

ALOUETTE DISTRICT YOUTH SOCCER ASS'N

POLICIES AND PROCEDURES

SUBJECT: Alouette District Mini (U8 to U10) Interlock

A. Aims

B. Team Structure

1. Member Clubs are expected to form teams from all registrants each year in a manner that is equal and respects the developmental needs of children at the following age groups:
2. No teams should retain all players from the previous year, thereby making a select team
3. Team sizes U8 8 Minimum / 12 Maximum U9 – 10 10 Minimum/ 14 Maximum
4. Teams shall either be formed by Random or Balanced process.

Random Process

At the discretion of the Club, players are placed on teams through no formal evaluation process.

Balanced Process

At the discretion of the Club Technical Director or designated Technical Lead, players are placed on teams with other players of varying ability, dependent upon the club player evaluation process.

5. Players can be moved from team to team, as per BC Soccer Transfer Rules, during the season, to match the identified developmental needs of the individual players.
6. Extra-curricular training and/or game programming. Players participating within extra-curricular training and/or game programming (commonly known as Pull-out programming, Club Academy Programming or Developmental Exhibition Games) can be grouped together through the Streaming Process for Active Start, Fundamentals and Learn to Train (U9 & U10) to assist the on-going evaluation process. Players are required to return to their designated club team within the Balanced environment.
7. There shall be no prospect or select teams.

C. Rules and Regulations

1. Rules and regulations for games will be according to BCSA Rules and Regulations unless otherwise stated:
2. All players should play equal time and try all team positions, including goalkeeper.
3. Substitutions can be made during any stoppage of play.
4. Playing time: each player SHALL play a minimum of 50% of the total playing time.
5. Referee: If you are unable to get a carded official to officiate the game, then both coaches need to agree on who is to referee the game. Each coach taking half the game usually works.
6. Both teams and parents should shake hands before and after the game
7. BC Soccer recommends all member clubs commit to supporting and promoting a responsible, ongoing, progressive evaluation and assessment process as it relates to player identification, selection and placement. This would include the removal of the reference and promotion of the "TRY OUT" mentality within their club and team atmosphere.
8. No standings or scores will be kept
9. A copy of this policy will be physically supplied to all coaches within this age group.
10. All coaches must be certified in Stag 3 learning to train prior to the start of the season.
11. The game scheduled shall be set out as per Appendix B.

General Information

The Start of play:

1. The start of play shall consist of the visiting team starting with the ball at center.
2. The second half shall start with the home team starting with the ball at center.
3. The defending team shall be 15 feet away from the center at any start from center. (outside of the center circle)

Fouls and misconduct:

1. No spitting, pushing, hitting, kicking, charging, tackling or holding an opponent and No hand balls.
2. All fouls will result in an indirect free kick with the opponents 15 feet away.
3. The referee or parent shall explain all infractions

RETREAT LINE

1. The following formats of the Retreat Line shall be implemented for each Stage.
Stage Age Group Position of Retreat Line
U6, U7 & U8 Half way line
U9, U10, 2/3 line
2. The retreat line is initiated when the ball has gone out for a goal kick. All opposing players will 'retreat' to half field and cannot pursue the ball until:
 - The ball is received by a teammate OR,
 - The ball travels over the retreat line OR,
 - The ball leaves the field of play

Training

1. All training sessions shall be done in compliance with BCSA small sided manual and CSA LTPD
 2. The Alouette District Mini program follows the CSA pathway for player development using the Canada Soccer pathway: Coach's Tool Kit - Stage 2 - Fundamentals.
 3. 20% General movement 20% coordination 20% soccer technique 40% small sided games
 4. Appendix a will be used as the standard for technical training.
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Appendix A- Training

WEEK 1: Technical staff will complete a player evaluation form using BC Soccer template
PRACTICE General Movement #1 TECHNIQUE - Dribbling

WEEK 2: PRACTICE General Movement #2 TECHNIQUE - Dribbling

WEEK 3: PRACTICE General Movement #3 TECHNIQUE - Dribbling

WEEK 4: PRACTICE General Movement #4 TECHNIQUE - Dribbling

WEEK 5: THANKSGIVING WEEKEND

WEEK 6: PRACTICE General Movement #1 TECHNIQUE - Control

WEEK 7: PRACTICE General Movement #2 TECHNIQUE - Control

WEEK 8: PRACTICE General Movement #3 TECHNIQUE - Control

WEEK 9: Technical staff will complete a player evaluation form using BC Soccer template
PRACTICE General Movement #4 TECHNIQUE - Control

WEEK 10: PRACTICE General Movement #1 TECHNIQUE - Passing

WEEK 11: PRACTICE General Movement #2 TECHNIQUE - Passing

WEEK 12: PRACTICE General Movement #3 TECHNIQUE - Passing

WEEK 13: PRACTICE General Movement #4 TECHNIQUE - Passing

WEEK 14: PRACTICE General Movement #1 TECHNIQUE - Shooting

WEEK 15: PRACTICE General Movement #2 TECHNIQUE - shooting

WEEK 16 PRACTICE General Movement #3 TECHNIQUE - Shooting

WEEK 17 PRACTICE General Movement #4 TECHNIQUE - Shooting

WEEK 18 PRACTICE General Movement #1 TECHNIQUE - Dribbling

WEEK 19 PRACTICE General Movement #2 TECHNIQUE - Control

WEEK 20 Technical staff will complete a player evaluation form using BC Soccer template
PRACTICE General Movement #3 TECHNIQUE - Passing

Appendix B- GAME CALENDAR

Calendar begins first weekend after Labor Day)

WEEK 1: BC Soccer Jamboree for all clubs in the District.
Saturday for boys. Sunday for girls.
Begin practice week 1 program per packet

WEEK 2: Double header day weekend. Each club hosts their own double header day for their teams.
Objective is to work with new referees and coaches.

WEEK 3: Controlled games within each club

WEEK 4: Controlled games within each club

WEEK 5: THANKSGIVING WEEKEND

WEEK 6: Albion FC and Mission SC play West Coast teams

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WEEK 10: Albion FC and Mission SC play West Coast teams

WEEK 11: Albion FC and Mission SC play West Coast teams

WEEK 12: Albion FC and Mission SC play West Coast teams

WEEK 13: Albion FC and Mission SC play West Coast teams

WEEK 14: Albion FC and Mission SC play West Coast teams

WEEK 15-21: Starts 2nd weekend in January. REPEAT WEEKS 6-12 including practices

WEEK 22: Repeat Double Header Day (Club Jamboree) all clubs Each club will host a age group
