



LIONS SOCCER CLUB AND ACADEMY

COMMITMENT TO CANADA SOCCER GRASSROOTS STANDARDS

INTRODUCTION:

THE LIONS SOCCER CLUB AND ACADEMY PROUDLY COMMIT TO UPHOLDING THE CANADIAN SOCCER GRASSROOTS STANDARDS SET FORTH BY CANADA SOCCER. THESE STANDARDS HAVE BEEN CAREFULLY DESIGNED TO CREATE A NURTURING LEARNING AND DEVELOPMENT ENVIRONMENT FOR YOUNG PLAYERS ACROSS CANADA. AS RESPONSIBLE ADULTS WITHIN OUR SOCCER COMMUNITY, WE RECOGNIZE THE IMPORTANCE OF ENSURING THAT EVERY CHILD CAN ENJOY SOCCER IN A SAFE, FUN, ACCESSIBLE, INCLUSIVE, AND DEVELOPMENTALLY APPROPRIATE SETTING.

IMPLEMENTATION OF GRASSROOTS STANDARDS:

WHILE ACKNOWLEDGING THE UNIQUE CHALLENGES PRESENTED BY CANADA'S DIVERSE GEOGRAPHY, CLIMATE, AND INFRASTRUCTURE, THE LIONS SOCCER CLUB AND ACADEMY IS DEDICATED TO DOING ITS BEST TO IMPLEMENT THE GRASSROOTS STANDARDS IN ALIGNMENT WITH GLOBAL BEST PRACTICES. WE UNDERSTAND THAT SOME STANDARDS MAY FACE REGIONAL CONSTRAINTS, AND WE ARE COMMITTED TO MAKING EVERY EFFORT TO ACHIEVE AND ADAPT THEM TO SUIT THE UNIQUE CIRCUMSTANCES OF OUR REGION.

KEY STANDARDS AND COMMITMENTS:

MATCH FORMAT

WE RECOGNIZE THAT MATCH FORMATS MAY VARY, RANGING FROM SMALL-SIDED GAMES (1V1, 2V2, OR 3V3) TO THE FULL FIFA REGULATION GAME FORMAT (11V11). THE CHOICE OF FORMAT WILL BE MADE WITH THE WELL-BEING AND DEVELOPMENTAL NEEDS OF OUR YOUNG PLAYERS IN MIND.

MINIMUM REST TIME BETWEEN MATCHES

TO PRIORITIZE THE WELL-BEING OF OUR PLAYERS, WE WILL ADHERE TO THE RECOMMENDED MINIMUM REST TIME BETWEEN MATCHES DURING FESTIVALS OR MEMORABLE EVENTS. THIS ENSURES THAT PLAYERS HAVE SUFFICIENT TIME TO RECOVER, REFUEL, AND REHYDRATE.

MAXIMUM MATCH DURATION

THE LIONS SOCCER CLUB AND ACADEMY WILL FOLLOW THE RECOMMENDED MAXIMUM MATCH DURATION, DIVIDED INTO HALVES OR PERIODS AS REQUIRED FOR DIFFERENT AGE GROUPS.

COACHING QUALIFICATIONS

ALL COACHES WITHIN OUR CLUB WILL COMPLETE THE TRAINING OUTLINED IN THE CANADA SOCCER GRASSROOTS STANDARDS, AS PART OF CANADA SOCCER'S SAFE SPORT ROSTER.

MEMORABLE EVENTS

WHILE ACKNOWLEDGING THE SIGNIFICANCE OF TOURNAMENTS AND SPECIAL EVENTS IN A YOUNG PLAYER'S SOCCER EXPERIENCE, WE COMMIT TO PHASING IN MEMORABLE EVENTS GRADUALLY AND KEEPING THEM AT A REASONABLE NUMBER TO AVOID OVER-SCHEDULING.

INTERNATIONAL VS. OVERSEAS TRAVEL

WE WILL FOLLOW GUIDELINES REGARDING TRAVEL, CONSIDERING THE PROXIMITY OF CANADIAN TEAMS TO THE UNITED STATES AND RESTRICTING OVERSEAS TRAVEL UNTIL PLAYERS ARE OLDER, WITH EXEMPTIONS GRANTED BY CONTACTING THE MEMBER ASSOCIATION.

GAME LEADER

IN REGIONS WHERE GAME LEADERS ARE USED, THEY WILL BE SELECTED AND TRAINED TO FACILITATE SMALL-SIDED GAMES, ENSURING A FUN AND REWARDING EXPERIENCE FOR YOUNG PLAYERS.

MATCH DAY FORMAT

FOR PLAYERS U7-U12, WE WILL UTILIZE THE FESTIVAL FORMAT FOR MATCH DAYS, TRANSITIONING TO TRADITIONAL LEAGUE PLAY FORMAT AT U13.

MATCH DAY ROSTER GUIDELINES

COACHES WILL ADHERE TO MATCH DAY ROSTER GUIDELINES TO BALANCE PLAYER PARTICIPATION AND AVOID THE RISK OF FATIGUE, BURNOUT, OR INJURY.

SUBSTITUTIONS

WE RECOGNIZE THE IMPORTANCE OF SUBSTITUTIONS TO PROVIDE PLAYERS WITH OPPORTUNITIES TO PLAY DIFFERENT POSITIONS AND REST WHEN NEEDED.

TRAVEL TIME

TO PRIORITIZE PLAYERS' ENJOYMENT, TRAVEL TIME TO MATCHES, FESTIVALS, OR TOURNAMENTS WILL BE KEPT REASONABLE, ENSURING THAT IT DOES NOT EXCEED THE TIME SPENT ON THE FIELD.

RETREAT LINE

THE RETREAT LINE WILL BE INTRODUCED AS PER THE AGE AND STAGE OF DEVELOPMENT OF PLAYERS, PROVIDING A TEACHING TOOL TO DEVELOP THEIR ABILITY TO PLAY OUT FROM THE GOALKEEPER AND KEEP POSSESSION.

SEASON OR BLOCK LENGTH

WE WILL PROVIDE FLEXIBILITY IN THE DURATION OF SEASONS OR BLOCKS TO ALLOW PLAYERS SUFFICIENT REST AND THE OPPORTUNITY TO ENGAGE IN OTHER SPORTS.

PLAYING TIME

WHILE RECOGNIZING THE CHALLENGES OF ENSURING EQUAL PLAYING TIME, COACHES WILL STRIVE TO PROVIDE "FAIR" PLAYING TIME, ENSURING THAT ALL CHILDREN ENJOY THEIR SOCCER EXPERIENCE.

PLAYER-TO-COACH RATIO

OUR COACHING STAFF WILL MAINTAIN PLAYER-TO-COACH RATIOS WITHIN THE RANGE OUTLINED BY CANADA SOCCER, PROMOTING MEANINGFUL INTERACTIONS BETWEEN COACHES AND PLAYERS.

PRACTICE-TO-MATCH RATIO

WE WILL CAREFULLY BALANCE THE NUMBER OF PRACTICE SESSIONS WITH MATCH DAYS TO ENCOURAGE MEANINGFUL PRACTICE SESSIONS AND DE-EMPHASIZE THE IMPORTANCE OF MATCHES AND COMPETITION.

STRUCTURED PRACTICE DURATION

COACHES WILL ADHERE TO GUIDELINES REGARDING THE DURATION OF STRUCTURED PRACTICE SESSIONS, ENSURING THAT PLAYERS BENEFIT FROM FOCUSED AND EFFECTIVE TRAINING.

RESTART FROM THE SIDELINES

FOR PLAYERS UP TO U12, THE OPTION TO PASS OR DRIBBLE THE BALL BACK INTO PLAY WILL BE PERMITTED TO FACILITATE MORE CONTACT TIME WITH THE BALL.

NUMBER OF MATCH DAYS PER WEEK

THE NUMBER OF MATCH DAYS PER WEEK WILL BE LIMITED TO ENCOURAGE MORE MEANINGFUL PRACTICE SESSIONS AND DE-EMPHASIZE THE IMPORTANCE OF MATCHES AND COMPETITION.

GUIDELINES FOR THE RETURN TO SOCCER

THE LIONS SOCCER CLUB AND ACADEMY WILL FOLLOW CANADA SOCCER'S OUTLINED RETURN TO SOCCER GUIDELINES, INCLUDING THE RETURN TO SOCCER ASSESSMENT TOOL, TO ENSURE A SAFE AND GRADUAL RESUMPTION OF ACTIVITIES.

CONCLUSION:

BY COMMITTING TO THE CANADIAN SOCCER GRASSROOTS STANDARDS, THE LIONS SOCCER CLUB AND ACADEMY AIMS TO PROVIDE A POSITIVE, SAFE, AND DEVELOPMENTALLY APPROPRIATE SOCCER EXPERIENCE FOR ALL YOUNG PLAYERS. THIS COMMITMENT REFLECTS OUR DEDICATION TO THE WELL-BEING, GROWTH, AND ENJOYMENT OF EVERY PARTICIPANT WITHIN OUR CLUB.

SIGNATURE: TARLOCHAN SIDHU