

Portugal Cove-St Philips Minor Soccer

House League vs. Metro League

2022/2023

Talking Points

- ▶ Winter Training program
- ▶ House League program
- ▶ Metro League program
- ▶ What is the big difference?
- ▶ Metro League Eligibility

Winter Training

- ▶ November through April.
- ▶ Once a week training.
- ▶ Individual skill development - Game strategy takes a back seat!
- ▶ Players in winter training don't have to play Metro League. 99.9% do play Metro!
- ▶ Indoor sessions held at:
 - ▶ Beachy Cove Elementary
 - ▶ Premier Sports
 - ▶ The Powerplex
 - ▶ Techniplex

House League

- ▶ 8 week program in the summer time.
- ▶ Sessions twice a week.
- ▶ Sessions are a combination of skill development and small games.
- ▶ Coaches are a combination of volunteer parents and paid summer students.
- ▶ Practice plans are given to coaches to follow for the season.
- ▶ The goal is to introduce players to soccer in a fun way.

Metro League

- ▶ May through August.
- ▶ Outdoor practices two times per week for the duration of the season.
- ▶ 5 to 7 weekend tournaments depending on the age group:
 - ▶ U9 & below: 4 Metro, 1 NLSA Jamboree.
 - ▶ U11: 4 Metro, 1 NLSA Jamboree, Paradise Sunsplash.
 - ▶ U13: 5 Metro, 1 NLSA Mega, Paradise Sunsplash.
- ▶ Games are played against teams from other clubs.
- ▶ Tournament weekends are hosted throughout the St. John's metro region.
- ▶ Coaches are encouraged and supported financially to access continuous soccer education.

Metro League Program - U9 and Below

- ▶ Introduction to competitive games although there is no score.
- ▶ Players continue with skill development while learning game concepts.
- ▶ Positions are introduced.
- ▶ Fair play rule.
- ▶ Balanced teams.
- ▶ Small field games of 4v4 or 5v5.
- ▶ 3 to 4 games each tournament weekend, starting on Friday and ending on Sunday.

Metro League - U11

- ▶ Introduction of tiering:
 - ▶ Tier One (top league).
 - ▶ Tier Two
 - ▶ Tier Three
- ▶ No score for metro weekends or NLSA weekends.
- ▶ 3-4 games per weekend starting on Friday and ending on Sunday.
- ▶ Paradise Sunsplash is a competitive tournament playing for medals.
- ▶ Sunsplash can start on Wednesday and end on Sunday depending on the number of teams.
- ▶ Half field games of 7v7.

Metro League - U13

- ▶ Tiering continues with tier one, tier two & tier three
- ▶ $\frac{3}{4}$ field games playing 9v9.
- ▶ Score is kept every weekend.
- ▶ Metro league play finishes with a finals weekend tournament at the end of summer playing for medals.
- ▶ NLSA Mega tournament is a competitive tournament playing for medals.
- ▶ Paradise Sunsplash is similar to U11.

What is the big difference?

COMMITMENT

Metro League Requirements

- ▶ New players to Metro League must participate in the winter training program.
- ▶ Players with Metro League experience do not have to participate in the winter training program, **BUT IT IS STRONGLY ENCOURAGED!!!**
- ▶ Registration for Metro League will be advertised in Jan/Feb of each year with a firm registration deadline.

Questions?

