

Lacombe Soccer Club Guidelines Play Time



Purpose:

The Lacombe Soccer Club (LSC) strives to meet the needs of all of our athletes as they follow the CSA's Canada Soccer Pathway.

This Guideline addresses the balance between skill development, being competitive and every player's desire for more time on the field.

Rationale:

Play time is a fundamental part of the sport experience for an athlete, and one of the most scrutinized decisions most coaches will make. The following is a guideline for play time decisions that will help coaches, players and their parents talk about play time. It should provide a common basis for understanding the expectations.

The definition of 'Fair Play Time' changes depending on the level of play and the situation. In short, it is a continuum ranging from nearly 'Equal Play Time' at the participation and recreational levels to results based 'Play Time must be Earned' at the elite and pro levels.

The LSC programs occupy the space in the center portion of this continuum.

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Any given team will fit somewhere in the continuum based on their physical literacy and level of play but may go into certain situations shifting more towards Participation based or more towards Results based.

Let's consider two examples:

1. A U17 LSC team.
2. A U9 LSC team.

The U17 team may start the preseason games with a Developmental focus and shift towards a Performance focus throughout the season, finally finishing the season with a Results focus for key games and Provincial playoffs

Likewise, a U9 LSC team may spend the majority of the season with a Developmental focus but choose to enter one tournament purely for fun, that is 'Recreationally' and enter another tournament with hopes of winning a medal, and therefore be more 'Performance based.' It is, however, entirely inappropriate for the U9 LSC to ever have a Results focus.

The key is for coaches to be clear in their communications with players and parents about goals for individual games and other competitions versus the overall season and how these goals lead into play time decisions.

Play Time

Long Term Player Development Stages

Active
Start

FUNDamentals

Learning
to Train

Training to
Train

Training to
Compete

Training to
Win

 AGE 4-6

 AGE 6-8  AGE 8-9

 AGE 9-11  AGE 11-12

 AGE 11-15  AGE 12-16

 AGE 15-19  AGE 18-20

 AGE 18+  AGE 19+

Mini Program (U3-U9)

U9 Development

U11 & U13

U15 & U17

U19

Coach's focus within the season

Participation
Basis

Recreational
Basis

Developmental
Basis

Performance
Basis

Results
Basis

Coach makes a conscious decision to balance play time for all players.

Coaches may even find it necessary to encourage reluctant players to participate.

Coach consciously attempts to roll the bench and keep all players playing as evenly as possible.

Some players may play more at key times, but play time should balance out over the course of the season.

Play time is considered essential for the development of all players.

However playtime is not likely to be even in every game.

The coach should be looking to provide opportunities for all players to be successful.

Although play time is not even every game it should be near balanced over the season.

Some players will play more regularly.

Play time is not even across the season but all players should have a role.

Coach focuses on the needs of the game to achieve the goals for the season.

Substitutions are generally made only to improve the play on the field.

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AGE 9-11 AGE 11-12

AGE 11-15 AGE 12-16

AGE 15-19 AGE 18-20

AGE 18+ AGE 19+

Mini Program (U3-U9)

U9 Development

U11 & U13

U15 & U17

U19

Coach's focus within an individual game

Participation
Basis

Recreational
Basis

Developmental
Basis

Performance
Basis

Results
Basis

Equal play time for everyone.

Coach gets all players on the field as much as possible and as evenly as possible.

Equal play time is the goal.

Players get close to equal play time but expectations like: practice session attendance, effort or fitness levels may impact play time.

Coach responds to the needs of the individual game.

Some players will play more in certain games.

Coach should be aware if players need more play time and find an appropriate game to develop all players.

Playtime is based on players performing as a group to achieve the days objectives for the team.

Players who have not made training or are not prepared may not see the field.

The score is all that matters and getting a positive result for the team is the primary goal.

Decisions to put players on the field are only made to either improve the result or if the game is out of reach one way or the other.

Several players dressed may not see the field in any given game.