

RYSA Learning to Train Program (U10 – U12)

January , 2013

I. FORWARD

Stage 3 of Long Term Player Development is called “Learning to Train - The Golden Age of Learning” The RYSA Learning to Train Program (the “Program”) is comprised of non-selected (that is the teams are not created via player assessment / try-out) teams at U10 – U12 and selected teams at U11 and U12. Each of these age groups and tiers will be discussed separately below.

II. BASIC OBJECTIVES

The Program’s basic objectives are to guide players (and their parents) through the fundamental transitions that occur during this stage. The fundamental transitions include:

- the transition from 7 aside soccer at U10 to full 11 aside at U13
- the transition from fully non-selected or non-streamed soccer to streamed soccer
- defined player commitment expectations and the relationship with the concept of “all things being equal” playing time introduced at the U11 and U12 select tier
- the transition from fully Richmond located games to “away games” for some U11 and U12 teams preparing for away games at for all U13 players

III. U10

While the U10 format and structure is very similar to U9, U10 is the first year in which players will be (for the purposes of U11 Select program – see below) assessed and is the first year that a slightly tiered additional program (called U10 Plus – see RYSA Guide for more information on U10 Plus) is introduced.

The U10 basic elements are set-out and discussed below:

- **Player Registration Fees for 2013 – 2014:** will be announced in March / April. Fees for 2012/2013 were \$175.
- **Game Format:** 7 v 7.
- **Frequency and Location:** all games located in Richmond. Two one hour sessions (one practice and one game) per week. Practice days are Wednesday’s and “Game Day” is Saturday - times will be announced prior to the start of the season.
- **Team Creation:** teams are all non-selected/tiered and established *via* a player draft (taking place each August) having the principal objective of balancing teams.
- **Coaching:** volunteer coaching with professional coaching assistance. The RYSA provides our volunteer coaches with support by way of coaching certification (without cost to the coaches) and age appropriate practice plans
- **Playing Time Rule:** equal playing time for all players
- **New For 2013/14:** the concept of the “Instructing Referee will be tested at some U10 games. The Instructing Referee will be a senior referee or coach who, in addition to referee duties will provide playing guidance to players.
- **Additional Training Opportunities:** Sunday Morning Skills and U10 Plus.
- **Want to Know More?** Prior to the season’s start, further information on the Program will be posted on the RYSA web-site and emailed to registrants in late August. See links in the RYSA Guide for information on RYSA Sunday Morning Skills and U10 Plus. More information of on LTPD Stage 3

can be found at:

<http://bcsoccer.net/LinkClick.aspx?fileticket=nxvWQ2LINKY%3d&tabid=229&mid=832> .

IV. U11 and U12 Non-Select

The RYSA introduces selected soccer (meaning teams that are created via player assessment/ try-out) at U11. The U11 and U12 Selected elements of the Program are discussed later in this guide. Participants who do not play in the Select elements play in the U11 Non-Select Program and the U12 Bronze Program respectively.

The basic elements of the U11 Non-Select Program are as follows:

- **Player Registration Fees for 2013 – 2014:** will be announced in March / April. Fees for 2012/2013 were \$205.
- **Game Format:** 8 v 8.
- **Frequency and Location:** all games located in Richmond. Two one hour sessions (one practice and one game) per week. “Game Day” is Saturday - practice days and times and game times will be announced prior to the start of the season.
- **Team Creation:** teams are all non-selected/tiered and established *via* a player draft (taking place each August) having the principal objective of balancing teams.
- **Coaching** – fully volunteer coaching with professional coaching assistance. The RYSA provides our volunteer coaches with support by way of coaching certification (without cost to the coaches) and age appropriate practice plans
- **Playing Time Rule:** equal playing time for all players
- **Additional Training Opportunities:** Sunday Morning Skills and U11 Academy.
- **Want to Know More?** Prior to the season’s start, further information on the Program and the U11 Academy will be posted on the RYSA web-site and emailed to registrants in late August. More information of on LTPD Stage 3 can be found at:
<http://bcsoccer.net/LinkClick.aspx?fileticket=nxvWQ2LINKY%3d&tabid=229&mid=832>

The basic elements of the U12 Bronze Program are as follows:

- **Player Registration Fees for 2013 – 2014:** will be announced in March / April. Fees for 2012/2013 were \$205.
- **Game Format:** 8 v 8.
- **Frequency and Location:** home games are in Richmond and away games are in Vancouver, Burnaby, and the North Shore in a League called “Four-District”. Two one hour sessions (one practice and one game) per week. “Game Day” is Saturday - practice days and times and game times will be announced prior to the start of the season.
- **Team Creation:** teams are all non-selected/tiered and established *via* a player draft (taking place each August) having the principal objective of balancing teams.
- **Coaching** – fully volunteer coaching with professional coaching assistance. The RYSA provides our volunteer coaches with support by way of coaching certification (without cost to the coaches) and age appropriate practice plans
- **Playing Time Rule:** equal playing time for all players
- **Additional Training Opportunities:** Sunday Morning Skills and U12 Academy. For strength and conditioning training, the Richmond Olympic Oval offers programming coordinated with the Program.
- **Want to Know More?** Prior to the season’s start, further information on the Program, the U12 Academy and the Richmond Olympic Oval strength and conditioning program will be posted on the

RYSA web-site and emailed to registrants in late August. More information of on LTPD Stage 3 can be found at:

<http://bcsoccer.net/LinkClick.aspx?fileticket=nxvWQ2LINKY%3d&tabid=229&mid=832> . For information on Four District: <http://www.4districtsoccer.com/>

V. U11 and U12 Selected Soccer

U11 and U12 selected soccer is comprised of the following:

- U11 Select Group
- U12 Select Group
- U12 Silver Team

The U11 and U12 Select Groups are discussed below and the U12 Silver team is discussed later in this guide.

One of the purposes of the RYSA's soccer development program is to prepare players so, if they desire, they are in as good as position as they can be so as to be selected to a British Columbia Soccer Premier League Team (including Fusion FC) or a RYSA Select Program team. The U11 and U12 Select Group Programming are comprehensive programs tailored for these purposes.

While there are some differences (identified below) between U11 and U12, the two programs are very similar and can be discussed as one. The basic elements of the U11 and U12 non-selected elements of the Program are as follows:

- **Player Registration Fees for 2013 – 2014:** will be announced in March / April. Fees for 2012/2013 were \$825. Player registration costs for the fall/winter portion of the program are, as a result of the full time professional coaching and fitness training, significantly higher than other U11 and U12 programming but that same as the U13 – U18 Metro-Select Program costs. Cost for the spring/summer element (see below) are additional
- **Game Format:** 8 v 8
- **Location:** home games are in Richmond and away games are in Vancouver, Burnaby, and the North Shore in a League called "Four-District".
- **Number of Teams:** each of U11 and U12 is a two-team program having 12 - 13 players per team.
- **Team Creation / Player Selection:** players are assessed over the course of the U10 and U11 years respectively. Formal player assessments ("try-outs") will occur in January and February. Once the group (24 – 26) is selected then, in August, the group is then divided into two teams. At U11, the objective is to divide the group into two balanced teams. At U12, the objective is to divide the group into a first and second team.
- **Program Duration** – the Program will initially start in April and run to mid/late June 2012. This spring/summer part of the Program will be structured in such a way as it will permit (and indeed promote) participation, during this period, in other sports – specific information on this spring/summer part of the Program will be provided to participants selected to the Program. After the summer break, the Program will re-start in mid-August and continue until early March. During this fall/winter portion of the Program, players are expected to attend every game and practice.
- **Program Frequency** – during the September – March portion of the Program, the standard frequency will be four times per week (3 practices and 1 game). Players are expected to attend all practices and games. Practice days and times will be announced prior to the start of the season.
- **Coaching** – a professional coach will, on a full time basis, be assigned to each of the U11 and U12 teams. The RYSA requirements for U11 and U12 professional coaches is that they are experienced coaches having a minimum of a Provincial B License Certification. The professional coach will be

assisted by volunteer parent coaches. Additionally, the curriculum includes professionally delivered fitness training.

- **Playing Time Rules** - “all things being equal” players are entitled to equal playing time. All things being equal means:
 - at training sessions and games, players consistently exhibit the determination and the desire to become the best soccer players that they can be
 - players adhere to prescribed rules in respect to attendance, punctuality, communication and training gear
- **Want to Know More?** Information on assessments/tryouts and some further Program details is provided to all applicable age group players well prior to assessments/try-outs. Detailed information on the Program (including the spring/summer element) will be provided to those selected by the Program coaches / administrator. More information of on LTPD Stage 3 can be found at: <http://bcsoccer.net/LinkClick.aspx?fileticket=nxvWQ2LINKY%3d&tabid=229&mid=832> . For information on Four District: <http://www.4districtsoccer.com/>

VI. U12 Silver Program

The U12 Silver team’s objective is to provide selected soccer (at the “Silver tier”) to players not selected to the U12 Select Group. The basic elements of the U12 Silver are as follows:

- **Player Registration Fees for 2013 – 2014:** will be announced in March / April. Fees for 2012/2013 were \$400.
- **Game Format:** 8 v 8
- **Location:** home games are in Richmond and away games are in Vancouver, Burnaby, and the North Shore in a League called “Four-District”.
- **Program Frequency:** three times per week (two practices and one game)
- **Team Creation:** Formal player assessments (“try-outs”) will occur in January and February and are combined with the U12 Select team assessment process.
- **Coaching** – fully volunteer coaching with professional coaching assistance. The RYSA provides our volunteer coaches with support by way of coaching certification (without cost to the coaches) and age appropriate practice plans
- **Playing Time Rules** - “all things being equal” players are entitled to equal playing time. All things being equal means:
 - at training sessions and games, players consistently exhibit the determination and the desire to become the best soccer players that they can be
 - players adhere to prescribed rules in respect to attendance, punctuality, communication and training gear
- **Want to Know More?** Information on assessments/tryouts and some further Program details is provided to all applicable age group players well prior to assessments/try-outs. Detailed information on the Program will be provided to those selected by the Program coaches / administrator. More information of on LTPD Stage 3 can be found at: <http://bcsoccer.net/LinkClick.aspx?fileticket=nxvWQ2LINKY%3d&tabid=229&mid=832> . For information on Four District: <http://www.4districtsoccer.com/>