



INDIVIDUAL PLAYER ANALYSIS PROGRAM

2025/26

Queen City United Soccer Club

www.qcsoccer.ca

Last Revision: November 2025

Introduction

Maximizing athletic performance extends beyond natural ability.

True excellence is in the details, and that requires a strategic approach and analysis that examines every technical and tactical detail.

For aspiring athletes, understanding these details and their corresponding moments of the game is the foundation of continuous growth and peak performance.

Purpose

Individual performance analysis empowers athletes to elevate their game through focused, personalized evaluation.

Whether it's decision-making under pressure, positioning without the ball, or execution in the final third, this package identifies what's holding you back and builds a plan to fix it.

We break down your game, highlight strengths, and give you a clear roadmap for improvement, all tailored to your role, style, and goals.



Development Package

Who It's For:

Players aiming for targeted short-term growth whether you're in-season, between trials, or prepping for a key match window. Perfect for refining specific aspects of your game like positioning, technique, or tactical IQ.

Investment:

\$325.00

Package Includes:

Initial Performance Assessment

- 1 × onboarding consultation (30 minutes) to clarify your goals, playing style, and key focus areas
- Baseline video analysis of two (2) match performances or training sessions
- Personalized Player Performance Profile outlining strengths, weaknesses, and key metrics

Review & Reflection

- 1 × follow-up consultation (30 minutes) to review findings, answer questions, and set next goals

Tactical & Technical Breakdown

- Video analysis with telestration to highlight positioning, movement patterns, and technique in game-speed situations
- Custom Video Package with tailored feedback & guided discovery questions on tactical decisions, space utilization, and positioning

Development Plan

- A customized training improvement roadmap aligned with your goals, and the QC Game Model
- Integration with team or personal coach for continued development



Performance Package

Who It's For:

Ambitious players committed to long-term development. Whether you're aiming for elite competition, refining position-specific skills, or building a foundation for future opportunities, this program is ideal for developing key aspects of your game such as positioning, technique, and tactical IQ.

Investment:

\$825.00

Package Includes:

Initial Performance Assessment

- 1 × onboarding consultation (30 minutes) to clarify your goals, playing style, and key focus areas
- Baseline video analysis of six (6) match performances or training sessions (2 per month)
- Personalized Player Performance Profile outlining strengths, weaknesses, and key metrics

Review + Reflection

- 1 × follow-up consultation (30 minutes) to review findings, answer questions, and set next goals

Monthly Tactical & Technical Breakdown

- Custom Video Packages with tailored feedback & guided discovery questions on tactical decisions, space utilization, and positioning
- Two (2) monthly check-ins (30 minutes) to review video with telestration, evaluate progress, and define next developmental steps

Development Plan

- A customized training improvement roadmap aligned with your goals, and/or the QC Game Model
- Integration with team or personal coach for continued development
- Mental and tactical growth strategies for complete performance enhancement



For More Information:

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