning, this will be to share the highlights of a professional game from a recent week, or to highlight a professional player. Analysis is very general and focusses on positive qualities of excellent players.

Stage 2 players do 45 minutes per week and sometimes goals will be looked at in a little bit more detail, such as examining the movement or positioning that created the chance.

Youth (U13-U18)

Players are expected to attend 1 hour of classroom lessons per week, sessions are usually in 4 part modules where we look at various video clips to learn the attacking and defending principles of play in an age-appropriate way, while assigning homework tasks and encouraging becoming an active 'student of the game'.

Youth players will also regularly have their own match footage analysed and made available for them to view. We strive to do this at least two times per season for each team.

Senior Development and Premier

All matches and some inter-squad training games are recorded and analysed. Opponent footage is deconstructed wherever possible and individual reports are often presented to players.

Players do not do classroom lessons anymore, but the focus now shifts to preparation for each upcoming match, as well as regular analysis of the team's performance.

Video Analysis

Okanagan FC teams are setup with VidSwap, who provide Video analysis services for our Youth, Senior Development, and Premier teams.

Players can access their footage individually and the coach of each team is able to communicate with them or with a larger group, as well as compile reports and make notes on the video footage of the matches. Youth teams we try to do this quarterly, while Senior Development and Premier teams are done whenever possible.

“Excellent collective organization is only possible through continued rigorous analysis of yourselves and your opponents.”

- Rinus Michels