



# U13 PROGRAM

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**2022-23**

**2010 BIRTH  
YEAR**

# U13 CURRICULUM

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**Vision: To build a foundational understanding of positions and space within an 11v11 game and inspire a passion to perform and execute at an elite level.**

## ATTACKING

- Shoot
- Pass or dribble forward
- Spread out
- Create passing options
- Support the attack
- Create a 2v1 or 1v1
- Change the point of attack
- Change the pace/rhythm
- Switch positions

## DEFENDING

- Protect the goal
- Steal the ball
- Make it compact
- Keep it compact
- Pressure, cover, balance
- Outnumber the opponent
- Stay involved
- Mark the player/mark the area





# ODP

## "A player driven process"

1. Sign up and attend tryouts.
2. Following the second tryout, team invitations will be sent with instructions for registration. Those that make the team will have 3 days to accept their spot by paying the initial \$250 registration on *gotsport*. Please allow up to 10 days to receive an invitation.
3. The first training session will also serve as a brief parent/director meeting.
4. Players receive uniform ordering process and complete within 2 weeks (already paid in registration).
5. Players and parents keep teamsnap availability up to date throughout the year.
6. Teams train and play according to schedule until the final event, the East Region South Event.
7. Players may be invited into the East Region Training Pool Camp for a chance to make the regional team and move closer to making a national training pool.

# CALENDAR

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**Tryouts**, September 2022

**Training**, October 2nd

**Conference Games**, October 30th

**Training**, November 13th

**Conference Games**, December 4th

**NJ Fall Friendlies** (East teams)

**EPA Winter Friendlies** January (All teams)

**MD Winter Friendlies** February (West teams)

**Conference Games**, April 2nd

**Training**, April 30th

**ODP State Cup Final**, May 22nd (1st place in each conference)

**Training**, June 5th

**East Region Tournament**, June 10th and 11th

## BY THE NUMBERS

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Each team receives the following:

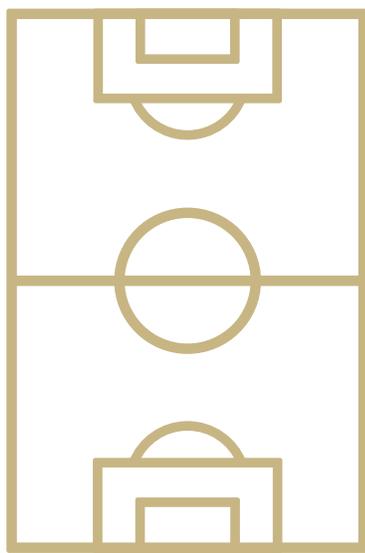
- 4** Training Sessions
- 3** Round Robin Tournaments (two-40 minute games each tournament)
- 2** Play Days against other states
- 1** East Region South Tournament

*\*2 Teams will have the chance to compete for the first ever U13 ODP State Championship!*



# SITES

Each site belongs to the East or West Conference. Players may only tryout for one location. If following tryouts a team is in need of additional players, any player that does not make their selected site may tryout for the location with roster spots.



**EAST**

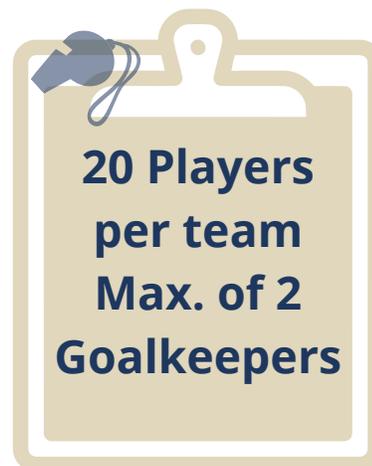
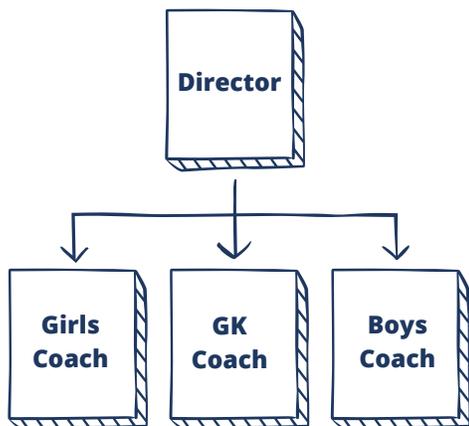
Lehigh Valley, Montgomery, and Bucks

**WEST**

Harrisburg, Lancaster, and Downingtown

# SITE INFORMATION

Each site will have one director to oversee all details of the site. The Director is responsible for the training curriculum, communication, and leadership. There will be one girl's coach and one boy's coach that are responsible for their respective teams games and training sessions. The GK coach will attend training and provide position specific training.



# REGISTRATION

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Tryouts will take place in September, registration will be available July 15th. Tryouts cost \$50 and includes a tryout T-Shirt.

If your child makes one of the teams, you will receive an invitation to the team with a link to make the first payment of \$250.

After completing registration, you will receive an invitation to join Teamsnap to access the schedule, roster, and communications.

Your payment includes all scheduled events and uniform. Extra events like The Virginia Friendlies, International Trips, Invitational Tournaments, etc. are an added fee.

## Fee Structure



Initial Deposit \$250  
2nd Payment \$300  
3rd Payment \$250

## What do I get?

- ✓ Friendlies
- ✓ Tournaments
- ✓ Uniform
- ✓ Coaching
- ✓ Field Rental
- ✓ Teamsnap



# PROVEN PATHWAY

ODP provides a unique experience to players from other leagues and teams. It is the only program with a direct link to regional and national level teams.



**40+ YEARS OF EXPERIENCE**

*Identifying, Developing, Winning.*



## HIGHLIGHTS

- Highly qualified and US Soccer licensed coaches.
- Competitive training and playing environments.
- Team specific communications via Teamsnap with coaches and directors.
- Clearly defined schedule for the year.
- Locations throughout the state to limit travel.
- Full Nike kit: 2 pairs of socks, 2 pairs of shorts, and 2 jerseys.
- Opportunities to advance to the regional and national level.

*Let's go Eastern Pennsylvania!*