

PSSC Recreation Matrix

Age Group	U4	U6	U8	U10	U12	U16
Stage of LTPD	Active Start	Fundamentals	Fundamentals	Learning to Train	Learning to Train	Learning to Train and Compete
Max Roster Size	Parent and Child	10	10	14	16	18
Substitutions	n/a	Unlimited (on the fly)	Unlimited (on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)	Unlimited (any stoppage)
Practice to Playing Ratio (Recommended)	n/a	1:1	1:1	1:1	1:1	1:2
Recommended Playing Time	n/a	Fair Time In All Positions	Fair Time In All Positions	Fair Time In All Positions	Fair Time In All Positions	Try different positions but with more emphasis on particular positions
Max Game Duration	n/a	30 minutes	40 minutes	50 minutes	60 minutes	70 minutes
Throw-ins	n/a	No (Pass-ins)	No (Pass-ins)	No (Pass-ins)	Yes	Yes
Offside	n/a	No	No	No	Yes	Yes
Ball size	3	3	3	4	4	5
Playing Format	Parent and Child	3V3 (No GK) as the summer progresses	5V5 (Including GK)	7V7 (Including GK)	9V9 (Including GK)	11V11 (Including GK)
Recommended Playing Formation For Age Group (GK not inc. start from back)	N/A	2-1	1-2-1	2-2-2	3-3-2	4-3-3
Day of Week and Practice/Game Timing	Monday 6:00-6:45	Monday 6:00-7:00	Wednesday 6:00-7:00	Wednesday 7:10 -8:10	Thursday 6:30-8:00	Tuesday 6:30-7:45
Field	The Y	The Y	Kinsmen	Kinsmen	Kinsmen	PSHS/Kinsmen (practice team)
Field Size	5 Rectangles	5 Rectangles	Using Red Lines Sideways on Field One	Using Red Lines both Field One and Two	Using Half of Large Field White Lines Field Two	Using Full Field White Lines

Timing Within Game/Practice Nights: WU=warm-up, FH=first half, SH=second half, SA=soccer activity, EB=Energy Break

U8: WU-6-6:10 / FH-6:10-6:30 / EB and SA-6:30-6:40 / SH-6:40-7:00

U10: WU and SA-7:10-7:35 / FH-7:35-7:55 / EB-7:55-8:00/ SH-8:00-8:20

U12: WU and SA-6:30-6:55 / FH-6:55-7:25/ EB-7:25-7:30/ SH-7:30-8:00

U16: WU-6:30-6:40/ FH-6:40-7:10/ EB-7:10-7:15/ SH-7:15-7:45 with third team practicing at Kinsmen 6:30-7:45

Explanation of Formation Recommendations for each Age Group:

One of the main premises of the LTPD model is developing players that have an understanding and perspective of all player positions on the field. With this in mind, coaches are encouraged to introduce players to all positions during the season. This simply means that by dividing your team up into position groupings of Defenders, Midfielders and Striker/Goalkeepers that you can establish blocks of time that will allow for development of those players in that position before moving on to the next position. The following chart summarizes what this looks like. For example, if you were a U8 team using a 1-2-1 formation you would have 3 defenders, 4 midfielders and 3 striker/GK in a block for three weeks. You would then move the arrangement so that the Defenders became Midfielders and so on in the next block. This concept allows players to develop their understanding of the position for a series of weeks. **Please note** that I have included the soccer skills development schedule to make it a little easier for you to organize this skill development in the same timeframe.

Dates	Positional Block	Soccer Skill Focus– See Toolkit
Week of June 5- June 16	Getting to know your team	Dribbling
Week of June 19-June 30	1 st Block of Def/Mid/Striker-GK	Control
Week of July 3–July 21	2 nd Block of Def/Mid/Striker-GK	Passing
Week of July 24 1-Aug 11	3 rd Block of Def/Mid/Striker-GK	Shooting
Week of Aug 14-25	Open Block for Exploration	Put it together- U12-U16 Heading