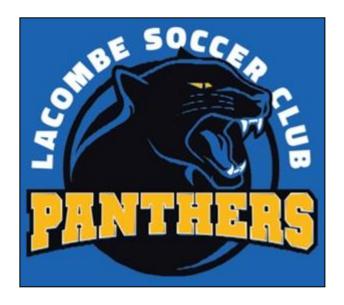
Lacombe Soccer Club Guidelines Play Time



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.

