



***Durham Region
Soccer League***

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DRSA U12 & U13

Team League Meeting

Monday April 27, 2026

Welcome to the 2026 Outdoor Soccer Season

Meeting Agenda



League Communication



E2E Activation-Agreement to abide by Rules and Regulations



League Team Manager Guide - Call ups / Game Sheets (2)/ Game Reports



Take Five



Heading Guidelines



Division Format



Highlighted Game day points



Questions & Answers



Durham Region Soccer League

DRSA League Team Manager Guide

TAKE 5

- The Goal to sharing this is to help remind everyone how important their role is in supporting the Referees!

Coaches / Assistant Coaches


- Coaches have Many Roles
- Sportsmanship!
- Remaining calm - Tap on shoulder

Players Behavior

- Who are players looking up to?

Spectator Behavior


- Soccer is a...Bully And Harassment FREE ZONE!



TAKE 5

What is Take 5?

It is an approach that is used to specifically address spectator behaviour that is unacceptable immediately in the moment!



3 Steps of the Take 5 Approach


- Warning**

 - a. the first time that spectator behaviour crosses the acceptable threshold, the referee will pause the game.
 - b. the referee will address the behaviour with the coach who will then address their team's spectators.
- Timeout / Take 5**

 - a. the second time that spectator behaviour crosses the acceptable threshold, the game is paused for 5 minutes and then the play is restarted.
- Abandon**

 - a. the third time that spectator behaviour crosses the acceptable threshold the game is abandoned and the referee will submit the necessary reports.

NO REF,
NO GAME.



SOCCER IS A BULLY AND HARASSMENT FREE ZONE.

The Goal

The goal is that Take 5 will help remind everyone how important their role is in supporting the development of Players, Coaches, and Match Officials!



HEADING GUIDELINES

No heading training in the early development stages. Stages include Active Start, Fundamentals, & Learn to Train (7v7 small-sided match)

Graduated approach to heading for players in the Soccer 4 Life (U14+)



U5-U11



Heading should not be introduced in training sessions at this age.

U12-U13



Heading remains a low-priority.

1 session per month & max 5 headers

U14-U17



Heading remains a low-priority.

1 session per week & max 10 headers

TECHNICAL SKILLS DEVELOPMENT



TIMING



Eyes open to attack the ball at the optimum point.

BODY POSITION



Use your body as a barrier, bend the knees, stiffen the neck by tucking the chin towards the chest, etc.

CONTACT WITH BALL



Contact on forehead between eyebrows and hairline, head moves towards the ball (strike it don't let it bounce off the head), use legs to drive through the ball, etc.

NECK & CORE STRENGTHENING

- Resistance Band Look-Aways with Partner
- Side Plank with Neck Resistance
- Neck Flexion
- Neck Extension
- Shoulder Shrug
- Prone Cobra
- Hip bridges

RECOMMENDATION

Limit heading training. Gradual approach to training contested headers. Use lighter balls or a ball with PSI at the lowest end of the recommended range

*These recommendations are designed to prioritize player welfare. As additional research is conducted, this guidance will be regularly reviewed and updated.

LTT U12 Boys T1

Team
Darlington Energy U12B T1
DeRo TFC Red U12B T1
FC Durham Black E U12B T1
FC Durham Black W U12B T1
FC Durham Blue E U12B T1
Northumberland U12B T1
Oshawa Kicks Red U12B T1
Oshawa Turul Titans U12B T1
Pickering FC Black U12B T1
Pickering FC Grey U12B T1
Whitby FC Blue U12B T1
Whitby FC Yellow U12B T1

LTT U12 Boys T2

Team
Cavan FC U12B T2
Darlington Rush U12B T2
Dero TFC Black U12B T2
FC Durham Blue W U12B T2
FC Durham White W U2B T2
Kawartha Inferno U12B T2
NDUFC U12B T2
Northumberland U12B T2
Oshawa Kicks White U12B T2
Oshawa Turul Azzuri U12B T2
Peterborough Blue U12B T2
Peterborough White U12B T2



U12 Boys T1 & T2 Teams

Playing Night – Wednesday

U12 Girls T1 & T2 Teams

Playing Night - Thursday

LTT U12 Girls T1

Team
Cavan FC Red U12G T1
Darlington Energy U12G T1
FC Durham Black E U12G T1
FC Durham Black W U12G T1
FC Durham Blue E U12G T1
Pickering FC Black U12G T1
Whitby FC Yellow U12G T1

LTT U12 Girls T2

Team
Cavan FC Black U12G T2
Darlington Rush U12G T2
Kawartha Inferno U12G T2
Northumberland U12G T2
Oshawa Kicks U12G T2
Peterborough Blue U12G T2
Pickering FC Grey U12G T2
Whitby FC White U12G T2



DRSL U13B T1

Team
Cavan FC Red U13B T1
Dero TFC Black U13B T1
FC Durham Blue W U13B T1
Kawartha Inferno Red U13B T1
Oshawa Kicks Red U13B T1
Oshawa Turul Green U13B T1
Oshawa Turul White U13B T1
Peterborough Blue U13B T1
Whitby FC White U13B T1

DRSL U13B T2

Team
Cavan FC Black U13B T2
Darlington Rush U13B T2
Kawartha Inferno Black U13B T2
MFA U13B T2
NDUFC U13B T2
Northumberland Black U13B T2
Northumberland Blue U13B T2
Oshawa Kicks White U13B T2
Peterborough White U13B T2
Pickering FC Grey U13B T2



U13 Boys T1 & T2 Teams

Playing Night - Tuesday

DRSL U13G



Team
Cavan FC Black U13G
Cavan FC Red U13G
Darlington Rush U13G
FC Durham Blue W U13G
NDUFC U13G
Northumberland U13G
Oshawa Kicks Red U13G
Oshawa Kicks White U13G
Oshawa Turul U13G
Peterborough U13G
Pickering FC Grey U13G

U13 Girls Teams

Playing Night – Monday

Highlighted Game related points:

League Communication

- Parent - Lead Coach/Manager - Club=DRSA
- NO Scores, No Standings = Grassroots U8 - U13

Game sheets

- Physical Game sheet X2 at each game, & physical Official stamped Roster
- No handwritten players , No Duplicate of jersey number on Game sheet.
- All players must be listed on Game sheet
- Referee uploads game sheet to E2E = League
- Game Reports – Please Complete in E2E after every game, once complete = **Press submit**

Discipline

- Yellow / Red Cards
- Teams cannot appeal Yellow cards.
- An appeal of the red card - Must be requested within 3 days of the game day! (Contact your Club)
- Notice of Decision – Only sit out games that are listed on your Notice of Decision! (Game #'s will be listed).
- *Team Jerseys (**Home - (Light /Colours) / Away - (Dark Colours)** ***Teams should always bring both jerseys to every game.**
- **Player ID Rosters – In the Rules – Teams can ask to see Team official digital ID roster, (Previously known as book check)**

Game Cancellations - Due inclement weather – Email will be generated and sent through E2E, posted on Website.

Game Reschedules - Home team contacts League with date & field within 7 days.

Questions & Answers