

Technical Program

The Spartans Soccer Club is aligned and adheres with the Alberta Soccer Association on the Long-Term Player Development Program.

LTPD is a model of athlete development that puts the player before the game and parallels what doctors and psychologists have long used to better understand human development. Instead of categorizing players according to chronographic ages, it places them into developmental stages, which takes us from infancy through to adulthood. A person's abilities, behaviours, and emotions, as well as their understanding of the world around them, varies from stage to stage.

See more on; <https://albertasoccer.com/long-term-player-development/>

Spartans Playing Format

The Spartans Soccer Club's technical program (in unison with the Alberta Soccer Association) follows the Canada Soccer Grassroots Standards. This is broken down into Active Start for U5 to U6, Fundamentals for U7 to U10 and Learn to Train for Pre teens (U12 to U13).



CANADA SOCCER GRASSROOTS STANDARDS

CRITERIA	ACTIVE START	FUNDAMENTALS		LEARN TO TRAIN	
	U5-U6	U7	U8-U9	U10-U11	U12-U13
Match format (maximum)	No formal matches	3v3	4v4 (no GK) or 5v5 (with GK)	7v7	9v9 [U12] 9v9 or 11v11 [U13]
Coaching qualification	Active Start + MED + RiS + Making Headway + EAP	Fundamentals + MED + RiS + Making Headway + EAP	Fundamentals + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP
Maximum match duration	Informal play	30 minutes	40 minutes	50 minutes	70 minutes [U12] 80 minutes [U13]
Maximum match time per player per day	N/A	60 minutes	60 minutes	80 minutes	100 minutes
Minimum rest time between matches	N/A	Duration of one (1) match	Duration of one (1) match	Duration of one (1) match	Duration of one (1) match
Maximum goal size	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	5ft (1.52m) x 8ft (2.44m)	6ft (1.83m) x 16ft (4.88m)	6ft (1.83m) x 18ft (5.49m)
Field size	N/A	Width: 18-22m Length: 25-30m	Width: 25-30m Length: 30-36m	Width: 30-36m Length: 40-55m	9v9 Width: 42-55m Length: 60-75m 11v11 Width: 45-90m Length: 90-120m
Ball size	3	3	3 or 4 (or 4 super light)	4 (or 5 light)	9v9: 4 (or 5 light) 11v11: 5 (or 5 light)
Number of memorable events (maximum)	N/A	N/A	Two (2) per year	Two (2) per year	Four (4) per year *One (1) event may be overseas
Referee or Game Leader	N/A	Game Leader	Game Leader or Referee	Game Leader or Referee	Referee
Restarts from Sidelines	N/A	Pass in or dribble in	Pass in or dribble in	Pass in or dribble in	Throw-in



CANADA SOCCER GRASSROOTS STANDARDS

CRITERIA	ACTIVE START	FUNDAMENTALS		LEARN TO TRAIN	
	U5-U6	U7	U8-U9	U10-U11	U12-U13
Offside	N/A	N/A	No	No	Yes
Retreat line	N/A	Yes (halfway line)	Yes (halfway line)	Yes (one third)	Optional (one third)
Substitutions	N/A	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)
Season or block length (indoor/outdoor)	6-16 weeks	6-16 weeks	6-22 weeks	10-22 weeks	10-22 weeks
Team travel time	Within organization	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way
Playing time (players encouraged to try all positions)	Players all play	Fair playing time for all players	Fair playing time for all players	Fair playing time for all players	Fair playing time for all players
Player-to-coach ratio	Ideal: 4:1 Maximum: 8:1	Ideal: 6:1 Maximum: 8:1	Ideal: 8:1 Maximum: 10:1 (5v5)	Ideal: 10:1 Maximum: 12:1	9v9 Ideal: 12:1 Maximum: 16:1 11v11 Ideal: 16:1 Maximum: 18:1
Practice-to-match ratio	N/A	1:1	1:1 or 2:1	2:1 or 3:1	2:1 or 3:1
Structured practice duration	30-45 minutes	30-45 minutes	45-60 minutes	60-75 minutes	60-75 minutes
Match day roster guidelines (game day only)	N/A	Ideal: 6 players	Ideal: 8 players	Ideal: 10 players	9v9 Ideal: 14 players 11v11 Ideal: 16 players
Match day format	N/A	Festival format	Festival format	Festival format	Festival or league format
Number of match days (Festival or league play) per week	N/A	One (1)	One (1)	One (1)	One (1)

The Coaching Pathway

Interested in Coaching or just want to have a general understanding of where our coaching philosophy comes from? The Spartans Soccer Club follows the Alberta Soccer Association's Coaching Pathway. The Coaching Pathway is inspired by Canada Soccer's Long-Term Player Development plan and is informed by the Coaching Association of Canada's Long-Term Athlete Development model.

The pathway is broken into Grassroots Education, Advanced Diplomas and Specialized Courses not limited from Children's to Goalkeeping Programs. These programs are designed from how to train on the basics of soccer's principles to the professional level including being a technical director of a club.

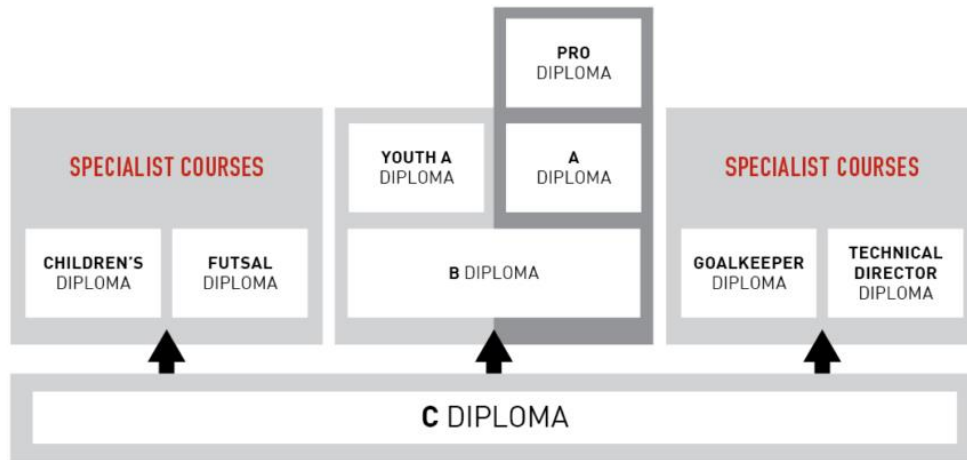
For more information follow; <https://albertasoccer.com/coach/become-a-coach/the-coaching-pathway/>

If you're interested in being a coach with the Spartans Soccer Club, please fill out a **Volunteer Form**.

CANADA SOCCER COACH EDUCATION PROGRAM

CANADA SOCCER ADVANCED COACH EDUCATION PROGRAM

ONLINE MODULES + PRACTICAL WORKSHOPS + EVALUATIONS



CANADA SOCCER GRASSROOTS COACH EDUCATION PROGRAM

ONLINE MODULE + PRACTICAL WORKSHOP

ACTIVE START

If you coach players aged 4-6, complete this workshop

FUNDAMENTALS

If you coach players aged 6-9, complete this workshop

LEARN TO TRAIN

If you coach players aged 9-12, complete this workshop

SOCCER FOR LIFE

If you coach players aged 13+, complete this workshop

