



Soccer Nova Scotia

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Soccer Nova Scotia

Long Term Player Development (LTPD) Implementation Plan

Best Practice - Resource Manual

Stages:

**Active Start
Fundamental
Learning to Train**



Providing a resource for Regions and Clubs to follow to help ensure that all soccer programs in Nova Scotia are following the Canadian Soccer Association's Long Term Player Development Plan (LTPD)

Developed by Michael Hudson & Daniel Worthington
Soccer Nova Scotia, Technical Department



The Timbits Minor Soccer Program is a community-oriented sponsorship program for children four to eight years old who participate in local house league soccer teams. The program's philosophy is not based on winning or losing - but on learning a new sport, making new friends, and just taking time out to be a kid.

In Nova Scotia, Tim Hortons is currently sponsoring over 15,000 Timbits soccer players. Each sponsored association is supplied with Timbits Minor Soccer shirts and coaching aids, such as soccer balls and pylons, through their local Tim Hortons Restaurant owner. For more information please contact your local Tim Hortons Restaurant.



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TECHNICAL SUMMARY

Soccer Nova Scotia is continually striving to provide an appropriate place for players of all ages and abilities to play. Being a part of a club, is just that...being a part. Whether Active Start, Learning to Train, or Active for Life, players all have a place within the program, and it has to be our goal to provide well organized safe programs, with appropriately trained coaches for all our players.

*In June 2008 the Canadian Soccer Association launched their Long Term Player Development Plan (LTPD) model **"Wellness to World Cup"**. The seven stage model follows the generic Long Term Athlete Development (LTAD) model that has been adopted by numerous sports around the world to provide a comprehensive development foundation.*

Soccer Nova Scotia's Technical Department is striving to be at the leading edge of the provincial implementation of the "Wellness to World Cup" program. During the summer of 2008 we conducted a club by club program audit and studied the competency of active coaches working within our sport. From the information we gathered, we have started to address what we think needs to be accomplished over the next few years.

Our goal is to align current soccer programs in Nova Scotia with the seven stages of the LTPD, assuring that standards for programs, competition, and coaching are met at the local, regional, and provincial level.

This manual has been developed to provide our member clubs with "Best Practices" for the implementation of the first three stages of the model:

Stage 1 Active Start

Stage 2 Fundamental

Stage 3 Learning to Train

Long Term Player Development (LTPD)

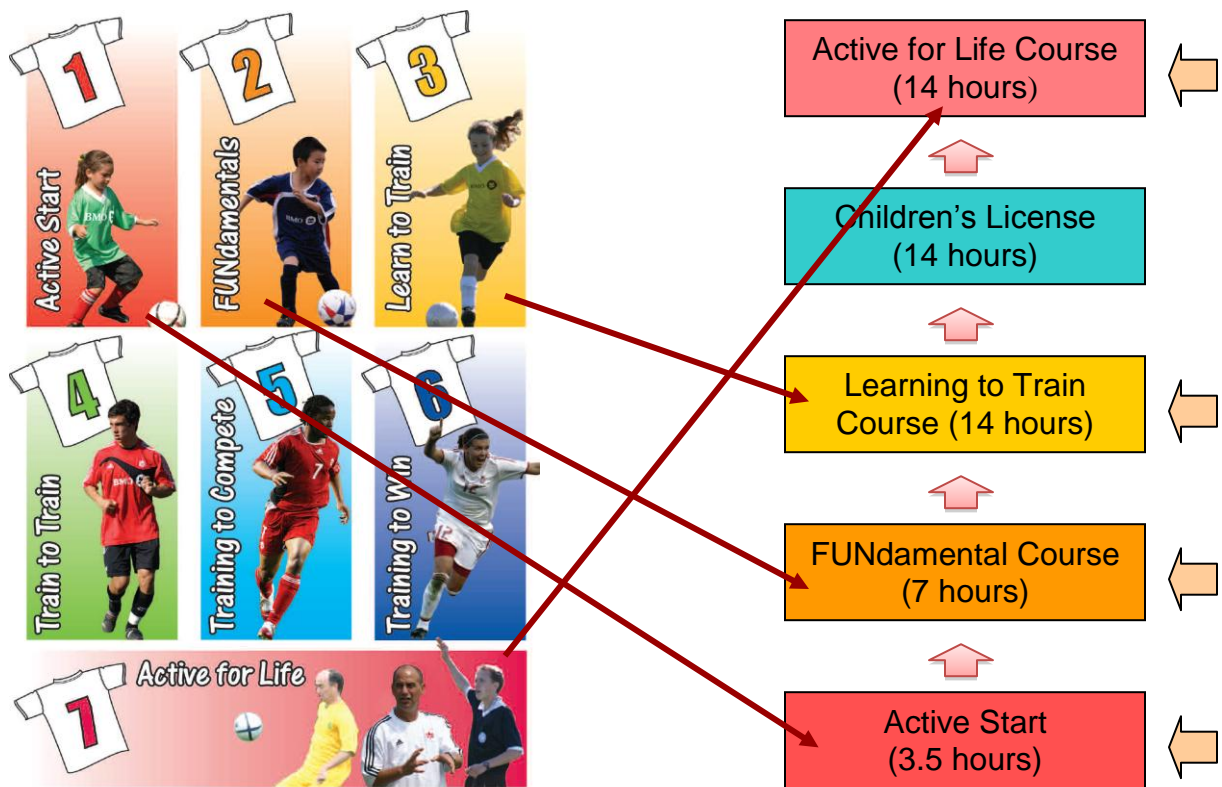
Soccer is the largest participation sport in Canada and the World, providing healthy physical activity for players at all levels of ability. Long Term Player Development (LTPD) is a program of soccer player development, training, competition, and recovery based on biological age (i.e. physical maturity) rather than chronological age.

LTPD is:

Player Centered
Coach Driven
Administration, Sports Science & Sponsor Supported

Under the CSA's leadership, LTPD can provide the framework for high quality programs at all stages, which ensure enjoyable lifelong playing opportunities for players of all levels of ability, as well as development pathways for elite players who pursue excellence.

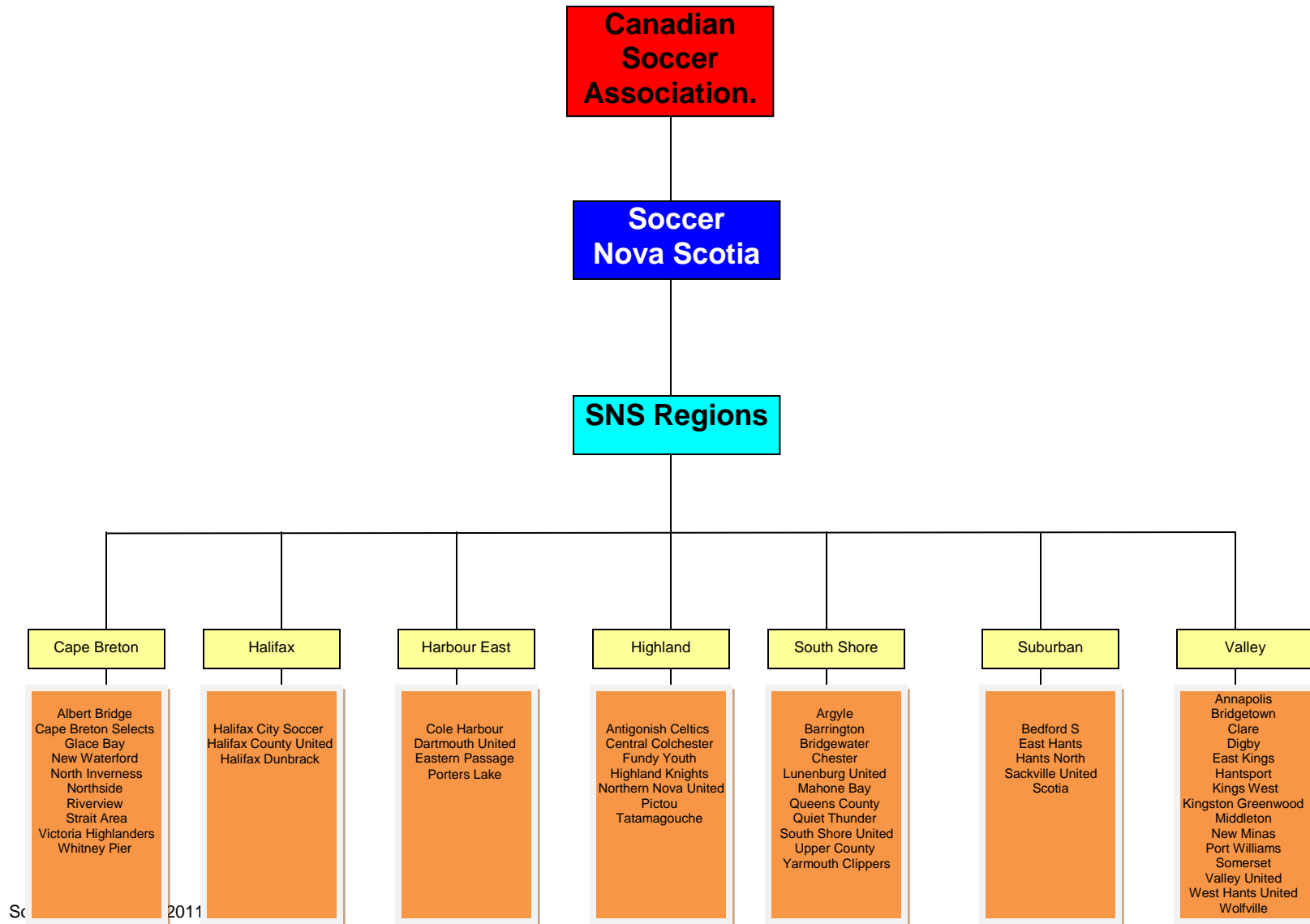
LTPD and Canadian Soccer Association Coaching Pathway – Community Stream



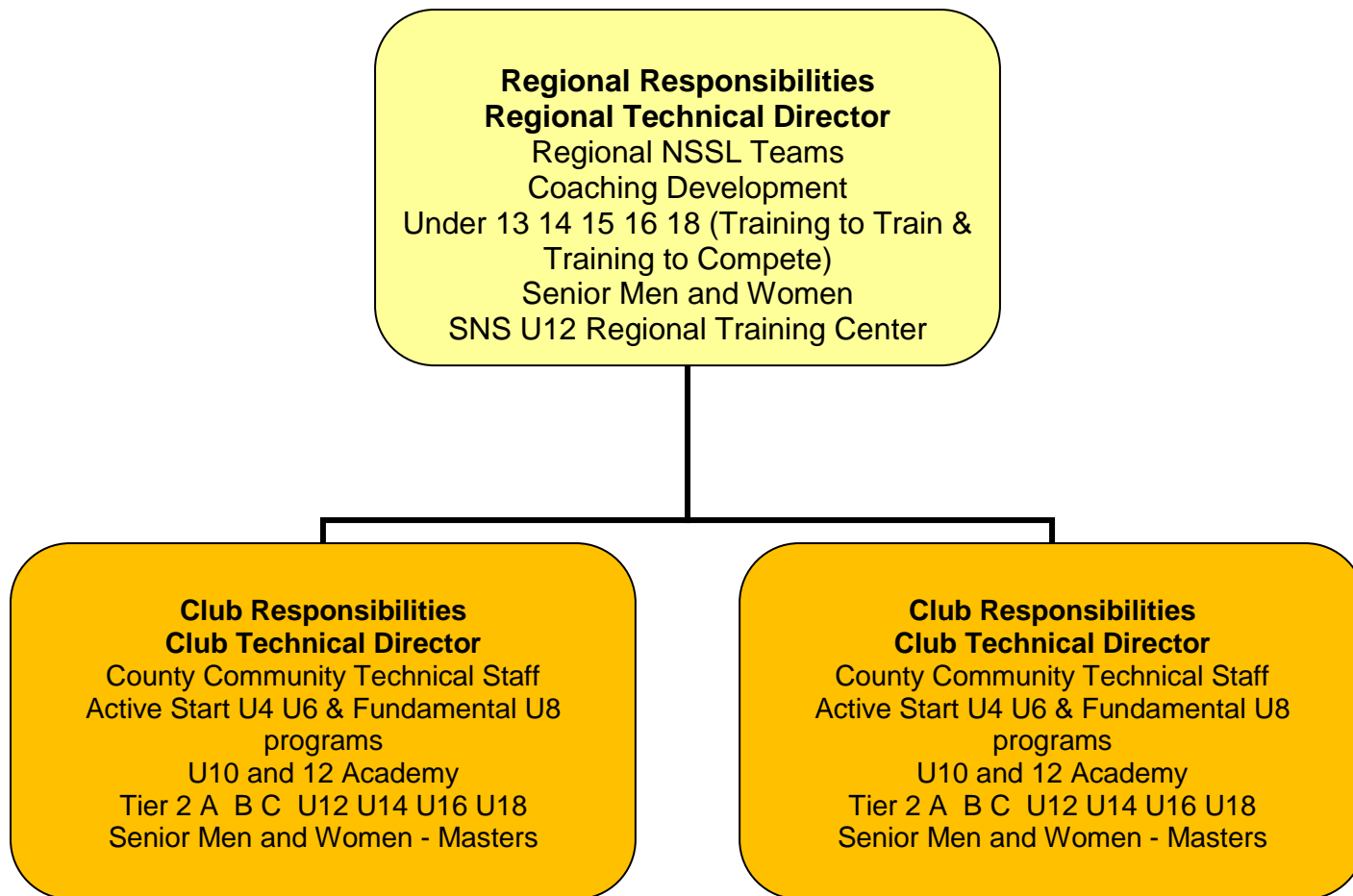
Note. Coaches License will be Launched in 2012. It is a course developed for coaches who want to be Certified in the Community Stream



Soccer Nova Scotia Organizational Structure



Relationship and Responsibilities of Regions & member Clubs



HOW TO USE THIS RESOURCE

In the pages that follow the first three stages of the LTPD has been broken down to assist the club in running quality programs for their membership. Each stage covers the following areas.

- 1 Program Operational Guidelines:** This will cover all aspects of putting your program together including the optimum season length of your program, training ratios.
- 2 Equipment Requirements:** Outlining what equipment is required to effectively run a team or program in that stage.
- 3 Small Sided Game Format:** Outlining the appropriate game structure by stage.
- 4 Game Rules:** Specific rules guiding the game formats in each stage
- 5 Best Practices:** This section outlines how organizations have successfully run their programs. It recognizes that one size does not fit all and allows organizations to choose a structure that will meet the needs of their membership.

Administrative Requirements for Running a Successful Soccer Organisation

- Club must have a club phone line to handle membership/public enquiries about the club
- Club must have a web site that outlines all the programs offered by the club. The club's web site must link through a logo to Soccer Nova Scotia <http://www.soccerns.ns.ca/> and the CSA's pages on Long Term Player Development. http://www.canadasoccer.com/wellness/Wellness_CoupeDuMonde.asp
- Club must keep a data base of all paid staff, volunteers (Including board and executive) with a copy on file of the coaches' CPIC clearance checks.
- Club must keep a data base of all active coaches in the club including their current qualifications in soccer. This must be updated annually.
- Clubs must provide their coaches with the list of players in their group including child's name, emergency contact information and e-mail address.





Stage 1 - Active Start Under 4 to under 6 Programming

Introduction

At this introductory level, the objective is to get children moving and to keep them active. At daycares, schools, clubs, recreation centers and home, small children can be provided with early opportunities to learn basic soccer elements. The objective is for adults and children to learn the game together. Emphasis is on physical literacy, making friends with the ball, and learning how to participate in an organized sports program.

“1 with 1”

In the initial part of this stage the program is organized so that the child has success learning the game with their parent in a “one with one” format (One child with a significant other person in their lives - Mom, Dad, Brother/Sister, Grandparents). In this format, a child’s first team-mate is someone they are totally at ease with. While the adult should challenge the child player, they should allow the child to have success, “score” goals and “beat” the adult opponent. With the session led by the learning facilitator or master coach, parent and child can participate in fun games and activities that address the physical and technical needs of children in this stage. As the stage progresses and the child acquires basic physical literacy, familiarity with the ball, and the ability to work independently from a parent/guardian, the roles of the parent can be reduced as the program moves towards a traditional coach player format where the small sided game format is introduced.

U4 Program Guidelines

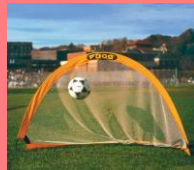
- Coaches must attend **Active Start** Coaching Course (3 hours)
- Coaches complete CPIC
- Coaches must provide club with a copy of the CPIC prior to the start of the season.
- Each group requires one coach who will lead the session. Players participate in each session with their parent/guardian 1 with 1.
- Age of lead coach 16 +
- Session length 45 minutes
- Duration of Program 8-16 weeks
- Number of sessions per week One
- Maximum number of players Twelve
- Boys and girls play together

U6 Program Guidelines

- Coaches must attend **Active Start** Coaching Course (3 hours)
- Coaches must provide club with a copy of the CPIC prior to the start of the season.
- Each team is required to have two appropriately trained coaches over the age of 16, one of whom is the same gender as the team. In mixed gender teams, one coach must be female and one coach must be male
- Session length 45 minutes – 1 hour
- Duration of Program 12-16 weeks
- Number of sessions per week One or Two
- Maximum number of players Twelve

Equipment Requirements for each “Active Start” group:

- Ball for each player – Size 3 (Child/adult one player)
- Each player should wear shin-guards
- 25 disks/markers
- 4 x 12” or bigger traffic cones
- Twelve pinnies – preferably two different colors
- Pump
- Coaches T shirt with club logo.
- First aid kit
- Teams in different colored shirts. Each team should adopt a name. e.g, “U6 United, U6 Rovers”
In this way players start to identify with their team.
- Pug Goals



- Check out the Tim Hortons “Tim Bit” Program in your area through your local store or call Tel: (902) 662-2522 – see appendices for more information on the Tim Hortons “Tim Bit” program for soccer

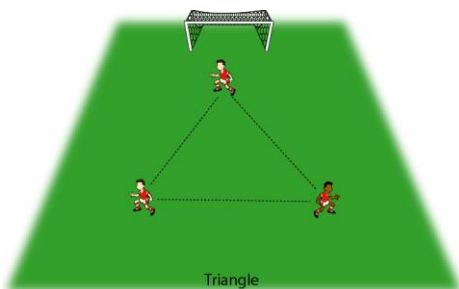


The Small sided Game: The main theme throughout Small-Sided Soccer is to meet the needs of children. Eleven-a-side soccer does not meet those needs. We need a modified game that fits the needs of children: too often children are modified to meet the requirements of a game. Small-sided game structures modify soccer without losing the essence of the game. Small-sided games are the most appropriate introduction to soccer. All available research and observation shows that children will have more fun and learn more playing a game with smaller teams and modified rules. Small-sided soccer is, therefore, a game children can actually play rather than struggling to understand a game created for adults. If children are to enjoy and take part in soccer they need to:

- Feel success
- Take an active part in the game
 - Learn to play as a team
 - Understand the basic rules
 - Develop soccer skills
- Be able to take part whatever their ability
 - Develop fitness

Small-sided soccer sets out to meet those needs. They are games which have been modified from 11-a-side soccer, but keep all the major features of the big game, while allowing children to succeed and take part in something that is still recognizable as soccer. Small-sided soccer, however, is more than another version of 5-or 6-a-side football for the following reasons: It recognizes that children do not perform as adults and therefore its meet the needs of children. It has all the features of 'real' soccer to children. It doesn't set unrealistic expectations. Many adults do not know what can be expected of children and so emphasize the result at the expense of performance. Mini-Soccer helps by defining the targets for children at different ages.

Age Group Format	Game Format	Group Size	Game Duration	Ball Size	Field Size	Goal Size
U/4	No game	12 max	No Game	3	/	Pug Goals
U/6	3 v 3	12 max	2 x 10 mins	3	L 25m x 30m max W 18 x 22m max	6ft x 4ft



Whenever possible mini-Soccer should be played on a field designed for that purpose and lined accordingly. The outfields of baseball diamonds are useful areas. In many instances, however, games will be played within or across standard soccer fields. Ideally, clubs should use appropriately sized goals with netting – where this is not possible, flags or traffic cones can be used.

Game Rules

- Equal playing time for all participants
- 3 v 3 - No goalkeeper
- No referee
- Half time 2 to 3 minutes to allow children to get a drink.
- Parents stand around the edge of the field to keep the ball in play.
- Players encouraged starting the game in triangle shape. Coaches must realize that at this stage the players will crowd around the ball “bees around honey”. This is natural and the game will be a series of dribbling. Players in this stage do not have the understanding to spread out and use space.
- If the ball goes out of play, parents around the edge of the field can guide the ball back into play. Play is continuous.
- The game can be stopped every few minutes to allow substitutions to be made. At each restart put the players back into their triangle shape.
- Coaches/parents at this stage should try not to give instruction during games. Just encourage the kids and be positive at all times.
- No league standings

U4 U6 Program - Best Practice delivery

Option 1: **Team Coach Method** - Clubs assign a coach to each Under 4 6 group. That group is given a team name. The parent volunteer coach, under the guidance of the curriculum set out by the club, plans and delivers the session. The **Team Coach** is a parent/volunteer who has been appropriately trained through the three hour Active Start/Fundamental coaching courses.

Advantages: Players get used to the familiarity working with one coach
Coach can plan session to specific needs of their players

Disadvantages: Coaches can be inexperienced with the needs of this age group.

Option 2: **Master Coach Method** - Clubs assign a coach to each Under 4 6 group. That group is given a team name. The Master Coach determines the content of the session. The master coach will show the first “drill of the day” to all the volunteer coaches. Each coach will go off and execute that drill with their team. The master coach then will bring everyone back in to observe the next drill or progression. The **Master Coach** is a paid employee of the club who has expertise in delivering Active Start/Fundamental content. The Master Coach needs to have completed the Children’s Coaching License.

Advantages: Players get used to the familiarity working with one coach
Master Coach is experienced in planning sessions for the needs of this group

Disadvantages: Require a master coach with experience

Option 3: **Paid Technical Staff** - Clubs assign a paid technical staff member to each group. That group is given a name. The staff coach plans and delivers the session to the players. **Paid Technical Staff** have been appropriately trained in Active Start and Fundamental coaching courses.

Advantages: Children get familiar with the staff coach
Responsibility for running session in the hands of staff coaches with experience

Disadvantages: Technical staff – may be hard to find appropriate staff, particularly in outer regions.
Additional cost to program – paid staff coaches

Option 4 **Jamboree Style** – Players in each program arrive at the field and are divided into teams at the time of arrival. Group sizes are always between 8 and 12. Players then move through a series of stations. Head Coaches/Staff Coaches remain at the same station and players with parents move. By the end of the session all groups have been to each station.

Advantages: Leaders always have the same # of players. Helps in session planning.
Coach only has to plan one activity –repeats for each group

Disadvantages: Players do not become familiar to their coach



Stage 2 – FUN damental Under 8 Programming

Introduction

The U-8 age group is the second stage of soccer development that our players go through. However, we have to recognize that in this stage there are players who are participating in the sport for the first time. The most important focus at this age is the continued development of physical literacy, and the recognition that individual technique development is paramount. That being said, coaches in this stage have to create a learning environment that is stimulating and engaging where players learn in a fun filled small sized game environment.

The programs now start to move into a team format with head and assistant coaches. Teams will also now start to play against other teams within their own organization.

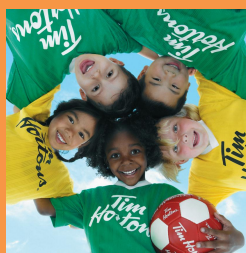
U8 Program Guidelines

- Coaches must attend Fundamental Coaching Course (Six Hours)
- Coaches must provide club with a copy of the CPIC prior to the start of the season.
- Each team is required to have two appropriately trained coaches over the age of 16, one of whom is the same gender as the team. In mixed gender teams, one coach must be female and one coach must be male.
- Session length 1 hour
- Duration of Program 12-24 weeks
- Number of sessions per week Two
- One game night session, one practice night session
- No standings or scores kept
- Maximum number of players - Twelve
- Boys and girls play separately where possible
- Equal playing time for all players in games.

Equipment Requirements for each under 8 groups:

- Ball for each player – Size 3 or 4
- Each player should wear shin-guards
- 25 disks/markers
- 4 x 12" or bigger traffic cones
- Twelve pinnies – preferably two different colors
- Pump
- Coaches T shirt with club logo.
- First aid kit
- Teams in different colored shirts. Each team should adopt a name. e.g, "U6 United, U6 Rovers" In this way players start to identify with their team.
- Pug Goals

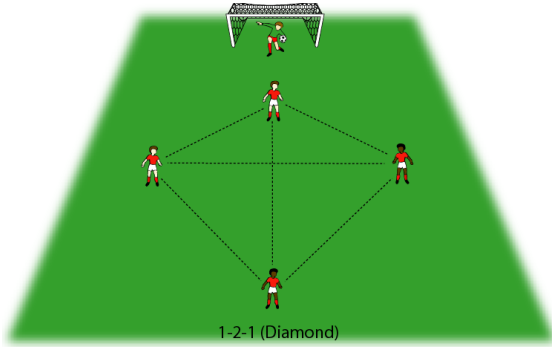
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Small Sided Game: The main theme throughout small-sided soccer is to meet the needs of children. Eleven-a-side soccer does not meet those needs. We need a modified game that fits the needs of children; too often children are modified to meet the requirements of a game. Small-sided game structures modify soccer without losing the essence of the game. Small-sided games are the most appropriate introduction to soccer. All available research and observation shows that children will have more fun and learn more playing a game with smaller teams and modified rules. Small-sided soccer is, therefore, a game children can actually play rather than struggling to understand a game created for adults. If children are to enjoy and take part in soccer they need to:

- Feel success
- Take an active part in the game
 - Learn to play as a team
 - Understand the basic rules
 - Develop soccer skills
- Be able to take part whatever their ability
 - Develop fitness

Small-sided soccer sets out to meet those needs. They are games which have been modified from 11-a-side soccer, but keep all the major features of the big game, while allowing children to succeed and take part in something that is still recognizable as soccer. Small-sided soccer, however, is more than another version of 5-or 6-a-side football for the following reasons: It recognizes that children do not perform as adults and therefore it meets the needs of children. It has all the features of 'real' soccer to children. It doesn't set unrealistic expectations. Many adults do not know what can be expected of children and so emphasize the result at the expense of performance. Mini-Soccer helps by defining the targets for children at different ages.



Whenever possible Under 8 Soccer should be played on a field designed for that purpose and lined accordingly. The outfields of baseball diamonds are useful areas. In many instances, however, games will be played within or across standard soccer fields. Ideally, clubs should use appropriately sized goals with netting – where this is not possible, flags or traffic cones can be used.

Age Group	Game Format	Squad Size	Game Duration	Ball Size	Field Size	Goal Size
U8	5 v 5 including GK	Recommended 12 max	2 x 15-20 minutes	3/4	Width 25 -30m Length 30m x 36m	6-8ft x 4ft

U8 Game Rules

- Equal playing time for all participants
- 5 v 5 including goalkeeper, or 4 v 4 with no goalkeeper
- Everyone takes a turn at goalkeeper
- No offsides
- No crease
- Referee optional
- Between periods allow 3 to 4 minutes so children can get a drink.
- Parents are now completely off the field of play.
- Players encouraged starting the game in diamond shape. Coaches must realize that at this stage the players will crowd around the ball “bees around honey”. This is natural and the game will be a series of dribbling. Players in this stage should be encouraged to spread out and use the space.
- If the ball goes out of play – game re-starts with a kick in
- Unlimited substitution shall be allowed at any stoppage in the game.
- Coaches should minimize instruction from the sidelines and let the players play encouraging them with positive reinforcement. Let the game be the teacher
- No league standings

U8 Fundamental Program - Best Practice delivery	
Option 1:	<p>Team Coach Method - Clubs assign a coach to each Under 4 6 group. That group is given a team name. The parent volunteer coach, under the guidance of the curriculum set out by the club, plans and delivers the session. The Team Coach is a parent/volunteer who has been appropriately trained through the three hour Active Start/Fundamental coaching courses.</p> <p>Advantages: Players get used to the familiarity working with one coach Coach can plan session to specific needs of their players</p> <p>Disadvantages: Coaches can be inexperienced with the needs of this age group.</p>
Option 2:	<p>Master Coach Method - Clubs assign a coach to each Under 4 6 group. That group is given a team name. The Master Coach determines the content of the session. The master coach will show the first “drill of the day” to all the volunteer coaches. Each coach will go off and execute that drill with their team. The master coach then will bring everyone back in to observe the next drill or progression. The Master Coach is a paid employee of the club who has expertise in delivering Active Start/Fundamental content. The Master Coach needs to have completed the Children’s Coaching License.</p> <p>Advantages: Players get used to the familiarity working with one coach Master Coach is experienced in planning sessions for the needs of this group</p> <p>Disadvantages: Require a master coach with experience</p>
Option 3:	<p>Paid Technical Staff - Clubs assign a paid technical staff member to each group. That group is given a name. The staff coach plans and delivers the session to the players. Paid Technical Staff have been appropriately trained in Active Start and Fundamental coaching courses.</p> <p>Advantages: Children get familiar with the staff coach Responsibility for running session in the hands of staff coaches with experience</p> <p>Disadvantages: Technical staff – may be hard to find appropriate staff, particularly in outer regions. Additional cost to program – paid staff coaches</p>
Option 4	<p>Jamboree Style – Players in each program arrive at the field and are divided into teams at the time of arrival. Group sizes are always between 8 and 12. Players then move through a series of stations. Head Coaches/Staff Coaches remain at the same station and players with parents move. By the end of the session all groups have been to each station.</p> <p>Advantages: Leaders always have the same # of players. Helps in session planning. Coach only has to plan one activity –repeats for each group</p> <p>Disadvantages: Players do not become familiar to their coach</p>



“The Golden Age of Learning ”

Stage 3 - Learning to Train Under 10 11 12 Programming

Introduction

This stage is widely viewed as the optimal window of trainability. It is the stage when in addition to the technical and continued physical development of the player, players are able to make decisions on the ball and coaches can introduce basic tactical behavior to the game.

It is in this stage that clubs and organizations can start to offer enhanced development opportunities (“The Academy”) for those players that seek more playing opportunities and show an aptitude for the game.

U10 Program Guidelines

- Coaches must attend a Learning to Train Coaching Course (14 hour)
- Each team is required to have two appropriately trained coaches over the age of 16, one of whom is the same gender as the team. In mixed gender teams, one coach must be female and one coach must be male
- Coaches must provide club with a copy of the CPIC prior to the start of the season.
- Length of Season - 20-24 weeks summer – 20 weeks winter
- Number of sessions per week – 2 x 1 hour sessions – 1 practice – 1 game
- No more than two games in any one day
- Boys and girls play separately strongly recommended.

Equipment Requirements for each Under 10 groups:

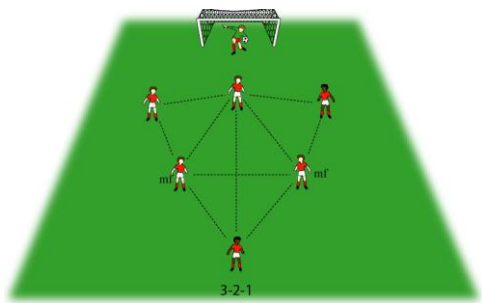
- One ball per player
- Ball for each player – Size 4
- Each player should wear shin-guards
- Each player needs a uniform with matching shirt, shorts and socks.
- 25 disks/markers
- 4 x 12” or bigger traffic cones
- Fourteen pinnies – preferably two different colors
- Pump
- First aid kit
- Access to age appropriate sized goals

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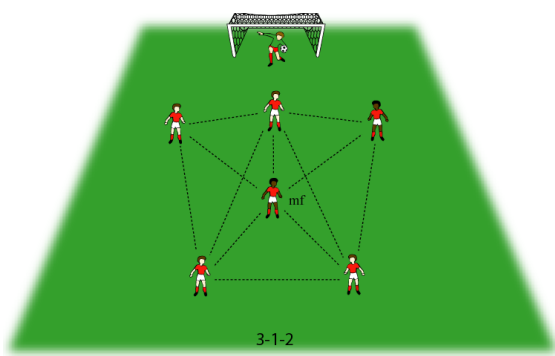
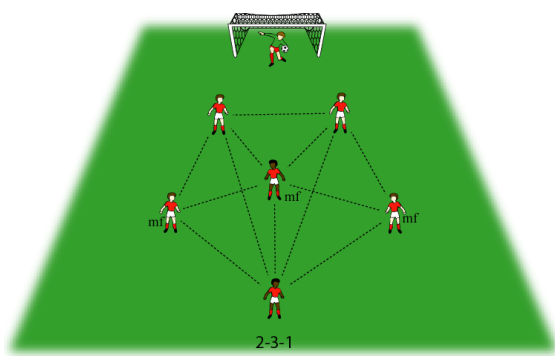
- Feel success
- Take an active part in the game
 - Learn to play as a team
 - Understand the basic rules
 - Develop soccer skills
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Game Formations for 7 v 7



Whenever possible Under 10 Soccer should be played on a field designed for that purpose and lined accordingly. The outfields of baseball diamonds are useful areas. In many instances, however, games will be played within or across standard soccer fields. At this stage clubs need to acquire the appropriate goal size (6.5ft x 12ft) for training and games



Age Group	Game Format	Squad Size	Game Duration	Ball Size	Field Size	Goal Size
U10	7 v 7 including GK	Max 14	2 x 25minutes	4	Width 36m Length 55m	12ft-6.5ft

U10 House Rules

- Equal playing time for all players – players should be encouraged to play all positions.
- Number of players on the Field - 7 versus 7 including GK
- Single gender where numbers allow
- Maximum team size - 14 Players
- Game Duration - 2 x 25 minute halves – 5 minute half time
- Goal Size - 12 ft x 6.5 ft
- Ball Size 4
- Field Size 55m x 36m
- No offsides
- No crease
- Referee – no assistant referees
- Players encouraged starting the game in diamond shape. Coaches must realize that at this stage the players will crowd around the ball “bees around honey”. This is natural and the game will be a series of dribbling. Players in this stage should be encouraged to spread out and use the space.
- If the ball goes out of play – game re-starts with a throw in.
- Unlimited substitution shall be allowed at any stoppage in the game.
- Coaches should minimize instruction from the sidelines and let the players play. Encouraging them with positive reinforcement. Let the game be the teacher
- No scores or standings kept

Best Practices

Summer - Ideally these programs should be twice weekly for approximately 24 weeks. Sessions/games should be one hour in length. The program should start indoors in April where players are introduced to the game (possibly for the first time if the player did not play at Under 8). Having these initial sessions indoors allows the coaches running the session to contain the activities of the players in a manageable environment.

Once the weather/fields condition permits the sessions should be taken outside. Sessions should be broken into “**Practice Nights**” and “**Game Nights**”. The first session of the week should be **Practice Night**. In this session teams will practice for 30-40 minutes and then play informally (possibly against another team for 20 minutes). On **Game Night**, teams should follow a pre-determined schedule in a house league format. Team should warm up for 15 minutes before playing a game against one of their opponents. Each team should have a minimum of one coach and an assistant coach helper

Winter – Over the winter months, clubs should provide an opportunity for players to play soccer all year round. Again the program should take the form of a minimum of one practice + 1 game per week for a period of between 20-24 weeks.

Academy Program Under 10

Academy/Committed Player Programs - The purpose of these Academy programs is to provide those players who are identified as having a strong aptitude to play an enhanced experience to help their development. It will allow players of equal ability to train with, and play against other players who are at the same level. In the absence of such a program, it is believed that some of those young athletes will be drawn towards other sports which do provide the programming and competition they desire. In areas with smaller clubs – clubs could combine their players to provide this environment for their players

U10 Academy Guidelines

Winter (November – March)

- Two-three sessions per week + game
- Coach – Holder of Children’s License - assisted by coaches who have taken the “Learning to Train” course
- If possible games should be arranged with other club’s under 10 Academy programs. No standings should be kept.
- Equal playing time in all games.
- Game format 7 v 7

Summer (April – September)

- Two – three sessions and one game each week
- Coach – Holder of Children’s License - assisted by coaches who have taken the “Learning to Train” course
- Players should play games against other clubs Academy U10 programs. No standings should be kept.
- Equal playing time for all players
- Game format 7 v 7

U11 & U12 Program Guidelines

- Coaches must attend a Learning to Train Coaching Course (14 hour)
- Each team is required to have two appropriately trained coaches over the age of 16., one of whom is the same gender as the team. In mixed gender teams, one coach must be female and one coach must be male.
- Each team is required to have one manager, preferably the same gender as the team.
- Coaches and manager must provide club with a copy of the CPIC prior to the start of the season.

Tier 2 A Summer

Training	2-3 x 1 hour 20 minutes training sessions with team coach/technical staff
Games	Minimum 1 game per week – May, June, July, August No more than two games each week
Tournaments	2 –3 tournament weekends over the summer. No more than two games in one day
Goalkeeper session	Once per week

Winter

Training	2 x 1 hour 20 minute training sessions with team coach/technical staff
Games	1 game per week – Nov - March
Tournaments	1-2 tournament weekends over the winter. No more than two games in one day

Tier 2 B. Summer

Training	1 x 1 hour 20 minute training session with team coach
Games	1 game per week – May, June, July, August
Tournaments	2 –3 tournament weekends over the summer
Goalkeeper session	Once per week

Tier 2 C Summer

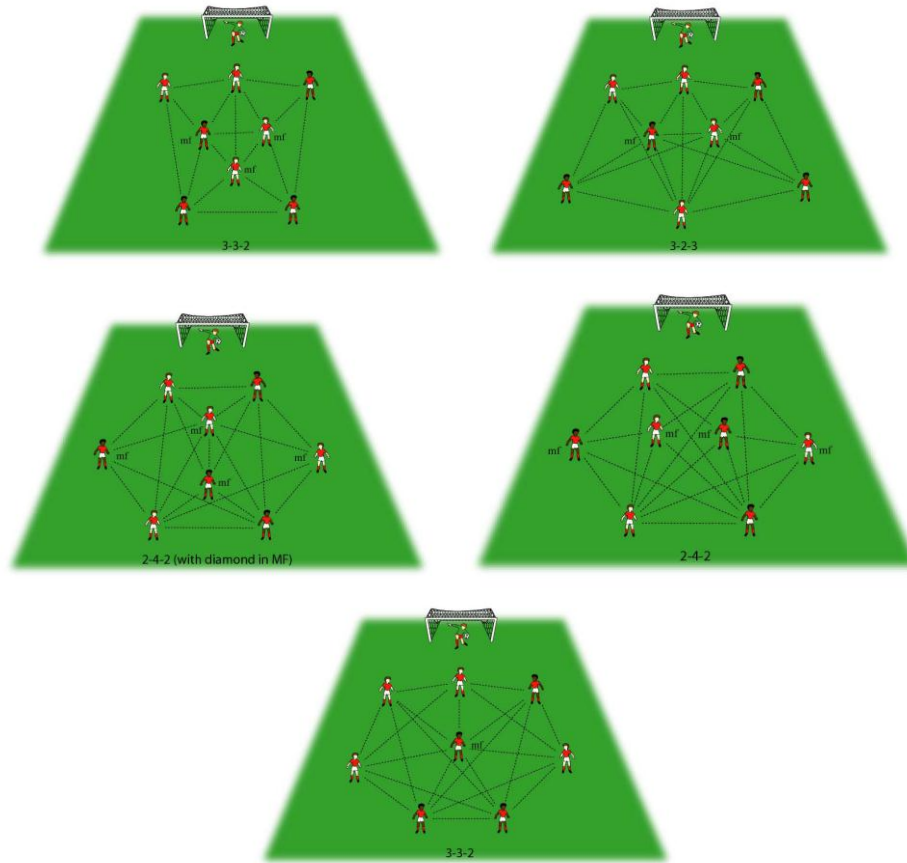
Training	1 x 1 hour 20 minute training session with team coach
Games	1 game per week – May, June, July, August
Tournaments	2 –3 tournament weekends over the summer
Goalkeeper session	Once per week

Winter

Training	1 x 1.5 hour training sessions with team coach
Games	1 game per week – Nov - March
Tournaments	1-2 tournament weekends over the winter
Goalkeeping session	Once per week

Equipment Requirements for each Under 11 & 12 group:

- One ball per player
- Ball for each player – Size 4
- Each player needs a uniform with matching shirt, shorts and socks. Each player should wear shin-guards. At the A level, teams require a home and away uniform.
- 25 disks/markers
- Pump
- 4 x 12" or bigger traffic cones
- 16 pinnies – two different colors
- First aid kit



Age Group	Game Format	Squad Size	Game Duration	Ball Size	Field Size	Goal Size
U12	9 v 9 including GK	Recommended Squad Size 16	2 x 35minutes	4	Width 50-55m Length 70-75m	18ft x 6.5ft

Under U11-12 Game Rules

- Number of players on the Field 9 v 9
- Single gender
- Recommended team Size 16 Players
- Game Duration 2 x 35 minute halves
- Ball Size 4
- Field Size 70-75m x 50-55m
- Goal Size 18 ft x 6.5ft
- Substitutions – Unlimited. Occur during stoppages of play at referee’s discretion. No more than four at any one time during play.
- Offsides in accordance with FIFA Rules for A and B level. No off sides at C level.
- One referee and two lines people at the A and B level. One referee, no linesman at the C level
- All game rules as determined by FIFA
- Players encouraged to play multiple positions.
- Fair playing time – The Technical Department of Soccer Nova Scotia has mandated that at the Under 12 age level the following fair play policy must be adhered to:

Fair Play Policy for the Under 11 and 12 age level.

In all games, including league, tournament and provincial play – it is recommended that all players be given a minimum of 20-25 minutes playing time during the 70 minute game. It is the responsibility of the coaching staff to manage the playing time of each player on their team.

APPENDICES

Fair Play Code For Coaches

1. I will be reasonable when scheduling games and practices remembering that young players have other interest and obligations.
2. I will teach my players to play fairly and to respect the rules, officials and their opponents.
3. I will ensure that all players get equal instruction, support and playing time.
4. I will not ridicule or yell at my players for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
5. I will make sure that equipment and facilities are safe and match the players' ages and abilities.
6. I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
7. I will obtain proper training and continue to upgrade my coaching skills.
8. I will not discriminate on grounds of race, gender, or sexuality.

Fair Play - Please! - For the good of the game!



Fair Play Code For Players

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules, and in the spirit of the game.
3. I will control my temper - fighting and "mouthing off" can spoil the activity for everybody.
4. I will respect my opponents.
5. I will do my best to be a true team player.
6. I will remember that winning isn't everything - that having fun, improving skills, making friends and doing my best are also important.
7. I will acknowledge all good plays/performances - those of my team and of my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.
9. I will not discriminate on grounds of race, gender, or sexuality.

Fair Play – Please ! - For the good of the game !



Fair Play Code For Parents

1. I will not force my child to participate in sports.
2. I will remember that my child plays sport for his or her enjoyment, not for mine.
3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
4. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
5. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
6. I will never ridicule or yell at my child for making a mistake or losing a competition.
7. I will remember that children learn best by example. I will applaud good plays/performances by both my child's team and their opponents.
8. I will never question the officials' judgment or honesty in public.
9. I will support all efforts to remove verbal and physical abuse from children's sporting activities.
10. I will respect and show appreciation for the volunteer coaches who give their time to provide sport activities for my child.
11. I will respect the opposition's players, coaches, and parents.
12. I will not coach my child from the sideline, just support them positively from the sideline.
13. I will not discriminate on grounds of race, gender, or sexuality.

Fair Play – Please ! For the good of the game !



Prevention of Soccer Injuries

The most common areas injured while playing soccer include the knee, ankle and hip. Common risk factors exist and, if managed, these injuries are often preventable. Here are some helpful injury prevention guidelines:

- **Warm-up** prior to all soccer training - this involves 5-10 minutes of light running/soccer drills to break a sweat, followed by dynamic stretching (exaggerated soccer related movements often done while moving across a soccer pitch).
- **Cool-down** after training - this involves 5 minutes of light jogging to walking and 5-10 minutes of stretching.
- Improve **strength** of ankles, knees, hips and the core area with either body weight or resistance training.
- Ensure proper pre-season **conditioning** is adequate, and that **rest** days are provided throughout the season.
- Improve **flexibility** by stretching daily.
- Improve **proprioception** (awareness of body position) by doing balance exercises each training session (e.g. juggling ball, standing on one foot with eyes closed)
- Ensure **equipment** such as shoes and shin pads are in good condition. It is promoted that grass cleats not be worn on turf due to the increased risk of injury with increased friction.
- **Hydrate** properly before, during and after training and competition. Water is best but sports drinks such as Gatorade are also acceptable.
- **Manage injuries** properly by having them assessed by a professional. Treat all injuries for the first 48 hours following the R.I.C.E principle - **R**est, **I**ce hourly for 10-15 minutes, **C**ompress area with a tensor, **E**levate area above the heart where possible.
- Utilize **recovery methods** for frequent training - proper nutrition, massage therapy, ice baths/showers, hydrotherapy.

Useful First Aid Tips

The ability to assess injury During any kind of physical activity, there is a chance that somebody participating may get injured or hurt. It is the First Aider's role, to be on site and available immediately - in the case of emergency. In order to demonstrate the ability to assess an injury - one must possess the capability to refer to the SALTAPS process, designed initially for First Aid in Sport.

SALTAPS is a mnemonic for a sports medicine regime to be invoked when a player is injured, that is targeted at coaches more than the average in the field first responder. It stands for:

- **Stop Play**
- **Ask the player** -- evaluate for pain and for orientation/confusion
- **Look** -- at the limb and evaluate the appearance of the injury
- **Touch** -- the injury if the player will allow this.
- **Active Movement** -- can the player move the limb?
- **Passive Movement** -- if you move the limb does it hurt? Is there sufficient range of motion?
- **Stand Up** -- can the player really play, or are they denying the extent of the injury.

Once injury has been determined treatment can be followed using the basic RICE acronym,


Rest

Ice

Compression

Elevation

In many instances of injury, this treatment will begin as soon as the athlete is sufficiently settled to receive first aid attention. In this regard, while the basic kit will contain a quantity of the chemically activated cold packs, to properly administer the RICE program, the first aid provider may require a greater quantity of cold power in intervals of 15-20 minutes of ice to the affected area, than is possible with the chemically activated ice packs. In sports where sprains are common, it is a useful practice to prepare a number of ice packs from natural ice and store them in an insulated carrier. Alternatively, reusable ice bags can be stored and accessed in the same fashion.

<h2 style="color: red;">Be Smart</h2> <h3 style="color: red;">Concussion Awareness and Management</h3>
<h4 style="color: red;">WHEN IN DOUBT – SIT THEM OUT</h4>
<h4>Concussion – Signs and symptoms</h4>
<ul style="list-style-type: none">• Confusion and Disorientation• Double Vision or Fuzzy Vision<ul style="list-style-type: none">• Loss of Consciousness• Ringing in the Ears• Headache Slow or Slurred Speech<ul style="list-style-type: none">• Dizziness Seeing “Stars”• Nausea and Vomiting• Feeling Stunned or Dazed<ul style="list-style-type: none">• Loss of Balance• Emotional or Personality Changes
<h4>Concussion: Management and Rehabilitation</h4>
<p style="color: red;">When a player shows ANY SYMPTOMS or SIGNS of a concussion...</p> <p>X The player should not be allowed to return to play in the current game or practice.</p> <p>X The player should not be left alone, regular monitoring for deterioration is essential.</p> <p> Regular monitoring for deterioration is essential. The player should be medically evaluated.</p>
<h4>Concussion: Guidelines for Coaches, Players, Parents, and Officials</h4>
<ul style="list-style-type: none">• Concussion is a Brain Injury• You do not have to lose consciousness to have a concussion• Symptoms are often subtle• Wear properly fitted protective equipment• The head (helmet/facemask) should never be used to make initial contact with another player• A concussion may be caused by a direct blow to the head, face, neck, or anywhere else that causes a severe and sudden movement to the head/neck• Medical Clearance by an appropriate physician is mandatory before return to play
<h4>Concussion: Follow these 6 steps before returning to play</h4>
<p style="color: red;">Concussion Management should adhere to the following 6 steps:</p> <ol style="list-style-type: none">1. No activity, complete rest. Once asymptomatic, proceed to step two2. Light aerobic exercise such as walking or stationary cycling3. Sport-specific training. (e.g. running in football, skating in hockey)4. Non-contact training drills5. Full-contact training after medical clearance6. Game Play

Contents of a basic Sports First Aid Kit

The basic first aid kit typically will contain the following materials:

- a first aid manual
- bandages in a variety of sizes, shapes, and widths, including moleskin for blisters and abrasions
- soft gauze bandages
- hypoallergenic first aid tape, in a sealed dispenser
- elastic bandages, to wrap and provide compression to the injured area or to secure an ice pack
- elastic wrap, as a pad for athletic tape
- triangular bandages to be fashioned into a sling or tourniquet
- white athletic tape
- nonstick gauze pads
- antiseptic wipes and dispenser
- antiseptic first aid cream
- aloe or similar soothing topical cream product
- two or three instant cold packs (chemically activated)
- anti-inflammatory capsules such as extra strength ibuprofen products
- scissors
- thermometer
- mouthpiece to assist in the administration of cardiopulmonary resuscitation (CPR)
- neoprene joint brace
- tweezers, to assist in extracting foreign material from cuts and abrasions
- snap-seal type plastic bags
- sterile container or water bottle to mix sports drink fluid
- cell phone and access number to local EMS and hospital
- index inventory card for first aid kit
- disposable gloves



GOAL POST SAFETY

1. The CSA and Soccer Nova Scotia would like to draw your attention to the following guidelines for the safe use of goalposts. Too many serious injuries and fatalities have occurred in recent years as a result of unsafe or incorrect use of goalposts. Safety is always of paramount importance and everyone in soccer must play their part to prevent similar incidents occurring in the future.
 - For safety reasons goalposts of any size (including those which are portable and not installed permanently at a pitch or practice field) must always be anchored securely to the ground.
 - Portable goalposts must be secured by the use of chain anchors or appropriate anchor weights to prevent them from toppling forward.
 - It is essential that under no circumstances should children or adults be allowed to climb, swing on or play with the structures of the goalposts.
 - Particular attention is drawn to the fact that if not properly assembled and secured, portable goalposts may topple over.
2. Portable goalposts should not be left in place after use. They should be dismantled and removed to a place of secure storage.
3. It is strongly recommended that nets should only be secured by plastic hooks or tape and not by metal cup hooks. Any metal cup hooks should, if possible, be removed and replaced. New goalposts should not be purchased if they include metal cup hooks which cannot be replaced.
4. Goalposts which are “home-made” or which have been altered from their original size or construction should not be used. These have been the cause of a number of deaths and injuries.
5. Guidelines to prevent toppling: Follow manufacturer’s guide-lines in assembling goalposts. Once assembled, test the goals following the guidelines below.
 - Ensure each goal is anchored securely in its place
 - Exert a significant downward force on the cross bar
 - Exert a significant backward force on both upright posts
 - Exert a significant forward force on both upright posts

These must be repeated until it is established that the structure is secure. If not, alternative goals/pitches must be used.