

How does the Inclusive Programming Model work at your soccer club?



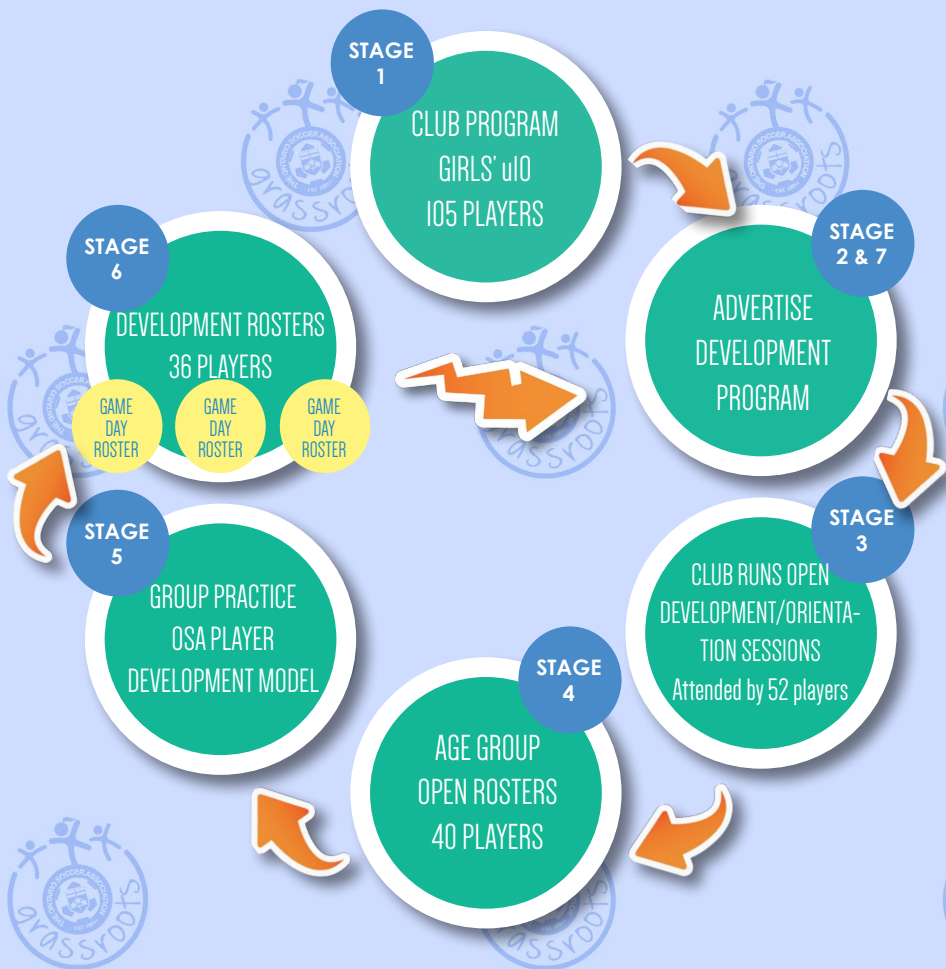
The very thought of attending a trial puts fear into most of us adults. Think of how you feel when you go for a job interview? Can you imagine what a child feels when attending a tryout? One of our guiding principles in Grassroots Soccer, is that there are opportunities for all. We want all children to be allowed access to programs they have decided they want to join.

In this document are three (3) options that can be used to provide inclusive programming to players at your club who wish to play at a higher level than recreational soccer. Option one(1), is the preferred option, and should be the option that clubs explore before looking at other options.

For clubs that are unable to fulfill option one (1), option two (2) would then be the next best option, again providing as much opportunity to your members as possible. Option three (3) should be the final option, and only explored if option one (1), and option two (2), are not attainable.



OPTION ONE (1) - EXAMPLE



DETAILS REGARDING EACH STAGE:

STAGE 1

The club has approximately 105 players in the u10 girl's age group. This includes all players who played u9 recreational and u9 development soccer from the previous season.

STAGE 2

The club advertises their development program to their membership this can be used as an opportunity to provide their membership with all the details in regards to the development program (cost, commitment etc.)

HAVING THE CORRECT RESOURCES TO FILL THE DEMAND.

STAGE 3

The Club runs open development / orientation sessions that are available to all members as well as players from other soccer clubs. Players would be provided the opportunity to play small sided games, receive some instruction and get a taste of development soccer. Players should be placed in a stress free environment where no player is being judged or assessed based on their ability. While the sessions are taking place, the Club Technical Director or Club Head Coach should be on hand to speak with parents and offer information about the program.

STAGE 4

From the 52 players that have attended the open development /orientation sessions, 38 families have decided that they would like to participate in the development program. 38 players allows the club to have three (3) game day rosters at the u10 age group (36 players). It is recommended that if you have additional players, all players are taken into the program with the understanding that on any given game day two, (2) players will have to be rested. With families taking vacation, illness and injury, it is unlikely that players will have to miss out on playing. However if it does occur, it is recommended that the players are rotated so that all players get the opportunity for a day off.

STAGE 5

With a total of 38 players within the player pool all players should train together using the OSA Player Development Model. Players will receive two (2) training sessions per week.

STAGE 6

From the player pool of 38 players, the club now can create three (3) game day rosters. Game day rosters can be used to create appropriate competition at each game and to provide players with the opportunity to play at appropriate level each week. At the youth age groups, player development can change on a weekly basis, so it is vital that clubs have the flexibility to move players around according to their development and the opponents that they are competing against. Coaches should also be rotated. Players will play one (1) game per week.

STAGE 7

With a total of 38 players within the player pool all players should train together using the OSA Player Development Model. Players will receive two (2) training sessions per week.



OPTION TWO (2) - EXAMPLE



**NOT HAVING ENOUGH GAME DAY ROSTERS TO FILL THE DEMAND.
(BEING LIMITED TO A CERTAIN NUMBER OF ROSTERS AS PER LEAGUE RULES)**

In this second option, the club has the opportunity to offer two (2) game day rosters due to league restrictions. However they can offer additional players the opportunity to train in the development program by using the OSA Player Development Model if they have enough coaches available. Each week, a maximum of 16 players would not be able to play in the development game day roster, so those players will be provided the opportunity to play an inter squad game. The players will receive their two training sessions and one game per week.

DETAILS REGARDING EACH STAGE:

**STAGE
1-5**

These stages will remain the same as in option one.



**STAGE
6**

From the player pool of 40, players the club can only create two (2) game day rosters. 24 players would participate in a development game each week with the remaining 16 players playing in a inter squad game on a different day of the week. The 16 players playing in the inter squad game, should be included in the following weeks 24 players who play a development game. Players will play one (1) game per week.

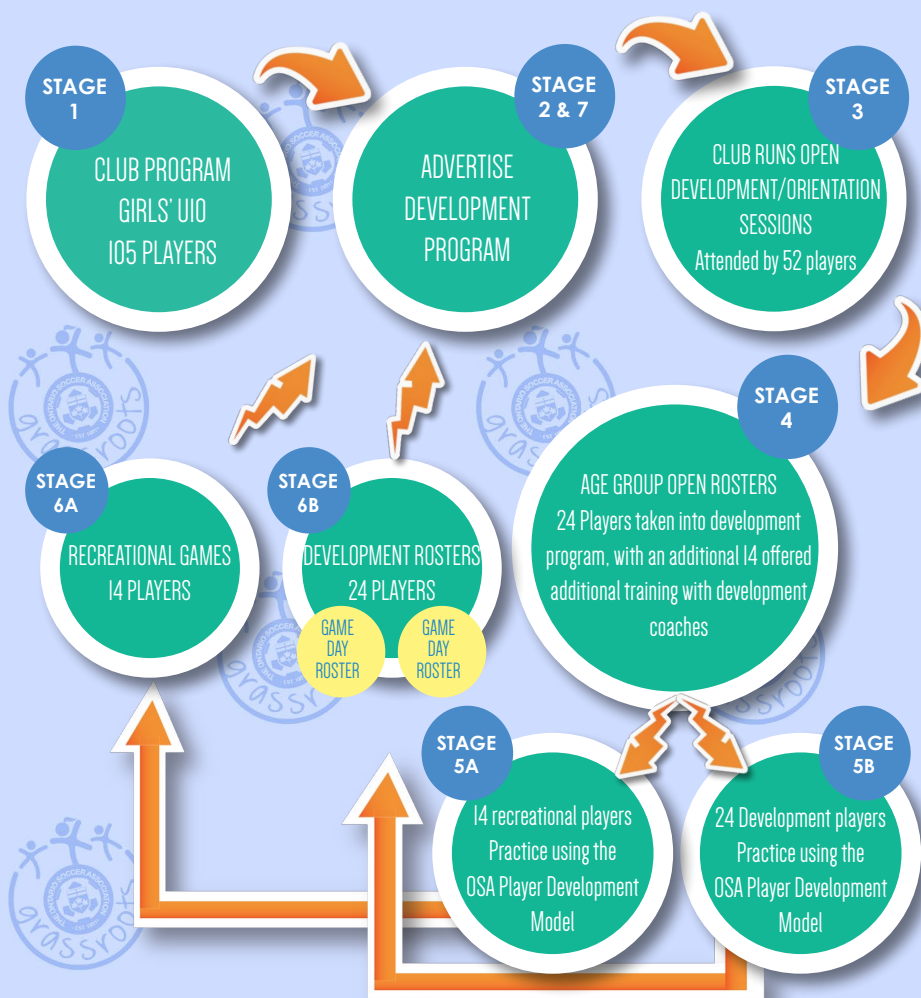


**STAGE
7**

This stage will remain the same as in option one



OPTION THREE (3) - EXAMPLE



In the third option, the club only has the resources to offer two (2) game day rosters and does not have enough coaches to be able to offer more than 24 players the opportunity to train in each session. From the 38 players that are interested in playing in the development program, the 24 players would include all players returning from the previous season. If additional players are required to complete the rosters, then players who display the best attitude, commitment, desire and coach ability (Talent potential) should be utilized. These 24 players will train twice per week and play in the development games.



NOT HAVING ENOUGH RESOURCES OR GAME DAY ROSTERS TO FILL THE DEMAND. NOT HAVING ENOUGH COACHES TO RUN MORE GAME DAY ROSTERS

If a player was unavailable from the development squad, one (1) of the 14 players playing within the recreational program would be offered the opportunity to play in the development game. Clubs would be responsible to ensure that each player only plays one (1) game per week.

Every three (3) weeks, a session would be scheduled for all 38 players to attend together. The club's Technical Director, the age group development coaches and other coaches within the club, would work together to conduct a large group session using the OSA Player Development Model.

DETAILS REGARDING EACH STAGE:

STAGE 1-3

These stages will remain the same as in option one

STAGE 4

24 players are offered the opportunity to be full time development players and 14 players are offered the opportunity to play in the recreational and receive additional training with the development coaches. The 14 will also receive the opportunity to play in the development program when full time players are missing.

STAGE 5B

With a total of 24 players within the player pool, all players should train together using the OSA Player Development Model. Players will receive two (2) training sessions per week.

STAGE 5A

14 recreational players will train once per week with the Development coaches using the OSA Player Development Model. They will also train once per week within the recreational program and play one game per week with the recreational program. It is recommended to have the 14 players evenly split across the recreational program. The development coaches would schedule this session so as not to conflict with the recreational program. This session will take place directly after the development squad has finished training. This is so development coaches do not need to commit to another night.

STAGE 6A

14 players will play each week within the clubs recreational program.

STAGE 6B

From the player pool of 24 players the club now can create two (2) game day rosters.

Players will play one (1) game per week.

STAGE 6

This stage will be the same as in option one (1) and two (2).



There are many benefits to providing inclusive programs to players at the grassroots stages of development. This includes opportunity, health benefits (keeping children active), inclusion, and development of more players, an opportunity to grow programs as well as other psychological and social benefits.

Being part of a Development Program means that the players are looking for better coaching, better practices, better competition, more commitment to the game and more opportunity to develop as a soccer player.

If you have any questions or would like to sit down with the Player Development Staff to review your clubs programming please contact us at grassroots@soccer.on.ca

Additional OSA Resources

- [Recreational Matrix](#)
- [Development Matrix](#)
- [Fast tracking forms](#)
- [Game Organization Guide](#)
- [Grassroots Festival Guide](#)
- [Game Leader Information](#)
- [Retreat Line Information](#)
- [Grassroots Curriculum v.1](#)
- [Grassroots Workbook and Practice Plans](#)
- [OSA Grassroots LTPD Video](#)
- [What is Grassroots Soccer?](#)
- [8 ways to develop the _____ Grassroots game](#)
- [Grassroots Weekly Practices](#)
- [Grassroots Webinars](#)
- [Incorporating Physical Literacy into your practice](#)



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