

Welcome to:



KESA Spring House Outdoor Soccer 2026

**A guide by Renae Peters
KESA House Chair Board Member**

KESA Kootenay East Soccer Association

- Non-profit organization for youth soccer in the East Kootenays
- House Soccer Ages 3-16 years
- Rep/Dev Kootenay Rovers starts at Age 9, more skill development and tournaments
- KESA owns and operates New Dawn Place (Indoor Soccer Dome)
- House Soccer Program is a great stepping stone for kids to gain a love for soccer at a young age!

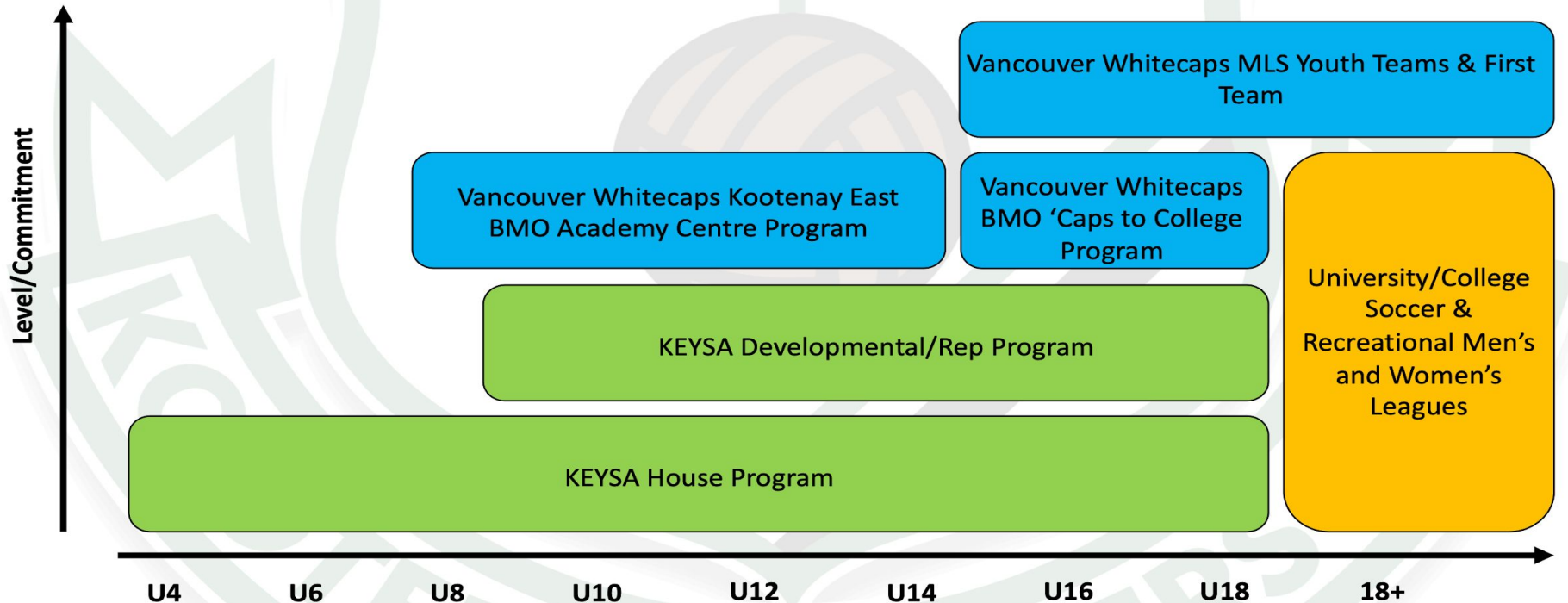


Vision: *Build and grow the East Kootenays to a place where it is known as a soccer region within British Columbia and Canada.*

Mission: To promote, develop, and facilitate the game of soccer for all players regardless of gender, age and ability.

Values: Leadership, Respect, Transparency, & Innovation

KEYSA Player Programming Pathway





CANADA SOCCER GRASSROOTS STANDARDS

CRITERIA	ACTIVE START	FUNDAMENTALS		LEARN TO TRAIN	
	U4-U6	U6-U7	U8-U9	U10-U11	U12-U13
Principle: Grassroots Programs should be appropriately structured for the age and stage of the participating players and allow for the opportunity for multi-sport participation, activity sampling, and life balance.					
Season or Block Length	6-16 weeks	6-16 weeks	6-22 weeks	10-22 weeks	10-22 weeks
Practice-to-Match Ratio	N/A	1:1 or 2:1	2:1 or 3:1	2:1 or 3:1	2:1 or 3:1
Structured Practice Duration	30-60 minutes	30-60 minutes	45-75 minutes	60-75 minutes	60-90 minutes
Number of Match Days per Week	N/A	1 Respecting the practice-to-match ratio			
Number of Memorable Events (tournaments)	N/A	N/A	2 per season	2 per season	3 per season
Principle: Grassroots Matches should be played on fields, with goals and balls, and following a match day format that is developmentally appropriate for the participating players.					
Match Format (maximum)	Informal Games	3v3	4v4 (No GK) or 5v5 (With GK)	7v7	9v9
Maximum Goal Size	N/A	Pop-up Goals 3ft (0.91m) x 5ft (1.52m)	5ft (1.52m) x 8ft (2.44m)	6ft (1.83m) x 16ft (4.88m)	6ft (1.83m) x 18ft (5.49m)
Field Size	N/A	Width: 18-22m Length: 25-30m	Width: 25-30m Length: 30-36m	Width: 30-36m Length: 40-55m	Width: 45-55m Length: 65-75m
Ball Size	3	3	3 or 4	4	U12: 4 U13: 5
Match Duration (maximum)	N/A	30 minutes (2x15 min, or 4x7.5 min)	40 minutes (2x20 min or 4x10 min)	50 minutes (2x25 min or 4x12.5 min)	70 minutes (U12) (2x35 min or 4x 17.5 min) 80 minutes (U13) (2x40 min or 4x 20 min)
Maximum Match Time Per Player Per Day	N/A	60 minutes	80 minutes	100 minutes	120 minutes
Minimum Rest Time Between Matches	N/A		Duration of one match		
Match Day Roster	N/A	Ideal: 6 players Maximum: 9 players	Ideal: 8-10 players (depending on game format) Maximum: 12 players	Ideal: 10-12 players Maximum: 14 players	Ideal: 14 players Maximum: 18 players
Match Day Format	N/A	Festival Format		Festival or League Format	
Referee or Game Leader	N/A	Game Leader	Game Leader or Referee		Referee
Restarts from Sidelines	N/A	Dribble-in and Pass-in			Throw-in
Offside	N/A	No			Yes
Substitutions	N/A	Unlimited (on the fly or at designated stoppages)		Unlimited (any stoppage)	
Retreat Line	N/A	Yes (halfway line)		Yes (one third)	No

This year we will transition to following more closely the CANADA SOCCER GRASSROOTS STANDARDS

- Why? All Canadian Clubs should be following by spring 2026, designed by professionals
- Realigned Age Groups
- Field size
- Net and ball size
- Team Size
- Game format 3v3, 7v7, etc.

Please click here to learn more:

[CANADA SOCCER GRASSROOTS STANDARDS](#)

Improvements this Season:

- **More support for coaches with Austin Duffy:** on field starting the second week of soccer
- **Jerseys for coaches:** Most coaches will be getting a jersey and depending on the age group it may even match your team
- **Lines drawn on fields** for most age groups (except U5/6/7 we will still use cones)
- **New age groups based on BC Soccer Guidelines:** PLEASE NOTE: U9 (born 2017) will play in the first hour this year, which is when they played last year as U8.
- **Appropriate field sizes and play 3v3, 4v4, 5v5, etc.**
- **New nets for U10/11 (6 x 12 feet)**

Outdoor Recreational Area:

Moir Park

520 Industrial Rd G

(1 min west of ARQ Climbing Centre)



There will be a concession this year run by one of KESA's rep/dev soccer teams. The proceeds will go to their trip to Rome next year. **CASH ONLY!**

Reminders for Using Moir Park:

1. Please clean up all garbage and belongings
2. Bathrooms at the equipment building
3. First Aid Kit at equipment building, KESA is purchasing an AED
4. Very little shade so bring a hat
5. If the fields get too wet the City has the right to cancel sessions of soccer so it may dry
6. Dogs must be leashed

All parents and family watching are welcome to bring a chair and cheer the kids on!

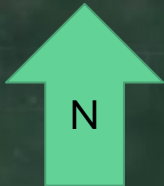




U5/6/7

U8/9

U3/4



Age Groups:	Time:	Duration:	Days of play:
U3/4 (born 2023/2022)	5:15 - 6:00	45 min	Monday + Wednesday: May 4 - June 24
U5/6/7 (born 2021/2020/2019)	5:15 - 6:15	1 hour	
U8/9 (born 2018/2017)	5:15 - 6:15	1 hour	

No Soccer May 18th - Victoria Day

**Field Layout and
Schedule
U3/4, U5/6/7,
U8/9**

U12/13

U14+

U10/11

U10/11 (born 2016/2015)	6:30 - 7:30
U12/13 (born 2014/2013)	6:30 - 7:30
U14+ (born 2012-2009)	6:30 - 7:30

N

Moir Park

**Field Layout and
Schedule
U10/11, U12/13,
U14+**

KESA Spring House Schedule 2026

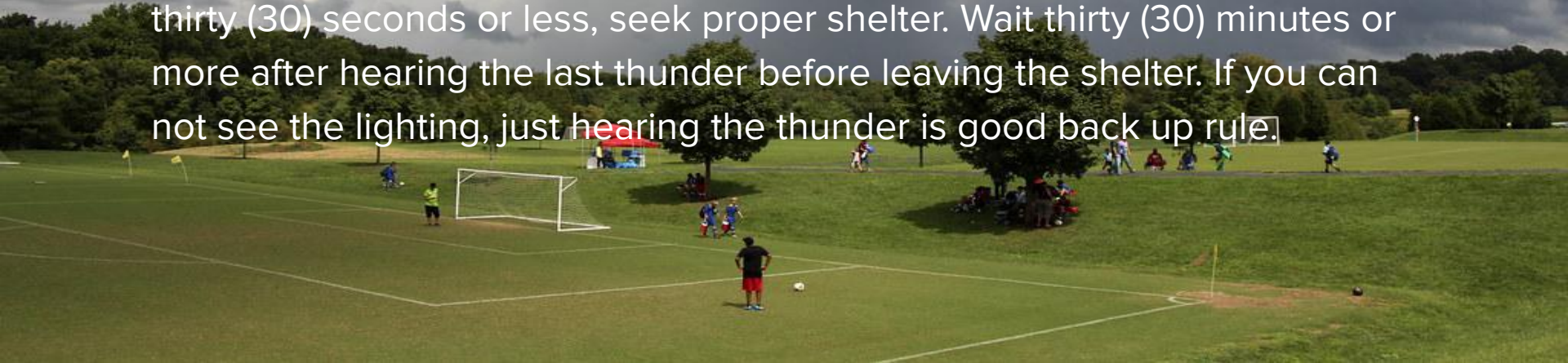
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U5/6/7 (born 2021/2020/2019)	5:15 - 6:15	1 hour	
U8/9 (born 2018/2017)	5:15 - 6:15	1 hour	
U10/11 (born 2016/2015)	6:30 - 7:30	1 hour	
U12/13 (born 2014/2013)	6:30 - 7:30	1 hour	
U14+ (born 2012-2009)	6:30 - 7:30	1 hour	

We will play in the rain BUT if there is lightning and then thunder within 30 seconds we will clear the field for 30 min. This is BC Soccer Policy:

[Lightning Safety / Severe Weather Policy BC Soccer Association](#)

30/30 RULE

When you see lightning, count the time until you hear thunder. If this time is thirty (30) seconds or less, seek proper shelter. Wait thirty (30) minutes or more after hearing the last thunder before leaving the shelter. If you can not see the lightning, just hearing the thunder is good back up rule.





Coaches:

Must have CRC and Respect in Sport (good for 3 years)

- **Follow lesson plans provided weekly for 25 min practice Monday / 25 min game. (12 min halves)**
 - **Wednesday, guide 2 x 25 min games**
 - **95% of teams will be coached by parents, there are a few rep/dev players who can help**
-

Team Managers

Must have CRC and Safe Sport
(good for 3 years)

- Team communicators, via email (picture day, last week tournament, reminders)
- Good idea is to set up a group text with parents on the team
- Help hand out uniforms on the first day
- Assist coach with field set up if needed (nets, U5/6/7 cones, U8/9 cones)
- Help clean up fields from garbage, belongings in your area
- Forward questions and concerns to House Chair
- Help team choose team name by the end of the second week
- Could coordinate bringing snacks between parents



Helpers needed:

-no concession jobs this year

-**Field set up for a parent:** field set up prior to 5:15 session (U5/6/7 cones to lay out fields, U8/9 cones) 20-25 min prior to soccer each Monday and Wednesday.

-**House Chair Board member:** There are two board member positions and should have several helpers and right now there is only Renae.





Any Questions?

General Inquiries:

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