

DEVELOPMENT MATRIX

STANDARDS for 2014 and beyond



CANADIAN
SPORT FOR LIFE

Stage	Learning to Train		
	U8	U9 and U10	U11 and U12
Age Group	U8	U9 and U10	U11 and U12
Playing Format	5v5 (with GK) or 4v4 (no GK)	7v7 (including GK)	9v9 (including GK)
Coaching Requirement	Fundamentals + MED and RIS	Learning to Train + MED and RIS	Learning to Train + MED and RiS
Squad Size (Game day only)	Max 10 (5v5) Max 8 (4v4)	Ideal 9 / Max 12	Ideal 12 / Max 16
Substitutions	Unlimited (on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)
Training to playing ratio	2:1 or 3:1	2:1 or 3:1	2:1 or 3:1
Max competition days per outdoor season	20 (including festivals)	20 20 (including other forms of competition)	20 (including other forms of competition)
Number of competition days per week	1	1	1
Recommended Training Time	30 – 45 minutes	45 – 70 minutes	45 – 70 minutes
Recommended Playing time	Fair time in all positions	Fair time in all positions	Fair time in all positions
Game Duration	2 x 20 min	2 x 25 min	2 x 35 min
Playing time per festival / tournament day	Max 60 minutes playing time	Max 80 minutes playing time	Max 80 minutes playing time
Minimum rest between matches	20 min	30 min	30 min
Season length (outdoor or indoor)	12 – 20 weeks	16 – 20 weeks	16 – 20 weeks
Recommended Team Travel Time	30 minutes each way, within Club or District preferred.	45 minutes each way	60 minutes each way
Referee	Recommended	Yes	Yes
Throw ins	No (pass ins)	No (pass ins)	Yes
Offside	No	No	Yes
Field width	25 to 30m	30 to 36m	42 to 55m
Field length	30 to 36m	40 to 55m	60 to 75m
Goal Size (no larger than)	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	4	4

****NO SCORES, NO STANDINGS****

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.

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.

1. Squad Size

Refers to the playing squad each competition day, this squad 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 downs in the competition day squad numbers due to unavailability of players.

2. Training 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 ratio 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 Physical Literacy Competition Guide for further information – currently being developed)*

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 festival / tournament day

These timeframes indicate the maximum amount of time a team 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 there will be multiple games.

6. Recommended 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. 30 minutes for U7 and U8) 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 U12. All travel outside of a district requires district approval.

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.

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.

Indoor Soccer

OSA Strongly recommends that no 11 v 11 Indoor Soccer should be played within Ontario for players U12 and below from the 2012 / 2013 season forward. This applies to all leagues, tournaments, festivals, exhibition games and cup competitions. As indicated in the LTPD Matrices OSA strongly recommends that there is no promotion or relegation and no league standings kept in indoor soccer competition (league play / tournaments) below U12 in the 2012 / 2013 Indoor Season.

OSA recommends that Indoor Soccer competition use the playing formats outlined above in the matrix, and OSA understands there are tangible facility limitations. An Indoor Soccer LTPD Matrix will be developed for the 2013 / 2014 Indoor Season and further guidance will be given to Indoor Soccer Providers. As new indoor facilities are planned and built consideration to these playing formats is highly recommended.

NB: Futsal is a very important part of the future of soccer in Ontario but is not a priority at this current time. Due to the nature of Futsal it is already very LTPD supportive.