



BC SOCCER

Small-Sided Soccer Development Manual

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BC Soccer
Small-Sided Soccer Development Manual

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INTRODUCTION

The Small-Sided Soccer Development Manual has been created as per BC Soccer Rule 23.c.i, for the membership within British Columbia to provide responsible and beneficial age appropriate development programming for the identified Grassroots Canadian Soccer Association Long Term Player Development Module Stages including;

| Stage | Name | Age Group |
|-------|-----------------|------------|
| 1 | Active Start | U6 & Below |
| 2 | Fundamentals | U6 – U9 |
| 3 | Learn to Train | U8 – U12 |
| 7 | Soccer for Life | U13+ |

** Note: Where the manual references soccer for life, if implementing for U13 - U18 these rules apply. For U19+ they are guidelines.*

RULES OF THE GAME

Please reference the 'BC Soccer Small-Sided Referee Rules' document found on the BC Soccer website under Referee – Continuing Education: <https://bcsoccer.net/continung-education>

RECORDING OF STANDINGS AND RESULTS

No standings or results to be recorded or posted for the following Canadian Soccer Association Long Term Player Development Module Stages including;

| Stage | Name | Age Group |
|-------|----------------|------------|
| 1 | Active Start | U6 & Below |
| 2 | Fundamentals | U6 – U9 |
| 3 | Learn to Train | U8 – U12 |

STRUCTURE OF THE GAME

Stage 1 – Active Start

| Game Format | Age Group | Game Duration | Field Dimensions | Max Goal Dimensions | Ball Size |
|----------------------|------------|---------------|------------------|---------------------|-----------|
| No Competitive Games | U6 & Below | N/A | N/A | N/A | 3/4 |

**As per LTPD recommendations, adult and child play together informally.*

**Informal games can be set up at the end of practices.*

Stage 2 – Fundamentals

| Game Format | Age Group | Max Game Duration | Max Field Dimensions | Max Goal Dimensions | Ball Size |
|-------------|-------------|-------------------|----------------------|----------------------------|-----------|
| 3v3 | U6, U7 & U8 | 40 mins | 22mx30m | 1.52m x 2.44m (5' x 8') | 3/4 |
| 4v4* | U6, U7 & U8 | 40 mins | 25mx36m | 1.52m x 2.44m (5' x 8') | 3/4 |
| 5v5* | U8 & U9 | 40 mins | 30mx36m | 1.52m x 2.44m (5' x 8') | 3/4 |

** Game format includes a Goalkeeper – If no Goalkeeper available reduce goal size.*

Stage 3 – Learn to Train

| Game Format | Age Group | Max Game Duration | Max Field Dimensions | Max Goal Dimensions | Ball Size |
|-------------|-------------------|-------------------|----------------------|----------------------------|-----------|
| 6v6 | U8, U9, U10 & U11 | 50 mins | 36mx55m | 1.83m x 5.5m (6' x 18') | 3/4 |
| 7v7 | U9, U10 & U11 | 50 mins | 36mx55m | 1.83m x 5.5m (6' x 18') | 4 |
| 8v8 | U11 & U12 | 60 mins | 55mx75m | 1.83m x 5.5m (6' x 18') | 4 |
| 9v9 | U12 | 70 mins | 55mx75m | 1.83m x 5.5m (6' x 18') | 4 |

Stage 7 – Soccer for Life

| Game Format | Age Group | Max Game Duration | Max Field Dimensions | Max Goal Dimensions | Ball Size |
|-------------|-----------|-------------------|----------------------|----------------------------|-----------------------|
| 5v5 | U13+ | 70 mins | 55mx75m | 1.83m x 5.5m (6' x 18') | No larger than size 5 |
| 6v6 | | | | | |
| 7v7 | | | | | |
| 8v8 | | | | | |
| 9v9 | | | | | |

RETREAT LINE

The following formats of the Retreat Line shall be implemented for each Stage.

| Stage | Name | Position of Retreat Line |
|-------|----------------|--------------------------|
| 2 | Active Start | Half way line |
| 3 | Fundamentals | 2/3 line |
| 7 | Learn to Train | 2/3 line |

The retreat line is initiated when the ball has gone out for a goal kick. All opposing players will 'retreat' to half field and cannot pursue the ball until:

- The ball is received by a teammate OR,
- The ball travels over the retreat line OR,
- The ball leaves the field of play

Encroachment of the Retreat Line

If the defending team encroaches across the retreat line before an opposition player touches the ball then the referee blows the play stopped and issues a re-take of the goal kick.

If players repeatedly infringe the retreat line, an indirect free kick shall be awarded from the place where the offence occurred for not respect the restart.

COACH CERTIFICATION REQUIREMENT

Head Coach of any youth team shall complete the appropriate Canadian Soccer Association/BC Soccer coaching course respective to the age group of the team(s) they are currently coaching. (Note: compliance with this rule will be as of June 1, 2016).

- i) Head Coaches shall comply with this requirement within six (6) months of their Head Coach appointment. CSA foreign equivalency may be applied. Upon seasonal application, only in special circumstances, and reviewed on a case by case basis, the BCSA Board may accept other coaching certification designations solely for the U13-U18 High Performance category and will provide a designated expiry date for that certification.

| TEAM AGE GROUP | U6 | U7 | U8 | U9 | U10 | U11 | U12 | U13-U18 Grassroots | U13-U18 High Performance |
|------------------|--------------|--------------|----|----------------|-----|-----|-----|-----------------------------|--------------------------|
| COACHING COURSES | ACTIVE START | FUDNAMENTALS | | LEARN TO TRAIN | | | | SOCCER FOR LIFE (or higher) | B NATIONAL (Trained) |

FORMING OF TEAMS*

District Associations and their Member Clubs are expected to form teams from all registrants each year in a manner that is player first and respects the participation and developmental needs of all children.

The table below states the team formation process that can be applied to each age group.

| Recommended | | | | | | | |
|-------------------|--|--------------|----|----------------|-----|---|-----|
| Stage & Age Group | Active Start | Fundamentals | | Learn to Train | | | |
| | U6 | U7 | U8 | U9 | U10 | U11 | U12 |
| Process | Random or Balanced <i>(See Definitions for Detail)</i> | | | | | Random, Balanced or Streamed <i>(See Definitions for Detail)</i> | |

Forming of Teams – Process Definition

Random Process

- At the discretion of the Club, players are placed on teams through no formal evaluation process.

Balanced Process

- At the discretion of the Club Technical Director or designated Technical Lead, players are placed on teams with other players of **varying** ability, dependent upon the club player evaluation process.
- Players can be moved from team to team, as per BC Soccer Transfer Rules, during the season, to match the identified developmental needs of the individual players.

Streamed Process

- At the discretion of the Club Technical Director or designated Technical Lead, players are placed on teams with other players of **similar** ability, dependent upon the club player evaluation process.
- Players can be moved from team to team, as per BC Soccer Transfer Rules, during the season, to match the identified developmental needs of the individual players.

Extra-curricular training and/or game programming

Players participating within extra-curricular training and/or game programming (commonly known as Pull-out programming, Club Academy Programming or Developmental Exhibition Games) can be grouped together through the Streaming Process for Active Start, Fundamentals and Learn to Train (U9 & U10) to assist the on-going evaluation process. Players are required to return to their designated club team within the Random or Balanced environment.

* This is subject to any alterations made to the Canada Soccer Associations (CSA) Long Term Player Development Model (LTPD), by the CSA.

Recommended Player Evaluation Process

BC Soccer recommends all member clubs commit to supporting and promoting a responsible, ongoing, progressive evaluation and assessment process as it relates to player identification, selection and placement. This would include the removal of the reference and promotion of the “*TRY OUT*” mentality within their club and team atmosphere.

Evaluation camps are the preferred vehicle which should assist the coaching staff with the evaluation process of the player’s capabilities and potential. These evaluation camps should be held throughout the season to aid in selection and the placement of players for ongoing programming and as it relates to the following year’s program and/or teams.

In addition to the ongoing evaluation and assessment of players there are four (4) recommendations from BC Soccer for the evaluation, selection and placement of players;

Match Play and Training Environments

- This provides the coaching staff the opportunity to evaluate and assess players in environments which present appropriate dilemma and problem solving requirements within the technical, tactical, physical and emotional categories.
- It provides opportunities for coaches to receive an overall understanding of the player(s) within realistic and longer term environments.

Open

- These sessions should be open to any players who desire an opportunity to demonstrate their ability to participate within the proposed age group.
- A maximum number of players should be set at each session to provide for a more responsible evaluation process.

Invitation Only

- A maximum number of players should be set at each session to provide for a more responsible evaluation process. It is recommended for the evaluation and assessment of players that the ratio of player to coach be set at the following;
- One (1) coach to every sixteen (16) players being evaluated and assessed.

Evaluation and Assessment Criteria

- All evaluations and assessments should be conducted under the direction and guidance of the technical lead and supported by experienced and trained coaches within the community stream of development.
- In addition, evaluations and assessments should be implemented using a universal system which identifies player’s competencies over a period of time and in multiple environments.
- This system should not be a numbering system to avoid subjectivity and focus on the overall age specific competencies.

PLAYING UP POLICY AND PLAYING DOWN POLICY

Please reference the appropriate policies on the BC Soccer Website, <https://www.bcsoccer.net/bylaws>