

# **SSDSA - SQS TECHNICAL - DEVELOPMENTALLY APPROPRIATE**

Canada Soccer Grassroots Standard.

[Canada Soccer Grassroots Standards - Canada Soccer](#)

SSDSA is committed to following Canada Soccer Guidelines as closely as possible with a few adaptations for best practices for SSDSA programs and its local associations individual needs regarding its travel leagues.

## **SSDSA Leagues**

### **U9 Development**

Travel Coaches will need

- Fundamental - online and in the field
- RIS
- Making Headway
- EAP

### **Games**

Will either be played as a match or festival style depending on teams and geographical location of teams registered.

**Festival Style** will be either two to three, 20-minute mini games, with a 20-minute break between games or 2, 30-minute games with a minimum 30-minute rest between games with a maximum of only 60 minutes played in a day.

**Match Format** would be a one - 40-minute game.

One more adaptation would be the continuation of the throw-in as per FIFA Laws of the game, as mini refs are still taught this, we feel this will be up to the match official and coaches.

All other guidelines and standards will be followed

### **Equipment**

Size 3 balls will be used

Max net size 5'x8'

### **Fields**

Minimum and Maximum length will be used, the only adaptation would be if communities have space issues within their recreation facilities.

The retreat line will be the halfway line.

## **U11 SSDSA League**

### **Games**

This year's games will be played in match style and 8v8 rules from previous years, this is based on the best practices for SSDSA and its local associations.

### **Equipment**

Size 4 soccer balls

All other standards will be followed with the expectation of pass-ins, throw-ins. As per FIFA Law the match officials are not aligned with this new standard.

## **U13 - U19 Leagues**

**Games**

Will be played 11v11 with a size 5 ball.

All standards will be followed, with the odd expectation of distance travel, due to the geographical locations of our association members.

All Travel Coaches will be trained according to the CSA and SQS standards outlined.