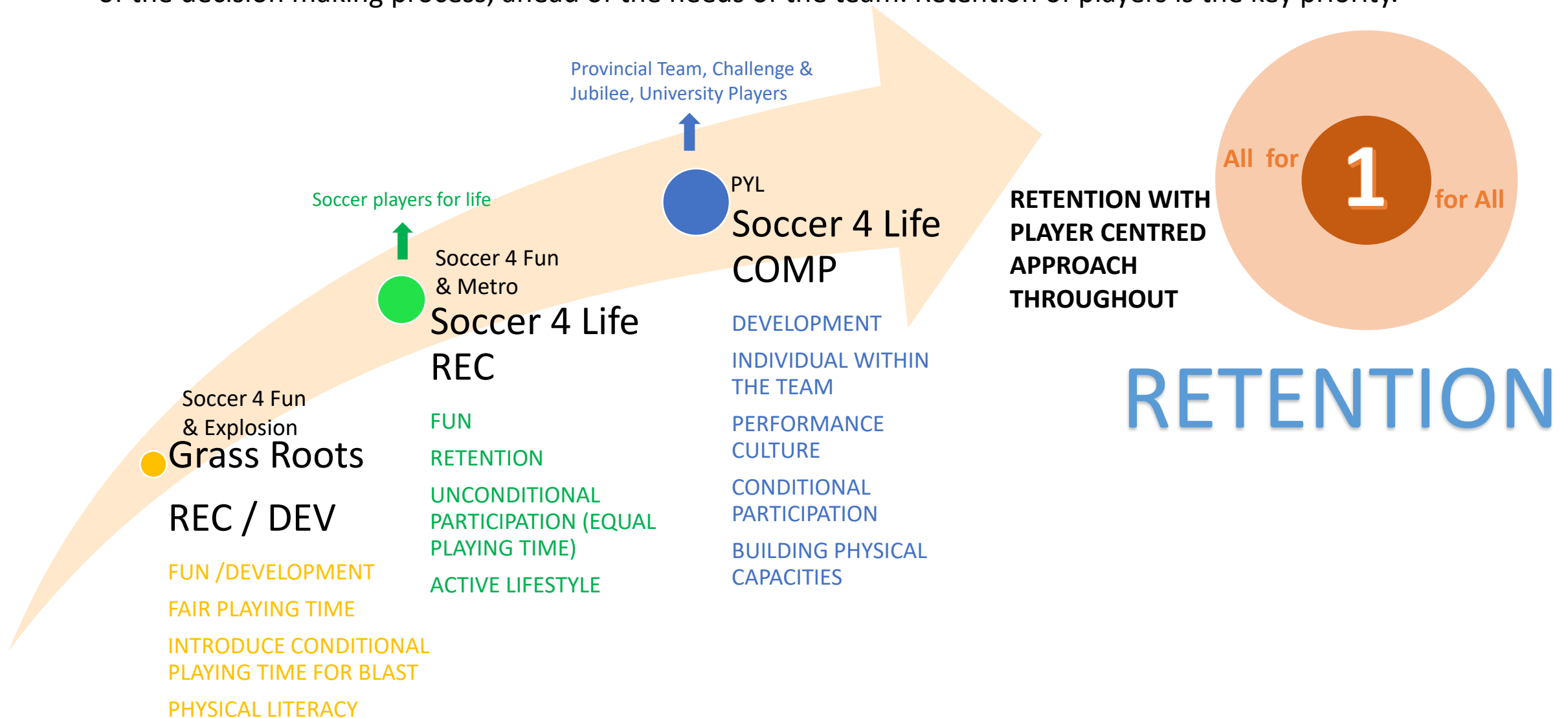




EXPLOSION TEAMS MANAGEMENT GUIDE

GRASS ROOTS / Soccer 4 Life / Train to Train

Fair playing time to be implemented so that through all ages the need of the individual player is at the centre of the decision making process, ahead of the needs of the team. Retention of players is the key priority.



DEVELOPMENT TEAMS - Playing Time Policies

Equal Playing time – U7 to U11 (Unconditional Playng Time)

Wherever possible playing time is balanced on gamedays regardless of ability, performance or attendance etc, The only condition/expectation is respect. Where players are not respectful even after warnings they may be released from the team or docked playing time.

RESPECT – players/parents are respectful in how they communicate with staff / team mates and opponents,

- Communication with coach (eg when absent emailing/phoning (where possible in advance) to notify the coaching staff)

COMPETITIVE TEAMS – Introduction to Competition at U13

Fair Playing Time U13 – A Motivational Tool (Introduction to Conditional Playing Time)

A minimum playing time of 30 mins will be implemented where players show RESPECT. However additional Playing Time may be granted through;

1. COMMITMENT - Attendance/Punctuality - Honouring the agreed upon commitment level (ie weekly training once or twice per week). (for U12)

2. ~~DEDICATION~~ – Effort and work ethic in training & games. (for U13+)

3. ~~PERFORMANCE~~ – Quality in training & games (for U13+)

PYL COMPETITIVE TEAMS - Playing Time Policies

Conditional Fair Playing Time

Players must earn the right to dress by being RESPECTFUL team members however if they do dress then all players on the bench should be used in every game observing the minimum playing time. As for all levels of play RESPECT is a REQUIREMENT/EXPECTATION.

RESPECT – players/parents are respectful in how they communicate with staff / team mates and opponents,

- Communication with coach (eg when absent emailing/phoning (where possible in advance) to notify the coaching staff)

A player deserves a minimum playing time providing they show RESPECT, but where possible players showing commitment should receive more than the minimum. Dedication and performance become bigger influencers on game time for U15/17. More Playing Time is earned through all of the following conditions;

1. COMMITMENT - Attendance/Punctuality - Honouring the agreed upon commitment level (ie weekly training once or twice per week).
2. DEDICATION - Effort and work ethic in training & games
3. PERFORMANCE - Quality in training & games

Attendance Policy

DEVELOPMENT TEAMS U7 – U11 + METRO COMPETITIVE TEAMS U13 and older

For Grass roots DEV Teams attendance will not be measured during the winter. However attendance will be monitored during the outdoor season. When a player is AWOL (Absent without giving coach notice) the coach should remind the parents about the communication of absences expectations outlined in parent meetings.

- Equal Playing time – in extreme cases where players are absent repeatedly the coach can talk to the parents about the importance of attending but as long as they are observing the communication expectations they should not be docked playing time.
- Fair Playing Time for U13 – For Repeated absences/lateness or AWOL (Absent without giving coach notice) the coach can talk to the parents about the importance of attending and being on time, eventually the coach may give the player a final warning and if it happens again the player may be docked playing time.

PYL TEAMS Attendance Policy

PROVINCIAL LEAGUE – Conditional Playing Time

- INDOOR - For Provincial League Teams attendance will be monitored during the indoor season. Where the coach is concerned about a player's attendance/commitment levels after the winter season they should address these concerns with the player/parent at the latest prior to the start of the league season.
- OUTDOOR - During the outdoor league season when a player is not communicating absences (AWOL) then the coach should immediately contact the player/parent to remind them of the expectation to communicate absences. This should be outlined in the spring team meeting. Once warned AWOL players can be rested the following game at the coach's discretion. Where players are absent but are communicating in advance then they should still be entitled to dress & receive the minimum playing time. However, if a player is absent repeatedly where the coach is concerned then the coach should arrange a meeting with the player/parent to discuss concerns around commitment level and explain that commitment is a condition required to earn additional playing time beyond the minimum. Additional playing time above the minimum is earned through a positive attendance/punctuality as well as dedication and performance.
 - Where a Provincial League Team player is not able to commit to attending at least one training session per week on a routine basis then this player will be classed as a part time player. This will then have implications where roster size exceeds gameday roster size and rotational resting is in effect.

Game Management Considerations

LTPD Stages: Fundamentals, Learn 2 Train

Age Group	Metro Game Length	Playing time	Playing Time Policy	LTPD rec time	# of player - a-side	Min # to play	Ideal Game Roster Size	Rec. Team Roster (Soft Min/Max)	Subs (Metro) See also NLSA rules	positions
U7	40' (5' shifts)	20 to 30'	Equal playing time	20'	4v4	4	6	7 (6/9)*	Unlimited at shift change	None – total freedom
U8/U9	50' (5' shifts)	25 to 30'	Equal playing time	20'	5v5	4	8	8 (7/10)*	Unlimited at shift change	None, introduce concept of two backs that receive ball from GK.
U11	60' (10' shifts)	30 to 40'	Equal playing time	40'	7v7	6	11	12 (10/13)*	Unlimited at shift change & On the fly one player at a at time	INTERCHANGE through all positions, not a rigid formation, players rotate during free play. Assign positions and rotate players between front and back roles.
U13	60'	40 to 60'	Fair Playing Time (Condition 1 to earn additional minutes above the minimum) Minimum 30 minutes	50'	9v9	8	13	14 (12/16)*	Unlimited Half Time, and/or two stoppages per half for multiple subs & On the fly one player at a at time	GK specific, otherwise rotate assignments but players designated primary positions. During play players learning positional roles and structure. Rotate between front and back and/or within units.

* Utilise Call Across/Over & Call Up options to reduce T1 while increasing T2 rosters proportionately

COMPETITIVE– Management Considerations

Stage	Age Group	Game Length	Fair Playing Time Policy	# of players - a-side	Min/Max Roster Size	Max Game Day Roster	Min to play	Ideal Roster Size	Subs
Soccer 4 Life COMP STREAM (Metro Lg)	U13	60 mins	Conditional minimum one half of play	9v9	Metro Recommen d 14-22	22	9	14	Unlimited
	U15 / 17	80 / 90 minutes		11v11		22	9	16	
Soccer 4 Life COMP STREAM (Prov Lg)	U13	70 minutes	Conditional (Minim. 15)	11	16 -25	20	FIFA	18	7 subs during regulation plus unlimited at intervals
	U15	80 minutes	Conditional (Minim. 20 mins)	11	16 - 25	20		18	5 subs during regulation plus unlimited at intervals
	U17	90 minutes	Conditional (Minim. 20 mins)					18	5 subs during regulation plus unlimited at intervals

U12 PYL

Stage	Age Group	Game Length	Fair Playing Time Policy	# of players - a-side	Min/Max Roster Size	Max Game Day Roster	Min to play	Ideal Roster Size	Subs
Soccer 4 Life COMP STREAM (Prov Lg)	U12 PYL	3 x 24mins	First Third and Second Third – equal playing time for all players. Final Third – Coach’s choice Minimum 24 mins per game per player	9	14-18	18	-	14	1 min. stoppages at 8 min and 16 min. in each playing third for the coach to give instructions and make substitutions

Final shift – coaches discretion – Playing time earned primarily through Respect, commitment, dedication and lesser so performance

U13 Metro Teams – Fair Playing Time Explanation

Condition	# 1: Commitment	# 2: Dedication	# 3: Performance	Fair Playing Time
Player X – not displaying RESPECT - AWOL	na	na	na	warning required No minimum after warning
Player A	☒	☒	☒	Player respectful Observe Minimum
Player B	☑	☒	☑	Minimum 30 minutes (half game) plus may earn more playing time for commitment.
Player C	☑	☑	☒	Minimum 30 minutes but player should earn more playing time for showing commitment and dedication.
Player D	☑	☑	☑	Same as Player C, performance not a deciding factor at this age

U13 Provincial LG Teams – weekly checklist

	RESPECT	# 1: Committment	# 2: Dedication	# 3: Performance	Fair Playing Time
Player A	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Player receives immediate warning that if repeatedly AWOL then can be refused right to dress/play.
Player B	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Player deserves to dress and receive minimum playing time. Coach should explain how the player can earn more playing time. (See attendance policy)
Player C	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Player deserves to dress and receive at least minimum playing time and should be offered more playing time at coaches discretion.
Player D	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Player deserves to dress and receive minimum playing time and should be offered more playing time at coaches discretion. This player should receive more playing time than player C.
Player E	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Player E should earn the most playing time.

Oversized Provincial League Rosters

Maximum Roster Size for NLSA Provincial League is 25 players.

Maximum Gameday Roster is 20 players.

- Where roster sizes exceed 20 players - players will be dressed according to Conditional Fair Playing Time and if required then a Rotational Resting Policy will be applied.
 - Players not meeting condition 1 will not be dressed. Example: Players not attending any practices in the week leading up to the game or AWOL in the week leading up to a game may be rested first.
 - Where more than 20 players are meeting condition 1 then the coach will look to condition 2 to decide which players dress. A coach may choose to rest a player if they are not displaying the proper effort or work ethic in training or games. A warning must be communicated to the player in advance so they are given a chance to rectify their effort. Any players that have received warnings and not responded may then be rested before applying rotation.
 - Where more than 20 players meet condition 1 and 2 the game will be classed a “Rotational Game” On these days 50% of the rested players will be “Transfer Players” (see protection policy). Assuming players are meeting condition 1 and 2 then players will be rested on a rotational basis in the following sequence
 - Part Time Player (s) - all part time players will be rested ahead of New/Returning players
 - Any remaining resting spots will be split 50% between
 - Player 1 = Transfer Player
 - Player 2 = Returning Player
 - Player 3 = Transfer Player
 - Player 4 = Returning Player
 - And so on

Call Ups – Part of the Plan

- Why
 - Maximise playing time and performance levels through smaller gameday rosters
 - Necessity – to avoid fines when unable to field teams (short players). Unable to field a team with minimum specified number of substitutes (see table)
 - Individual Player Development - Pre planned in how we structure our teams to allow for development opportunities for multiple players from lower tier to experience higher tier if and when they are ready
- Who
 - Call Ups – “Over” from lower tier in same age group
 - Call Across – from another team in the same age group and same tier
 - Call Ups Under-ager – from younger age groups Explosion Team to play Tier 1 and/or Tier 2
 - House League Call Up
- How
 - What is the process that coaches should follow, timelines etc
 - When – eg below a designated number of subs available for a game

When – requirements to call up.....

Age group	Mandatory Call Up Request	Call Up option & max recommended roster
U7	5 players	6 players – call up to 8 players
U8 / U9	6 players	7 players – call up to 10 players.
U11	8 players	9 players – call up to 12 players.
U13 Metro/U12 PYL (9v9)	10 players	11 players – call up to 16 players.
U13/15/17 PYL	12 players	13 players – call up to 16 players.
U15/17 METRO	12 players	13 players – call up to 16 players.

Note: Where a call up/over/across player has games with their own team the same weekend they may play one game as a call up in addition to their own scheduled games. Every game after that requires they miss a game with their team. Recommend that for two or more games player should play exclusively for the other team.

Call Up – who?

- Varies depending on age group, in order of sequence call up options as follows;
 - U7/U8/U9 – Call Across / House League Call Up
 - U11 – Call Up Over from a Lower Tier Designated Players / Call Across / Call Up Under-ager Designated Players / Call Up General / House League Call Up
 - U13+ - Call Up Over from a Lower Tier Designated Players / Call Across / all Up Under-ager Designated Players / Call Up General / House League Call Up
- Designated Players
 - For Call Ups (Under-ager) from lower age groups Designated players will be allocated based on the assessment process. These designated players would be the ones offered the opportunity to play up.
 - For Call Ups (Over) from a lower tier Designated players will be allocated based on the assessment process. These designated players would be the first ones offered the opportunity to play up. If they are not an option then call across and call up under-ager options explored. In the end if none of the above are options then a general call up (over) opportunity can be offered to all players. Finally House League would be last option.

Call Up – who? Position Specific Requests

- U17, U15 coach may make a request for a specific position. The lower level coach should try to accommodate the request however if they feel strongly that a player in a different position deserves an opportunity then the higher level coach should be open to this regardless of the positional preference. Other players can be moved around to accommodate the call up.
- U13 Coaches (PYL) are discouraged from making position specific requests as they are calling up from a 9v9 environment where players are not position specialists so all the players should be considered equally by the head coach of the lower level and the opportunity based on all round merit. That being said a U13 coach may provide information on what position he is most likely to want to play the player and this may inform the lower level coach on which player to pick if there are a number of players of equal merit but it should not be the significant determining factor.
 - For U12 and younger players should be rotated through positions and the focus is on individual development so players should not be called up to fill specific positions as this places the needs of the team ahead of the individual (with the exception of GK for call ups to U12 and older).
- U12 and younger Coaches are not permitted to make specific positional requests.
- Players called up from U11 and younger may not be determined based on any positional requirements

Call up/over Considerations

- Player Centred approach to decision making
- SCHEDULE CLASHES – For Call Up (Over) between tiers and Call Across within the same tier or where age group weekends clash.....Teams donating their players may be left with depleted numbers which has a knock on effect.
- Teams donating their players may be left with depleted quality which has a knock on effect to the performance of the team and potentially result/morale.
- Designated Call Ups decided at start of season at assessments and revisited after 2nd weekend of play.
- Must follow a process which is transparent
- The decision to accept a call up invitation lies with the player – it cannot be mandated.
- Fair playing time – where call ups play as an addition to their own teams games then they are not required to play fair playing time but should receive a minimum of 10 minutes where possible. Where players are sacrificing their own team games for the weekend to play up then they should receive the mandated playing time for their age.

Call Up/Over Process

- Requesting Coach if possible to put in the request no later than 1 week prior so must educate parents to notify of absences 1 week in advance.
- Request should be sent by email to the coach of the team stating the number of players required and which games. Manager of Soccer Operations and All Star Director are to be cc'd on the email.
- Recipient Coach to forward the initial request to all of the designated player/parents and again copy everyone (The Coach that made the request as well as the Manager of Soccer Operations and All Star Director.)
 - Direct parents to contact the Coach requesting call ups directly and cc all – first come first served. Players can be assigned for 1 game and multiple players utilised.

Call Up/Over Process

- For Call Over / Call Across (or Call Ups when younger age group plays same weekend) - Where requesting Coach would like to receive a player for more than one game they must ask permission from the team coach first. Recipient Coach then to confirm roster size/capacity support multi game the call up.
- Where teams are unable to meet the minimum requirement to play then call ups and call overs must be accommodated by the recipient coach even if they are left with a requirement to call up that they cannot in turn find a call up option for (unless the recipient Coach is then unable to field a team themselves).
- Where Teams play on the same weekends, For multiple game call ups where a designated player is required for more than one game then the coach may offer the opportunity to call up non designated players to avoid losing the designated player for the entire weekend if it leaves them shorthanded.

PRE PLANNED CALL UPS OPTION

This can be exercised when managing oversized Tier 2 rosters in favour of lighter Tier 1 rosters

Tier 2 (13 players)
Adam - des
Bob - des
Carl
Dave
Eddie
Frank
George
Harry
Ivan
John
Kris
Larry
Mike

Wk 1, 3, 5

Wk 2, 4, 6



Tier 2
Gameday Roster
12 players

Tier 1
Gameday Roster
11 players

Tier 1 (10 players)
Adam
Bob
Carl
Dave
Eddie
Frank
George
Harry
Ivan
John

FORMATIONS/SUBSTITUTIONS & ROTATIONS

- Positional Rotations: Backs to Fronts & Left to Right, GK
- Reduce the number of shifts increasing length : progressively condition players for U13 2x35 minute halves with limited subs.
 - also less management for development coach

Recommended Shift Length

Option to let them stay on for double shifts;

- U7/8/9s = 5 to 10 min shifts (Metro shifts 5 mins)
- U11s = 10 to 20 min shifts (Metro shifts 10 mins)

STARTERS v
BALANCED
LINEUPS

- Pros & Cons (U7-U11 Balanced vs U13+ Balanced or Starters option)
- Communication & Impact on Player Mindset
 - Can it be positive
 - Subs or Impact players

CLEAR COMMUNICATION

Ideal Game Day Roster

6 players = 2 lines of 3 plus GK



Under 7 Subs and Rotations

All players
attack and
all players
defend,
total
freedom



CREATE BALANCED LINES

- OPTION 1 – Subs every 5 mins with shift changes = 20 mins per line
- OPTION 2 - Subs at 10, 20, 30, 40
- Where there are 4 players in a line then the GK must be rotated every 5 mins.
- Where a line has 3 players then the other line provides the fillers that play Gk during their rest.
- No positions but rotate which player drops to receive the ball from GK (the Goalie Helper) and the other two provide support either side, next GK someone else drop to receive it.

Ideal Game Day Roster

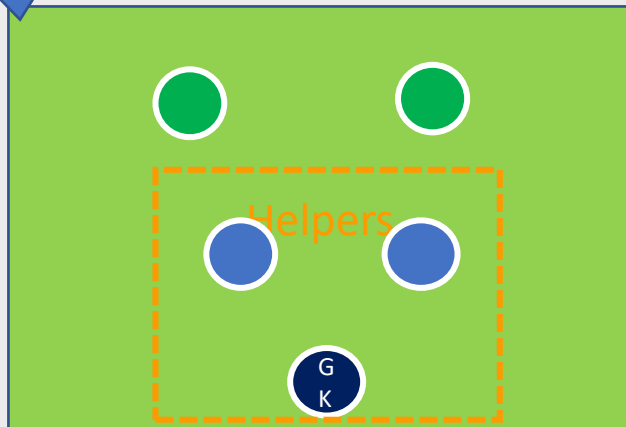
8 players = 2 lines of 4 plus GK



Under 8 / 9 Subs and Rotations

Introduce concept of two GK Helpers that receive ball from GK.

All players attack and all players defend, total freedom

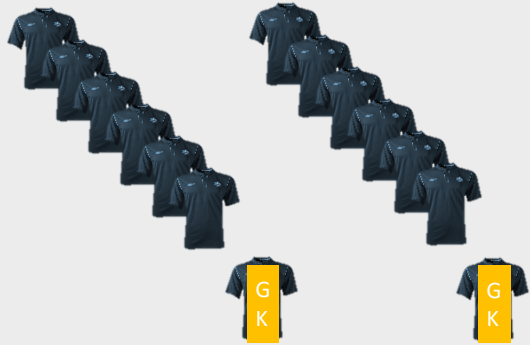


CREATE BALANCED LINES

- OPTION 1 – Subs every 5 mins with shift changes = 25 mins per line
- OPTION 2 - Subs at 10, 20, 30, 40 45 using break after 5 mins to rotate positions.
- Where there are 5 players in a lineup then the GK must be rotated every 5 mins.
- Where a lineup has 4 players then the other line provides the fillers that play Gk during their rest.
- 7 players or less – ensure players are rotated and play GK, as a back and as a front during each game.

Ideal Game Day Roster

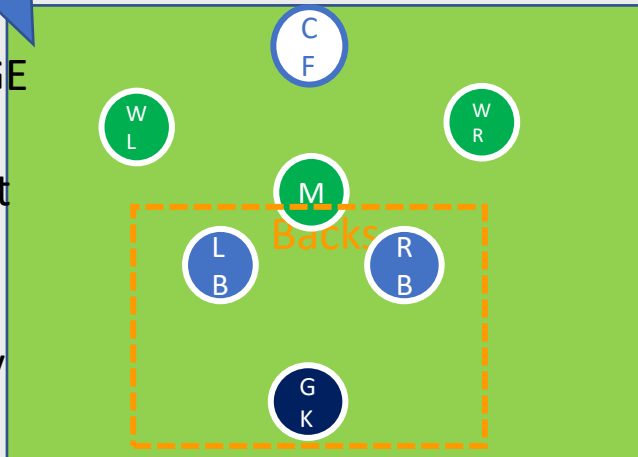
12 players = 2 lines of 6 plus GK



U11 subs

Define positions and rotate players between front and back roles.

INTERCHANGE through all positions, not a rigid formation, players freely rotate during free play.



CREATE BALANCED LINES

OPTION 1: Subs at 10 20 30 40 50 for six 10 minute shifts = 30 mins per line

OPTION 2: Subs at 20, 40 and 50 mins gives 2 lineups a 20 minute and 10 minute shift each = 30 mins per line

Managing Large Squads

- 13 or 14 players - creates 2 lineups of 7 players.
 - In three shifts the players can play 3 out of the 4 roles (GK, D, M, F)
- 12 players - creates 2 lineups of 6 players. The GK role will be played by a filler from the other lineup. For each shift designate 3 players as backs and ensure that over the 3 shifts everyone had a turn playing the role of Backs.
- Players can be rotated from left to right side during play on a stoppage, throw or goal kick!

Under 11 Preferred Formation – GK-2-3-1

At this age positions become more relevant to the 11v11

Blue players – Defenders - classed as backs

Green players - Midfielders (central Mid and wide players classed Fronts).

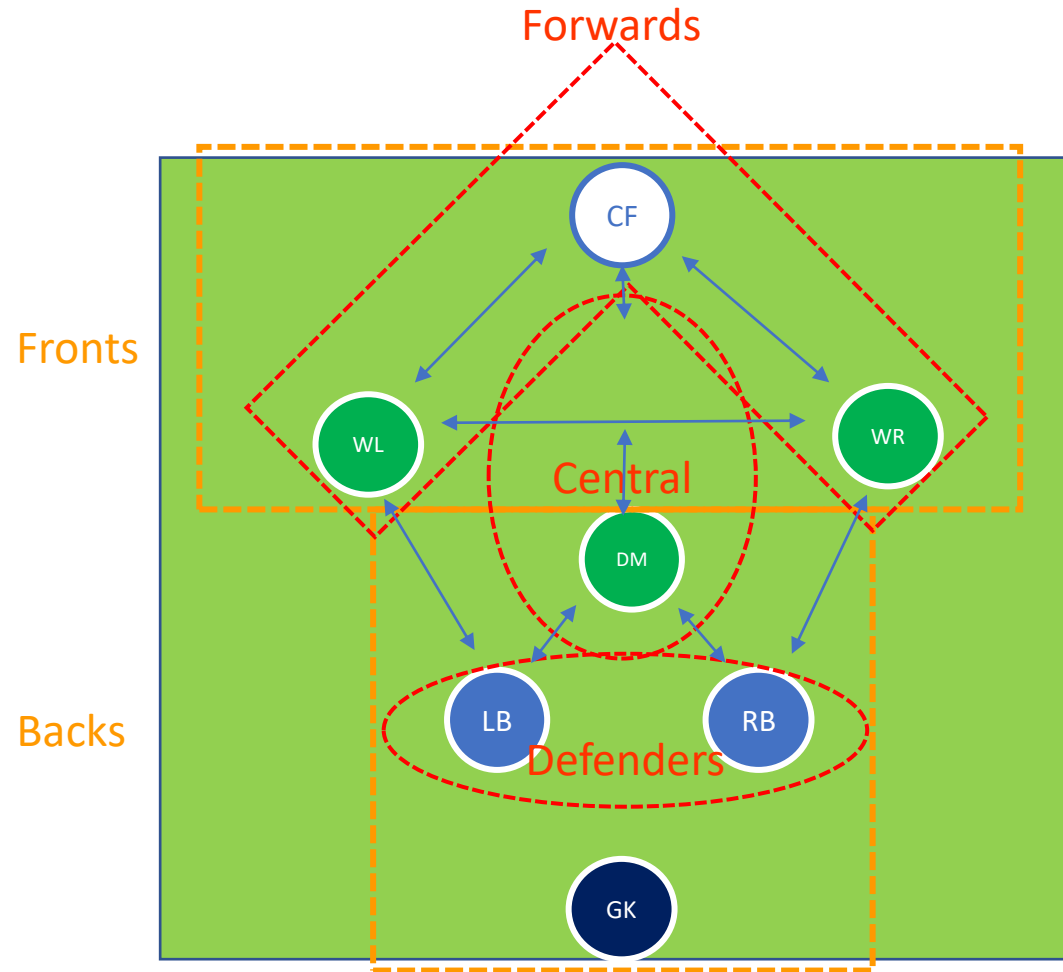
White - We introduce a Forward!

When Defending All green players expected to recover behind the ball and defend together with the blues .

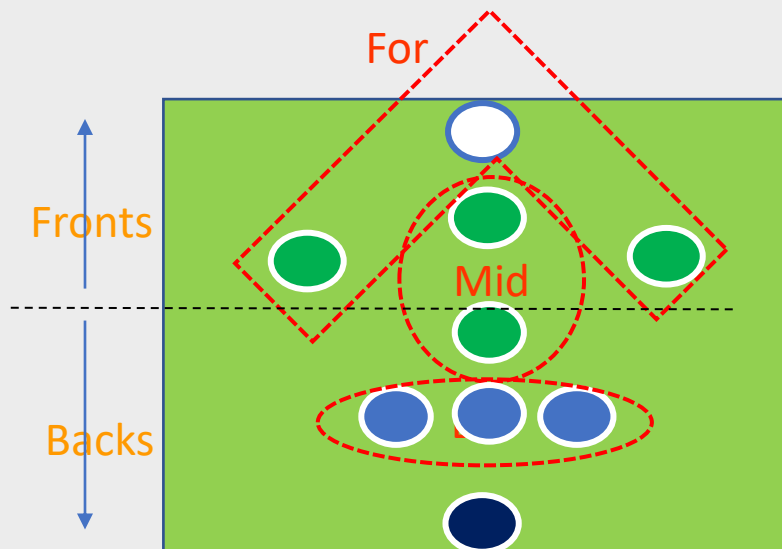
When Attacking 3 Backs expected to remain behind the ball when we attack, if one ventures forward then they must be covered by a partner

Forward once the ball goes past them to back press or occupy biggest space to receive on transition

Rotation - For development purposes its still important to rotate them.



U13 subs



BALANCED LINE-UPS SHOULD STILL BE FAVOURED!

FOR SELECT GROUPS STARTING LINE UPS CAN BE INTRODUCED ON PRE SET OCCASIONS AS A MOTIVATIONAL TOOL TO REWARD COMMITMENT & DEDICATION!

U13 Metro operates with two thirty minute halves!

- OPTION 1: 4 SHIFTS - Subs at 15, 30 and 45 and 60 mins gives 2 lineups two 15 min shift each for a total of minimum 30 minutes per lineup with a 12 man roster.
- OPTION 2: 4 SHIFTS - Subs at 20, 40 and 50 mins gives 2 lineups a 20 minute and 10 minute shift each for a total of minimum 30 minutes playing time per lineup.
- OPTION 3: Subs at 20 and 40 mins (or 10 20 30 40 50)

Non-Specific Position Option – Maximal Positional Rotation

- 12 players - creates 3 groups of 4 players. Use Option 3. Each group would rest for 1 of 3 shifts. Each group will play two 20 minute shifts with one as the role of backs and the other as front players. These groups can be balanced based on player characteristics such as size/speed even if you are not defining primary positions).

Primary/Secondary Position Option

- 12 players – Use Option 1. Create 2 lines of 6 players where players are designated into primary positions as Defenders, mid players and forward. This will provide two balanced groups of players. The remaining two spots (GK and 8th player) can then be fillers from other line - unless there is a player wanting to play GK
- While they are on the field they can easily be rotated between primary and secondary positions. These two lines can then split the four 15 minute shifts available, or for their second shift they can play a secondary position.

Under 13 Preferred Formation – GK-3-4-1

At this age positions become more relevant to the 11v11
We add in an Attacking MF and a CB.

Blue players – Defenders - classed as backs

Green players - Midfielders (Holding Mid classed as a Back , but Attacking Mid as a front and wide midfield players classed Fronts).

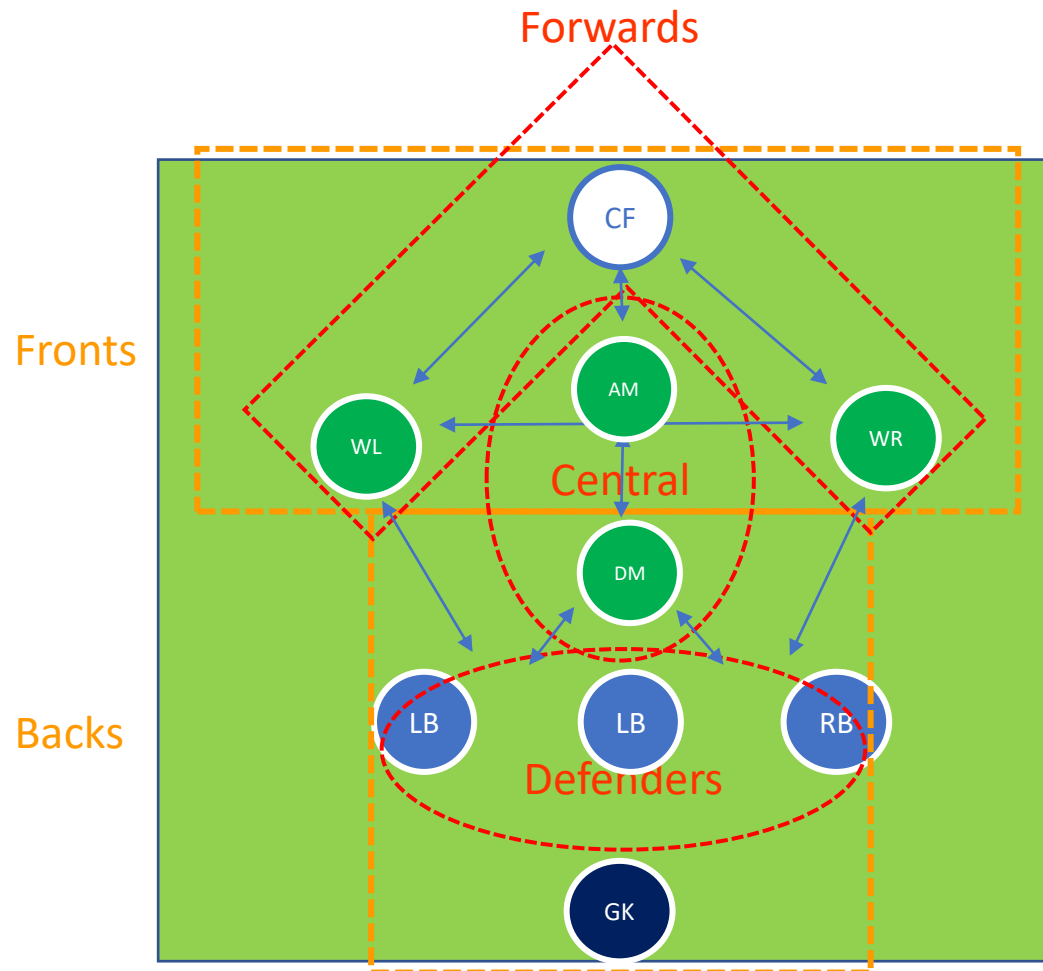
White - Forward!

When defending All green players expected to recover behind the ball and defend together with the blues.

When Attacking 4 Backs expected to remain behind the ball when we attack, if one ventures forward then they must be covered by a partner

Forward - once the ball goes past them to back press or occupy biggest space to receive on transition

Rotation - Players can display tendencies toward certain positions and may prefer or fit best into one primary position, however for development purposes its still important to rotate them



Under 13-17 Preferred Formation

Gk - 4 - 3 - 3

Defending Deep mf 2-1 or flat 3 (451)

Attacking 1 holding midfield 2 attacking mf, 1 FB go and the other stay

Attack keeping always minimum of 4 behind the ball

When defending all mf expected to recover behind the ball.

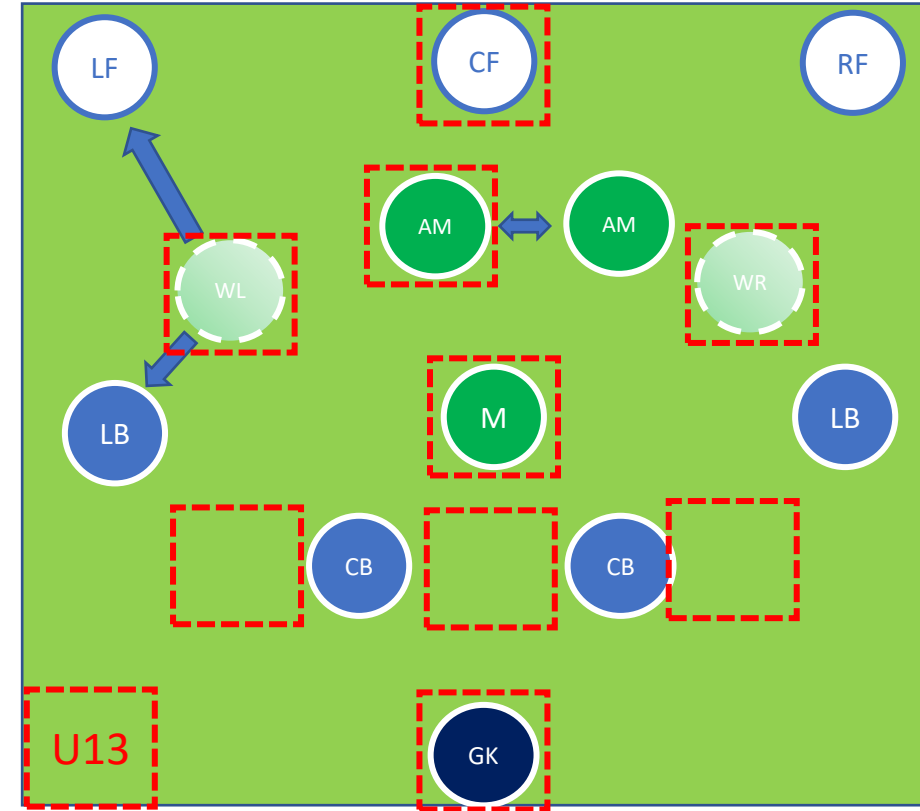
Front 3 once bypassed take transition slots and back press where possible. Wide players track FB runners.



11v11 Preferred Formation 433

flexible approach to MF 3

Transfer from SSG to 11v11



The Warm Up – GAMEDAY



U11 Warm Up should start to resemble proper Warm Up;

- Game related movements
- Ball Touches
- Dynamic Stretching
- ABC/Sprint Warm Up
- Sprints



TRAINING FORMAT GUIDE

Introduction to Stretching

During the U10 year stretching can start to be introduced as at the beginning of the outdoor season. 3 or 4 very simple dynamic stretches mixed into ball work.

