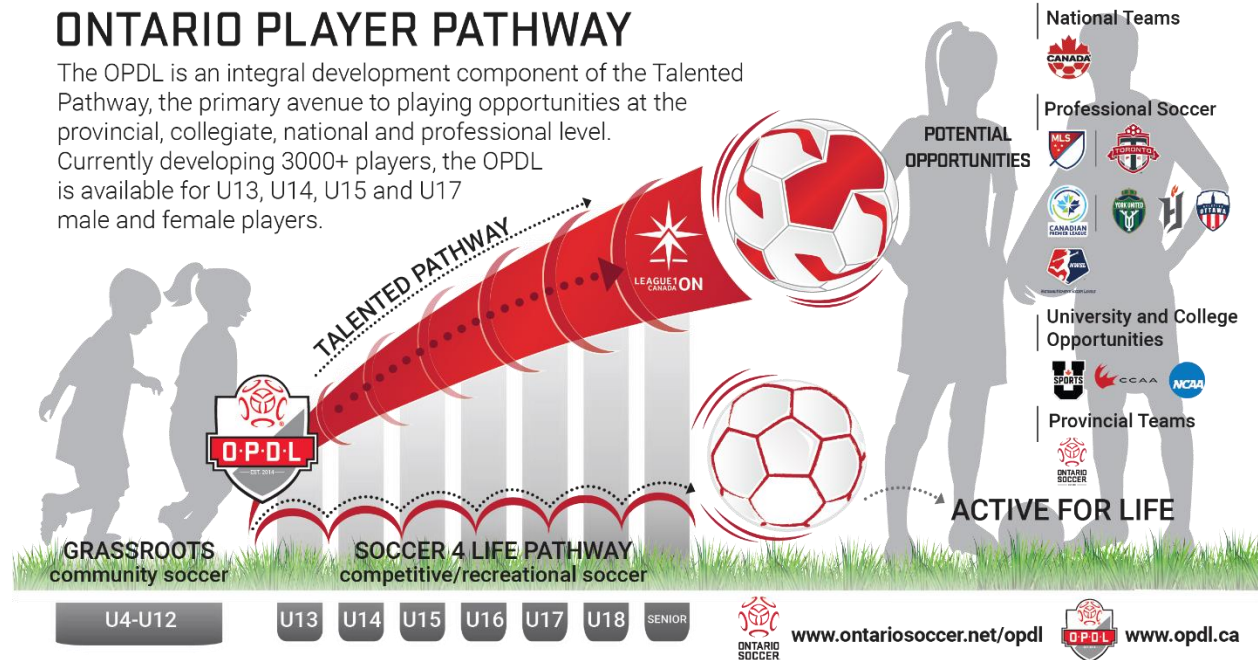


## STELLA ROSSA FC Pathway (reqs 31-35)

At Stella Rossa FC, our programs align with and adhere to the Ontario Player Pathway and Ontario Soccer and Canada Soccer Grassroots Standards.

### Ontario Player Pathway



<https://www.ontariosoccer.net/player-talented-pathway>

## Ontario Soccer Grassroots Standards – Aligned with Canada Soccer Standards



# Ontario Soccer Grassroots Standards



Revised: October 4, 2021

Criteria	Active Start	Fundamentals		Learn to Train	
	U5 and U6	U7	U8 and U9	U10 and U11	U12 and U13
Match Format	No Formal Matches	3v3	4v4 (no GK) or 5v5 (with GK)	7v7 (including GK)	U12: 9v9 (including GK) U13: 9v9 or 11v11
Coaching Qualification	Active Start + MED + RiS + MH + EAP	Fundamentals + MED + RiS + MH + EAP	Fundamentals + MED + RiS + MH + EAP	Learn to Train + MED + RiS + MH + EAP	Learn to Train + MED + RiS + MH + EAP
Maximum Match Duration	Informal Play	30 minutes	40 minutes	50 minutes	U12: 70 minutes U13: 80 minutes
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 1 match	Duration of one match	Duration of one match	Duration of one match
Maximum Goal Size	Pop-Up Goals 0.91m (3ft) x 1.52m (5ft)	Pop-Up Goals 0.91m (3ft) x 1.52m (5ft)	1.52m (5ft) x 2.44m (8ft)	1.83m (6ft) x 4.88m (16ft)	1.83m (6ft) x 5.49m (18ft)
Field Size	N/A	Width: 18-22m Length: 25-30m	Width: 25-30m Length: 30-36m	Width: 30-36m Length: 40-55m	Width: 42-55m Length: 60-75m
Ball Size	3	3	3 (or 4 super light)	4 (or 5 light)	4 (or 5 light)
Memorable Events	N/A	N/A	*Two (2) per Year	*Two (2) per Year	**Four (4) per year
Referee or Game Leader	N/A	Game Leader	Game Leader or Small Sided Referee	Small Sided Referee	Referee
Sideline Restarts	N/A	Pass in and Dribble in	Pass in and Dribble in	Pass in and Dribble in	Throw-in
Offside	N/A	N/A	No	No	Yes



# Ontario Soccer Grassroots Standards



Revised: October 4, 2021

Criteria	Active Start	Fundamentals		Learn to Train	
	U5 and U6	U7	U8 and U9	U10 and U11	U12 and U13
Retreat Line	N/A	Yes (Halfway Line)	Yes (Halfway Line)	Yes (One Third)	Yes (One Third)
Substitutions	N/A	Unlimited (any stoppage or during play)	Unlimited (any stoppage or during play)	Unlimited (any stoppage)	Unlimited (any stoppage)
Season Length	6-16 weeks	6-16 weeks	6-22 weeks	10-22 weeks	10-22 weeks
Team Travel Time	Within Organization	***Within Organization	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way
Playing Time	Players all play	Fair time in all positions	Fair time in all positions	Fair time in all positions	Fair time in all positions
Player-to-Coach Ratio	<b>Ideal</b> (4:1) <b>Maximum</b> (8:1)	<b>Ideal</b> (6:1) <b>Maximum</b> (8:1)	<b>Ideal</b> (8:1) <b>Maximum</b> (10:1)	<b>Ideal</b> (10:1) <b>Maximum</b> (12:1)	<b>Ideal</b> (12:1) <b>Maximum</b> (16:1)
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 (Game day only)	N/A	<b>Ideal:</b> 6 <b>Maximum:</b> 8	<b>Ideal:</b> 8 <b>Maximum:</b> 10	<b>Ideal:</b> 10 <b>Maximum:</b> 12	<b>Ideal:</b> 12 <b>Maximum:</b> 16
Match Day Format	N/A	Festival Format	Festival Format	Festival or League Format	Festival or League Format
Number of competition days per week	N/A	One (1)	One (1)	One (1)	One (1)

[Canada Soccer Grassroots Standards](#)

[Ontario Soccer Grassroots Standards](#)

# Club Pathway

Long Term Player Development Plan



## Provincial and National Programs

Stella Rossa FC has holds annual meetings in the month of August during which players and parents are educated on the soccer landscape within Canada. Specifically, the Stella Rossa FC leadership highlights the Canada Soccer Pathway as it relates to the LTPD stages from grassroots to high-performance. A focus is placed on educating players and parents on the Ontario Player Development League, Talent on Location Days, Provincial Screening, Provincial Projects, Provincial Teams, and National Teams.

## Ontario Player Development League(OPDL)

The Ontario Provincial Development League (OPDL) is the primary program in which potential Provincial Team Players are identified. There are however, alternative player identification options for those Ontario Soccer registered players who do not or have never competed within the OPDL or League 1 Ontario.

## Provincial Team Player Eligibility

- Primary method: Player identification within OPDL or League1 Ontario
- Secondary method: Player recommendation process into a Talent on Location Day (TOLD)

## Provincial Team Player Identification Process

As outlined above, a player identified via the OPDL or TOLD process can then be invited to continue their progress in the Provincial Team Player Identification Process via the following three steps:

1. Provincial Screening Competition (PSC)
2. Provincial Projects (PP)
3. Provincial Team (PT)

## Provincial Screening Competition (PSC)

PSC events are conducted annually in November. They consist of players who are scouted and identified within the OPDL, League1 Ontario and players who are identified in TOLD. Players identified within the PSC are invited to attend the Provincial Projects. PSC events are for players who are within the U-13, U-14 and U15 male and female age groups.

## Provincial Projects (PP)

PP events are conducted annually starting in January, following the November PSC events. They consist of the players identified within the November PSC and they are scheduled on weekends. The PP weekends operate once per month in January, February and March. It is during the PP weekends that the Provincial Staff identify the 22 players for U-14, U-15 and U-16 males and females into the Provincial Team.

## Provincial Team (PT)

PT events will involve the 22 players per age and gender that are conducted in the month of April. These events will consist of up to two pre-competition weekends and an inter-Provincial Competition conducted in the final weekend of April. At these events, Canada Soccer's National Team Staff will be in attendance to identify players for their National Excel Programs.

## Player recommendation process into Talent on Location Day (TOLD)

TOLD events operate at the U-13, U-14 and U-15 age groups which are in alignment with the PT Programs at U-14, U-15 or U-16. All Ontario Soccer membership players are eligible to request an invite

to attend a TOLD event. The ages are U-13, U-14 or U-15, via a recommendation process from an Ontario Soccer Membership Club or Academy. Players that are identified via the TOLD are then invited to attend the upcoming PSC.

If a player is identified through a TOLD event and as such receives an invite and attends their associated PSC event and are ultimately selected into their PT, they will receive an invite to attend the following seasons PSC event. If a player is detected at that aforementioned PSC, to be invited into the next seasons PP programs, the PT player has until the first scheduled PP January session to provide evidence that they have registered with an OPDL Club Team (full roster player) or League 1 Ontario Team (first team roster player).

#### Player Identification within OPDL or League1 Ontario

Players competing within the OPDL or on a League 1 Ontario first team roster, are eligible for identification into Provincial Screening Competition (PSC) programs at U-13, U-14 or U-15. A player who leaves the OPDL or League1 Ontario, will not be eligible to be included in future PSC, Provincial Projects (PP) or Provincial Team (PT) events. An exception only applies if the player leaves the OPDL Club or League1 Ontario Team due to an address move in which they now live in excess of 100 km of an OPDL or a League1 Ontario Team within their playing age group.

Players not selected into either the PSC, PP or PT programs, and who live within the 100 km distance of an OPDL Club Team within their age group and or a League1 Ontario Team, must be registered and compete on an OPDL Club Team (roster player) or League1 Ontario Team (first team roster player) in order to be scouted and identified to be eligible for a possible invite into the upcoming PSC events. Players who live outside of the 100 km distance criteria and are selected to the PT; provided that they still live outside of the 100km's distance the following season, will be eligible to be invited into the PSC the following season.

#### National Team Program

Each year Canada hosts an inter-provincial competition, which includes participants from the provincial teams of Ontario and Quebec. The Inter-Provincial Competition is where the Canada Soccer Excel Technical Staff will be on hand to scout the players for potential invites to the Canada Soccer National Excel environments.

#### Post Academy Opportunities for Athletes

Stella Rossa FC has implemented a 2-year education and action plan for all academy athletes pursuing a post-secondary education. Stella Rossa FC holds bi-annual meetings with athletes in grades 10 and 11 to ensure each athlete pursuing a scholarship has the highest chance of success.

##### Grade 10:

##### *Good grades:*

To be eligible to play sports at the college level, athletes need to get good grades in high school.

##### *ACT & SAT (US only):*

Athletes are required to write standardized tests, including the ACT and SAT (depending on the university program of interest). Scoring well on the ACT or SAT test will improve chances of

scholarship success, as coaches at the respective institutions will not have to negotiate with the academic institution for the student-athlete. Further, the athlete will qualify for more student aid.

Grade 11/12:

*Get noticed:*

Athletes are responsible for getting noticed; this means reaching out to schools and coaches, and inviting the coaches to come observe the athlete/team.

*Investigate Universities & Colleges:*

Various schools offer various programs at various levels. In Canada there is 1 tier of athletics at the University level, and 1 tier of athletics at the College level. In the United States, NCAA has 3 divisions, complemented by a host of other athletic associations. Athletes should narrow down your decision by looking at everything each school has to offer, including academics and social opportunities, as it aligns to their professional goals.

*University Applications:*

*Canadian Universities*

For players in grades 11 and 12, it is important to be aware of university admission deadlines. Stella Rossa FC ensures athletes have this information and begin preparing their applications starting grade 11.

*American Universities*

To facilitate the scholarship and admittance process into American Universities/Colleges, Stella Rossa FC has partnered with college education program, iSoccerPath. iSoccerPath is a one of a kind college education program for players and their parent, run by current and former college soccer coaches and parents. The organization has proven success in preparing players to get into their preferred college soccer program. Assessed by the governing body of college sports as a non-recruiting company, iSoccerPath's parents and players are allowed to receive important info about the process directly from college coaches on their panels and through proprietary learning modules.

*Showcase Opportunities:*

*Canadian Universities*

Stella Rossa FC organizes friendly matches with universities throughout their winter season (off-season). This provides the players an opportunity to showcase themselves directly to CIS coaches, and to see the quality and standard of play at the university level.

*American Universities*

Stella Rossa FC will organize tours to The States whereby players can showcase themselves directly to NCAA coaches. The tour consist either of showcase tournaments, or direct site visits to universities/colleges.

## Technical Plan (reqs 36 – 39)

### Program Descriptions

#### *Stella Stars (U4-U8)*

Stella Stars Active Start Development Program (ages: 4-8) - Get active, meet new friends, and fall in love with the beautiful game! The Stella Stars Active Start Development Program is a fun and interactive program for kids! The program is a seasonal 16-week program. The 2018-2019 Indoor season (fall and winter) is 16 weeks beginning October 15th and ends April 21st. Mid-Season breaks will be provided over Christmas Break, Long Weekends, and March Break. The 2019 Outdoor season (spring and summer) is 16 weeks beginning April 22nd and ends end of September. Sessions will be on grass. The program consists of 2 sessions/week with our experienced coaches and game leaders. Players will get a Stella Rossa FC Training T-shirt! Register now for our co-ed Stella Stars Development Program!

#### *Development U8/U9-U12*

The 2018-2019 Indoor season (fall and winter) is 20 weeks beginning October 15th and ends April 21st. The 2019 Outdoor season (spring and summer) is 20 weeks beginning April 22nd and ends end of September. Sessions will be on both grass and/or turf.

As players develop throughout their time at SRFC, they will be provided with the opportunity to continue in the program if the following minimum requirements are met:

For U8 players, we offer 2 trainings/week + festival as per the OSA schedule. For our U9 - U12 players, the program offers up to 4 trainings a week + game.

#### *Excellence, Competitive, Soccer For Life U13+*

The Excellence, Competitive, and Soccer for Life Programs provide an environment where players can develop technique, skill, creativity and game-understanding to their full potential. Long-term player development drives all coaching activities at SRFC and is thus core to the design of the Competitive Program. Coaching programs are crafted to suit the specific needs of each age group, ensuring that all players are given the opportunity to maximize their potential in a supportive environment that matches their level of commitment and their stage of development. Complete soccer players are developed in the program through a holistic approach involving the key aspects of athletic training: the technical, the tactical, the physical, the psychological, and the personal (social).

The 2018-2019 Indoor season (fall and winter) is 22 weeks beginning October 15th and ends April 21st. The 2019 Outdoor season (spring and summer) is 22 weeks beginning April 22nd and ends end of September. Sessions will be on both grass and/or turf.

We believe that long-term love of the game arises from the enthusiasm of coaches who foster the development of technique, skill, game sense and creativity. Soccer coaching encourages crucial life-skills, including teamwork, dedication, perseverance, discipline and hard work. The starting point for all soccer development is mastery of the ball.

All of our provided programs are built on the foundations of LTPD. Each of the programs has the goals and curriculum detailed below with respect to the appropriate LTPD stage.



## Stage 1: Active Start

## Stage 2: Fundamentals

## Stage 3: Learn to Train

U3-U6 Females/Males	U6-U8 Female/U6-U9 Male	U8-U11 Female/U9-U12 Male
<p><b>GOAL:</b> Encourage child activity and develop basic motor skills.</p> <p><b>TECHNICAL:</b> Introduce individual skills. Dribbling with all parts of the foot, combined with simple techniques for changing direction (turns, drag backs). Basic shooting where players experience success and the thrill of a goal!</p> <p><b>TACTICAL:</b> No tactical instructions. Emphasis on the individual.</p> <p><b>PHYSICAL:</b> Provide a fun setting and simple mode of play that develops basic movement skills in running, jumping, kicking, throwing and catching.</p> <p><b>MENTAL:</b> Fun and passion for play. Experience success and build confidence by receiving positive recognition.</p> <p><b>PERSONAL:</b> Positive attitude and self-esteem.</p>	<p><b>GOAL:</b> Technique development through fun. Emphasize skills and ABCs, not tactics.</p> <p><b>TECHNICAL:</b> Continue to develop dribbling, and introduce dribbling with sole, inside and outside of foot. Continue to introduce and develop techniques for turning and changing direction, including more advanced techniques such as inside and outside hooks, even stepovers and scissors. Develop short passing with side foot and laces, and develop concept of passing to feet. Introduce receiving with inside and outside of foot and instep, and introduce “crossing” and shooting while dribbling.</p> <p><b>TACTICAL:</b> Basic game concepts and rules. Introduction to team cooperation through smallsided games, but emphasis is still primarily on the individual. Finding space is important.</p> <p><b>PHYSICAL:</b> Develop the ABCs of movement: agility, balance, coordination and speed. Speed training should focus on quickness and agility. Continue general development of running, jumping, kicking, throwing and catching. Develop flexibility and suppleness.</p> <p><b>MENTAL:</b> Basic game awareness and situations/ formats to develop decision making. Experience success and receive positive recognition.</p> <p><b>PERSONAL:</b> Positive attitude and self-esteem. Fair play and ethics. Promote group interaction skills.</p>	<p><b>GOAL:</b> Focus on technique and skill development and introduce tactics. Fun is still paramount.</p> <p><b>TECHNICAL:</b> Golden age of skills learning. Teach more advanced skills and movements. Practice skills in games to encourage decision making. Develop and refine dribbling. Continue to develop turns, drag backs, shielding, and hooks, as well as fakes such as stepovers and scissors. Refine short passing, develop passing with outside of foot and chips, and introduce medium and long passes. Introduce receiving with all parts of the body and shooting with volleys and half-volleys. Heading may be introduced towards the end of this stage.</p> <p><b>TACTICAL:</b> Continue small-sided games. Introduce attack and defense principles. Basic team play with 2 and 3 player combinations. Introduce positional awareness in a variety of positions. Teach basic set pieces (free kicks, correct throw-ins).</p> <p><b>PHYSICAL:</b> Continue to develop ABCs. Maintain flexibility and suppleness. Introduce warm-up. Continue to develop quickness and agility.</p> <p><b>MENTAL:</b> Introduce basic mental preparation with goal-setting, determination and concentration. Experience success and receive positive recognition.</p> <p><b>PERSONAL:</b> Fair play and ethics. Accept training structure and discipline. Promote group interaction skills. Internal motivation.</p>
<p><b>GOALKEEPING:</b> No goalkeepers at this age. All players should learn the basic techniques of ball handling at different heights (not high balls) and throwing with one and two hands on the ground and in the air. Footwork is introduced including side-skip to get in line with the ball. Introduce diving from a kneeling position.</p>	<p><b>GOALKEEPING:</b> All players take turns in goal. Continue development of ball handling at all heights and above balls (simple service/no opposition). Introduce simple communication (“Keeper!” “Away!”). Continue with basic diving technique from a “Gorilla” stance. Develop correct body shape. Introduce the concept of the keeper as the rear defender (Sweeper/Keeper).</p>	<p><b>GOALKEEPING:</b> Players still take turns in goal. Resist temptation to limit goalkeeping to a few. Continue developing ball handling, ball rolling and over-arm throws, footwork, goal kicks, drop kicks, moving back passes and punts. Introduce side-arm and javelin throw, deflecting. Introduce variety of new dives. Introduce catching and deflecting crosses from a simple thrown service.</p>

## Stage 4: Train to Train

## Stage 5: Train to Compete

## Stage 6: Train to Win

U11-U15 Female/U12-U16 Male	U15-U19 Female/U16-U20 Male	U18+ Female/U19+ Male
<p><b>GOAL:</b> Increase training loads and soccer-specific skills and tactics. Begin to identify elite players.</p> <p><b>TECHNICAL:</b> Develop consistency in base skills. Continue to introduce advanced skills. Develop position-specific skills. Practice with increasingly complex and demanding games. Individualized training to address strengths and weaknesses.</p> <p><b>TACTICAL:</b> Increased emphasis on team play. Understand principles of play such as offensive width and depth, defending</p>	<p><b>GOAL:</b> Develop players for elite competition.</p> <p><b>TECHNICAL:</b> Consistency and proficiency in core skills. Continue to develop advanced skills. Individual skills emerge as ‘personal style’. Skills training happens at high intensity under competitive conditions.</p> <p><b>TACTICAL:</b> Advanced team systems and strategies. Linkage between players and team units. Effective use of set pieces. Awareness of opponents’ tactics, strengths and weaknesses. Ability to adapt to opponents and tactical changes. Refinement</p>	<p><b>GOAL:</b> Maximizing all player capacities - skills, tactics, mentality, physical attributes.</p> <p><b>TECHNICAL:</b> Complete refinement of soccer-specific skills to ensure automatic performance under pressure. Training skills to prepare for competition are second nature.</p> <p><b>TACTICAL:</b> High confidence and competency in decision making, leadership and game analysis. Ability to adjust game plan and adapt playing strategies to suit changing game conditions. Clear understanding of team shape and player roles within system. Importance and</p>



<p>pressure, cover and balance. Positional awareness developed in smallsided games and full-sided competitive matches. Develop understanding of defense, midfield and forward units' tasks.</p> <p><b>PHYSICAL:</b> Regular musculoskeletal assessment to detect onset of PHV and monitor afterwards. Aerobic training after onset of PHV. Girls strength training at onset of menarche after PHV. Boys strength training 12-18 months after PHV. Emphasize flexibility during PHV. Soccer-specific conditioning - stamina, speed, strength, suppleness.</p> <p><b>MENTAL:</b> Introduce advanced skills: Self-talk, imagery, profiling and thought-stopping. Introduce training and competition diaries. Relaxation and anxiety control techniques.</p> <p><b>PERSONAL:</b> Responsibility and self discipline. Positive communication and teamwork. Issues of peer groups, alcohol, drugs, school, family.</p>	<p>and enhancement of attacking and defending principles.</p> <p><b>PHYSICAL:</b> Conditioning specific to positions, individuals, and soccer skills. Further develop flexibility, agility, aerobic and anaerobic endurance, core strength and stability. Prevention and care of injuries. Tapering and peaking for optimal performances. Individualization of physical training. Testing is crucial to monitor progress.</p> <p><b>MENTAL:</b> Pre-competition self-talk, imagery, thoughtstopping, goal setting, mental toughness, anxiety control and relaxation. Techniques to re-focus. Maintaining mental skills under pressure and fatigue. Performance analysis to identify mental weaknesses.</p> <p><b>PERSONAL:</b> Responsibility and self discipline. Planning for career/sport options. Scholarships and compensation schemes. Integration of soccer, career and life goals.</p>	<p>organization of set pieces for attack/defence. Game management skills (ie. field conditions, time of game, score in game etc.)</p> <p><b>PHYSICAL:</b> Maximization of physical capacities for optimal performance. Individual fitness programs for maintenance and improvement. Training, rest and recovery are closely monitored. Periodization is essential.</p> <p><b>MENTAL:</b> Pre-practice and pre-competition routines are automatic. Firm confidence in independent decision making. Increased sense of responsibility, accountability, discipline and leadership. Competitive mentality and will to win.</p> <p><b>PERSONAL:</b> Full integration of soccer, career and life goals.</p>
<p><b>GOALKEEPING:</b> Specialization phase, but should still play field. Refine ball handling at all heights plus shots and with crosses. Catch? Deflect? Top hand situations. Develop two-handed/onehanded punching of crossed balls. Refine throwing and diving techniques, footwork, goal kicks and punts. Develop drop kicks and moving back passes. Introduce side winder, fly kick and tackling.</p>	<p><b>GOALKEEPING:</b> Most players including keepers now in specialized positions. Continue refining and perfecting all techniques, including ball handling, diving, footwork, deflecting and punching, diving, and kicking. Greater emphasis on the leadership role regarding communication/positioning/ directing players, particularly defenders, in tactical requirements.</p>	<p><b>GOALKEEPING:</b> Goalkeepers are entirely specialists. Most skills are in a maintenance or remedial mode and "perfecting" mode. The leadership/tactical role of the Sweeper/Keeper is paramount. The interaction between GKs and field players is critical to the success of the team. These should be steadily tested/refined in training and game situations with the highest level of competition and pressure.</p>

## Stage 7: Active for Life

Any age Female and Male
<p><b>GOAL:</b> Foster lifelong activity, while also encouraging players to pursue roles in coaching, officiating, and administration.</p> <p><b>TECHNICAL:</b> Maintain existing skills and learn new skills as desired.</p> <p><b>TACTICAL:</b> Basic tactics are sufficient to enjoy the game at a recreational level. More advanced are required for competitive level.</p> <p><b>PHYSICAL:</b> Follow age-appropriate guidelines for endurance, strength and flexibility to maintain active lifestyle.</p> <p><b>MENTAL:</b> Focus on having fun, in addition to stress release and fitness discipline.</p> <p><b>PERSONAL:</b> Social activity and contact. Giving back to the soccer community through supporting roles -</p>
<p><b>GOALKEEPING:</b> Whoever is willing to play in goal is still working on their skills – dreaming of being called up to the big time!</p>