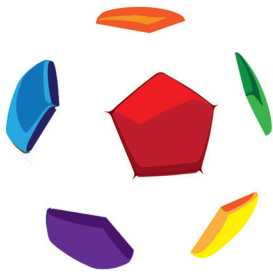


THE ONTARIO SOCCER ASSOCIATION

Game Organization Guide

Physical Literacy (U4-U12)

JANUARY 2015



L·T·P·D
long term player development



This booklet has been designed to help District Associations, Clubs, Academies and coaches understand the game formats and the various seasonal requirements for games that they organize and play.

The event formats follow the Canadian Soccer Association (CSA) and The Ontario Soccer Association (OSA) Long-Term Player Development principles and age appropriate guidelines for competition at the various ages and stages of development.

In the Physical Literacy stages, up to 12 years old, it is important that the correct training-to-playing ratios are followed and that the correct balance of events and/or competitions are adhered to. You will also notice that a travel time to games has been outlined. There are very good reasons that our young players limit their travel time to appropriate times and distances. It's important in these development stages that the young players have time available to participate in other sports and activities. By following the guidelines in this document, our young players will have time to get involved in other community sports and school activities and as they develop, start to dedicate more time to soccer.

The purpose of players participating in the Physical Literacy stages should be an introduction to the enjoyment of the game in a setting where children that want to play have the opportunity to do so, in a challenging, yet fun, environment developing skills and learning to play the game.

A supportive environment should be created where the children are allowed to learn from their mistakes without undue pressure and anxiety. It's an opportunity to develop a culture of practice, appropriate challenge, fun and enjoyment.

This document is supported by other OSA Documents:

- Recreation and Development Matrices
- Field Organization Guide
- A Guide to Festivals in Ontario
- Retreat Line Presentation, Game Leader Presentation, FUNdamentals Document



TABLE 1

Development Stage	Age	Event Types	Game Format (includes GK)
 Active Start "First Kicks"	U4	Interactive games with family member.	1v1
	U5	Interactive games with family member.	1v1
 FUNdamentals "Fun with the ball"	U6	Club Festival Indoor Skills Sessions	up to 3v3 (no GK)
	U7	Club Festival Indoor Skills Sessions	5v5 or 4v4 with no goalkeeper
	U8	Festival* Indoor Skills Sessions	5v5 or 4v4 with no goalkeeper
 Learn to Train "The golden age"	U9	Festival* Indoor Skills Sessions Futsal	7v7
	U10	Festival* Exhibition Futsal Beach Soccer Indoor Skills Sessions	7v7
	U11	Festival* Exhibition Indoor League Outdoor League Futsal Beach Soccer Indoor Skills Sessions	9v9
	U12	Festival* Exhibition Indoor League Outdoor League Futsal Beach Soccer Indoor Skills Session	9v9

Festival - Includes; Club Festival - District Festival - Skills Festival - Season Festival
Indoor Festival - Fixture Festival - Futsal Festival - Beach Soccer Festival.
(see next)

Season Festival

Festivals where local Club/Academy or District Association member teams play a regular schedule, same teams at a central location over the course of a season. These festivals would be arranged for preferably a Saturday or Sunday. Typically involving 20-30 teams playing 2 games each during the festival (*see A Guide to Festivals in Ontario*).

Fixture Festival

A one-off festival where local Club/Academy or District Association member teams come together for one day of activity on either a Saturday or Sunday. Typically involving 20-30 teams playing 2 games each during the festival. (*see A Guide to Festivals in Ontario*).

Skills Festival

One-off festival for local Club/Academy or District Association member teams. This is a mixture of skill activities, coaching sessions and matches on a Saturday or Sunday. Typically involving 20-30 teams playing 2 games each during the festival plus the various fun activities taking place. (*see A Guide to Festivals in Ontario*).

Club Festival

A festival that only teams from within the same Club/Academy participate in. This Club Festival would take place on a Saturday or Sunday. (*see A Guide to Festivals in Ontario*).

Futsal / Futsal Festival

Futsal is a 5v5 indoor soccer game that is typically played in school gymnasiums. It takes the form of Futsal Festivals and leagues. Futsal leagues are usually managed by a Club or league. Festivals may be organized by Clubs, District Associations or Leagues.

Indoor Skills Sessions

These are regularly scheduled practice or training sessions that take place in an indoor facility, typically during the winter months. These sessions take the place of a competition or game.

Outdoor Leagues

A schedule of games over the course of an outdoor season, where Club or District based teams play at a variety of venues throughout the area. Teams play an equal number of home and away games over the course of a season. Leagues are scheduled and managed by the District Association or league operators on behalf of the OSA (no league tables or standings U12 and below). Leagues will follow development matrix.

Indoor Leagues

As above, a schedule of games scheduled typically over a winter period. Teams in the schedule would typically all play in the same facility. There are no home and away games. Games are scheduled and managed by the facility owners, club or league operators. These leagues usually involve teams from neighbouring Clubs. (No league tables or standings U12 and below). As per Recreational and development matrix as of 2015/2016 winter season.

Exhibition Game

An Exhibition Game (also known as an exhibition match, preparation match or friendly) is a game in which there is no competitive value of any significant kind to any competitor, regardless of the outcome of the game. The games can be held between separate club teams or between teams in the same club. Quality of play is generally valued over the result. Exhibition games also take the form of a handful of pre-season games that are intended to familiarize teammates with each other and prepare for an upcoming season. Exhibition games will count towards the 20 competition days per season.

Beach Soccer/Festival

Beach Soccer is a 5v5 game played on sand. It can take the form of a festival or league. These games could be organised by Club/academy, district association or facility managers. (*see A Guide to Festivals in Ontario*)



L.T.P.D.
long term player development





Active Start

Under 4 and Under 5

Purpose

This section has been produced to help District Association, Clubs, Academies and coaches understand what the best soccer environment is for our youngest players. Allowing these young players to be active, creative and have fun in a positive, safe environment will allow them to grow, and fall in love with our game.

In support of Long-Term Player Development, interactive physical literacy activities will be the underlying form of competition for male and female players 4 and 5 years of age.

Please use this document and other associated resources to help educate coaches and parents so they clearly understand that these improvements are in the best interests of their children.

Philosophy

“First steps, first kicks”

At this introductory level the objective is to get children moving and to keep them active. No competitive games should be played – the objective is for adults and children to play together informally. The children being active, together, with a well-known family member will give them a sense of security and safety and as such enhance their first group soccer experience.

The physical literacy curriculum provides for learning basic fundamental movement skills such as running- jumping- twisting- throwing- catching.

The technical requirements are not about teaching the techniques of soccer. They are to encourage children to enjoy becoming friends with the ball. They can experience the following through fun and imaginative games: running with the ball, stopping and changing direction with the ball, dribbling, kicking and shooting.

At this stage, players should participate in a variety of additional activities. Swimming and well-structured gymnastics programs are recommended to enhance the full range of basic movement skills and physical literacy.



Active Start

U4-U5



Format

No team games are played at this development stage. Players are involved in interactive competitions with parents, grandparents, older siblings etc. Practice should be 30 to 45 minutes in length.

Small-sided games can be 1v1, e.g. Mom or Dad vs. Child. During practice each player should have a ball, lots of touches, left and right foot. Just let them play with lots of movement. Encourage the use of both feet, different parts of foot and body.

Age	Event Format	Events per week	Maximum Duration	Ball Size	Field size	Goal Size	Rules	Max # of sessions	Coach Minimum qualification
U4	1 on 1 with parent	1	45 minutes	3	n/a	n/a	No Rules just FUN	16 summer 16 winter	Active Start MED & RiS
U5	1 on 1 with parent	1	45 Minutes	3	n/a	n/a	No rules just FUN	16 summer 16 winter	Active Start MED & RiS



L.T.P.D.
long term player development

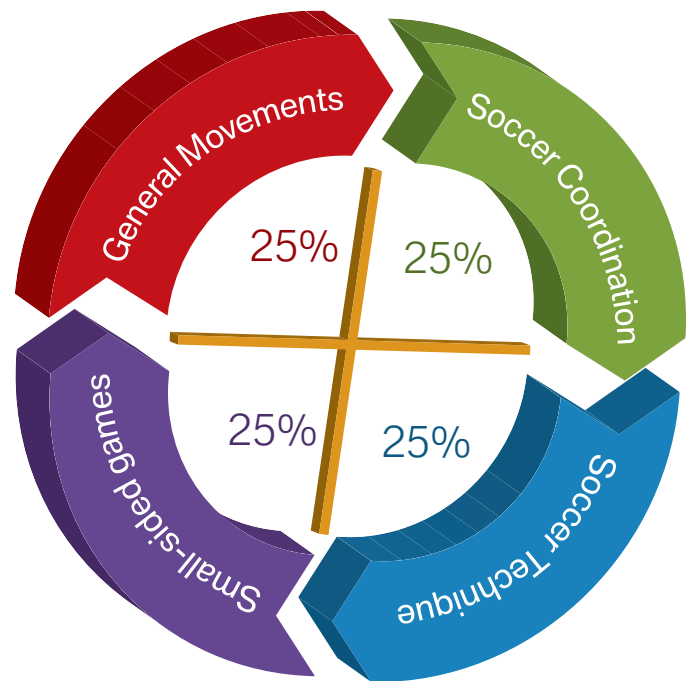


Balance

- + Age appropriate competition
 - + Appropriate challenge
-
- = Age appropriate FUN!

Fun activities and games with a ball each. Running, jumping, twisting, rolling, hopping, moving backwards, etc. Concentrate on dribbling in all directions.

Summer season length should be a maximum of 16 sessions, winter a maximum of 16 sessions. One “game” session per week during the season, duration of 45 minutes maximum.



It is recommended that a qualified Active Start Coach (minimum qualification) lead the group in the activities. Parents, along with their child, would then follow the coach's lead and direction in the various physical literacy activities and games. Summer sessions would be outdoors, winter activities could be in a gymnasium or indoor soccer facility. Boys and girls play together.

Travel - No travel for U4 & U5 players

At this stage of development U4 and U5 players are not to travel any further than their local Club park or school gymnasium to participate in their soccer event.

Registration

All players participating in the program must be registered with the Club/Academy and District Association.



L.T.P.D.
long term player development





FUNdamentals

Under 6, Under 7, Under 8

Purpose

This document has been produced to help District Associations, Academies, Clubs and coaches in understanding what the best soccer environment is for our young players. Allowing these young players to be active, creative and to have fun in a positive, safe environment will allow them to grow and fall in love with the game.

In support of Long-Term Player Development, interactive physical literacy activities will be the underlying form of competition for male and female players at U6, U7 and U8.

Please use this document and other associated resources to help educate coaches and parents so they clearly understand that these improvements are in the best interests of their children active in soccer.

Philosophy

“Fun with the ball”

Skill development at this stage should be well structured, positive and FUN; and should concentrate on developing the ABC's of Agility, Balance and Coordination plus Speed. Coaches should create a stimulating learning environment where the atmosphere is about freedom and fun.

Encourage your players to take part in unstructured play every day, with their friends.

Learning to understand the movements going on around them is a critical skill to be developed at this age. Playing small-sided games, 3v3, 4v4 etc. can develop a player's ability to read what others are going to do (the play) based on their movements.

Let your players make decisions, expose them to working out problems and finding their own solutions.

The philosophy underlying the Festival format is to focus on FUNdamentals and to emphasize skill development and movement through games and activities. These activities must promote a feel for the ball while teaching basic principles of play within a fun but structured setting.



L.T.P.D.
long term player development



FUNdamentals

U6



Under 6

Under 6 players will play in a 3v3 environment with no goalkeepers. There will be no league standings or scores recorded. Players will play in their Club environment playing against teams from within their own Club or Academy. No inter-Club play is to take place. Referees are not required. Coaches/Game Leaders act as game supervisors. Boys and girls can play on the same teams. Players will play a fair amount of time in each position by rotating through each spot on the field.

Games are organized following the Festival format, having multiple teams playing at the same location on the same day. This gathering of players, coaches and parents gives the games more of an event feel. Other soccer activities can be organized, e.g. skill competitions, dribbling contests, passing contests, shooting contests, etc. to promote the enjoyment of the festival even more. Games are a total of 30 minutes, this could be organized as 3x10 minute periods, to allow breaks, player changes and the coach speaking with the players in a controlled, friendly environment.

Age	Event Format	Games per week	Practice per week	Maximum Duration	Ball Size	Field size	Goal Size	Rules	Max # of games	Coach Minimum qualification
U6	3 vs 3 Festival	1/Festival	1	30 min total	3	20x25m	Pugg or 5'x8'	FUNdamentals Game Leaders	20 summer 20 winter	FUNdamentals MED & RiS

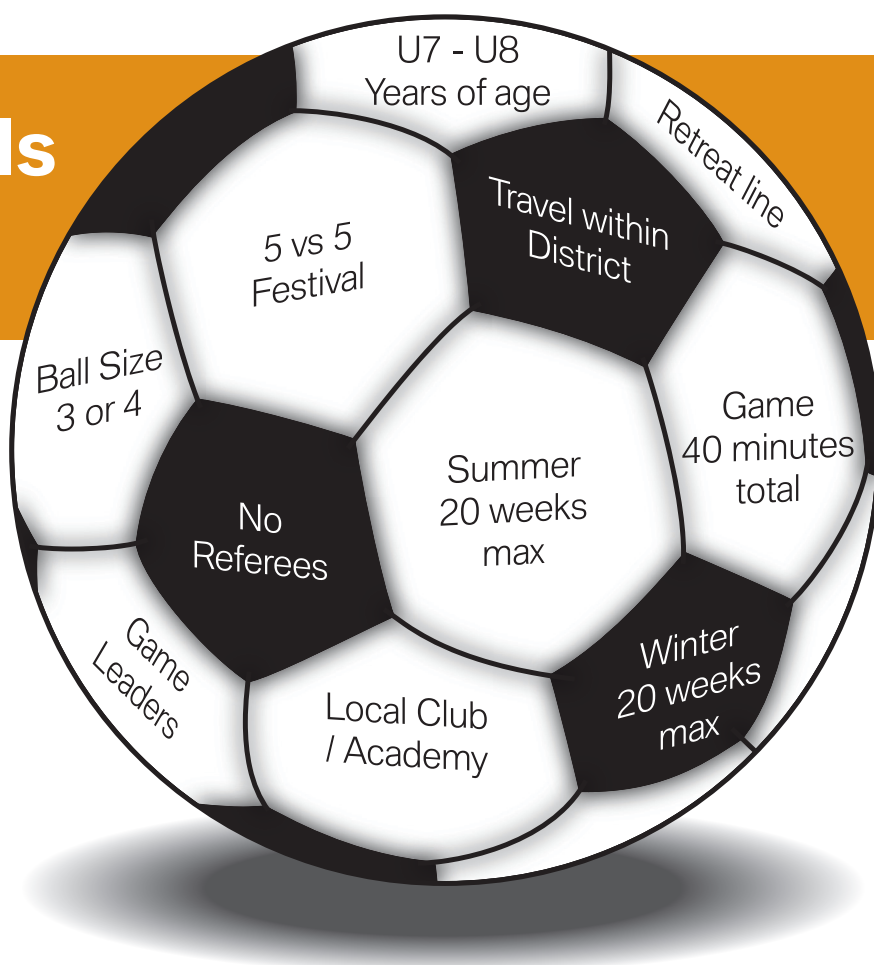
FUNdamentals

U7 - U8

Under 7

Under 7 players are to play in a 4v4 format with no goalkeepers or a 5v5 environment with goalkeepers. There are no league standings or scores recorded. Players are to play in their Club environment playing against teams from within their own Club. No inter-Club play is to take place. Game Leaders are recommended. Boys and girls can play on the same teams. Players will play a fair amount of time in each position by rotating around each position including goalkeeper, when used. Games are a total of 40 minutes. This could be organized as 4 x10 minute periods, to allow breaks, player changes and the coach speaking with the players in a controlled, friendly environment. No U6 players are permitted to play in an older age group.

Games should take on the "Festival" format, having multiple teams playing at the same location on the same day. This gathering of players, coaches and parents gives the games more of an event feeling. Other soccer activities can be organized, e.g. skill competitions, dribbling contests, passing contests, shooting contests, etc. to promote the enjoyment of the event even more.



Age	Event Format	Games per week	Practice per week	Maximum Duration	Ball Size	Field size	Goal Size	Rules	Max # of games	Coach qualification	Minimum	Retreat Line
U7	4 vs 4 Festival	1/Festival	2	40 min total	3	25x30m	5'x8'	FUNdamentals Game Leaders	20 summer 20 winter	FUNdamentals MED & RiS		YES Half way line

See Table 1 on page 3 for appropriate FUNdamental competitions



L.T.P.D.
long term player development



Under 8

Under 8 players will play in a 5v5 or 4v4 with out goalkeepers environment. At this age goalkeepers can be introduced although players should play in all positions including goalkeeper. Again no scores or standings are maintained. Players can participate in their Club/Academy environment or participate in District Festivals on a weekend. District Festivals involve Club teams from within the District. No inter-district play is allowed unless neighbouring districts are unable to offer their own Festivals. Travel times should be kept in mind. Game Leaders will supervise games. No more than 2 games can be played on a festival day, Saturday or Sunday. Boys and girls can play on the same teams. Players will play a fair amount of time in each position. No U7 players are permitted to play in an older age group on a U8 team. A maximum of 2 u8 players per game day roster are allowed to play on a u9 game day roster. These players must have completed the evaluation process by both the Club and District Association. Please see "Evaluation process" for more details

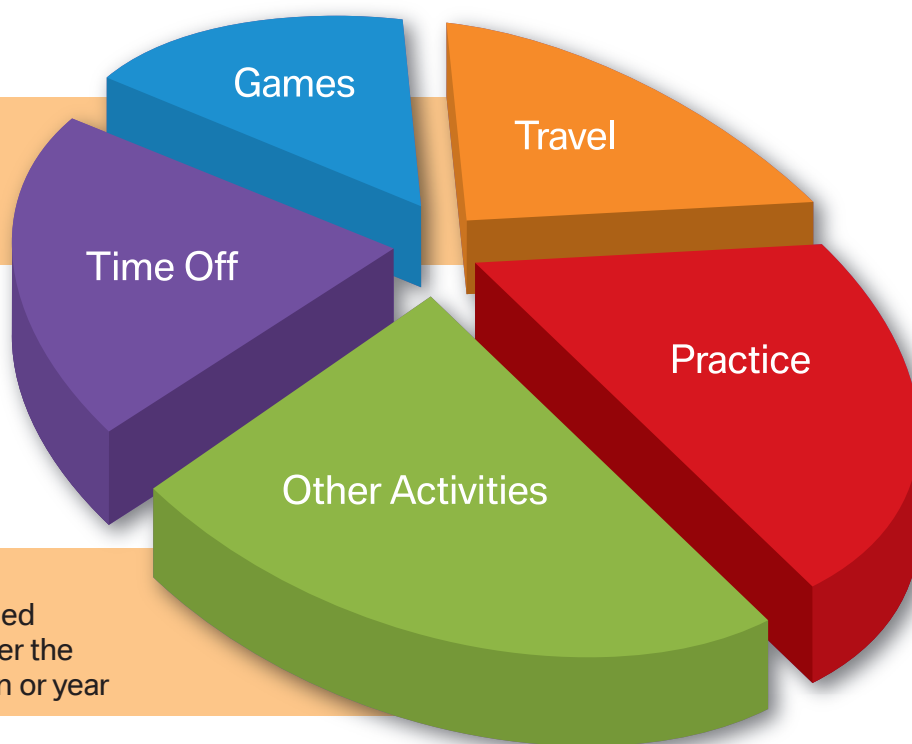
Age	Event Format	Games per week	Practice per week	Maximum Duration	Ball Size	Field size	Goal Size	Rules	Max # of games	Coach Minimum qualification	Retreat Line
U8	5 vs 5 incl' GK's or 4v4 without goalkeepers	2/Festival	2	40 min total	3/4	30x35m	5'x8'	FUNDamentals Game Leaders	20 summer 20 winter	FUNDamentals MED & RIS	Half way line

*Adjusted mini soccer 5v5 Festival rules

- All free kicks are indirect.
- After the scoring of a goal the game is restarted at the centre.
- When the Goalkeeper has the ball, in his/her hands, or at a goal kick, the opposition players are to retreat to approximately the ½ way line until the ball is touched by another player other than the goalkeeper. See retreat line document.
- To encourage play from the back, the goalkeeper can either throw the ball or pass the ball from the ground. No drop kicks/punts.
- Players, including goalkeepers, can be substituted at any stoppage in the game on the fly.
- When the ball leaves the field of play, along the sideline, the game is restarted by passing or dribbling the ball into play. A goal cannot be scored directly from the ball being passed in.
- For more information please refer to the Retreat line and Game leader Presentations

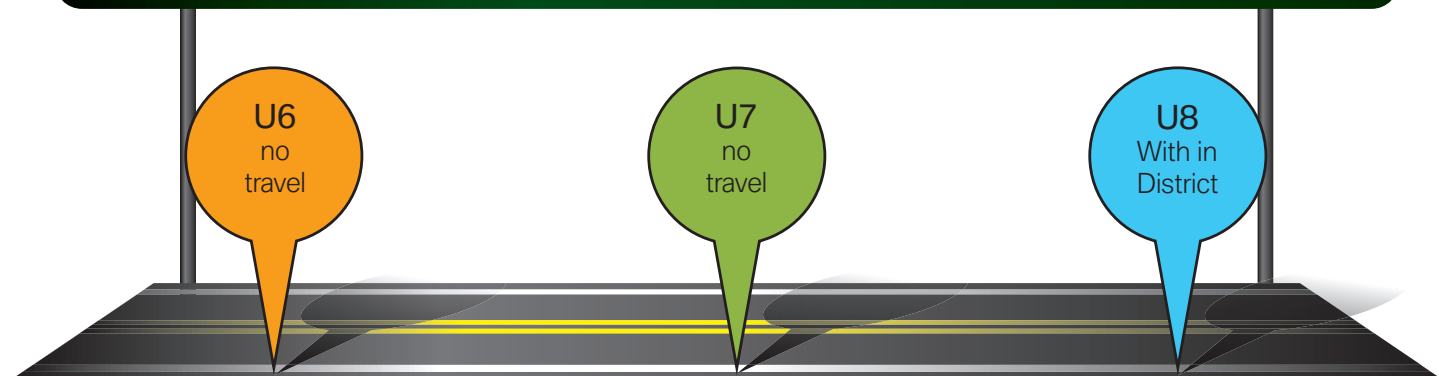


Physical Literacy Balance



The chart indicates the various elements that have to be managed in a physical literacy program over the course of a week, month, season or year

FUNdamentals -Team Travel to games



Registration

All under 7 and under 8 players participating in their Club programs must be registered with the Club/Academy.

Rules

Teams will follow published OSA FUN-damentals rules.

Competition Calendar

Players must be given a minimum of 2 months off from a structured soccer program. 6 weeks of these 2 months must be consecutive. During this break no games or team practices are to be scheduled.



Learning To Train

U9, U10, U11, U12

Purpose

This document has been produced to help District Associations, Academies, Clubs and coaches in understanding what the best soccer environment is for our players. Allowing these players to be active, creative and to have fun in a positive, safe environment will allow them to develop while continuing to play the game.

Philosophy

“The golden age of learning”

The effect of the role model is very important at this stage. The coach's role becomes even more important as he or she becomes one of the player's role models, along with famous players and teams. At these ages players want to learn creative skills. Skill demonstration from the coach is very important as the players learn best by doing. Players are now moving from self-centred to self-critical, and they have a high stimulation level during basic skills training.

This is an important time to teach basic principles of play and to establish training ethics and discipline. Repetitions in training are important to developing technical excellence, but creating a fun and challenging environment is still essential for stimulating learning.

Learning to Train-Team Travel to games

U9
45 mins
each way

U10
45 mins
each way

U11
60 mins
each way

U12
60 mins
each way

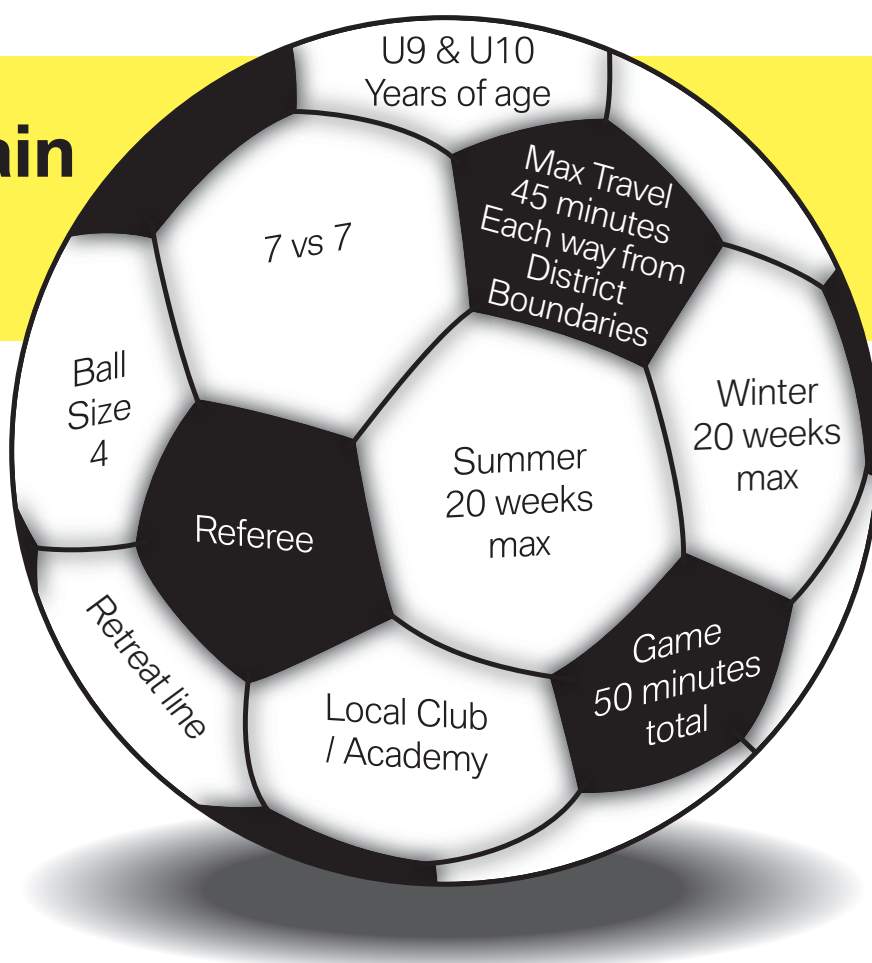
These times are from District Boundaries

Learning to Train U9 & U10

Format

Under 9

Under 9 players play in a 7v7, including goalkeepers, environment. Maximum game day roster is 12. This allows all players to get a good amount of playing time in each game. Players should continue to play in all positions including goalkeeper to get exposure and experience playing in the various areas of the field with differing roles. A maximum of 2 U8 players per game day roster is allowed. These players must have completed the evaluation process by both the Club and District Association. Please see "Evaluation process" for more details. Games are a maximum time of 50 minutes. Games can be organized into 3 x 16 minute periods. These periods are designed for player changes, hydration, and coaching information to be passed along in an environment more conducive to educating the players.



Age	Game Format	Games per week	Practice per week	Maximum Duration	Ball Size	Field size	Goal Size	Rules	Max # of games	Coach Minimum qualification	Retreat Line
U9	7 vs 7 incl' GK's	1	2-3	50 min total	4	35x55m	6'x16'	OSA Grassroots Soccer	20 summer 20 winter	Learning to Train MED & RiS	Yes 1/3rds

See Table 1 on page 3 for appropriate Learning to Train Competitions



L.T.P.D.
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Age	Game Format	Games per week	Practice per week	Maximum Duration	Ball Size	Field size	Goal Size	Rules	Max # of games	Coach Minimum qualification	Retreat Line
U10	7 vs 7 incl' GK's	1	2-3	50 min total	4	35x55m	6'x16'	OSA Grassroots soccer	20 summer 20 winter	Learning to Train MED & RiS	Yes 1/3rds

Under 10

Under 10 players will play in a 7v7, including goalkeepers, environment. Maximum Game day roster is 12. This allows all players to get a good amount of playing time in each game. Players should continue to play in all positions, including goalkeeper, to get exposure and experience playing in the various areas of the field with differing roles. The game can be played in 3 x16 minute periods. These periods are designed for player changes, hydration and coaching information to be completed along in an environment more conducive to educating the players. A maximum of 2 U9 players per game day roster is allowed. These players must have passed the evaluation process by both the Club and District Association. Please see "Evaluation process" for more details.

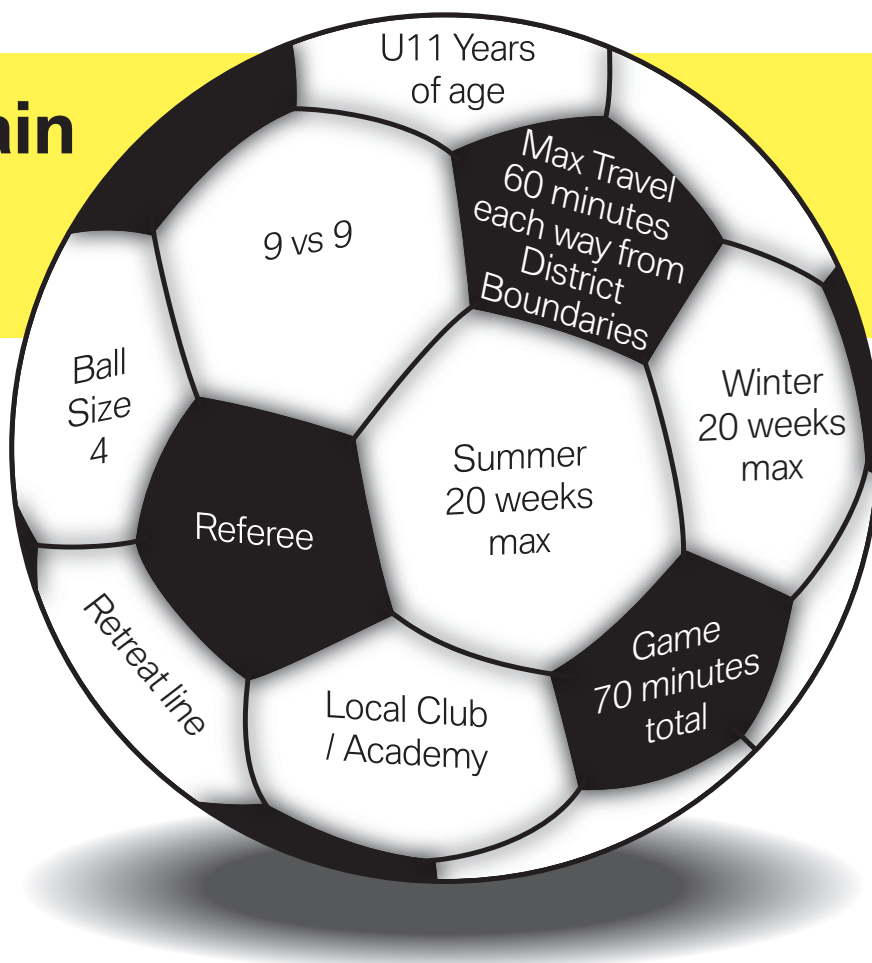
See Table 1 on page 3 for appropriate Learning to Train competitions



Learning to Train U11

Under 11

Under 11 players play in a 9v9, including goalkeepers, environment. Maximum Game day roster is 16. This allows all players to get a good amount of playing time in each game. Players should play in a variety positions to gain knowledge in the requirements of different positions. Games are 60 min total, the games can to be played in 3 x 20 minute periods. These periods are designed for player changes, hydration and coaching information to be passed along in an environment more conducive to educating the players. A maximum of 2 U10 players per game day roster is allowed. These players must have completed the evaluation process by both the Club and District Association. Please see “Evaluation process” for more details



Age	Game Format	Games per week	Practice per week	Maximum Duration	Ball Size	Field size	Goal Size	Rules	Max # of games	Coach Minimum qualification	Retreat Line
U11	9 vs 9 incl' GK's	1	2-3	70 min total	4	50x70m	6'x18'	OSA Grassroots Soccer 9v9 rules	20 summer 20 winter	Learning to Train MED & RiS	Yes 1/3rds

See Table 1 on page 3 for appropriate Learning to Train competitions



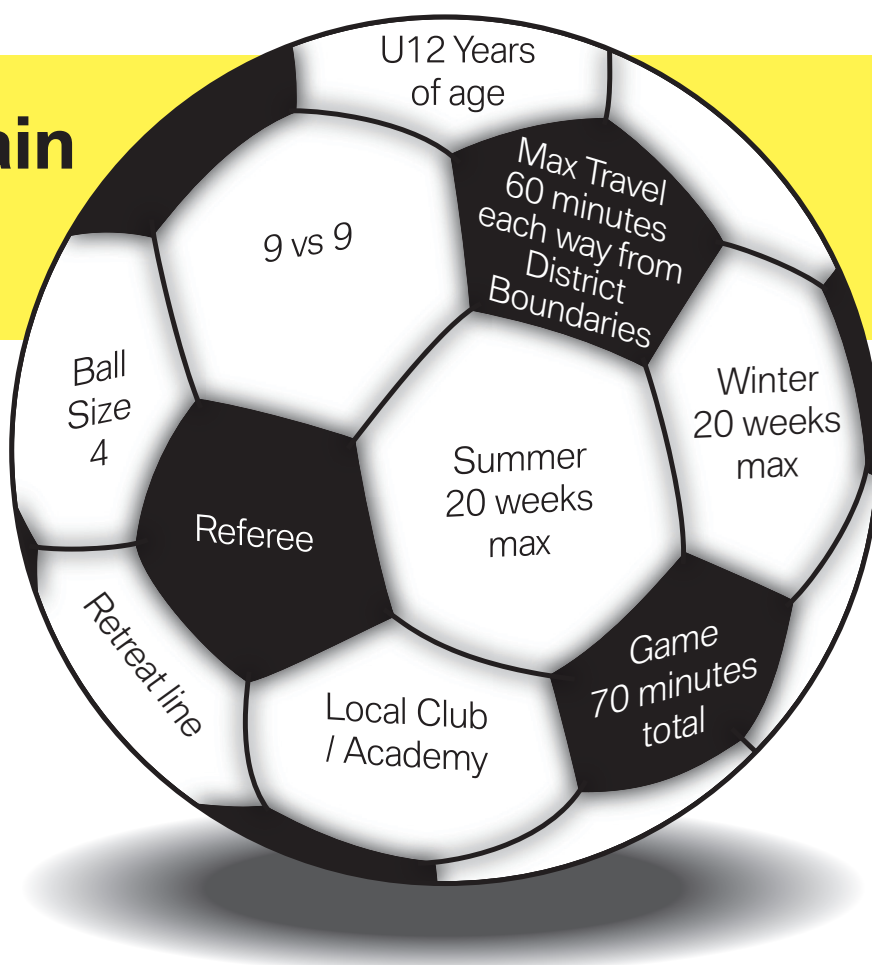
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Learning to Train U12

Under 12

Under 12 players play in a 9v9, including goalkeepers, environment. Maximum Game day roster is 16. This allows all players to get a good amount of playing time in each game. Players should play in a variety positions to gain knowledge in the requirements of different positions. Games are 60 min total, the games are to be played in 3 x 20 minute periods. These periods are designed for player changes, hydration and coaching information to be passed along in an environment more conducive to educating the players. A maximum of 2 U11 players per game day roster is allowed. These players must have completed the evaluation process by both the Club and District Association. Please see "Evaluation process" for more details. A maximum of 3 u12 players are allowed to play on a u13 team. These players must have completed the evaluation process by both the Club and the District Association. Please see the "Evaluation process" for more details.



Age	Game Format	Games per week	Practice per week	Maximum Duration	Ball Size	Field size	Goal Size	Rules	Max # of games	Coach Minimum qualification	Retreat Line
U12	9 vs 9 incl' GK's	1	2-3	70 min total	4	50x70m	6'x18'	OSA Grassroots Soccer 9v9 rules	20 summer 20 winter	Learning to Train MED & RiS	Yes 1/3rds

See Table 1 on page 3 for appropriate Learning to Train competitions

Registration

All players participating in their Club programs must be registered with the Club/Academy. At the discretion of the District Grassroots players do not require player books.

Rules

Teams will follow The OSA published Grassroots soccer rules for indoor and outdoor programs. If Futsal is adopted as the indoor program, FIFA Futsal rules are to be applied. From U11 onwards the Offside Rule is applied. This applies to both indoor and outdoor programs.

Competition Calendar

Players must be given a minimum of 2 months off from a structured soccer program. 6 weeks of these 2 months must be consecutive. During this break no games or team practices are to be scheduled.

U4-U12 Team Travel to games

U4, 5, 6 & 7
no travel

U8
Within District
Boundaries

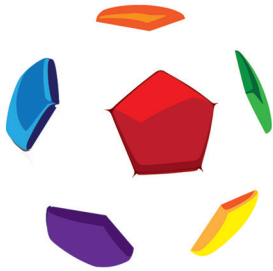
U9 & 10
45 mins
from District
Boundaries
each way

U11 & 12
60 mins
from District
Boundaries
each way



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L-T-P-D

long term player development



For more information on Grassroots soccer development contact
grassroots@soccer.on.ca

www.ontariosoccer.net/grassroots

To Contact The Ontario Soccer Association

905-264-9390

Printed documents are uncontrolled

For the most recent version of this document please visit www.soccer.on.ca

Other OSA resources available

- Recreational Matrix
- Development Matrix
- “Wellness To World Cup” Brochure
 - Player Evaluation forms
- Game Organization Guide
 - U8 Festival Guide
- Game Leader Information
- Retreat Line Information
- Active Start Brochure
- FUNdamentals Brochure
- Learn to Train Brochure
- Soccer For Life Brochure
- CS4L LTAD for parents
 - OSA LTPD Video
- OSA Grassroots video

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