

# RECREATION MATRIX STANDARDS for 2014 and beyond, unless implemented prior.



CANADIAN SPORT FOR LIFE

STAGE	ACTIVE START	FUNDAMENTALS			LEARNING TO TRAIN	
	<b>**NO SCORES ARE RECORDED AS THERE IS NO PROMOTION OR RELEGATION **</b>					Revision Date: MAY 9 <sup>TH</sup> 2013
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)	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**
Squad Size (Game day only)	Parent and Child	Max 6	Max 8	Max 10	Ideal 9 / Max 12	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 per outdoor season	n / a	20 Club Festivals	20 Club Festivals	20 Club or Inter Club Festivals	20 (including other forms of competition)	20 (including other forms of competition)
Number of competition days per 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	70 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
Minimum rest between matches	n / a	15 min	20 min	20 min	30 min	30 min
Season length (outdoor or indoor)	4 - 16 weeks	12 - 20 weeks	12 – 20 weeks	12 – 20 weeks	16 – 20 weeks	16 – 20 weeks
Recommended Team Travel Time	n / a	n / a (club focus no travel required)	n / a (club focus no travel required)	30 minutes each way	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 ins)	No (pass ins)	No (pass ins)	No (pass ins)	Yes
Offside	n / a	No	No	No	No	Yes
Field width	n / a	18 to 22m	25 to 30m	25 to 30m	30 to 36m	42 to 55m
Field length	n / a	25 to 30m	30 to 36m	30 to 36m	40 to 55m	60 to 75m
Goal Size (no larger than)	n / a	Pugg nets or 5f / 1.52m x 8f / 2.44m	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. 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 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 being created and will be implemented in 2014.**

### 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. 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 for U12 and below. Travel is to be calculated from club office to club office of both clubs. 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. 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 and U12 teams have the option of travelling, within Ontario, to a memorable event, for cultural experiences and learning. The event(s) must meet festival guidelines. **U11 teams can travel to 1 event per year and U12's can travel to 2 per year.** Travel time controls are waived for these 1 or 2 memorable events, as long as they are LTPD compliant.

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

**\*\* U11 & U12 – please see the OSA coach education material for the correct age appropriate course to take.**

#### 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.