



IFSOE

HYBRID MODEL

**IFSOE
U10**

**U8-U10
PLAYERS**

**IFSOE
U12**

**U11-U12
PLAYERS**

**IFSOE
U14**

**U13-U14
PLAYERS**

**IFSOE
U16**

**U15-U16
PLAYERS**

**SPRING/SUMMER
2025 SEASON**

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

APPLY TO QUALIFY

PLAY | DEVELOP | LAUNCH



WWW.IFSOE.COM

IFSOE HYBRID MODEL



PROGRAM OVERVIEW

The IFSOE Hybrid Model is designed for players who are not yet ready for the competitive program or prefer a focused training model rather than full league participation. This **INVITE-ONLY** program offers a structured development pathway with two specialized training tracks: Physical or Technical. Players will be grouped accordingly to maximize their growth, receiving high-level coaching while maintaining a reduced training schedule of 2 sessions per week.

ELIGIBILITY & REQUIREMENTS

This is an invite-only program—players will be advised on entry to the program.

Designed for players seeking development without full league commitment and who wish to train twice a week while focusing on either technical or physical development.

TRAINING STRUCTURE

2 training sessions per week.

Players will be grouped into specialized training tracks:

Technical Focus: Ball mastery, dribbling, passing, shooting, tactical awareness.

Physical Focus: Strength, endurance, agility, speed, injury prevention.

PROGRAM SCHEDULE

Seasonal Program

May 2025 - Mid October 2025

T.B.C.: Opportunity for game call-ups

PLAYER DEVELOPMENT

For players still developing toward competitive levels.

Players are divided into Technical or Physical training streams based on assessment and needs.

Personalized assessments and feedback to monitor progress.

FACILITIES & RESOURCES

High-quality training grounds and professional equipment.

Strength, conditioning, resources.

IFSOE Specific technical training resources.

GAME & COMPETITION

No mandatory league participation, but opportunities for game play will be available for players who want to test their progress.

Friendly match opportunities may be offered for players who show strong development.

ADDITIONAL BENEFITS

Fully structured pathway to competitive and elite programs.



REGISTRATION AND CONTACT

APPLY TO QUALIFY AT:

WWW.IFSOE.COM

Need more info? Email us at:

info@ifsoe.com

IFSOE
FOOTBALL
PATHWAY





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ADDITIONAL DEVELOPMENT TRAINING!

FOR PLAYERS EAGER TO GROW AND COMMITTED TO
FURTHERING THEIR DEVELOPMENT



2x WEEK

CROSBY PARK, RICHMOND HILL
SATURDAY- 6:30PM-8:00PM

AND

WILLIAM BOND
WEDNESDAY- 8:00PM-9:30PM

HOLIDAY & NON-TRAINING DAYS

1. VICTORIA DAY WEEKEND
 2. CANADA DAY WEEKEND
 3. CIVIC HOLIDAY WEEKEND
 4. LABOUR DAY WEEKEND
- SATURDAY, MAY 17 – MONDAY, MAY 19, 2025
 - SATURDAY, JUNE 28 – TUESDAY, JULY 1, 2025
 - SATURDAY, AUGUST 2 – MONDAY, AUGUST 4, 2025
 - SATURDAY, AUGUST 30 – MONDAY, SEPTEMBER 1, 2025
 - 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.