



HIGH-PERFORMANCE/OPDL SEASON PERIODS - YEAR 2024

44-WEEK PROGRAM

| Pre-Season | In-Season | Post-Season | Off-Season |
|---|--|--|---|
| <p>Up to 15 weeks</p> <p>U13 – U16B & U13-U14G/U16G Jan 8 to Apr 28</p> <p>U15G, U17G, U17B Feb 15 to Apr 28</p> | <p>23 Weeks</p> <p>ALL AGE-GROUPS Apr 29 to Oct 27</p> <p><i>Ontario Soccer officially ends Season with OPDL Gary Miller Sharity Shield Finals (Oct 27)</i></p> | <p>3 Weeks</p> <p>ALL AGE-GROUPS Oct 28 to Nov 17</p> <p><i>BSC officially ends 2024 Season on Nov 17, interrupting 1 week to restructure new teams</i></p> | <p>3 Weeks</p> <p>U13 – U14B & U13-U14G Nov 25 to Dec 15</p> <p>U15 – U17G, U15B – U17B Nov 25 to Dec 15 or Nov 15 to Jan 5*</p> |
| Break – NO OPDL Activities | | | |
| <p>March Break Mar 11 to Mar 17 1 Week</p> <p>No Practices on – Statutory Holidays: Feb 19 / Mar 29 / Apr 1*</p> | <p>Summer Mid-Season Break Jul 24 to Aug 6 2 Weeks</p> <p>No Practices on – Statutory Holidays: May 20 / Jul 1 / Aug 5* / Sep 2 / Oct 14</p> | <p>Fall End-Season Break Nov 18 to Nov 24 1 Week</p> <p>No Practices on:</p> | <p>Winter Recovery Break Dec 16 to Jan 13 4 Weeks</p> <p>*Or Jan 6 to Feb 3 U15 – U17 if go to end of year Showcase</p> |
| WHAT TO EXPECT | | | |
| <p>COMPETITION Exhibition Games Series Pre-Season Tour or Tournament</p> <p>TRAINING Team sessions on Turf & Gym / S&C sessions</p> <p>COMPLEMENTARY Sports Science Workshops Athletic Development Sessions Fitness Tests On-field Physiotherapist assistance In Classroom Tactical Sessions (up to 6)</p> <p>ASSESSMENTS GSEP – Goal Setting & Expectation Plan Athlete Fitness Report Card Coach-Player Individual Feedback Session</p> | <p>COMPETITION Official OPDL League Games Possible In-Season Tournament <i>(*Not applicable to all age-groups)</i></p> <p>TRAINING Team sessions on Turf / S&C sessions</p> <p>COMPLEMENTARY Sports Science Workshops Athletic Development Sessions On-field Physiotherapist assistance Virtual Video Analysis Sessions Performance Analysis Educational Sessions</p> <p>ASSESSMENTS PAP – Player Action Plan Positional Report Card Holistic Assessment Report Card</p> | <p>COMPETITION Non-Official Competition Post-Season Tournament or Univ Tours <i>(*Not applicable to all age-groups)</i> ID & Recruitment Phase <i>(OPDL Trials Period Phase 1 & 2)</i></p> <p>TRAINING Team sessions on Turf / S&C sessions</p> <p>COMPLEMENTARY Athletic Development Sessions Fitness Tests On-field Physiotherapist assistance Performance Analysis Educational Sessions</p> <p>ASSESSMENTS PFP – Player Final Feedback Athlete Fitness Report Card Coach-Player Individual Feedback Session</p> | <p>COMPETITION Non-Official Competition Possible Internal Tournament Possible Off-Season University Showcase <i>(*Not applicable to all age-groups)</i> ID & Recruitment Phase</p> <p>TRAINING Team sessions on Turf & Gym / S&C sessions Home Individual Training <i>(*During the break period)</i></p> <p>COMPLEMENTARY Recovery + Regeneration Period Psychological Profile Social & Team Bonding Events</p> <p>ASSESSMENTS No Official Assessments Coaches Observation Window</p> |