

U11 Learn to Train – Indoor 2018/19 Program Outline

For Who

U11 – Players born January 1st 2008 – December 31st 2009

Players born 2008 & 2009 must play in this age group unless exceptional circumstances determined by the Technical Staff or Technical Committee.

Philosophy – “The Beginning of Us”

This is the “golden age of learning” when children become less self-centered and are more able to reflect on their actions and learn from their mistakes. This provides an optimal window for further development of individual skills.

The focus at this stage is on learning by doing, enhancing ball mastery, and learning the basic techniques and principles of play in a fun and challenging environment.

Competition is a central element in a player’s development, however, a competitive environment should not be a result-oriented environment. The differences must be made clear. A competitive environment at the youth level encourages decisions from player and coach alike that focus on performance rather than outcome (favoring ball skill and inventiveness as the means to find success within the rules and spirit of the game). The result is just one indicator of performance and at this age, not the most important one.

Coaching

Volunteer coaches are appointed for the season, and are supported on a regular basis by the SPDSA Technical Department. Head coaches will receive a \$100 credit towards their child’s registration, upon submission of required team information, a valid Criminal Record Check and equipment returned to the SPDSA by the specified deadlines. Only one head coach per team is eligible for the credit.

In-service coaching workshops will be held before and during the season.

The best qualities of a coach for this stage of player are

1. Enthusiastic and encouraging
2. Demonstrates whilst facilitating practice
3. Stimulates ideas

Officials Cards

Only registered team officials and players are allowed on the field, benching area, change rooms or in the hallways. Parents not volunteering, will be able to enjoy the games from the stands only. All team officials from U9 to U19 are required to have an SPDSA ID Card. Cards are valid for a minimum of 3 years and are the responsibility of the card holder. A \$20 fee will be charged for replacement of lost cards. Coaches/Managers without a card will not be allowed on the field or benching area during games. Please ensure you contact the SPDSA office, Monday - Friday, 9:00am - 5:00pm about ID Cards. There is no grace period for ID cards.

Players Cards

All Players from U9 to U19 are required to have an SPDSA ID Card. Cards are valid for a minimum of 3 years and are the responsibility of the card holder. A \$20 fee will be charged for replacement of lost cards. Players without a card will not be allowed on the field or benching area during games and cannot participate in the games. Please ensure you contact the SPDSA office, Monday - Friday, 9:00am - 5:00pm about ID Cards. There is no grace period for ID cards.

Program Structure

Practices will be provided based on the availability of facilities.

Each practice should address individual ball mastery as well as individual and small group decisions, when attacking and defending. Age and stage appropriate session plans will be provided electronically throughout the season to all coaches. Assistance at some practices and games during the season is available through the SPDSA technical department upon request of the coach.

1 game per week at Millennium Place. 6v6 (5v5 plus goalkeepers)

Game management

1. No scores or standings to be kept. Don't focus on results.
2. Equal playing time for all players.
3. All players will have the opportunity to play a variety of positions. Let the players experience different positions and the different challenges that these positions create.
4. Warm Up – all players with a ball, moving, ball mastery.
5. Manage the amount of coaching during the game. "Let them play". Encourage creativity. Don't punish mistakes. Don't referee. Encourage both teams play.
6. Promote soccer that is free flowing, is coach-guided but not coach directed, and demands that all players on the field, regardless of their specified position, participate in defending and attacking.

The SPDSA is committed to providing a fair and equally balanced recreational league for all participants. Each year we get an increasing number of requests for player placements due to various reasons. This has put an enormous number of tasks on our volunteers and staff. Some of these requests put an imbalance in teams and some lopsided scores in games, which does not help anyone. The Community League is for development, fun and of course competition, but to have fun and have games we need teams, and if players experience unpleasant conditions they do not want to come back.

To achieve balanced teams, we have implemented the following team formation guidelines

Friend Requests

- We do not allow full or partial teams to register.
- One reciprocal friend request per player may be submitted upon registration.
 - While we do our best to accommodate player requests, they are not guaranteed. The top priority at the start of the season is to create balanced teams for each age group. Requests that prevent this from being achieved will not be accommodated.
 - If more than one friend is requested, only the first name listed will be considered.

- Coaches cannot be requested by players. No exceptions.
- Volunteer coaches will have their own child on their team.
- We are unable to switch children to a different team once they are formed due to the many moving parts and large number of special requests received.
- Two coaches wishing to coach together will be permitted, however no friend requests will be honoured and the co coach request will be considered the player request.
- **Friend Requests submitted after the Regular Registration deadline will not be honored.**

Commitment Level

The community program does not entail the same level of commitment as our Phoenix program; however, players that sign-up are expected to participate in most of games and practices. Team rosters are sized to maximize playing time; as a result, non-attendance will have an impact on the whole team.

The Season

Season length 15 weeks, starting October 20th and ending February 23rd (no sessions November 10, December 22nd and 29th and February 16th)

Some games will take place in Ft. Saskatchewan

Days of Play

Games will be Saturday afternoons. Alternate game day will be Sunday

Practices during the week (Monday, Tuesday, Wednesday or Thursday) based on facility availability.

Registration and Fees

Early Bird by August 31, 2018 - \$315.00

Regular by September 18, 2018 - \$340.00

*Late after September 19, 2018 - \$365.00

Fee includes uniform (jersey, shorts, socks). Players are required to have their own shin pads and indoor shoes.

*Please note that registrations received after September 18th, may have players put on a waitlist, dependent on the program's availability.