

COURSE: Soccer Academy – Sport Development 10 (HRA-0A)

INSTRUCTOR

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RECOMMENDED PRE-REQUISITES

Students interested in SD22 academies must meet the requirements for acceptance determined by the Academy Director.

CREDITS

4

OVERVIEW

The Big Ideas, Content, and Curricular Competencies for this course can be found here: [Sport Development Curriculum](#)

BIG IDEAS

Movement awareness and skill development enhance physical literacy and learning potential.	Technical and tactical development are an essential part of sport specific training.	Improved strength and conditioning support athletic development.	Sport training enhances the understanding and appreciation of the health benefits of physical activity.	Sport cultures value and encourage positive communication, fair play, leadership and teamwork in athletes.
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Thompson Okanagan Soccer Academy (TOSA) is in partnership with the SD22 online school vLearn. The Academy offers a formal, high performance training academy for grade 8 to 12 soccer athletes with a commitment to academic and athletic excellence.

Thompson Okanagan Soccer Academy is operated by full time professional coaches.

Further details regarding TOSA can be found at www.TOFC.ca.

The Academy's goal is to improve player abilities and knowledge of the game of soccer while bringing awareness to the recognized player pathway within BC and Canada. We hope to assist players and their parents to understand how players can progress through the various levels of soccer in BC as established by BC Soccer and Canada Soccer so the players can play at the highest level they aspire to and desire to play at.

TOSA Academy focuses on player development, with regard to physical, mental, emotional and social pillars. The aim is to assist players in their development at all levels and to help them achieve their personal athletic goals.

The academy runs September through January at the Vernon Toyota Indoor Sports Centre. September to October is 'outdoor' training on Marshall Fields, October to January is 'indoor' training. The school academy includes 2 programs: Junior - Grades 8 to 9 and Senior - Grades 10 to 12. Students/Athletes are bussed between their home school and the Soccer Centre. They remain in their home school in SD22 for all other curriculum courses and subjects. Students/Athletes attend the academy for 1/2 days, Monday to Friday; the equivalent of two timetable blocks that rotate weekly from morning to afternoon.

The online portion of the Senior Soccer Academy course taken through vLearn is broken down as follows:

- **Early Season** – Reflection on Training, Goal Setting, Peer Accountability.

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- **Mid-Season** – Overcoming Obstacles, Training on a Budget, Design a Tournament, Mid-Season Evaluation/Reflection.
- **Late Season** – Soccer Presentation, Self-Review, Final Evaluation/Reflection.

This is a Board/Authority Approved Course - specific to the Sport Academies offered in SD22.

Students/Athletes receive a Physical & Health Education 10 course along with this soccer specific course taking the academy. Both courses are supported by vLearn.

ASSESSMENT

Your grade for this course will be calculated as follows:

Item	Weight
On Pitch Evaluations	80%
Assignments	20%

REGISTRATION

Please see the SD22 Academies [website](#) for further information. Potential academy students must submit an Expression of Interest to be considered for academy courses.



Please note – vLearn is a District Online School and can only serve students in the SD22 Catchment Area. Grade 8/9 students need approval from their home school administrator to take courses with vLearn. Please use your SD22 email address to register (000000@sd22.bc.ca)



[Click HERE
to register](#)