

# RECREATION Indoor. STANDARDS for 2015/16 & beyond, unless implemented prior.



CANADIAN SPORT FOR LIFE

STAGE	ACTIVE START	FUNDAMENTALS			LEARNING TO TRAIN	
	<b>**NO STANDINGS, NO PROMOTION OR RELEGATION **</b>					
	Revision Date: Dec 8th 2014					
Age Group	U4 and U5	U6	U7	U8	U9 and U10	U11 and U12
Playing Format	Parent and Child	3v3 (No GK)	4v4 (no GK)	4v4 (no GK) 5v5 (including GK)	7v7 (including GK)	7V7 or 9v9 (including GK)
Coaching Recommendation	Active Start + MED and RiS	Fundamentals + MED and RiS	Fundamentals + MED and RiS	Fundamentals + MED and RiS	Learning to Train + MED and RiS	Learning to Train + MED and RiS**
Game Day Roster Size (Game day only)	Parent and Child	Max 6	Max 8	Max 10	Ideal 9 / Max 12	7v7-Ideal 9 / Max 12 9v9 - Ideal 12/max 16
Substitutions	n / a	Unlimited (on the fly)	Unlimited (on the fly)	Unlimited (on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)
Practice to playing ratio	n / a	1:1	1:1 to 2:1	1:1 to 2:1	1:1 to 2:1	1:1 to 2:1
Max competition days / indoor season	n / a	14 Club Festivals	14 Club Festivals	14 Club or Inter Club Festivals	14 (including other forms of competition)	14 (including other forms of competition)
Number of competition days / week	n / a	1	1	1	1	1
Recommended Practice Duration	30 – 45 Minutes	30 – 45 Minutes	30 – 45 minutes	30 – 45 minutes	45 – 70 minutes	45 – 70 minutes
Recommended Playing Time	n / a	Fair time in all positions	Fair time in all positions	Fair time in all positions	Fair time in all positions	Fair time in all positions
Maximum Game Duration	n / a	30 min	40 min	40 min	50 min	55 min
Playing time per player per competition day	n / a	Max 40 minutes	Max 60 minutes	Max 60 minutes	Max 80 minutes	Max 80 minutes
Min/max rest between matches	n / a	15 min/120 min	20 min/120min	20 min/120min	30 min/120min	30 min/120min
Indoor Season length	14 weeks	14 weeks	14 weeks	14 weeks	14 weeks	14 weeks
Team Travel Time	n / a	n / a (club focus no travel required)	n / a (club focus no travel required)	Within district	45 minutes each way	60 minutes each way
Referee/Game Leader	n / a	Game Leader	Game Leader	Game Leader	Referee	Referee
Throw ins	n / a	No (pass / dribble in)	No (pass / dribble in)	No (pass / dribble in)	No (pass in)	7v7 –Pass in 9v9- Throw in
Offside	n / a	No	No	No	No	7v7 –No 9v9-Yes
Retreat Line	n/a	No	No	Yes- ½ way	Yes -1/3 <sup>rd</sup>	Yes- 1/3 <sup>rd</sup>
Field width	n / a	18 to 22m	25 to 30m	25 to 30m	30 to 36m	30 to 36m -7V7 42 to 55m -9V9
Field length	n / a	25 to 30m	30 to 36m	30 to 36m	40 to 55m	40 to 55m -7V7 60 to 75m-9V9
Goal Size (no larger than)	n / a	Pugg nets or 5f / 1.52m x 8f / 2.44m	Pugg nets or 5f / 1.52m x 8f / 2.44m	5f / 1.52m x 8f / 2.44m	6f / 1.83m x 16f / 4.88m	6f / 1.83m x 18f / 5.49m
Ball size	3 (or 4 super light*)	3 (or 4 super light*)	3 (or 4 super light*)	3 or 4 (or 4 super light*)	4 (or 5 light*)	4 (or 5 light*)

## Additional Explanations

The benefits of implementing the directions outlined in the above matrix lie in doing everything we can to provide the best possible learning and development environment for all players. Those players could be recreation players or development players, they both need to establish a solid grounding and developmental base to play and enjoy soccer for life or progress to talented pathways and higher honors. What is critical as parents, coaches, administrators is that we understand the philosophical shift of what is a quality soccer programs and why, this will help us all with the culture change required. Please do not get caught up in the smaller detail that is captured in the matrix above, understand that doing your best to accommodate the changes within your club, league or district is what we ask to improve the experience for all players.

Please note that all of the information contained within the matrix is in alignment with the "CSA Wellness to World Cup Documents" which outlines LTPD implementation in Canada and ensures we are catching up to the rest of the football world where this is very much best practice. These best practices have been refined to suit our Ontario soccer environments.

### 1. Game Day Roster

Refers to the playing game day roster each competition day, this roster could change from week to week. We encourage clubs to take a roster or player pool approach to training, meaning a development stage or age group train together within the appropriate coaching environment rather than the traditional team focus, especially in the Active Start and Fundamental Development stages. This will also allow for ups and down's in the competition day squad numbers due to unavailability of players.

### 2. Practice to Playing Ratio

This refers to the relationship between practicing / training and playing. In the younger development stages it is critical that players learn the basic skills to be able to enjoy and progress with soccer, the appropriate practice helps foster these necessary skills which are then practiced and reinforced in competition. A training to competition ration of 1:1 = 1 practice to 1 game, 2:1 = 2 practices to 1 game. Historically players have been playing far more than they have been training and this needs to be reversed.

### 3. Maximum competition days per season

This number refers to the maximum number of competition days per season. Depending on the development stage a competition day could take the form of a friendly match, festival, league game, or exhibition match. (Please see the OSA Game Organization Guide for further information)

**\*\* The Game Leader training program is available.**

### 4. Recommended playing time

In all development stages outlined it is important that players receive fair playing time in all positions. The term fair is used to take into account player unavailability; coaches should do their best to ensure equality and fairness to all players.

### 5. Playing time per player per festival

These timeframes indicate the maximum amount of time a player should be involved in a form of competition on an individual day. This is a guideline for festivals or other forms of competition or events where there are multiple games per day. Games lengths need to be adjusted where over the course of a competition day when there will be multiple games.

### 6. Team Travel Time

For optimal player development unnecessary travel should be avoided especially at the younger development stages, we need players to be practicing and playing more rather than spending excessive time in cars travelling to and from games. The team travel guidelines need to be tailored to your individual club situation and the indication of travel time each way (i.e. U9 & 10 45 mins each way) is the most effective way to give direction to the membership. Outside of districts bordering other provinces or countries, interprovincial and international travel is not recommended for U12 and below. Travel is to be calculated from District boundary to match venue. All travel outside of a district requires district approval.

**\*\* U11&12- please see the OSA coach education material for the correct age appropriate course to take**

### 7. Field sizes

Education and communication with municipalities and facility providers is very important. Ranges for field width and length have been provided at each development stage. It's understood that transition time is required it's anticipated that 3 years will give ample time to transition. Therefore all fields will be correct by 2017.

### 8. Goal sizes

A 3 year phase in period has been granted for clubs, districts and leagues to make the transition to the goal sizes outlined in the matrix, again education and communication with municipalities is crucial. Therefore all goals will be correct by 2017.

### 9. Memorable Events

U11 & U12 programs have the option of travelling to two (2) memorable events, for cultural experiences and learning. Travel time controls are waived for these 2 memorable events. At least one (1) event must be LTPD compliant and within Ontario. U11 & U12 programs are permitted to use one (1) of their memorable events to travel to an event venue of their choice during the season. The one (1) event selected must take place in Canada or the USA. This event may not meet all Development Matrix requirements

REQUIREMENTS FOR LIGHT BALLS			
Age	Ball size	Weight	Circumference
U4-U8	<b>4 Super Light</b>	290-310 g	64-66 cm
U9-U12	<b>5 Light</b>	350-370 g	68-70 cm

#### PLEASE NOTE

MED = Making Ethical Decisions

RiS = Respect in Soccer

Participation mementos (certificates or t-shirts) are allowed at Festivals or other forms of competition. The OSA would encourage clubs / districts organizing Festivals or other forms of competition to move away from participation medals and trophies and look to lower participation costs where possible.

The current LTPD Development Stages (Fundamentals, Learning to Train etc) relate to the different development stages as players develop and are different for males and females. The CSA Coaching courses are tailored to these development stages. At the current time to assist in the understanding and acceptance of changes to competition we have kept competition specific to age groups and consistent for both male and female competition i.e. U8.