



NMSC PARENT HANDBOOK



ORIENTATION



- NMSC will be running an orientation on the first week of our Recreational programs.
- Players will be introduced to coaches receive uniforms and get familiar with field setup.
- If your player(s) are unable to attend the orientation, uniforms can be picked up at our clubhouse (10 Falconer Rd, Unit #12) starting on **May 13 to May 18 (depending on program week day)**.
- Our office is open **Monday to Thursday from 1-5 PM.**



IMPORTANCE OF TECHNICAL STAFF FOR U3-U9



- At NMSC, we incorporate technical staff coaches for players in our U3-U7 programs. Our U8/U9 division will be run by volunteers with the support of our Technical Staff.
- Having a dedicated coach with knowledge of coaching children will help foster the development of both new players and ones who have previous experience.
- Our technical coaches have completed Canada Soccer courses related to the age group they are coaching, as well as Coach Association of Canada courses on Respect in Sport, Making Ethical Decisions, Making Headway, Understanding The Rule Of Two & Emergency Action Planning.





SESSION DESIGN

- Session plans for U3-U7 players are designed by our trained technical staff.
- Our sessions incorporate the four-corner development model **Technical/Tactical**, **Social/Emotional**, **Psychological**, and **Physical**.
- Our philosophy is to develop individual and creative players. To achieve this, we believe in a game-based training style for the U3-U9 age groups.



PLAYER AND PARENT CHECKLIST

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Uniform (if in U10+ age groups, please check your player(s) schedule on PowerUp)

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Soccer Shoes (running shoes are acceptable for U3/U4 players)

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Sun Screen

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Shin Pads

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Water Bottle

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- No jewelry allowed
- No earrings
- No rings
- No wearable technology
- No hard casts



PROGRAM STRUCTURE FOR U3-U7



- Players in our U3-U7 age groups have been assigned to specific groups before the season begins. These groups will always stay at their designated mini-field.
- U3-U6 age groups will go through TWO age-specific activities, followed by 1v1 to 2v2 games.
- U7 players will also go through TWO age-specific activities, and play 3v3 games for the last 15 minutes.

PROGRAM STRUCTURE FOR U8/U9



- Teams in our U8 and U9 Boys and Girls divisions will rotate mini-fields each week to ensure they are playing different groups.
- The practice will start off with a 15-20 minute warmup, followed by a 40-minute 5v5 game.
- Your group's schedule will be posted on your PowerUp account before the season begins. Please review to ensure you are aware of your group's assignment.

Example Of Weekly Schedule

U8/U9 Indoor U8/U9 Co-Ed			
U8/U9 Montreal	U8/U9 Toronto	8:30-9:30 AM	Mattamy Sports Park - Dome Field 2B
U8/U9 Ottawa	U8/U9 Regina	8:30-9:30 AM	Mattamy Sports Park - Dome Field 2A
U8/U9 Vancouver	U8/U9 Edmonton	8:30-9:30 AM	Mattamy Sports Park - Dome Field 1B

PROGRAM STANDARDS



<div>  North Mississauga SC Outdoor Recreational Program Standards  </div>									
	Parent & Tot	Recreational Program		Recreational League					
	U3 and U4	U5 and U6	U7	U8	U9	U10/U11	U12/U13	U14/U15	U16/U18
Game Format	Game-based activities only	Game-based activities only	Informal Play (3v3)	5v5 with GK	5v5 with GK	7v7 with GK	9v9 with GK	11v11	11v11
Coaches	Technical Coaches under supervision of the club's Technical Coordinator	Technical Coaches under supervision of the club's Technical Coordinator	Technical Coaches under supervision of the club's Technical Coordinator	Volunteers under supervision of Technical Coaches and the club's Technical Coordinator	Volunteers under supervision of Technical Coaches and the club's Technical Coordinator	Volunteers supervised by field convenors	Volunteers supervised by field convenors	Volunteers supervised by field convenors	Volunteers supervised by field convenors
Player to Coach Ratio	Ideal (4:1) Maximum (6:1)	Ideal (6:1) Maximum (8:1)	Ideal (6:1) Maximum (8:1)	Ideal (8:1) Maximum (10:1)	Ideal (8:1) Maximum (10:1)	Ideal (10:1) Maximum (12:1)	Ideal (12:1) Maximum (16:1)	18:1 ratio	18:1 ratio
Total Session Duration	45 min	45 min	60 min	60 min	60 min	60 min	60 min	90 min	90 min
Total Game Duration	N/A	N/A	N/A	20 min halves	20 min halves	25 min halves	30 min halves	40 min halves	40 min halves
Maximum goal size	Pop-up goals	Pop-up goals	Pop-up goals	5ft x 8ft	5ft x 8ft	6ft x 16ft	6ft x 18ft	Full size	Full size
Field Size	N/A	N/A	Width: 18-22m Length: 25-30m	Width: 25-30m Length: 30-36m	Width: 25-30m Length: 30-36m	Width: 30-36m Length: 40-55m	Width: 42-55m Length: 60-75m	Full field	Full field
Ball Size	3	3	3	3	3	4	4	5	5
Referee or Game Leader	N/A	N/A	N/A	Game Leader/Coach	Game Leader/Coach	Referee	Referee	Referee	Referee
Sideline restarts	N/A	N/A	Pass in and Dribble in	Pass in and Dribble in	Pass in and Dribble in	Pass in and Dribble in	Throw-in	Throw-in	Throw-in
Offside	N/A	N/A	No	No	No	No	Yes	Yes	Yes
Retreat Line	N/A	N/A	Halfway Line	Halfway Line	Halfway Line	One Third	One Third	No	No
Season Length	12-14 weeks	12-14 weeks	12-14 weeks	12-14 weeks	12-14 weeks	12-14 weeks	12-14 weeks	12-14 weeks	12-14 weeks
Playing Time	Informal Play	All players play	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	Fair time in all positions	Fair time in all positions
Session Style	Game-based activities + informal play	Game-based activities + informal play	2 Game-based activities + informal play (3v3 or 4v4)	1 activity + Game (5v5)	1 activity + Game (5v5)	Games (7v7)	Games (9v9)	Games (11v11)	Games (11v11)

WEATHER POLICY



- As per NMSC's weather policy, all games and practices go ahead rain or shine. The only exception is in the event of the following imminent thunderstorms.
- The City Of Mississauga closes field when lightning is detected, practice/games will be immediately canceled to ensure everyone is safe.



CONTACTS



- For more information about our Recreational and additional training programs, please contact our Member Services Manager Marlène Balaski or reach out to our main office email.

Member Services Manager - Marlène Balaski



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905-858-1227

*Thank
You*