



IFSOE

COMPETITIVE TEAMS

IFSOE
U10

U8-U10
PLAYERS

IFSOE
U12

U11-U12
PLAYERS

IFSOE
U14

U13-U14
PLAYERS

IFSOE
U16

U15-U16
PLAYERS

IFSOE
U19

U17-U19
PLAYERS

PRE-FORMATION

FORMATION

**SPRING/SUMMER
2025 SEASON**

**WE'RE LOOKING FOR
FOOTBALL PLAYERS
WHO WANT TO DEVELOP AND COMPETE!**

TRYOUT TODAY!

PLAY | DEVELOP | LAUNCH



WWW.IFSOE.COM

IFSOE COMPETITIVE

PRE-FORMATION

FORMATION

TRYOUTS BEGIN
MARCH 2025

IFSOE
U10
7-10
YEAR OLD

IFSOE
U12
11-12
YEAR OLD

IFSOE
U14
13-14
YEAR OLD

IFSOE
U16
15-16
YEAR OLD

IFSOE
U19
17-19
YEAR OLD

PROGRAM OVERVIEW

The IFSOE Competitive Program is designed for players who are ready to elevate their game and compete in high-performance environments. This program offers intensive training, structured competition, and professional coaching, with a strong focus on technical excellence, tactical awareness, and physical conditioning. Players will develop the skills, mindset, and discipline needed to compete at the highest levels and position themselves for future opportunities in elite football.

ELIGIBILITY & REQUIREMENTS

Eligibility is based on attending a trial—players are selected if they meet the required level.

Open to high-performance players committed to intensive training and competition.

Players must demonstrate a strong work ethic, dedication, and willingness to improve.

TRAINING STRUCTURE

Three 90-minute sessions per week, focusing on technical, tactical, and physical development.

A focus on skill development, tactical positioning, and conditioning.

Designed to replicate elite-level training environments and prepare players for competition.

PROGRAM SCHEDULE

Seasonal Program running from May 2025 – Mid October 2025.

Phased training approach, progressing from foundational skills to competition.

Focus on long-term player development and performance.

PLAYER DEVELOPMENT

Player skill refinement, ball mastery, and positional intelligence.

Tactical awareness, game reading, and decision-making.

Strength, agility, and endurance conditioning.

FACILITIES & RESOURCES

High-quality training grounds and professional equipment.



Personalized player assessments and feedback to track progress.

Integrated strength & conditioning programs.

GAME & COMPETITION

Structured weekend league matches to enhance competition and player progression.



STAFF & COACHING TEAM

Professional coaching staff with extensive experience in high-performance football.

Fitness & conditioning experts to optimize player strength & endurance.

ADDITIONAL BENEFITS

Fully structured pathway to elite and pro-level football.



TRIAL REGISTRATION & CONTACT

REGISTER FOR YOUR TRIAL AT:

www.ifsoe.com

Need more info? Email us at:

info@ifsoe.com

TRAIN HARD, PLAY SMART, COMPETE AT THE NEXT LEVEL

IFSOE
FOOTBALL
PATHWAY





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U8-U10
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U13-U14
PLAYERS

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U15-U16
PLAYERS

IFSOE U19
U17-U19
PLAYERS

PRE-FORMATIONFORMATION

ELEVATE YOUR COMPETITIVE GAME!

PLAYER DEVELOPMENT TRAINING

EXPERIENCE FOOTBALL IN SPAIN TRIP

NEW IFSOE KITS & TRACK SUITS

PLAYER RATINGS & ASSESSMENT

COMPETITIVE U10

- MON. HONDA FIELD 6:30PM - 8:00PM
- WED. WILLIAM BOND 6:30PM - 8:00PM
- SAT. CROSBY PARK 5:00PM - 6:30PM
- OR
- SUN. HONDA FIELD 10:00AM - 11:30AM

COMPETITIVE U12

- MON. HONDA FIELD 6:30PM - 8:00PM
- WED. WILLIAM BOND 6:30PM - 8:00PM
- SAT. CROSBY PARK 5:00PM - 6:30PM
- OR
- SUN. HONDA FIELD 10:00AM - 11:30AM

COMPETITIVE U14

- MON. HONDA FIELD 6:30PM - 8:00PM
- WED. WILLIAM BOND 6:30PM - 8:00PM
- SAT. CROSBY PARK 5:00PM - 6:30PM
- OR
- SUN. HONDA FIELD 10:00AM - 11:30AM

COMPETITIVE U16

- MON. LANGSTAFF 9:00PM - 10:30PM
- WED. WILLIAM BOND 8:00PM - 9:30PM
- SAT. CROSBY PARK 6:30PM - 8:00PM
- OR
- SUN. HONDA FIELD 11:30AM - 1:00PM

3x WEEK+GAME

HOLIDAY & NON-TRAINING DAYS

1. VICTORIA DAY WEEKEND
 - SATURDAY, MAY 17 - MONDAY, MAY 19, 2025
2. CANADA DAY WEEKEND
 - SATURDAY, JUNE 28 - TUESDAY, JULY 1, 2025
3. LABOUR DAY WEEKEND
 - SATURDAY, AUGUST 2 - MONDAY, AUGUST 4, 2025
4. THANKSGIVING WEEKEND
 - SATURDAY, OCTOBER 11 - MONDAY, OCTOBER 13, 2025

MAY 2025

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JUNE 2025

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

JULY 2025

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

AUGUST 2025

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPTEMBER 2025

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCTOBER 2025

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

TENTATIVE ADDITIONAL TRAINING WEEK

Disclaimer: Training dates, times, and locations are subject to change due to weather, facility availability, or other unforeseen circumstances. Cancellations or rescheduled sessions will be communicated in advance where possible. No refunds or credits will be issued for missed sessions beyond IFSOE's control.