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United DFC Policies and Procedures Long Term Player Development Policy

1.0 Purpose

United DFC is committed to providing the best possible learning and development environment for all players, for as long as possible.

United DFC supports the Canadian Soccer Association's (CSA) "Player First" mentality and Long Term Player Development (LTPD) Strategy. LTPD is a program for soccer player development, training, competition, and recovery. It is player centred, inclusive and designed to promote confidence.

2.0 Definitions

N/A

3.0 Scope

[Include brief statement/s that identify to whom (e.g. specific groups of people) and to which parts of the club the policy applies. Specify exclusions to clarify scope if needed.]

4.0 Policy Statement

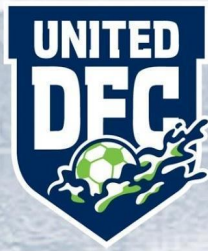
In an effort to ensure an age-appropriate balance between player development, training, competition and recovery at younger ages, United DFC has developed the following limits on tournaments, training, competition for U8 - U12 (Community & Prospects) which are consistent with Canada Soccer's LTPD Strategy, and will respect blackout periods suggested by Soccer Nova Scotia:

A. Tournaments / Events

Tournaments / events are defined as multi-game competitions. Tournaments / events should be sanctioned by Soccer Nova Scotia or other similar Provincial or State organizations.

Per Season:

- Under 8 age groups will only participate in regularly scheduled jamborees. Additional games must be approved by technical staff.



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- Under 9 and Under 10 age groups may compete in two (2) tournaments/events not including United DFC hosted tournament/events. Of the two tournaments/events permitted, one (1) of these events must be located within the province of Nova Scotia. The other one (1) tournament/event may be located in either Nova Scotia, New Brunswick or PEI.
- Under 11 and Under 12 age groups and above may compete in three (3) tournaments not including United DFC hosted tournaments/events. Of the three tournaments permitted, two (2) of these events must be located within Nova Scotia, New Brunswick or PEI. The other one (1) tournament/event may be located in either Canada or the United States.

No team is permitted to exceed their allotment of travel tournaments/events without the express written consent of the United DFC Director of Soccer

B. Training

Canada Soccer's guidelines for training are a ratio of "practice-to-play" of 2:1 or 3:1 for U8-U12. United DFC provides two structured practices per week, as well as opportunity for unstructured play. For teams that wish to schedule an additional practice time they must contact the United DFC Director of Soccer or Technical Director of Prospects for approval. Examples of justification for extra practices:

- Preparation for provincial showcase opportunities or other special events
- Other as deemed appropriate by Technical Staff

Teams approved for additional training may either:

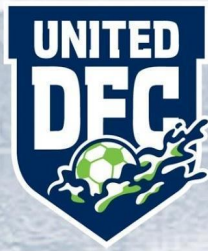
1. Contact the office to request unused field time. The technical staff will allocate available field time based on need. For example, it is assumed if a team has lost a practice due to rain, they will be given priority over a team that is seeking an extra practice.
2. Make their own arrangements. If a team makes their own arrangements it will be at their own expense. The teams must advise the Club's technical staff of those arrangements in advance of the practice..

No United DFC U8-12 team is permitted more than three (3) practices per week, and no player should practice more than three times per week, including the unstructured play.

Note: If a practice is cancelled due to weather or a game, the Club will try to find an alternate time for the team to practice. This is not considered an "extra practice" but rather a rescheduling of a regular practice.

C. Competition Days

For U8-U12 age groups the number of competition days per outdoor season is limited to 22 days. A competition day could take the form of a tournament game, league game, or exhibition match. No United



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DFC U8-U12 team is permitted more than 22 competition days (summer) without the express written consent of the United DFC Director of Soccer or Technical Director of Prospects

D. Black-Out Periods

As directed by Soccer Nova Scotia, United DFC will adopt and observe best practices regarding recovery periods for players. In addition, United DFC will strive to identify black-out periods within and between seasons to promote rest and recovery. If black-out or rest days are directed by the Technical Staff no teams will be able to undertake training.

5.0 Procedures

6.0 Related, Policies, Legislation and/or Documents

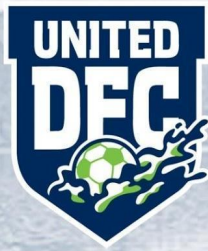
https://www.soccerns.ca/wp-content/uploads/2014/06/CanadaSoccerPathway_LTPDCommunityGuide_EN_20140603.pdf

https://cdn1.sportngin.com/attachments/document/0112/8096/Development_MATRIX_Outdoor_Feb132018.pdf

https://www.canadasoccer.com/files/CSA_2009_W2WC_Brochure_EN.pdf

7.0 Approval and Review

Approval and Review	Details
Approval Authority	Board of Directors
Administrator	Director of Soccer
Next Review Date	08/12/2022



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Approval and Amendment History	Details
Original Approval Authority and Date	08/12/2018
Amendment Authority and Date	
Notes	Policy moved to the new template format June 2022. Policy review not conducted.