



# North Mississauga Soccer Club

---

## Recreational

### Grassroots Curriculum

Here at NMSC the Grassroots is the foundation of our Player Development Pathway , perhaps the most important part of it.

Is here where our children get their first experience in soccer. Most of our players at this young ages love soccer and they are dreaming to become in a professional soccer players. For this reason is our responsibility to provide with a Fun, Safe and Learning Experience environment, ensuring that this experience is positive and enjoyable. As life process we at NMSC believe in the rationality behind of the LTPD (Long Term Player Development) which is putting player first and his/her development over result oriented.

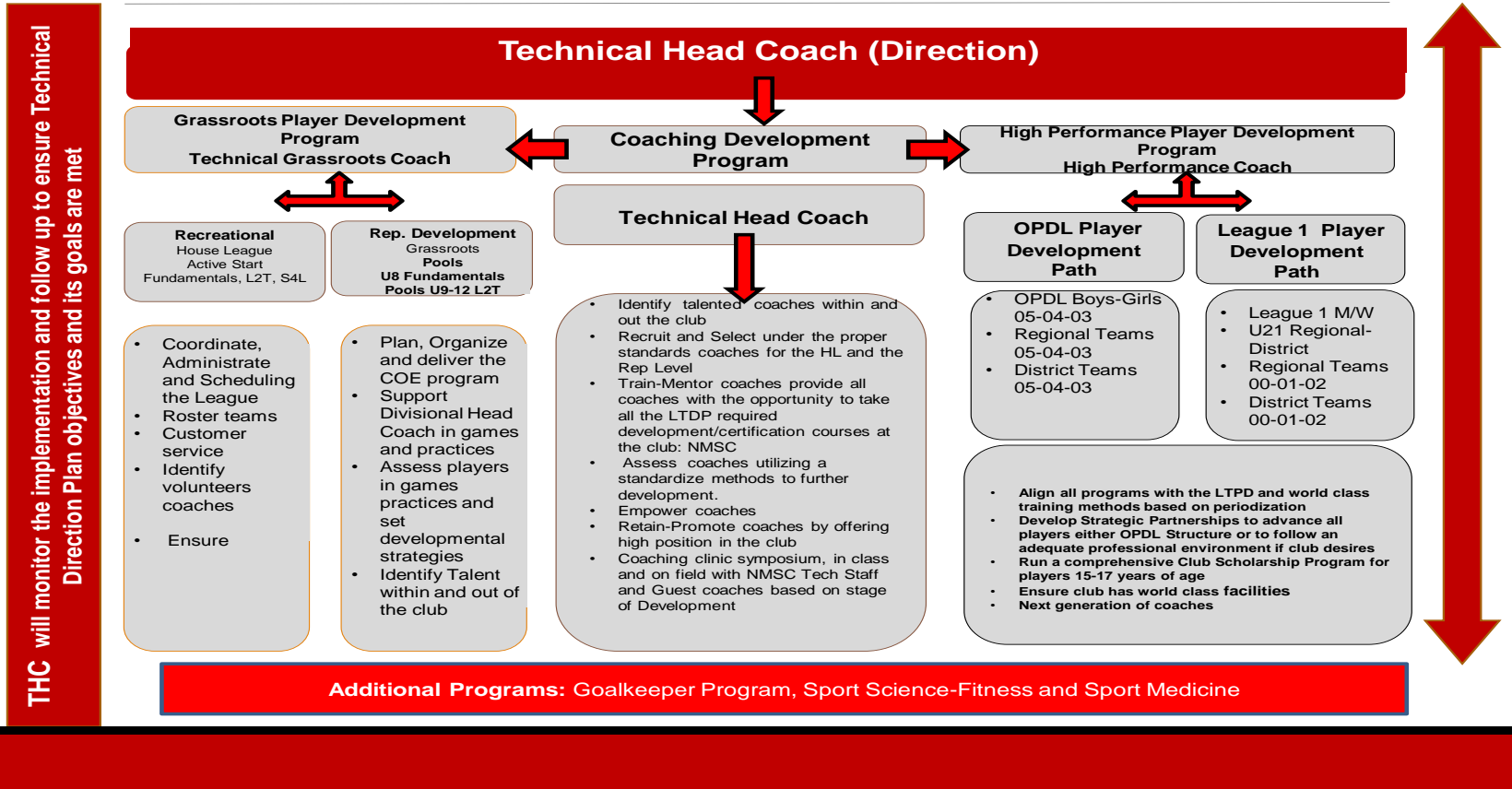
That said, the coaching goal here is clear and precise : Make them love the game and create passion for it.” Coaching young players is not about trophies you win. It's about making difference to a young person's life.



# Club Structure

North Mississauga Soccer Club offers Recreational, Competitive and High Performance Levels

## NMSC Club Structure following the new Technical Direction Plan 2018-2021



**North Mississauga Soccer Club  
Grassroots Program**

**General player Characteristic of Age Appropriate Development**

Active Start U4-U5: Characteristics		FUNdamentals U6-U8: Characteristics			Learn To Train U9-12 Characteristics
<b>U4</b> Players have a very short attention span Players are easily distracted They want to play with their ball There is no sense of sharing the bal.	<b>U5</b> There is no ability yet for team play. Sharing is still an alien concept, passing the ball is not yet comfortable for them. They are only able to understand very simple rules	<b>U6</b> Able to understand very basic coaching info like stay in the area, attack in the direction etc. Learning through trial and error. Biggest challenge is learning to control the moving ball with their feet	<b>U7</b> Players now understand the game's purpose is to score more goals than their opponents. Still a lot of individual play	<b>U8</b> Players' understanding that acting with the ball purposefully will lead to success is developing. Combining basic motor skills with ball control is now encouraged	<b>U-9</b> Players' understanding of team play, direction and opponent is developing. Great age to teach on soccer specific techniques and skills <b>U10</b> More feeling and understanding for team work. Understanding playing without the ball. develops <b>U11</b> Perfect mental and physical ability for developing motor skills. Preference for specific positions becomes clearer. Developing an understanding of individual roles in relation to team. <b>U12</b> Like to compete and compare. Socially aware, critical of own performance and that of??? Others. Ideal mental and physical condition in this age group. Imitates idols.

**Four Corner Development Model:**

Consists of technical, psychological, physical and social/emotional components. Each corner reflects a wide aspect of a player's development that has to be considered. The progressive development of players is fundamental to the enjoyment, technical competency and retention in the game. Places players at the center of the development process with soccer experiences that meet the four key needs



**Grassroots General Practice Recommendations**

Active Start		FUNdamentals			Learn To Train U-9/U10U11/U12
U4	U5	U6	U7	U8	
<ul style="list-style-type: none"> <li>It must be Fun!</li> <li>Every Child with ball</li> <li>Let parent, grandpa, sibling assist with the session</li> <li>Emphasis on Fundamental Movement Skills</li> <li>Development Physical Literacy</li> <li>Do not worry about teaching the techniques</li> <li>1v1 basic</li> <li>Change activity very often</li> </ul>	<ul style="list-style-type: none"> <li>As previous year, plus</li> <li>Parents present but not on the field, unless player needed</li> <li>More Physical Literacy</li> <li>More emphasis in technique, add competitions</li> <li>1v1, 2v2 basic</li> <li>Change activity very often</li> <li>No goalkeepers yet</li> </ul>	<ul style="list-style-type: none"> <li>Individual technical work player and the ball</li> <li>Incorporate general movement skills in games and activities</li> <li>Introduction of basic skills</li> <li>Introduce play in one direction, towards nets or targets.</li> <li>SSG 1V1,2V2</li> </ul>	<ul style="list-style-type: none"> <li>Same like previous year, plus</li> <li>Continue Individual technical work player and the ball</li> <li>Games, activities, exercises should be fun and with lots of movement</li> <li>SSG 1V1,2V2,3v3</li> </ul>	<ul style="list-style-type: none"> <li>Same like previous year, plus</li> <li>Add simple tactics-get away, keep the ball, get ball back,</li> <li>Basic Goalkeeper introduction</li> </ul>	<ul style="list-style-type: none"> <li>Continue to develop ball mastery in a larger environment with more teammates and opponents</li> <li>Develop the ability to control the ball and look</li> <li>Introduce decision making for the next play and apply the proper technique</li> <li>Develop the ability to run with the ball towards net and away from goal to gain space and use width</li> <li>Develop 1v1 using different fakes and changes of direction, shielding,</li> <li>Develop passing the ball using different surfaces both feet</li> <li>Introduce combination play</li> <li>Develop shooting skills</li> <li>Introduce volleys</li> </ul>

**General Grassroots Coaching Methodology**

Explain brief and precise-Show them! Demonstrate. Let 'm play. Keep the environment positive, safe and enjoyable. Use the game to teach. Allow players make decisions. Encourage creativity and improvisation. Set appropriate and realist challenges, Parents and siblings can be a role model in practices.

**Grassroots at NMSC**

Developmental League					House League Recreational				
Club Program	Stage of Development	Year-round Training Cycle	LTPD Model Guidelines	CLUB Organization	Club Program	Stage of Development	Year-round Training Cycle	LTPD Model Guidelines	CLUB Organization
Centre Of Excellence COE	FUNdamentals U8  L2T U9-12	COE 18 weeks indoor COE 18 weeks outdoor	-OSA Developmental Matrix -OSA Player Development Model -Four Corners of player approach: Technical, Physical, Physiological, Social -OSA Game Day Roster -OSA/PHSL festivals Guidelines and polices	<b>Developmental League:</b> -Pool of Players -Pool training together -Player Train/Play at their level - Festivals Day Roster -Divisional Head Coach -Head Coaches per each team -OSA age appropriate Certifications -MED/RIS	PDP (Panther Development Program)	Active Start, Fundamentals, L2T,	PDP 22 weeks indoor PDP 8 weeks outdoor	-OSA Recreational Matrix -OSA Player Development Model -OSA Four Corners of player approach: Technical, Physical, Physiological, Social	<b>House League</b> Applied the OSA Recreational Matrix

**Panther Development Program**  
**Panther Development Program House League-Recreational Program**  
 Development Stage: BG U-4, 5 Active Start  
 First Kicks

Physical 40% Practice Objective: Develop A,B,C with/without ball	Technical 40% Practice Objective: Introduce basic individual skills	Psychological Practice Objective: Create a safe, positive environment	Social 20% Practice Objective: Feel comfortable and confident with the ball and others
<ul style="list-style-type: none"> <li>• Running Forward</li> <li>• Running Back Ward</li> <li>• Jumping</li> <li>• Skipping</li> <li>• Hoping</li> <li>• Crawling</li> <li>• Twisting</li> <li>• Rolling</li> <li>• Others Sports</li> </ul>	<ul style="list-style-type: none"> <li>• Running with the ball</li> <li>• Dribbling</li> <li>• Shooting</li> <li>• Ball Control</li> <li>• Passing</li> </ul>	<ul style="list-style-type: none"> <li>• Motivation</li> <li>• Self-confident</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Listening</li> <li>• Respect</li> <li>• Discipline</li> </ul>

**Development Stage: BG6, 7, 8 Fundamentals**  
**Fun with the Ball**

Physical 30% Practice Objective: Develop A,B,C with/without ball	Technical 50% Practice Objective: Introduce basic individual skills	Psychological Practice Objective: Create positive, learning environment	Social 20% Practice Objective: Increase comfortable and confident with the ball and playing with teammates
<ul style="list-style-type: none"> <li>• Agility</li> <li>• Basic Motor Skills</li> <li>• Perception</li> <li>• Awareness</li> <li>• Others Sports</li> <li>• Acceleration</li> <li>• Reaction</li> </ul>	<ul style="list-style-type: none"> <li>• Running with the ball</li> <li>• Dribbling</li> <li>• Shooting</li> <li>• Ball Control</li> <li>• Receiving</li> <li>• 1v1 Attacking</li> <li>• Passing</li> </ul>	<ul style="list-style-type: none"> <li>• Motivation</li> <li>• Self-confident</li> <li>• Self-control</li> <li>• Determination</li> <li>• concentration</li> </ul>	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Listening</li> <li>• Respect</li> <li>• Discipline</li> <li>• Cooperation</li> </ul>

**Development Stage: BG 9,10,11,12 Learn to Train**  
**Golden age**

Physical 17% Practice Objective: Improve speed, A,B,C with/without ball	Technical 70 % Practice Objective: Improve possession and transition	Psychological Practice Objective: Create positive, challenging learning environment	Social 10% Practice Objective: Cooperation with teammates in collective tasks during practice	Tactical 3% Practice Objective: Introduce younger ages and develop older ages
<ul style="list-style-type: none"> <li>• Agility</li> <li>• Basic Motor Skills</li> <li>• Perception</li> <li>• Awareness</li> <li>• Balance</li> <li>• Coordination</li> <li>• Speed</li> <li>• Acceleration</li> <li>• Reaction</li> <li>• Stamina</li> <li>• Strength</li> </ul>	<ul style="list-style-type: none"> <li>• Running with the ball</li> <li>• Dribbling</li> <li>• Shooting</li> <li>• Ball Control</li> <li>• Receiving</li> <li>• 1v1 Attacking</li> <li>• Passing</li> <li>• 1v1 defending</li> <li>• Shielding the ball</li> <li>• Finishing</li> </ul>	<ul style="list-style-type: none"> <li>• Motivation</li> <li>• Self-confident</li> <li>• Self-control</li> <li>• Determination</li> <li>• Concentration</li> <li>• Commitment</li> <li>• Competitiveness</li> </ul>	<ul style="list-style-type: none"> <li>• Flair Play</li> <li>• Communication</li> <li>• Sharing</li> <li>• Listening</li> <li>• Respect</li> <li>• Discipline</li> <li>• Cooperation</li> <li>• Problem Solving</li> </ul>	<ul style="list-style-type: none"> <li>• Possession</li> <li>• Transition</li> <li>• Combination</li> <li>• Play out of the back</li> <li>• Pressing</li> </ul>

High Priority      Medium Priority



# Learn to Train:U9-10-11-12: Curriculum

## General Player Characteristic of Age Appropriate Development Learn to Train Characteristics

U-9	U10	U11	U12
<ul style="list-style-type: none"> <li>• Players’ understanding of team play, direction and opponent is developing.</li> <li>• Great age to teach on soccer specific techniques and skills</li> </ul>	<ul style="list-style-type: none"> <li>• More feeling and understanding for team work.</li> <li>• Understanding playing without the ball. develops</li> </ul>	<ul style="list-style-type: none"> <li>• Perfect mental and physical ability for developing motor skills.</li> <li>• Preference for specific positions becomes clearer.</li> <li>• Developing an understanding of individual roles in relation to team.</li> </ul>	<ul style="list-style-type: none"> <li>• Like to compete and compare. Socially aware, critical of own performance and that of???Others.</li> <li>• Ideal mental and physical condition in this age group. Imitates idols.</li> </ul>

### Four Corner Development Model:

Consists of technical, psychological, physical and social/emotional components. Each corner reflects a wide aspect of a player’s development that has to be considered. The progressive development of players is fundamental to the enjoyment, technical competency and retention in the game. Places players at the center of the development process with soccer experiences that meet the four key needs

Physical	Technical/Tactical
Psychological/Mental	Social/Emotional

### Grassroots Coaching Measures

Learn to train U9-12

#### Technical

Dribbling -Shooting-Running Turning

#### Physical

Basic Skill Motor

#### Social/Emotional

Listen Quietly, Respect/Discipline, Communication

#### Psychological/Mental

Motivation Self Confident



# Learn to Train U9-10-11-12: Curriculum

## Development Stage: U9-10-11-12 Fundamentals Practice Objective: Golden Age

<b>Physical</b> Practice Objective: <b>Improve speed, A,B,C with/without ball</b>	<b>Technical</b> Practice Objective: <b>Improve possession and transition</b>	<b>Tactical</b> Practice Objective: Minimal introduction at the older ages of this stage using SSG	<b>Psychological</b> Practice Objective: Create a positive, challenging learning environment	<b>Social</b> Practice Objective: Cooperation with teammates in collective task during practices
---	---	--	--	--

## Fundamentals Practice Content Distribution

<b>Physical 17%</b>	<b>Technical 70%</b>	<b>Tactical 3%</b>	<b>Psychological</b>	<b>Social 20%</b>
---------------------	----------------------	--------------------	----------------------	-------------------

Additional Components	U9	U10	U11	U12
Game Format	7v7	7v7	9v9	9v9
Roster Size	Ideal 9 / Max 12	Ideal 9 / Max 12	Ideal 12 / Max 16	Ideal 12 / Max 16
Practice Time	50 Minutes Max+ free game	50 Minutes Max+ free game	50 Minutes Max+ free game	70 Minutes Max+ free game
Practice-Game Ratio per week	1-1	2-1	2-1	2-1
<b>Length of indoor/outdoor Season 16/20 weeks</b>				



## Additional Considerations

### At the L2T Level NMSC follows the LTPD Coaching Strategies:

- Coaches are encouraged to create a welcoming environment for players at this age.
- Coaches must be using positive behaviors to manage players. Praising, motivational communication and Positive feedback are applied.
- Coaches must allow players to be creative and empower them to make their own decisions. Sessions must include a realistic game situations.
- Equal Playing Time must be apply for players at all times as per NMSC policy.
- Player Ratio 1 Coach/Parent for Team.
- Parent/Coaches are encourage to obtain the OS L2T Course. The club is running this course. Please visit the NMSC website for more information: <https://nmsc.net/coach-courses/>
- NMSC are running in-house coaching clinics. All coaches at this level are encourage to attend.
- Club Implements a max 20 competition days per season.
- At the U9-12 age group the club implements the retreat line at the correct location.
- Players are placed on correct sized fields with correct sized goals for this stage of development as per OS-LTPD requirements.

**Note: Club runs an inclusive program at the U9-U12 development stage. Players and Parents are welcomed to participate in this program at all times no skills and ability required. Everyone is welcomed !**




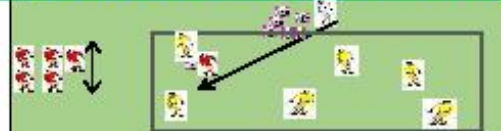


**To more information Please visit our NMSC website.**





# L2T Session Sample








PDP/COE Sample Session: L2T BGU 9-12

Phase	Time	Activity Name: Warm up	
Warm Up	20	<b>Passing Receiving Technique Rotation</b> 	<b>Physical Literacy</b> 
		Focus on good solid passes and a good controlled first touch.	
<b>Station Based Training or GAG: use 1-2-3 stations based on numbers and coaches rotation</b>			
			
		<b>Focus-Small Sided Game: 3v2 Attacking</b> <b>Organization:</b> 2 Teams at each sided. Gk. 2 nets. <b>Instructions:</b> <ol style="list-style-type: none"> <li>The center player starts with the ball and 1 player from each group attacks the defenders (playing 3v2).</li> <li>The attackers should string together quick accurate passes to off balance the defender and keeper and attempt to score.</li> <li>If defender gains possession of the ball will attempt to score in the opposite net.</li> <li>Repeat sequence for 2 or 3 balls and rotate players.</li> </ol> <b>Progressions:</b> 4v2 introduce diamond shape	<b>Focus-Small Sided Game: 3v3 Attacking</b> <b>Organization:</b> <ol style="list-style-type: none"> <li>Divide the group in teams of 3 players.</li> <li>1 team defending the big net.</li> <li>2 teams at the opposite end. Gk only in big net. 2 Small nets</li> </ol> <b>Instructions:</b> <ol style="list-style-type: none"> <li>The center player starts with the ball and 3 players from each group playing 3v3. -The attackers should string together quick accurate passes to off balance the defenders and keeper and attempt to score.</li> <li>If defenders gain possession of the ball will attempt to score in 1 of the 2 small nets or by passing to coach.</li> <li>Repeat sequence for 2 or 3 balls then rotate players.</li> </ol>
<b>Coaching Points:</b>			
<b>Passing/Receiving the ball:</b> Part of Foot- Soft first touch to the option and look and pass to the player foot, deal with the pressure <b>4 corners:</b>			
<b>Technical:</b> Passing, Receiving, Shooting/Finishing <b>Tactical:</b> Decision making and Reading the game <b>Psychological:</b> Motivation- Confidence <b>Social:</b> Communication			
			
		<b>Focus:</b> -Team Shape -Let them play! -Free Play! -Min. Guidelines -Use retreat line -Equal Teams! -Equal Time!	









# L2T Session Sample

PDP/COE: L2T BGU 9-12  
Dribbling/Running with the ball dealing with Front/Back pressure

Warm up		
<p><b>Ball Mastery:</b> Touches on the ball 10 Minutes</p> 	<p><b>Moves Routine:</b></p> <ol style="list-style-type: none"> <li>1. dribbling right/left-inside/out of foot</li> <li>2. Step over-Double</li> <li>3. Scissors both feet</li> <li>4. Pull-Push "L"</li> <li>5. Stop-Start</li> </ol>	<p><b>Physical Literacy:</b> 10 Minutes</p> 
<p>Graphic as sample. <b>Basic Movement:</b> Jumping, Rolling, Running forward, Sideways, Backwards, etc.</p>		
Station Based Training or GAG: use 1-2-3 stations based on numbers and coaches rotation		
		
<p><b>Activity Name:</b> The numbers game: 1v1 Front Pressure two goals without keepers</p> <p>UB: 1v1, 2v2 U9-10:1v1/2v1 U11-12 1v1/2v1/2v2</p> <p><b>Sequence:</b></p> <ul style="list-style-type: none"> <li>-Divide the group in 2 equal teams.</li> <li>-Give a number to each player.</li> <li>-coach will call a number and serves arial or ground balls to players.</li> <li>-The players with the respective numbers of each team will be playing in a 1v1 situations or any situation.</li> <li>-Play the second ball.</li> </ul> <p><b>The objective is to deal with the front pressure and score in a fast situation.</b></p>	<p><b>Activity Name:</b> Dribbling-changing direction-pace</p> <p><b>Sequence:</b></p> <ul style="list-style-type: none"> <li>-split the players in 2 groups of 4-5 players per group.</li> <li>-Have the defenders players pass the ball to the attackers.</li> <li>-after the pass create a 1v1 situation.</li> <li>- create a competition between the teams</li> </ul> <p><b>The objective is to players being able to dribbling the ball at pace , change of speed and direction to score in a fast situation.</b></p>	<p><b>Activity Name:</b> 1v1 Pressure from behind one net without keepers</p> <p><b>Sequence:</b></p> <ul style="list-style-type: none"> <li>-Divide the group in attacking/defending team.</li> <li>-defender is placed slightly behind the attacker</li> <li>-on coach command the striker will go to goal in 1v1.</li> <li>-Defender only move forward when attacker touches the ball. Striker can use one of the move trained.</li> <li>-If defender wins the ball pass back to coach.</li> <li>-Play the second ball</li> </ul> <p><b>The objective is to deal with the pressure coming from behind and scores in a fast situation.</b></p>
<p><b>Coaching Points:</b> -Ball close to body-Attack the space/defender at pace-timing-change speed/direction- Short touches to committee long touch to beat!</p>		
4 corners:		
<p><b>Technical:</b> Dribbling/Running with the ball <b>Tactical:</b> Decision making and Reading the game <b>Psychological:</b> Motivation- Confidence <b>Social:</b> Communication</p>		
Final Game		
 <p>www.SportsSessionPlanner.com</p>	 <p>www.SportsSessionPlanner.com</p>	<p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>-Team Shape</li> <li>-Let them play! -Free Play!</li> <li>-Min. Guidelines</li> <li>-Use retreat line</li> <li>-Equal Teams!</li> <li>-Equal Time!</li> <li>-Play age format!</li> </ul>



# Sample Sessions

PDP/COE Sample Session: L2T BGU 9-12		Activity Name: Warm up	
Phase	Time	Passing Receiving Technique Rotation	Physical Literacy
Warm Up	20		
		Focus on good solid passes and a good controlled first touch.	Graphic as sample. Basic Movement: Jumping, Rolling, Running forward, Sideways, Backwards, etc.
<b>Games rotation</b>			
			
<p><b>Focus-Small Sided Game: 3v2 Attacking</b>  <b>Organization:</b>            2 Teams at each sided. Gk. 2 nets.  <b>Instructions:</b></p> <ol style="list-style-type: none"> <li>The center player starts with the ball and 1 player from each group attacks the defenders (playing 3v2).</li> <li>The attackers should string together quick accurate passes to off balance the defender and keeper and attempt to score.</li> <li>If defender gains possession of the ball will attempt to score in the opposite net.</li> <li>Repeat sequence for 2 or 3 balls and rotate players.</li> </ol> <p><b>Progressions:</b> 4v2 introduce diamond shape</p>		<p><b>Possession Increasing Pressure Game: 6v1, 6v2, 6v3, 6v4</b>  <b>Set Up:</b></p> <ul style="list-style-type: none"> <li>Divide team equally in two groups</li> <li>One team in a grid 15m by 15m.</li> <li>Defensive team placed between two cone 10m apart from grid.</li> </ul> <p><b>Coach serves the ball</b>  <b>Sequence:</b></p> <ul style="list-style-type: none"> <li>Team in possession of the ball try to keep it dealing with pressure. 6v1, 6v2 etc.</li> <li>Coach will be timing how long the team in Possession is able to keep the 6 balls.</li> <li>When defender kick the ball out, he/she will run to the next defender player to exchange roles.</li> <li>Restrictions on passes.</li> </ul>	
<p><b>Focus-Small Sided Game: 3v3 Attacking</b>  <b>Organization:</b></p> <ol style="list-style-type: none"> <li>Divide the group in teams of 3 players.</li> <li>1 team defending the big net.</li> <li>2 teams at the opposite end. Gk only in big net. 2 Small nets</li> </ol> <p><b>Instructions:</b></p> <ol style="list-style-type: none"> <li>The center player starts with the ball and 3 players from each group playing 3v3. -The attackers should string together quick accurate passes to off balance the defenders and keeper and attempt to score.</li> <li>If defenders gain possession of the ball will attempt to score in 1 of the 2 small nets or by passing to coach.</li> <li>Repeat sequence for 2 or 3 balls then rotate players.</li> </ol>			
<b>Coaching Points:</b>			
<p>Passing/Receiving the ball : Part of Foot- Soft first touch to the option and look and pass to the player foot, deal with the pressure</p> <p>4 corners:</p>			
<p><b>Technical:</b> Passing, Receiving, Shooting/Finishing <b>Tactical:</b> Decision making and Reading the game <b>Psychological:</b> Motivation- Confidence <b>Social:</b> Communication</p>			
			
		<p><b>Focus:</b></p> <ul style="list-style-type: none"> <li>-Team Shape</li> <li>-Let them play!</li> <li>-Free Play!</li> <li>-Min. Guidelines</li> <li>-Use retreat line</li> <li>-Equal Teams!</li> <li>-Equal Time!</li> </ul>	



# L2T Game Day Session Sample

COE: L2T BGU 9-12

Phase	Time	Activity Name: Warm up
Warm Up	15/20	<div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p style="text-align: center;"><b>Passing Receiving Technique</b></p>  </div> <div style="width: 48%;"> <p style="text-align: center;"><b>Physical Literacy</b></p>  </div> </div>
		<p>Players without a ball jog around the area calling for a pass from the servers. The player receiving the ball must use a particular receiving technique and pass back to server, then move quick to a different server. Upon the command of the coach the players change roles</p> <p>Graphic as sample. <b>Basic Movement:</b> Jumping, Rolling, Running forward, Sideways, Backwards, etc.</p>
<p><b>4 corners:</b></p> <p>Technical: Passing, Receiving, Tactical: Decision making and Reading the game Psychological: Motivation- Confidence Social: Communication</p>		
		 <p style="text-align: center;"><a href="http://www.SportSessionPlanner.com">www.SportSessionPlanner.com</a></p>
		<p style="text-align: center;"><b>Game Objective:</b></p> <ul style="list-style-type: none"> <li>-Please outline it!</li> <li>-Team Shape as sample</li> <li>-Let them play! -Free Play!</li> <li>-Min. Guidelines</li> <li>-Use retreat line!</li> <li>-Equal Teams!</li> <li>-Equal Time!</li> </ul>
		 <p style="text-align: center;"><a href="http://www.SportSessionPlanner.com">www.SportSessionPlanner.com</a></p>
		<p style="text-align: center;"><b>Game Objective:</b></p> <ul style="list-style-type: none"> <li>-Please outline it!</li> <li>-Team Shape as sample</li> <li>-Let them play! -Free Play!</li> <li>-Min. Guidelines</li> <li>-Use retreat line!</li> <li>-Equal Teams!</li> <li>-Equal Time!</li> </ul>



## Disclaimer:

---

- All this and more information regarding the Grassroots in Ontario can be found on the below links from the Ontario Soccer:

<http://www.ontariosoccer.net/player-grassroots>

- Please refer to this link for further Player, Coaching and Parents Education. Also, for the Recreational Matrix, and additional Friendly Sessions.