CLUB QUALIFICATION PROGRAM



Technical Department 2012

CLUB QUALIFICATION PROGRAM

The purpose of the Club qualification program is to provide a path and process to improve the quality of the daily player experience by implementing the Long Term Player Development Program as it relates to:

- club structure,
- club organization
- club operation, and
- coaching development and education.

These standards are developed with the advice and assistance of Canadian Soccer Association, the Technical Committee of Soccer NB, Soccer NB technical staff, and technical leaders from clubs throughout New Brunswick.

The standards will be reviewed regularly and will evolve to reflect the changes, growth and improvement of club soccer in the Province.

Why Club qualification program?

- To ensure the safety and enjoyment of all club members
- To establish a framework on how to operate, sustain and develop community club programming
- To maximize coaching development initiatives
- To recognize the achievements of clubs
- To establish the basic standards a club must achieve to operate effectively
- To enhance the opportunities of all players regardless of ability
- To improve the quality and retention of players and coaches
- To provide incentives to educate and reward clubs that implement developmental programs for all members
- To acknowledge clubs that have developmental programs in place for all members
- To foster loyalty, commitment and belonging to the club and the game
- To promote a long term, active, and healthy lifestyle
- To maximize the potential and growth of the club and its membership
- To support the betterment of the game within Canada

Generally, the more standards that a club meets, the more successful that club will be in developing top level youth soccer players and fulfilling their club mission statement. However, standards only provide a baseline concept; the quality of the club leadership

and staff (and its selection, training, and oversight), and the manner in which a program is executed, will ultimately set the ceiling of success for any club.

How will the Club Qualification be implemented?

This document outlines expectations for clubs in areas such as facilities, operations, coaching education, and more. Standards for three different types of clubs are outlined.

It starts with having a mission statement identifying the primary purpose for the club's existence and its goals in technical and personal development of its players. The mission statement should be realistic based on the club and community resources. It will help define what type of club the organization wants to be.

(See: Club Qualification Matrix)

In the New Brunswick context, three types of clubs are proposed:

	Club Type	
Development Club	Elite Club	Super Club
LTPD stages focus:	LTPD stages focus:	LTPD stages focus:
-Active Start	-Active Start	-Active Start
-Fundamentals	-Fundamentals	-Fundamentals
-Learn to train	-Learn to train	-Learn to train
-Soccer for Life	-Train to Train	-Train to Train
	-Soccer for Life	-Train to compete
		-Soccer for Life

Club Standards are designed to target specific areas or platforms that clubs and club leadership should be targeting for growth, change, and improvement. The standards are categorized into the following four areas:

- 1) General Standards: Foundation for every club
- 2) Technical: Staffing, Curriculum, Training, Additional Resources
- 3) Structural / Administrative: Organization, Structure, Finance and Member Management
- 4) Facilities: Training, Competition, and Corporate Facilities

1. Development Club		ROADMAP					
GENERAL STANDARDS	2013	2014	2015	2016	2017		
1. A club logo	~						
A constitution that establishes the rules and principles by which the club is governed		~					
3. A mission statement identifying the primary purpose for the club's existence and its goals in							
technical and personal development of its players. The mission statement should be realistic		\checkmark					
based on the club and community resources.							
4. A Technical Director charged with technical oversight of all teams and coaches within the		~					
club.							
5. A conflict of interest policy that addresses the recusal of board members that have children in the club in situations that directly involve their children.			%				
6. A clear, hierarchical organizational chart with all staff and their responsibilities, with job							
descriptions for all staff.			~				
7. Background checks that are conducted on all coaches and on any adults that will interact		~					
with players on a regular basis.							
8. A player and parent code of conduct	\checkmark						
9. Have a coach's code of conduct emphasizing that high degrees of professionalism, personal							
integrity, and maturity are required from all staff.	~						
10. The Club should carry out risk assessments used in all club activities as outlined in the Canadian							
Soccer Association's coaching education material relating to:							
• Coaches.							
Training facilities and conditions.							
Climate and weather conditions.		~					
Player equipment.							
• The Canadian Soccer Association's child protection policy must be strictly adhered to at all times.							
• The Canadian Soccer Association's child protection policy must be posted on the clubs website.							
11. Provisions must be taken to ensure that all teams are provided with a basic first aid kit as							
outlined in the Canadian Soccer Association's Community Education material.							
- Clubs must mandate that teams have an Emergency Action Plan (EAP) in place as outlined in							
the Canadian Soccer Association's Coaching Education material.		\checkmark					
- The club team management must be in possession of all team members' medical history							
cards, including all coaching and management staff. This card must identify allergies, current							
medications and medical history as outlined in the Canadian Soccer Association's Coaching							
Education material.							
TECHNICAL STANDARDS	2013	2014	2015	2016	2017		
Technical Director:							
The Technical Director must:			\checkmark				
- Hold a CSA Pre-"B" license.							
- Have successfully completed the Soccer NB Club Technical Director Course.							
Technical Leadership:							
- Club must distribute e-copies of the LTPD Manuel and Brochure to each coach, volunteer							
and parent.							
Club must offer to All coaches at U-4 and U-6 the opportunity to take the CSA Active Start			~				
coaching course License every season.							
Club must offer to All coaches at U8 and U10 the opportunity to take the CSA Fundamentals							
coaching course License every 2 years.							
Club must offer to All coaches at U11 and Above the opportunity to take the CSA Learn to							
Train or Active for Life License coaching course License every 2 years.	I	1					
All coaches for U4 o U10 must attend a Soccer NB Grassroot Passion for Soccer workshop							
All coaches for U4 o U10 must attend a Soccer NB Grassroot Passion for Soccer workshop every 2 years.							
All coaches for U4 o U10 must attend a Soccer NB Grassroot Passion for Soccer workshop		~					

Curriculum / Methodology and Training Environment: Follow the LTPD guide lines for all stages.					
Provide regular free-play opportunities during the year for players of all age groups in the			~		
form of futsal or other small-sided competitions.					
Use a Jamboree format for U-8 and U-10 (No standings, no records are kept.)					
Have at least one ball per player.					
Training and Development:		~			
Have a minimum 2 games/training per week for U8 and above.		-			
Talent Identification:					
Participate in the scouting and recommendation process for Provincial Player Identification and Development Program, and encourage their top players to participate in this program by sending their best players to the Regional ID Camps.		√			
Game Structure					
The Club must implement the Soccer New Brunswick's game structure based on the Canadian Soccer Long Term Players Development Model(Club Matrix).				~	
STRUCTURAL / ADMINISTRATIVE STANDARDS	2013	2014	2015	2016	2017
Clubs must appoint a recognized administrator/Student.					
Clubs must outline the following: - Responsibilities of the appointed person					
- Time commitments of the appointed person		~			
- The agreed remuneration of the appointed person					
- The club shall create a job description outlining the expectations of the professional					
administrator.					
duministrator.					
Finance:					
- Have an annual, centralized budget and financial account through which all coaching salaries, player					
registration, facility payments, and other major financial obligations are managed.					
- Have a system of financial and accounting controls and policies to manage assets and to prevent			\checkmark		
theft or embezzlement, including an annual accounting review.					
Team Structure:					
- Have a broad base of players and with multiple stages: Active Start, Fundamentals, Learn to					
Train and Active for Life.			\checkmark		
- Offer an open adult program, consisting of former youth club players and others, to provide					
"Active for life" programming.					
Member Management and Communications:					
- An established website					
-Club Facebook page to post all club, regional, provincial and national activities and programming - Advertised and accessible Annual General Meetings					
- Posted minutes of all official club meetings			\checkmark		
- Availability of annual financial statements					
- Maintain email distribution lists of all members, including players, coaches, managers and					
volunteers.					
FACILITY STANDARDS	2013	2014	2015	2016	2017
Playing Facility:					
- Have access to at least one quality field per age group that allows the ball to run smoothly which is					
appropriately lined following Soccer NB guidelines based on LTPD princiales for each age group or				~	
stage of development (Clubs Matrix).		1			
Offices and Clubhouse:		!			
- Have a club office with dedicated phone, fax, and email.			4		

2. Elite Club			ROADMA	Р	
GENERAL STANDARDS	2013	2014	2015	2016	2017
1. A club logo	2013	2014	2013	2010	2017
2. A constitution that establishes the rules and principles by which the club is governed	~				
		~			
3. A mission statement identifying the primary purpose for the club's existence and its goals in					
technical and personal development of its players. The mission statement should be realistic		~			
based on the club and community resources. 4. A Technical Director charged with technical oversight of all teams and coaches within the					
4. A recinical director charged with technical oversight of all teams and coaches within the club.		~			
5. A conflict of interest policy that addresses the recusal of board members that have children					
in the club in situations that directly involve their children.		\checkmark			
6. A clear, hierarchical organizational chart with all staff and their responsibilities, with job					
descriptions for all full-time staff.			~		
7. Background checks that are conducted on all coaches and on any adults that will interact					
with players on a regular basis.		~			
8. A player and parent code of conduct	~				
O Have a sample and of another marker in that high damage of marker in allow a second	V				
9. Have a coach's code of conduct emphasizing that high degrees of professionalism, personal integrity, and maturity are required from all staff.	\checkmark				
10. The Club should carry out risk assessments used in all club activities as outlined in the					
Canadian Soccer Association's coaching education material relating to:		\checkmark			
canadan societ, issociation s coacining canadator material relating to					
• Coaches.					
Training facilities and conditions.					
Climate and weather conditions.					
Player equipment.					
• The Canadian Soccer Association's child protection policy must be strictly adhered to at all					
 The Canadian Soccer Association's child protection policy must be posted on the clubs 					
website.					
11. Provisions must be taken to ensure that all teams are provided with a basic first aid kit as					
outlined in the Canadian Soccer Association's Community Education material.					
- Clubs must mandate that teams have an Emergency Action Plan (EAP) in place as outlined in					
the Canadian Soccer Association's Coaching Education material.		~			
- The club team management must be in possession of all team members' medical history					
cards, including all Coaching and management staff. This card must identify allergies, current					
medications and medical history as outlined in the Canadian Soccer Association's Coaching					
Education material.					
TECHNICAL STANDARDS	2013	2014	2015	2016	2017
Technical Director:					
The Technical Director must:					
- Be a Part-time position, Minimum of 600 hrs per year.					
- Hold a CSA Provincial "B" license.					
- Have successfully completed the Soccer NB Club Technical Director Course. The slub and appointed Technical Director must undertake to greate a written and signed					
- The club and appointed Technical Director must undertake to create a written and signed agreement. Outlining the following:				4	
-Responsibilities of the appointed person					
-Time commitments of the appointed person					
-The agreed remuneration of the appointed person					
-The club shall create a job description outlining the expectations of the Technical Director.					
		Ī	Ī	Ī	Ì

Technical Leadership: - Club must distribute copies of the LTPD Manuel and Brochure to each coach, volunteer and parent. - Club must offer to All coaches at U-4 and U-6 the opportunity to take the CSA Active Start coaching course License every season. - Club must offer to All coaches at U8 and U10 the opportunity to take the CSA Fundamentals coaching course License every 2 years. - Club must offer to All coaches at U11 and Above the opportunity to take the CSA Learn to Train or Active for Life License coaching course License every 2 years. - All coaches for U4 o U10 must attend a Soccer NB Grassroot Passion for Soccer workshop every 2 years. - All Head coaches at the Premier Level must hold a CSA Pre-B License. - Club must have a Goal keeper coach with a minimum of Provincial Goal keeper licence. - Any parent coaches involved in the youth program should be supervised and trained by the Technical Director.			>	
Coaching Education: - Have annual funding for external coaching education and development of its staff	~			
Curriculum, Methodology, Training and Competition Environment: - Ensure its curriculum is consistent with LTPD recommended training curriculum. -Provide regular free-play opportunities during the year for players of all age groups in the form of futsal or other small-sided competitions. (Fundamental and Learn to Train) - Incorporate small-sided games in training curriculum and competition sizes in each age group per Soccer NB LTPD guidelines. -Have a testing program to measure baseline and growth in the physical attributes of speed, strength, power, and agility at relevant age groups. -Have a testing program to determine technical proficiency of players in basic technical skills at relevant age groups. - Follow the LTPD guidelines for all stages. - Provide regular free-play opportunities during the year for players of all age groups in the form of futsal or other small-sided competitions. - Use a Jamboree format for U-8 and U-10 (No standings, no records are kept.) - Have regular access to high quality training facilities with the following minimum standards for teams at U-13 and above: at least half of a full-sized field per team, at least two portable goals per team, and at least one ball per player.			>	
Training and Development: - Have a minimum 2 games/training per week for U8 and above. - Have a minimum training-to-game ratio of 2:1 for teams at U-11 and above, with trainings that range from 60-105 minutes for all premier teams.	>			
Talent Identification: - Participate in the scouting and recommendation process for Provincial Player Identification and Development Program, and encourage their top players to participate in this program.	₩			
Player Evaluation: -Provide written annual evaluation to assist elite players in identifying areas of strength and weakness.		✓		
Game Structure: -The Club must implement Soccer New Brunswick's game structure based on the Canadian Soccer Long Term Players Development Model (Clubs Matrix).		✓		

STRUCTURAL / ADMINISTRATIVE STANDARDS	2013	2014	2015	2016	2017
Appointed professional administrator: Clubs must appoint a part-time recognized professional administrator/student The club and appointed professional administrator must undertake to create a written and signed agreement. Outlining the following: Responsibilities of the appointed person Time commitments of the appointed person The agreed remuneration of the appointed person The club shall create a job description outlining the expectations of the professional			✓		
administrator.					
Team Structure: -Have a broad base of players and with multiple stages: Active Start, Fundamentals, Learn to Train and Active for LifeA minimum of 450 players Have an open adult program, consisting of former youth club players and others, to provide "Active for life" programming.			✓		
Finance: -Have an annual, centralized budget and financial account through which all coaching salaries, player registration, facility payments, and other major financial obligations are managedHave a system of financial and accounting controls and policies to manage assets and to prevent theft or embezzlement, including an annual accounting review.			✓		
Member Management and Communications: - Have a website for dissemination of information regarding the club, its players, its leagues, and other relevant information to the public. -Club Facebook page to post all club, regional, provincial and national activities and programming -Regular e-newsletter communication -Advertised and accessible Annual General Meetings -Posted minutes of all official club meetings -Availability of annual financial statements -Maintain email distribution lists of all members, including players, coaches, managers and volunteers.			≫		
FACILITY STANDARDS	2013	2014	2015	2016	2017
Playing Facility: - Have access to at least one quality field per age group that allows the ball to run smoothly which is appropriately lined following Soccer NB recommendation based on LTPD principales for each age group or stage of development. - Have a dedicated training facility that is owned or leased by the club with at least 2 training fields with multiple goals of varying sizes on each field. - The club must have access to an artificial turf field for use during: Early/late season games/ training and inclement weather.				×	
Competition Facility: Have access to at least one high quality competition field that allows the ball to run smoothly which is appropriately lined per FIFA rules with covered benches for players and restrooms or port-apotties.					¥
Offices and Clubhouse: - Have a club office with dedicated phone, fax, and email.			4		

3. SUPER CLUB		F	ROADMA	Р	
GENERAL STANDARDS	2013	2014	2015	2016	2017
1. A club logo	S				
A constitution that establishes the rules and principles by which the club is governed	~	~			
3. A mission statement identifying the primary purpose for the club's existence and its goals in technical and personal development of its players. The mission statement should be realistic based on the club and community resources.		4			
4. A Technical Director charged with technical oversight of all teams and coaches within the club.		~			
5. A conflict of interest policy that addresses the recusal of board members that have children in the club in situations that directly involve their children.		4			
6. A clear, hierarchical organizational chart with all staff and their responsibilities, with job descriptions for all full-time staff.			~		
7. Background checks that are conducted on all coaches and on any adults that will interact with players on a regular basis.		4			
8. A player and parent code of conduct	4				
9. Have a coach's code of conduct emphasizing that high degrees of professionalism, personal integrity, and maturity are required from all staff.	4				
10. The Club should carry out risk assessments used in all club activities as outlined in the Canadian Soccer Association's coaching education material relating to:					
 Coaches. Training facilities and conditions. Climate and weather conditions. Player equipment. The Canadian Soccer Association's child protection policy must be strictly adhered to at all times. The Canadian Soccer Association's child protection policy must be posted on the clubs 		₩			
website. 11. Provisions must be taken to ensure that all teams are provided with a basic first aid kit as outlined in the Canadian Soccer Association's Community Education material. - Clubs must mandate that teams have an Emergency Action Plan (EAP) in place as outlined in the Canadian Soccer Association's Coaching Education material. - The club team management must be in possession of all team members' medical history cards, including all Coaching and management staff. This card must identify allergies, current medications and medical history as outlined in the Canadian Soccer Association's Coaching Education material.		✓			
TECHNICAL STANDARDS	2013	2014	2015	2016	2017
Technical Director: The Technical Director must: - Be a Full-time position - Hold a CSA National "B" license Have successfully completed the Soccer NB Club Technical Director Course The club and appointed Technical Director must undertake to create a written and signed agreement. Outlining the following: - Responsibilities of the appointed person - Time commitments of the appointed person - The agreed remuneration of the appointed person - The club shall create a job description outlining the expectations of the Technical Director.			<u>√</u>		

I				
Task vised to a develor.				
Technical Leadership:				
- Club must distribute copies of the LTPD Manual and Brochure to each coach, volunteer and				
parent.				
- Club must offer to All coaches at U-4 and U-6 the opportunity to take the CSA Active Start			~	
coaching course License every season.				
- Club must offer to All coaches at U8 and U10 the opportunity to take the CSA Fundamentals				
coaching course License every 2 years.				
- Club must offer to All coaches at U11 and Above the opportunity to take the CSA Learn to				
Train or Active for Life License coaching course License every 2 years.				
- All coaches for U4 o U10 must attend a Soccer NB Grassroot Passion for Soccer workshop				
every 2 years.				
- All Head coaches at the Premier Level should hold a CSA Pre-B License.				
- Club must have a Goal keeper coach with a minimum of Provincial Goal keeper licence.				
- Club must have an apointed Head Referee that is SNB registered and holds a minimum of				
District Level.				
- Any parent coaches involved in the youth program should be supervised and trained by The				
Technical Director.				
Coaching Education				
Coaching Education:				
-Have annual funding for external coaching education and development of its staff.				
-Have an internal coaching education and development program that provides 3-5 hours of in		d		
house coaching development to its coaches.				
- Have a club library or resource center with books, videos, and other informational resources				
regarding coaching methodology, training sessions, etc.				
Training and Development:				
-Have a minimum 2 games/training per week for U8 and above.				
-Have a minimum training-to-game ratio of 2:1 for teams at U-11 and above, with trainings				
		✓		
that range from 60-105 minutes for Division 1 and premier team				
-Have a minimum training-to-game ratio of 3:1 for Premier teams at U-13 and above, with				
trainings that range from 60-105 minutes.				
Training and Competition Environment:				
- Follow the LTPD guidelines for all stages.				
- Provide regular free-play opportunities during the year for players of all age groups in the				
form of futsal or other small-sided competitions.				
- Use a Jamboree format for U-8 and U-10 (No standings, no records are kept.)				
-Have regular access to high quality training facilities with the following minimum standards		~		
for teams at U-13 and above: at least half of a full-sized field per team, at least two portable				
goals per team, and at least one ball per player.				
-Have a full-sized field for training Premier teams in each age group at U-13 and above at least				
once per week.				
-Have standard training apparel for teams to promote a professional atmosphere within the				
training environment.				
- Have protocol and procedures for team travel (logistics, appearance, behaviour, itinerary,				
etc.)				
Talent Identification:				
- Participate in the scouting and recommendation process for Provincial Player Identification	4			
and Development Program, and encourage their top players to participate in this program.				
Player Evaluation:				
-Provide 2 written annual evaluations to assist elite players in identifying areas of strength and				
weakness.		~		
ı			ı	
Game Structure:				
The Club must implement Soccer New Brunswick's game structure based on the Canadian		✓		
		✓		

STRUCTURAL / ADMINISTRATIVE STANDARDS	2013	2014	2015	2016	2017
Operations:	2013	2014	2013	2010	2017
-Have an annual strategic planning and goal-setting meeting to determine direction and focus					
for the future of the club, short-term and long-term.					
- Have a 5-year strategic plan outlining the goals and objectives of the club in player			\checkmark		
development, facility development, and coach development. This plan should be reviewed					
and assessed annually.					
Appointed professional administrator:					
Clubs must appoint a Full-time recognized professional administrator					
The club and appointed professional administrator must undertake to create a written and					
signed agreement. Outlining the following:					
Responsibilities of the appointed person					
Time commitments of the appointed person					
The agreed remuneration of the appointed person					
The club shall greate a job description outlining the expectations of the professional					
The club shall create a job description outlining the expectations of the professional administrator.					
Team Structure:					
-Have a broad base of players and with multiple stages: Active Start, Fundamentals, Learn to					
Train and Active for Life with a minimum of 1500 players.			-		
- Have an open adult program, consisting of former youth club players and others, to provide					
"Active for life" programming.					
Finance:					
-Have an annual, centralized budget and financial account through which all coaching salaries,					
player registration, facility payments, and other major financial obligations are managed.					
-Have a system of financial and accounting controls and policies to manage assets and to					
prevent theft or embezzlement, including an annual accounting review.			~		
- Have a basic fundraising program to help minimize costs of participation for all players.					
- Have a scholarship program to reduce or eliminate costs of participation for players with					
significant financial need.					
Member Management and Communications: - Have a website for dissemination of information regarding the club, its players, its leagues,					
and other relevant information to the public.					
-Club Facebook page to post all club, regional, provincial and national activities and					
programming					
- Have written policies outlining player expectations, player commitment expectations, and					
player release procedures.					
- Have annual member meetings with its players and parents.			~		
- Have a volunteer recruitment and development plan to engage all members in club activities					
and to defray costs of operation.					
-Regular newsletter communication					
-Advertised and accessible Annual General Meetings					
-Posted minutes of all official club meetings					
-Availability of annual financial statements					
-Maintain email distribution lists of all members, including players, coaches, managers and					
volunteers .					

FACILITY STANDARDS	2013	2014	2015	2016	2017
Playing Facility: - Have access to at least one quality field per age group that allows the ball to run smoothly which is appropriately lined following Soccer NB recommendation based on LTPD principales for each age group or stage of development. -Have a dedicated training facility that is owned or leased by the club with at least 2 training fields with multiple goals of varying sizes on each field. - The club must have access to an artificial turf field for use during: Early/late season games/ training and inclement weather.				✓	
Competition Facility: - Have access to at least one high quality competition field that allows the ball to run smoothly which is appropriately lined per FIFA rules with covered benches for players and restrooms or portable washrooms. - Have access to a stadium-like facility for high profile games, including locker rooms, signage around the field, electronic scoreboard, and bleachers or stands for a minimum of 100 spectators.					V
Offices and Clubhouse: - Have a club office with dedicated phone, fax, and email - Have a club-house with individual offices for all full-time coaching staff, including conference rooms for team and player meetings Own or have access to facilities allowing speed, strength, and power training for its elite athletes.			₩		



SOCCER NEW BRUNSWICK LONG-TERM PLAYER DEVELOPMENT CLUBS QUALIFICATION MATRIX



Club Type	Development Club	Elite Club	Super Club
Number of Players	Unlimited	Minimum 450	Minimum 1500
Competition Level	House league and Div1	Premier	Premier / Semi Pro
Season Length	12 - 20 weeks	30 weeks	40 weeks
Head Coach Qualification	Pre-B (Part-Time Staff if more than +450 players)	Provincial B Part-Time Staff	National B Full-time Staff
Administrator	Student(+ 450 players)	Part-Time Staff	Full-Time Staff
Technical Coordinator	Student	Student	Part-Time Staff
Facilities Standards	Please see the club qualification program	Please see the club qualification program	Please see the club qualification program
Equipments Standards			
		Active for life	Active for life
	Active for life	Active for life	Active for life Train to compete
LTPD Stages	Active for life	Active for life Train to Train	
LTPD Stages	Active for life Learn to Train		Train to compete
LTPD Stages		Train to Train	Train to compete Train to Train
LTPD Stages	Learn to Train	Train to Train Learn to Train	Train to compete Train to Train Learn to Train



SOCCER NEW BRUNSWICK LONG-TERM PLAYER DEVELOPMENT GAME STRUCTURE MATRIX FOR CLUBS AND SCHOOLS

STAGE 4

Train to Train

THE ELITE PLAYERS

U13 to U18 PREMIER

Building physical capacities and

developing soccer skills and

tactics

Increase training loads and soccer-

specific skills and tactics. Begin to

identify elite players

11 vs 11

68m Width / 105m length

8f/2.44m X 24f/7.32m

Size 5

2 x 40 min

18

40 weeks

40 Games

3

75 to 90 mins

Pre-B and Provincial B

Regional / Provincial

Physio, keeper coach,

fitness coach



DEVELOPMENT

TARGET AGE GROUP/LEVEL

SKILL LEVEL **GOALS**

GAME FORMAT FIELD SIZES

GOAL SIZES

BALL SIZE

GAME DURATION SQUAD SIZE

GAMES YEARLY TRAINING / WEEK

SEASON LENGTH

TRAINING SESSION TIME **COACHES LEVEL**

REFEREES LEVEL **SPECIFIC SERVICES**

GUIDING PRINCIPALES

STAGE 1 Active Start



U4 and U6

Fundamental mouvement and play

Encourage child activity and develop

basic motor skills.

No competitive games

N/A

N/A

Size 3

N/A

12

12 weeks

N/A

2

45 min.

Actice Start

N/A

N/A

Parents play with the kids

U8

STAGE 2

FUNdamentals

FUN WITH THE BALL

Fundamental mouvement and

Technique development through fun Emphasize skills and ABCs, not

5f/1.52m X 8f/2.44m

Size 4

2 x 15 min.

10 to 12

12 to 20 weeks

12 Games

2

45 mins

Fundamentals

District

N/A

No leaugue standings -

Jamboree format- enphasis is

on FUN. Equal playing time and

try all Team position uncluding

goal keeping.

5 vs 5

7 vs 7 25m Width / 36m length

42m Width / 60m 36m Width / 55m length 6f/1 83m X

2

60-75 mins

Lear to Train

District

N/A

Small leagues

provide game

fixture, but no

standings are

recorded.Equal

plaving time and try

all Team position

uncluding goal

U10

16f/4.88m 18f/5.49m Size 4 Size 4 2 x 25 min. 2 x 30 min.

STAGE 3

Learn to Train

"THE GOLDEN AGE"

Developing soccer skills and speed

Focus on technique and skill development and

introduce tactics. Fun is still paramount.

U11 and U12

8 vs 8

length

6f/1 83m X

12 to 14 12 to 14 20 weeks 20 weeks 20 Games 20 Games

> 2 75 mins

Lear to Train Pre-В District

Small leagues provide game fixture. Equal playing time and try all Team position

keeping

Clubs should be careful to recognize and protect the longterm interests of each athlete. Players at this stage should particpate in their Regional uncluding goal Academy Program.

National and Provincial players are exposed to quality playing and training environments. They should play regularly in highly competitive matches with Team NB, Youth National and Pro

National B and A

Doctor, Physio, Keeper, Fitness

and Mental coach

World Cup National

Perfecting performance

Maximizing all player capacities -

attributes

11 vs 11

STAGE 6



STAGE 5

Train to Compete

U16 to U20 NATIONAL TEAMS

Refining skills and position play specific physical and mental training

Develop players for elite competition.

skills, tactics, mentality, physical 11 vs 11

68m Width / 105m length 68m Width / 105m length

8f/2.44m X 24f/7.32m 8f/2.44m X 24f/7.32m

Size 5 Size 5 2 x 40 min. 2 x 45 min

Fifa Rules 18 46 weeks Year-round

46 Games 50 Games 5 to 12 4 to 5

75 to 90 mins 75 to 90 mins

Provincial / National National / International

The focus of training shifts to

optimization of performance, and players should compete regularly in high-pressure games to develop consistency

National A

Doctor, Physio, Keeper, Fitness

and Mental coach



Achieve personal best, soccer for fitness, fun and social interaction

Foster lifelong activity, while also encouraging players to pursue roles in coaching, officiating, and

administration. Adapt to suit the level of play

Adapt to suit the level of

playing format

Adapt to suit the level of

playing format Size 5

Adapt to suit the level of playing format Adapt to suit the level of

playing format Adapt to suit the level of play

Adapt to suit the level of play

Adapt to suit the level of play Adapt to suit the level of

playing format Active for life or Competitive stream

District / Regional

Adapt to suit the level of play The recruitment and retention of

players, coaches, referees and administrators is key to the ongoing development of both grassroots and elite soccer in Canada.















