DEVELOPMENT Outdoor

MANDATORY for 2014 and beyond, unless implemented prior

Stage	FUNdamentals		Learning to Train

** NO SCORES, NO STANDINGS, NO PROMOTION OR RELEGATION **

Revision Date: February 6th, 2018

Age Group	U8	U9 and U10	U11 and U12
Playing Format	4V4 (no GK) 5v5 (with 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**
Game Day Roster (Game day only)	Max 10 (5v5)	Ideal 9 / Max 12	Ideal 12 / Max 16
Substitutions	Unlimited (on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)
Practice 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 festivals	20 (including other competitions)	20 (including other competitions)
Number of competition days per week	1	1	1
Memorable Events*	1 (Ontario only)	2 (Ontario only)	4 (2 in Ontario + 2 in Canada or USA) *per calendar year and includes Indoor Memorable Events
Recommended Practice Duration	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
Maximum Game Duration	40 minutes	50 minutes	70 minutes
Playing time per player per festival	Max 60 minutes playing time	Max 80 minutes playing time	Max 80 minutes playing time
Minimum/maximum rest between matches	20 min/ 120 min	30 min/ 120 min	30 min/ 120min
Season Length	20 weeks	20 weeks	20 weeks
Team Travel Time	within district	60 minutes each way	60 minutes each way
Referee/Game Leader	Game Leader**	Referee	Referee
Throw ins	No (pass in/dribble in)	No (pass in/dribble in)	Yes
Retreat Line	Yes - ½ way	Yes – 1/3rd	Yes – 1/3rd
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 (or 4 super light*)	4 (or 5 light*)	4 (or 5 light*)

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. Ontario Soccer 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. Canada Soccer 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 Canada Soccer 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 world's best practices have been refined to better suit our Ontario Soccer environments.

1. Game Day Roster
Refers to the playing 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 roster 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 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 Ontario Soccer Game Organization Guide for further information)

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.

***** Game Leader training program is available.***
***** U11 & U12 – please see the Ontario Soccer coach education material for the correct age appropriate course to take.***

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 there will be multiple games.

6. Team Travel Time
Unnecessary travel to and from soccer related activities must be avoided at the younger development stages. For optimal player development we need players to be practicing, playing and involved in other sport activities rather than spending excessive time travelling to and from games. The Team Travel Time is the standard of expectation. **For Ontario Soccer Districts bordering other provinces or countries, interprovincial and international travel is not recommended for U12 and below and is not permitted if it exceeds the Team Travel Time. If travelling using a memorable event, this must be within Canada or the United States only.** Travel is to be calculated from the District boundary to the match venue. 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
Education and communication with municipalities is crucial. Ranges for goal sizes width and height have been provided at each development stage.

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

9. Memorable Events
Under -8 players may travel to one (1) venue of their choice providing that the venue is located within the province of Ontario and meets all LTPD Matrix requirements (Matrix travel requirements for this one (1) event is waived).
Under -9 and Under -10 age groups may travel to two (2) venues of their choice providing that these venues are located within the province of Ontario and meets all LTPD Matrix requirements (Matrix travel requirements for these two (2) events are waived).
Under -11 and Under -12 age groups may travel to four venues of their choice per calendar year. Of the four Memorable Events permitted (including Indoor Memorable Events), two (2) of these events must be located within the province of Ontario and meet all LTPD Matrix requirements (Matrix travel requirements for these two (2) events are waived). The other two (2) Memorable Events may be located in either Canada or the United States and do not have to necessarily meet all LTPD Matrix requirements.

10. Cultural Events
A festival or tournament hosted by a community group organized as a promotional cultural ethnic or religious celebration event centered on the game of soccer. North American wide cultural events for U8-U12 age groups require an application for special dispensation to be approved by the Chief Executive Officer of Ontario Soccer.

11. Ball in and out of play
For U8 - U10, if the ball has crossed the touchline, the kicker can pass or dribble the ball back in to play. The ball must be stationary and placed on or behind the touch line. The ball is in play when it enters the field of play. Opposing players must be at least 3 meters away. Kicker must first touch the ball into the field of play or pass the ball to a team-mate before scoring. If a player scores without the ball being touched a second time, play will restart with a goal kick or corner kick. U11-U12 can throw the ball back in to play as per FIFA Laws of the game.