



# U19 Outdoor 2022 Program Outline

## FOR WHO?

Players Born January 1, 2003 to December 31, 2004 (Gender Specific play)

Players born 2005 & 2006 must play in this age group unless exceptional circumstances are determined by the Technical Staff

## PHILOSOPHY

At this stage, players should participate in stimulating practices and games that develop basic technical skills in a challenging atmosphere. The effect of the coach is critical at this stage. Skill demonstration is very important, and the players learn best by doing. The players should have a good level of physical literacy. The community sessions will be focused on a challenging training session and their two 11 v 11 games.

## COACHING

Volunteer coaches are appointed for the season and are supported on a regular basis by the SPDSA Technical Department. Head coaches will receive a \$100 credit towards their child's registration, upon submission of required team information, a valid Criminal Record Check and equipment returned to the SPDSA by the specified deadlines. Only one head coach per team is eligible for the credit.

All head coaches and assistant coaches are required to complete the MANDATORY online Respect in Sports training. If you have one from another sport and was completed within the last 5 years, there is no need to redo the training. Please contact our office for the link to complete the RIS training and once complete, please email a PDF copy of your RIS Certificate to our office at [office@spdsa.net](mailto:office@spdsa.net). There is NO CHARGE for our members and fees are covered by the SPDSA.

In-service coaching workshops will be held before and during the season.

The best qualities of a coach for this stage of player are

1. Enthusiastic and encouraging
2. Demonstrates whilst facilitating practice
3. Stimulates ideas



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## OFFICIALS CARDS

Only registered team officials and players are allowed on the field, benching area, change rooms or in the hallways. Parents not volunteering, will be able to enjoy the games from the stands only. All team officials from U11 to U19 are required to have an SPDSA ID Card. Cards are valid for a maximum of 3 years and are the responsibility of the card holder. A \$20 fee will be charged for replacement of lost cards. Coaches/Managers without a card will not be allowed on the field or benching area during games. Please ensure you contact the SPDSA office, Monday - Friday, 9:00am - 5:00pm about ID Cards. For teams playing in EMSA either an EMSA card or SPDSA card is required. There is no grace period for ID cards.

## PLAYERS CARD

All Players from U11 to U19 are required to have an SPDSA ID Card. Starting Outdoor 2022, player cards will be electronic, so all members will need to upload a current photo to the player's registration profile. Photo must only be a head and shoulders shot with no hats or sunglasses. For teams playing in EMSA either an EMSA or SPDSA card is required to play. There is no grace period for ID cards.

## PROGRAM STRUCTURE

Practices are at team discretion and the coach may ask for a small cash call to cover field rentals. Each practice should address individual ball mastery as well as individual and small group decisions when attacking and defending. Session plans can be provided to coaches upon request. Assistance at some practices and games during the season is available through the SPDSA technical department upon request of the coach.

2 game per week. 11v11 (10v10 plus goalkeepers)

### Game management

1. Scores and Standings are kept at the U13 - 19 level with teams eligible for Provincial Competition.
2. Equal playing time for all players.
3. All players will have the opportunity to a variety of positions. Let the players experience different positions and the different challenges that these positions create.
4. Warm Up - all players with a ball, moving, ball mastery.
5. Manage the amount of coaching during the game. "Let them play". Encourage creativity. Don't punish mistakes. Don't referee. Encourage both teams play.
6. Promote soccer that is free flowing, is coach-guided but not coach directed, and demands that all players on the field, regardless of their specified position, participate in defending and attacking.



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## PROGRAM STRUCTURE CONTD

The SPDSA is committed to providing a fair and equally balanced recreational league for all participants. Each year we get an increasing number of requests for player placements due to various reasons. This has put an enormous number of tasks on our volunteers and staff—some of these requests imbalance teams and some lopsided scores in games, which does not help anyone. The Community League is for development, fun and competition, but to have fun and have games, we need teams, and if players experience unpleasant conditions, they do not want to come back.

To achieve balanced teams, we have implemented the following team formation guidelines.

## FRIEND REQUESTS

- We do not allow full or partial teams to register.
- One reciprocal friend request per player may be submitted upon registration.
  - While we do our best to accommodate player requests, they are not guaranteed. The top priority at the start of the season is to create balanced teams for each age group. Requests that prevent this from being achieved will not be accommodated.
  - If more than one friend is requested, only the first name listed will be considered.
  - Players cannot request coaches. No exceptions.
- Volunteer coaches will have their own child on their team.
- We cannot switch children to a different team once formed due to the many moving parts and many special requests.
- Two coaches wishing to coach together will be permitted. However, no friend requests will be honoured, and the co-coach request will be considered the player request.
- Friend Requests submitted after the Regular Registration deadline will not be honoured.

## COMMITMENT LEVEL

The community program does not entail the same level of commitment as our Phoenix program; however, players that sign-up are expected to participate in most games and practices. Team rosters are sized to maximize playing time; as a result, non-attendance will have an impact on the whole team.



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## THE SEASON

Starting week of April 25 and ending the week of June 20th, 2022

Three hours of soccer per week

One Tournament 2022 Classics Tournament May 26 - 29, 2022, not included in fees

Top Sherwood Park Team may attend Tier 4 Rural Provincials

### Days of Play

Games will be Sunday afternoon (either 1pm or later Kick off) and Tuesday evenings (either 6pm or 7.30pm Kick off)

\*GAME / PRACTICE DAYS AND TIMES ARE SUBJECT TO CHANGE

\*TEAMS WILL BE PLACED IN EMSA IF SPDSA DOES NOT HAVE ENOUGH TEAMS TO FORM A LEAGUE

## REGISTRATION AND FEES

Early Bird Rate - \$390.00 - Paid in full at time of Registration

Regular Rate (Starting March 2nd) - \$415.00 - Paid in full at time of Registration

Late Registration Rate (Starting March 23rd) - \$440.00 - Paid in full at time of Registration.

Fee includes uniform (jersey, shorts, socks). Players are required to have their own shin pads and Outdoor shoes.

\*Please note that registrations received after March 23 may have players put on a waitlist, dependent on the program's availability.

Register [ONLINE](#)