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United DFC: Policies and Procedures

Long Term Player Development Policy

1.0 Purpose

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

UDFC supports Canadian Soccer's (CS) "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

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

Festivals are day-long multi-game events, specific to the Skill Centre Program where no standings are captured

Jamborees are day-long multi-game events, specific to the Mini and Community Programs where no standings are captured

Memorable events are all other events outside the Province which may require participation in a sanctioned friendlies or exhibitions

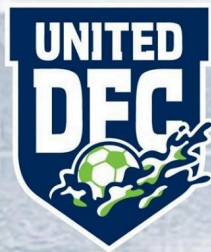
3.0 Scope

Coaches must be aware of the different considerations of each development age/stage.

Parents should be aware of the different needs and educated about each developmental age/stage.

4.0 Policy Statement

In an effort to ensure an age-appropriate balance between player development, training, competition, and recovery at younger ages, UDFC has developed the following limits on tournaments, training, and competition for U8-U13 which are consistent with Canada Soccer's LTPD Strategy, and will respect blackout periods suggested by Soccer Nova Scotia:



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4.1 Tournaments / Festivals / Jamborees / Memorable Events

Per year:

U8-9

- Under 8-9 age groups will participate in regularly scheduled jamborees or festivals.
- Additional memorable events (up to two per year) must be approved by technical staff.

U10-11

- Under 10-11 will participate in regularly scheduled jamborees or festivals.
- Additional memorable events (up to two per year) must be approved by technical staff.

U12-13

- Under 12-13 will participate in regularly scheduled NSSL games.
- Additional memorable events (up to four per year) must be approved by technical staff.
 - One of these memorable events may be overseas.
 - Exhibition games are permitted to be arranged at the Coach's discretion. Technical Staff reserve the right to intervene if there is a threat to appropriate loading and periodization.

4.2 Training

In accordance with Canada Soccer's Grassroots Matrix, UDFC adheres to the following guidelines:

U8-9

- 1:1 or 2:1 practice to match ratio
- Structured practice duration up to 60 minutes

U10-11

- 2:1 or 3:1 practice to match ratio
- Structured practice duration up to 75 minutes

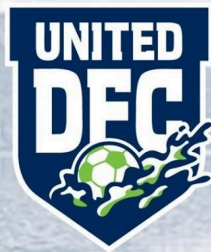
U12-13

- 2:1 or 3:1 practice to match ratio
- Structured practice duration up to 75 minutes

Practice schedules may show more or less time in the schedule to allow for buffer or transition between fields.

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

4.3 Competition Days



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

4.4 Block/Season Length

As directed by CS, UDFC will cap the maximum season or block length at 22 weeks for U8-U13, ensuring an appropriate rest period between seasons.

5.0 Procedures

N/A

6.0 Related Policies, Legislation, and/or Documents

[Canada Soccer Grassroots Standards](#)

7.0 Approval and Review

Approval & Review	
Approval Authority	Board of Directors
Administrator	Director of Soccer
Next Review Date (dd/mm/yy)	17/07/26
Approval & Amendment History	
Amendment Authority and Date	Reviewed 17/07/24 Original approval 08/12/2018
Notes	Policy moved to the new template format June 2022.

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Last updated (dd/mm/yy): 17/07/24