



Football BC Development Program

The Football BC Development Program focuses on development in two specific areas aiding in the growth and improvement of football in British Columbia by: developing players and developing coaches.

The base of the issue is that in BC, we do not have enough players playing, enough coaches coaching, enough supporters supporting, or enough officials officiating. Simply put, our football community is in need of growth.

This program has been created by combining information from Football Canada's NCCP program, the Long Term Athlete Development Program, and specific feedback from our provincial football family.

The Football BC Player Development Program has six main areas in which we develop football from the grassroots level to the points where our players are competing nationally and in high levels of football. In order for these six action plan steps to be effective, it will mean a combined effort from the entire British Columbia football community.

1. "Play Football BC"

The introduction of basic football skills in Elementary Schools.

Target Age: 7-10 years old (Grades 2-5)

When: September – June

Football BC coaches will visit elementary schools to promote the game of football. They will coach the basic skills of catching and throwing, and elements of teamwork and fitness. The goal is to provide a springboard for children to the football community. We hope that with so many options available to these children (i.e. soccer, basketball, and football), that football is picked. Football BC will work with the local football organizations so that they can be exposed to new players in their respective community.

The Football BC Commitment:

- Provide coaches
- Provide equipment (two new footballs for each school)
- Provide every player with a "Play Football BC" flyer
- A "Play Football BC" event for all schools that participated in this program to be held at a central location

Football BC on the Internet: <http://www.playfootball.bc.ca>

Phone: 604.677.1025

Office Address: #222 – 6939 Hastings, Burnaby, BC

Mailing Address: #434 6540 Hastings, Burnaby, BC, V5B 4Z5

communications@playfootball.bc.ca

[facebook.com/footballbc](https://www.facebook.com/footballbc) | twitter.com/football_bc



2. Play with the Pros

This event provides an opportunity for young players to learn from our local pros. The event features an open practice with the BC Lions, featuring a station for each position.

Target Age: 8-12 years old

When: June

These are essentially one-day camps that introduce and enhance skills for young players as they will receive tips from our local pros. Play with the Pros will be held at a couple of locations throughout the province.

The Football BC Commitment:

- BC Lions players coaching
- An opportunity to meet and receive autographs from the Pros
- A free t-shirt highlighting provincial football pride

3. The Football Academy

The academy represents an on-going resource for players that are at an age where a greater commitment is necessary. The focus will be on all the extra elements that can turn a good player into a great player including goal setting, proper nutrition, plus an emphasis on the importance of academics.

Target Age: 14-18 years old

When: December – August

Program details:

- At least 2x and up to 4x per week training
- A football specific training program run in different locations throughout the province
- Aimed at ensuring quality instruction is provided to football athletes
- Will also focus on goal setting and encouraging academic achievement to provide options for these prospects

4. Provincial Identification

Football BC will have three stages of evaluation for football players in the province. It is important that Football BC reaches out to the football community by having tryouts and evaluations at central locations offering the three evaluations in succession.

Tentative locations:

- Vancouver Island
- Interior
- Fraser Valley
- Lower Mainland
- Prince George

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**Sample Day:**

- 9:00 am – 11:30 am: Prep to be the Best
- 12:00 pm – 2:30 pm: Team BC tryouts
- 3:00 pm – 5:30 pm: Senior Bowl tryouts

Sample Workout:

- Sign-in prior to each evaluation's start time
- 5-minute introduction
- 15-minute dynamic warm-up
- 90-minute testing stations
- 15-minute individual
- 15-minute one-on-one
- 10-minute skelly (linemen drills)

Prep to be the Best**Target Age:** 14-15 years old

An early football camp that is aimed at identifying some of the best players early and sending a message to those players that they need to be doing more to reach the Team BC level and so on. The hope is that many will be exposed to the higher competition level and evaluation process that drives them to get better. This will be an evaluation process but an emphasis is placed on coaching and teaching for future evaluations. In addition, Football BC will be a central resource for players as they turn to the provincial body for direction.

Team BC Evaluations**Target Age:** 16-17 years old

The purpose of this evaluation will be to find the best players in the province that qualify for the 17-and-under Football Canada Cup. In addition, it will also serve as an early identification for Senior Bowl.

Senior Bowl Evaluations**Target Age:** 17-years-old (graduating Grade 12 players)

Senior Bowl evaluations will serve to help choose the best grade 12 players to go to Senior Bowl camp during Spring Break. In addition, each player is strongly encouraged to keep playing football whether in Midget (Community), Junior or University. The goal is to just keep playing!

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5. Senior Bowl Selections and Camp at March Spring Break

A week-long camp at the BC Lions facility for most of the province's best graduating grade 12 players. Coaches from high school, Community, BC Junior and University will be involved with the camp. The week will culminate with a game at the end of the week. The goal of this camp is to encourage all of our graduating players to keep playing. All players are made aware of their options to keep playing football in BC, whether it is at Simon Fraser University, the University of British Columbia, in the BC Junior League (BCFC) or at the Midget level in Community football. All of these are viable options for these graduating players.

6. Team BC Selections and Football Canada Cup

Following the identification camps, invites will be sent out to approximately 100 players to attend a mini-camp during May Long Weekend. Coaches will then narrow down their choices either by way of a scrimmage, exhibition game or a reduced mini-camp. A team of 40 players will ultimately be selected to represent the province of BC at the national tournament to be held in July 2012 at McMaster University in Hamilton, Ontario.

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Football BC Coaches Development

Football BC is committed to aiding in the development of coaches and football staffs. We feel that with better coaching, more players will keep playing and enjoy their experience in football. All coaches in Canada are governed by the National Coaches Certification Program – Football. More information on the NCCP is available at coach.ca.

Football is the greatest team sport so it is necessary to have the greatest team on the field and also the greatest coaching and support team as well.

2012 Coaching Events:

2012 Football BC Provincial Conference

Douglas College
May 25 & 26, 2012

This event, returning for a third consecutive year, will feature speakers from the NFL, CFL, NCAA, CIS, Canadian Junior, High School and Community. There will be something for everyone in football whether they are a coach, trainer, administrator or official. Every football body and organization is invited to have their scheduled meetings take place during that weekend as well.

NCCP Clinics

Community Sport Initiation – for coaching players aged 12 and under
Introduction to Competition – for coaching players aged 13-18

Regional Clinics to be held in the following locations:

- Vancouver
- Fraser Valley (Chilliwack)
- Vancouver Island
- Kamloops
- Kelowna
- Prince George

All dates and locations listed above are subject to change. Please visit playfootball.bc.ca for updated information.

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