

PLAYER PROGRAM PATHWAY					
	Fundamentals		Learning to Train		
Program Name	U9	U10-U11	U12 – U13	U14 – U15	U17-U19
Program Duration in weeks	8 weeks league + 4 - 6 additional training weeks	12 weeks league + 4 – 6 additional training weeks	12 weeks league + 6 – 8 additional training weeks	12 weeks league + 6 – 8 additional training weeks	12 weeks league + 6 – 8 additional training weeks
Program Duration in minutes	45 – 60 minutes	60 minutes	60 minutes	60 minutes	60 minutes
Game Format and duration	7v7 2 x 30 min halves	8v8 2 x 35 min halves	11v11 2 x 40 min halves	11v11 2 x 45 min halves	11v11 2 x 45 min halves
Equipment: Size of Ball, goals, field	Size 4 balls Max field 118x160ft Net 12X6 ft	Size 4 balls Max field 180x246 ft Net 18x6 ft	Size 5 balls Max field 300x389 ft Net 24 x 8 ft	Size 5 balls Max field 300x389 ft Net 24 x 8 ft	Size 5 balls Max field 300x389 ft Net 24 x 8 ft
Player: coach ratio	Ideal 8:1 Max 10:1	Ideal 10:1 Max 12:1	Ideal 16:1 Max 18:1	Ideal 16:1 Max 18:1	Ideal 16:1 Max 18:1
Coach Training/Certification Requirement	Learn to Train, MED, RiS, Making Headway	Learn to train/Soccer for Life, MED, RiS & Making Headway	Soccer for Life, MED, RiS, & Making Headway	Soccer for Life, MED, RiS, & Making Headway Provincial C	Soccer for Life, MED, RiS, & Making Headway Provincial C
Indicate any programs Training offered	Coaches & players receive technical training & club provides NCCP courses. Technical staff & coaches share ideas & work together to develop all players.				
Program goals Development outcomes					