



BC SOCCER

Small-Sided Soccer Development Manual

Updated, September 16, 2017

**BC Soccer
Small-Sided Soccer Development Manual**

Table of Contents

INTRODUCTION..... 3

RULES OF THE GAME 3

RECORDING OF STANDINGS AND RESULTS 3

STRUCTURE OF THE GAME 4

Stage 1 – Active Start4

Stage 2 – Fundamentals.....4

Stage 3 – Learn to Train4

Stage 7 – Soccer for Life4

RETREAT LINE 5

Encroachment of the Retreat Line.....5

COACH CERTIFICATION REQUIREMENT 5

FORMING OF TEAMS* 6

Forming of Teams – Process Definition 6

 Random Process.....6

 Balanced Process6

 Streamed Process6

Extra-curricular training and/or game programming 6

Recommended Player Evaluation Process..... 7

 Match Play and Training Environments7

 Open7

 Invitation Only7

 Evaluation and Assessment Criteria.....7

PLAYING UP POLICY AND PLAYING DOWN POLICY..... 7

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>