

PRINCE GEORGE
YOUTH SOCCER ASSOCIATION

2021 HANDBOOK



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MESSAGE FROM THE CLUB MANAGER

“Never forget where you came from, never forget where you are going and never forget those who have helped and supported you along the way”. This is a creed I live by every day. Born and raised in Prince George until I was 19 years old, my family and the soccer community played an important role on my path to become a Husband, Father, Sport Scientist, Coach, Educator and Director.

After a subsequent twenty-one-year journey throughout the USA and Canada, the opportunity to come back home presented itself in early 2018. I cannot thank those who have made the dream of guiding and supporting the Prince George soccer community enough, nor the athletes, mentors, peers, co-workers and sport scientists/professors, I have had the privilege of working with over the past two decades.

Relationships and partnerships are at the core of my developmental philosophy. Today’s younger generation desires belonging, being valued and heard, while being part of something bigger than us all. Although a dedicated framework and structure are integral to the overall success of any ‘system’, building a community connection and a family-based environment is what drives long term sustainability and viability.

Every participant deserves the opportunity to strive for their individual dreams and goals. Our responsibility as life-coaches is to open as many doors as possible and push aside roadblocks that inhibit the success of our youth. The internally driven participant wearing the badge of a Club that is dedicated to the collective success of its members, is a united and relentless force.

We are one, we are united, we are PGYSA/IMPACT.

Sincerely,

Coach Terrol G.G. Russell

CLUB STRATEGIC MANAGEMENT PLAN (2021-2025)

- https://cdn4.sportngin.com/attachments/document/9573-2376452/2021-2025_Strategic_Plan.pdf

CLUB IDENTITY

MISSION & VISION

MISSION

Use forward thinking and best practices to deliver a dedicated participant-centered sport system that provides teachings, exposure, and opportunity youth need to realize their potential

VISION

- ❖ Create opportunity for all
- ❖ Build a connected community
- ❖ Enable individual and team growth

ORGANIZATIONAL VALUES

To Build and Cultivate:

- ❖ Integrity
- ❖ Courage
- ❖ Passion
- ❖ Innovation

ORGANIZATIONAL SUSTAINABILITY

Operations Platform

- ❖ Implement a structured sport system that is guided by best practice and supported with the organizational capacity needed to meet all current and future provincial/national guidelines

Infrastructure

- ❖ Maintain minimum equipment and facility standards, to ensure our members have access to year-round development opportunities

Governance

- ❖ Commit to following good governance practices and align our club operations with modern organizational standards

Digital Presence

- ❖ Maintain an online presence that promotes our Club identity, principles, values, and purpose

Youth Leadership

- ❖ Establish youth committees to acquire feedback on how our programming positively connects with today's youngest generation

CLUB PATHWAY & SYSTEM

A PARTICIPANT CENTERED PATHWAY

Process-Oriented Roadmap

- ❖ Well-defined pathways and stage-based benchmarks emphasize process over outcome

Stream-Based

- ❖ Each participant self-selects the stream that is a best fit with their individual soccer goals

Dedicated & Deliberate

- ❖ Each stream is built upon a foundation of nationally defined guidelines and standards

Cohesive Structure

- ❖ Each member wears the club badge with pride, and regardless of one's long-term soccer goals, respects and values all members equally

Vertical & Horizontal Integration

- ❖ Inter-stream connections allow for a seamless transition between programs and stages at any point during a participant's journey

CLUB INFORMATION

General Information

- To contact the Club for information, questions, or queries, please email impact@pgysa.bc.ca.
- Club Website (HTTP:) pgysa.bc.ca
- Club Contacts: <https://www.pgysa.bc.ca/page/show/5362959-current-staff-and-board>
- Clubhouse and Rotary Field Address: <https://www.pgysa.bc.ca/page/show/6215056-contact-us>

Club Policies/Procedures/Codes of Conduct

- Policies & Procedures: <https://www.pgysa.bc.ca/page/show/6253302-policies>

CONTACT INFORMATION

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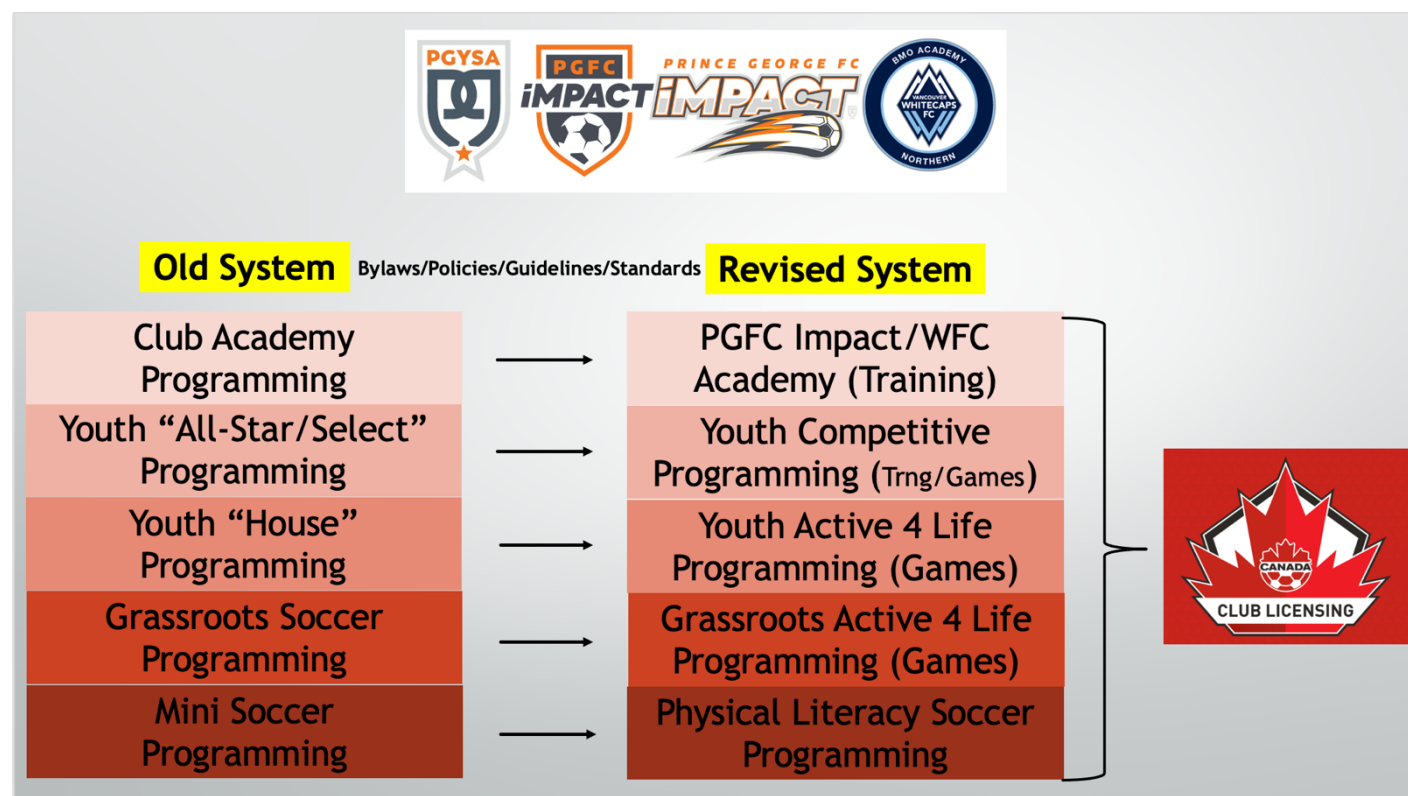
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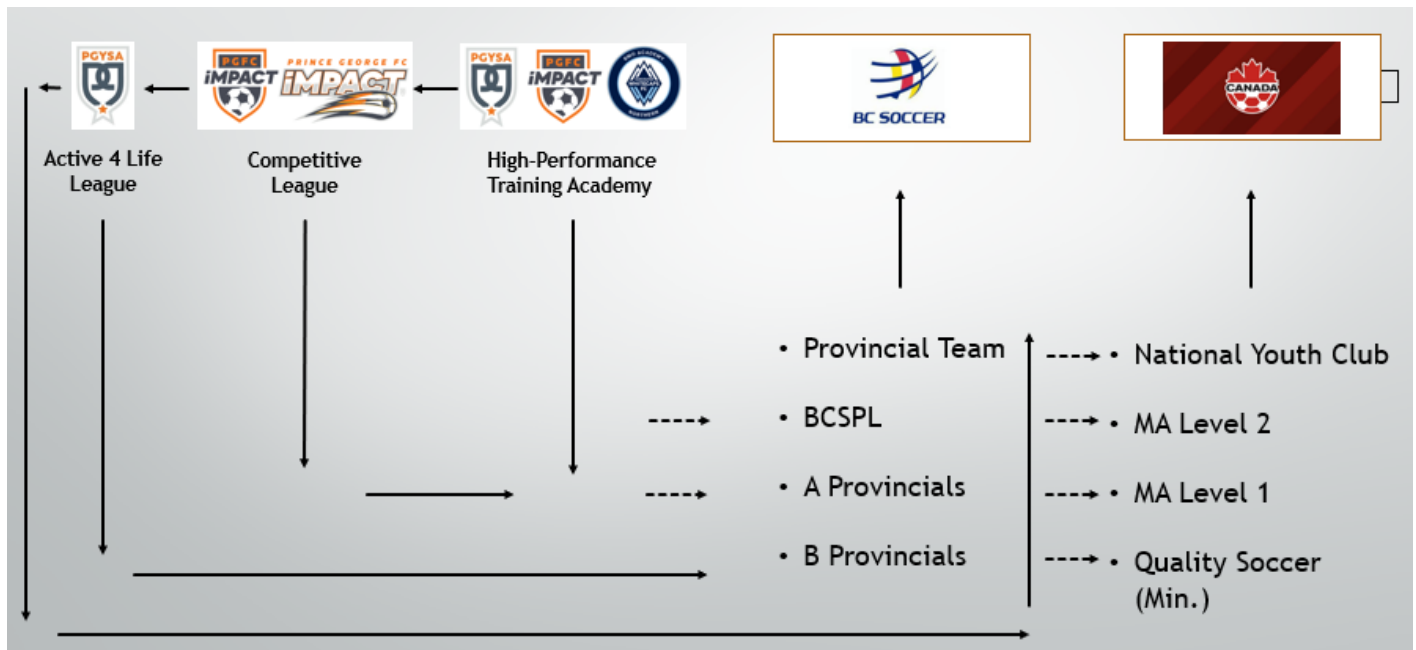
CLUB PROGRAMMING STREAMS DEFINITION & OVERVIEW

Physical Literacy	Grassroots	Competitive	High-Performance
Engagement & Enjoyment	Easily Accesible Activity	Increased Physical Output	Environmental Design
Activity for Life	Health & Wellness	Advancemenet of Skill Development	Sport Science Implementation
Pattern Recognition	Positive Adult Guidance	Increased Self-Drive	Periodization/Yearly Plan
Physical/Psychological Foundation	Sport Specific Fundamentals	Overcoming Adversity	5-Pillars Development
Fundamental Movement Skills	Social Development	Measured Goup Performance	Testing/Tracking/Data
Problem Solving	Exploration/Meeting New People	Sport Science Support	Measured Individual Performance
Sport Science Support	Safe & Fun	Certified Coaches & Support Staff	Highest levels of Certified Coaches & Support Staff

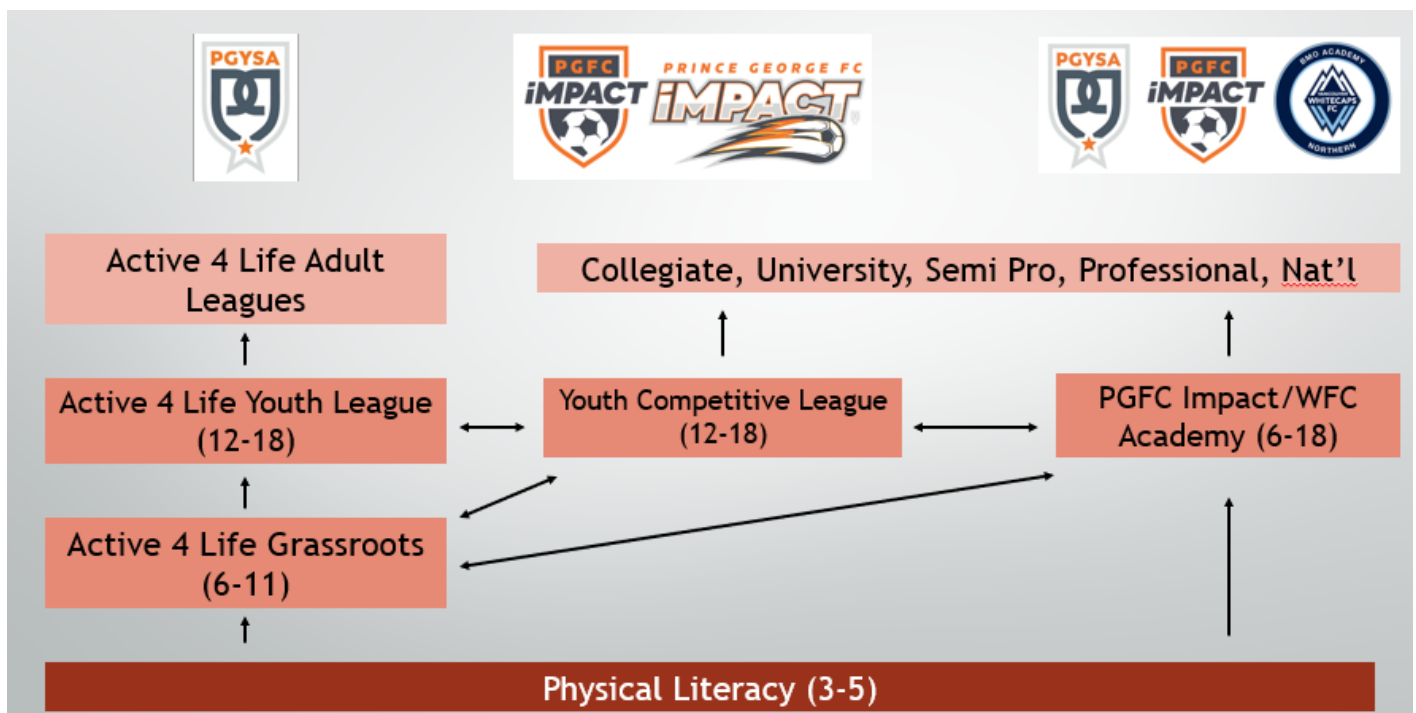
OLD VS REVISED - CLUB PROGRAM NAMING SYSTEM



PGYSA/PGFC 2022-2025 CLUB STRUCTURE



PGYSA/IMPACT 2022-2025 PLAYER PATHWAY



CANADA SOCCER GRASSROOTS STANDARDS

Canada soccer has recently issued new grassroots standards that all members must attempt to implement in order “to create the best possible learning and development environment for all young players in Canada.” (Canada Soccer, 2021). These standards align closely with those currently implemented at the club. The Grassroots guidelines are provided within the next few pages of this section.

CANADA SOCCER GRASSROOTS STANDARDS

The Canada Soccer Grassroots Standards have been designed to create the best possible learning and development environment for all young players in Canada. The Grassroots Standards are based on global best practice while taking into account the realities of Canadian soccer. As adults, it is our responsibility to ensure that all of our children are able to enjoy soccer in a safe, fun, accessible, inclusive and developmentally appropriate environment. Given the uniqueness of our country – where geography, climate and infrastructure can be vastly different from one region to the next – it will not always be possible to implement the Grassroots Standards. Do your best to implement the Grassroots Standards while understanding that some standards may not be possible to achieve in your region.

SECTION I: INTRODUCTION

Every person involved in soccer in Canada deserves an enjoyable experience with the game, regardless of the role they play, their age, their level of experience or their ability. For young players, an enjoyable experience means that they have access to high-quality programs where they can have fun with their friends, learn new skills and play the game in an appropriate format. Clubs play an important role in this, as they are the primary providers of the soccer programs where young players experience the game in Canada.

Canada Soccer has created the Skill Centre and Dedicated Player Programs to guide clubs towards best principles

in player development by taking a nationally coordinated approach to developing young soccer players. Skill Centres and Dedicated Player Programs provide a challenging, enjoyable environment for players to develop and nurture the skills required to succeed in the game of soccer.

By taking a structured, long-term approach to player development – based around the principles of Long-Term Player Development (LTPD) – our young players will develop the foundation of fundamental skills required to succeed at whatever level of the game they aspire to reach.

SECTION II: SKILL CENTRE AND DEDICATED PLAYER PROGRAM GOALS

Canada Soccer Skill Centres and Dedicated Player Programs are aligned to the best principles of player development from around the world. The underlying aim of Skill Centres and

Dedicated Player Programs is to provide the best environment possible to as many young players as possible for as long as possible.

GOAL 1

- Keep more young players involved in the game for longer by providing them with an enjoyable experience with the game.

GOAL 2

- Produce clear training guidelines for clubs so that they can deliver the best possible environment for young players in their region.

GOAL 3

- Produce better players across Canada by increasing opportunity and access to better training and competition for more young players.



CANADA SOCCER GRASSROOTS STANDARDS

ACTIVE START		FUNDAMENTALS		LEARN TO TRAIN	
CRITERIA	U5-U6	U7	U8-U9	U10-U11	U12-U13
Match format (maximum)	No formal matches	3v3	4v4 (no GK) or 5v5 (with GK)	7v7	9v9 [U12] 9v9 or 11v11 [U13]
Coaching qualification	Active Start + MED + RiS + Making Headway + EAP	Fundamentals + MED + RiS + Making Headway + EAP	Fundamentals + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP	Learn to Train + MED + RiS + Making Headway + EAP
Maximum match duration	Informal play	30 minutes	40 minutes	50 minutes	70 minutes [U12] 80 minutes [U13]
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 one (1) match	Duration of one (1) match	Duration of one (1) match	Duration of one (1) match
Maximum goal size	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	Pop-up goals 3ft (0.91m) x 5ft (1.52m)	5ft (1.52m) x 8ft (2.44m)	6ft (1.83m) x 16ft (4.88m)	6ft (1.83m) x 18ft (5.49m)
Field size	N/A	Width: 18-22m Length: 25-30m	Width: 25-30m Length: 30-36m	Width: 30-36m Length: 40-55m	9v9 Width: 42-55m Length: 60-75m 11v11 Width: 45-90m Length: 90-120m
Ball size	3	3	3 or 4 (or 4 super light)	4 (or 5 light)	9v9: 4 (or 5 light) 11v11: 5 (or 5 light)
Number of memorable events (maximum)	N/A	N/A	Two (2) per year	Two (2) per year	Four (4) per year <i>*One (1) event may be overseas</i>
Referee or Game Leader	N/A	Game Leader	Game Leader or Referee	Game Leader or Referee	Referee
Restarts from Sidelines	N/A	Pass in or dribble in	Pass in or dribble in	Pass in or dribble in	Throw-in



CANADA SOCCER GRASSROOTS STANDARDS

CRITERIA	ACTIVE START			FUNDAMENTALS		LEARN TO TRAIN	
	U5-U6	U7	U8-U9	U10-U11	U12-U13		
Offside	N/A	N/A	No	No	Yes		
Retreat line	N/A	Yes (halfway line)	Yes (halfway line)	Yes (one third)	Optional (one third)		
Substitutions	N/A	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage or on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)		
Season or block length (Indoor/outdoor)	6-16 weeks	6-16 weeks	6-22 weeks	10-22 weeks	10-22 weeks		
Team travel time	Within organization	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way	Under 60 minutes each way		
Playing time (players encouraged to try all positions)	Players all play	Fair playing time for all players	Fair playing time for all players	Fair playing time for all players	Fair playing time for all players		
Player-to-coach ratio	Ideal: 4:1 Maximum: 8:1	Ideal: 6:1 Maximum: 8:1	Ideal: 8:1 Maximum: 10:1 (5v5)	Ideal: 10:1 Maximum: 12:1	9v9 Ideal: 12:1 Maximum: 16:1 11v11 Ideal: 16:1 Maximum: 18:1		
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 guidelines (game day only)	N/A	Ideal: 6 players	Ideal: 8 players	Ideal: 10 players	9v9 Ideal: 14 players 11v11 Ideal: 16 players		
Match day format	N/A	Festival format	Festival format	Festival format	Festival or league format		
Number of match days (Festival or league play) per week	N/A	One (1)	One (1)	One (1)	One (1)		

2021 PGYSA PROGRAM STRUCTURE

PHYSICAL LITERACY SOCCER (3-5 YEARS OF AGE)

The U3/U4/U5 Physical Literacy Soccer program is focussed on fundamental movement skills development, fundamental soccer skill development, is an introduction to group-based interaction and is also an opportunity for parents to be involved with their child(ren). The parent/guardian & child play together informally in an environment promoting running, jumping, twisting, kicking, throwing, catching, tumbling, etc. Staff Coaches run the sessions and parents may participate on the field with their child.

SESSION DURATION:	One session weekly - 45 Minutes with 15 Minutes of free time.
COMPOSTION:	Coed. Agility and Coordination exercises finishing with a Game-related activity.
COACH STRUCTURE:	Staff Coaches and Parents work together with small group of children.

ACTIVE FOR LIFE - GRASSROOTS YOUTH GAMES (6-8 YEARS OF AGE)

A continuing focus for this group is Physical Literacy development but with the addition of more ball integration through games. Coaches conduct a warm-up with the players, where we instill a focus on full body movement. Centred around a fun and active learning environment, young players start to learn how to play the game within a small group. The focus is on encouraging each player to gain a love for soccer and a love for playing with a ball at their feet. Building a foundation at this early stage help to build competence, confidence and added enjoyment.

SESSION DURATION:	60 Minutes
COMPOSTION:	Coed. 15-minute warm-up activity with an approximate 40 min game/5 min halftime.
COACH STRUCTURE:	Club Staff Coaches oversee all games. Volunteer bench support can be provided if required.

ACTIVE FOR LIFE - GRASSROOTS YOUTH GAMES (9-11 YEAR OF AGE)

Players graduate into the next level of teaching at the Grassroots level. Warm-up includes the ABCs of movement: Agility, Balance, Co-ordination. Movement/exercises are designed to promote an added feel for the ball. Players will be introduced to concepts that promote co-operation between small groups of players. By the end of the season our goal is for the players to gain a deeper understanding while building additional game intelligence and decision-making ability.

SESSION DURATION:	60 Minutes
COMPOSITION:	Coed. 15-minute warm-up activity with an approximate 40 min game/5 min halftime.
COACH STRUCTURE:	Club Staff Coaches oversee all games. Volunteer bench support can be provided if required.

ACTIVE FOR LIFE - GRASSROOTS YOUTH GAMES (12-14 YEARS OF AGE)

The U12/U13/U14 Active for Life Grassroots League is a fun league for youth players that are looking to stay active and connect with other people their age. Social development and health and wellness is the main focus as it helps to transition players into the Active for Life stage of Long Term Player Development. During each game all players show up at the field together, where teams are made and we just 'play'. Club Coaches help the players with technical and tactical instruction, in order to help each player, have long term soccer enjoyment.

SESSION DURATION:	60-75 Minutes
COMPOSITION:	Coed. 15-minute warm-up activity with an approximate 40 min game/5 min halftime.
COACH STRUCTURE:	Club Staff Coaches oversee all games. Volunteer bench support can be provided if required.

2021 PGFC IMPACT PROGRAM STRUCTURE

COMPETITIVE LEAGUE – TRAINING & GAMES (12-14 YEARS OF AGE)

This stage is known as the “Golden Age of Learning”, where intrinsic motivation is developed, players move from self-centred to self-critical, talent is identified, and they have a high stimulation level during basic skills training. This is an important time to teach basic principles of play and to establish training ethic and discipline. Repetitions are important in developing technical excellence and are the groundwork for basic tactical play. The Competitive environment uses constraints-based learning ideals to create an environment that challenges body and brain.

SESSION DURATION: 60-75 Minutes

COMPOSITION: Coed. 15-minute warm-up activity with an approximate 40 min game/5 min halftime

COACH STRUCTURE: Certified Club Staff Coaches oversee all training sessions and games.

COMPETITIVE LEAGUE – TRAINING & GAMES (15-18 YEARS OF AGE)

This stage is known as the “Performance Stage”, where players make the decision regarding their potential future in the game. Training and match-play becomes more performance related, with all technical and tactical outputs specifically related to the next level. Players in this stage maintain a higher level of self-drive and self-determination. The game is no longer so much about fun, as it is driving oneself consistently to its limit. Physical and maturational development requires dedicated position-specific instruction and specialized teachings that are based on each player’s strengths. All program Coaches maintain minimum Provincial and/or National Technical certification alongside NCCP Theory certification.

SESSION DURATION: 60-75 Minutes

COMPOSITION: Coed. 15-minute warm-up activity + an approximate 40-60min game/5 min halftime

COACH STRUCTURE: Certified Club Staff Coaches oversee all training sessions and games.

IMPACT/WFC – BMO HIGH-PERFORMANCE TRAINING ACADEMY (6-18 YEARS OF AGE)

- Club Academy is operated under a partnership between the PGYSA’s IMPACT HP department and the Vancouver WFC.
- Supplementary High-Performance training for the more dedicated Junior/Senior player and parent.
- All sessions are overseen by Club Director and Academy Head Coach – Terrol Russell & certified Academy staff.
- Curriculum focusses on Athlete-specific and Sport-specific developmental criteria.
- Academy participants are provided sport science, testing, tracking, strength & conditioning and pathway development.

SESSION DURATION: 60-75 Minutes

COMPOSITION: Coed. 15-minute warm-up activity & 40-60 min of game-related activities.

COACH STRUCTURE: Certified Club Staff Coaches oversee all training sessions and games.

COACH GAME-DAY CHECKLIST

TEN CHARACTERISTICS OF A PGYSA GRASSROOTS COACH

- **Good role-model**
- **Professional Appearance**
- **Punctual**
- **Good teacher**
- **Friendly**
- **Good listener**
- **Good communicator**
- **Youth developer**
- **Motivator**
- **Planning & Preparation**

GAME-DAY PROCEDURES

Tips on Preparation

- Maintain an attendance list. This helps define game time or who is named in the starting lineup.
- Arriving early helps set a standard for the players and builds a routine.
- Set aside time at the beginning or at the end of the game to communicate the key-learnings to the players.
- Make sure to have a game plan in advance, even if it is a rough draft.
- Try to maintain a notebook where your coaching notes and sessions plans are kept.

Match Day Procedures

- **Prior to Match**
 - Introduce yourself to the opposition Coach(es).
 - Introduce yourself to the officials.
 - If awaiting information regarding field condition or referee availability, ensure the athletes are continuing to be active and not stationary.
- **During the Match**
 - Keep halftime talks short and simple.
 - Allow the athletes coming off the field at least two minutes to recover to resting heart rate, prior to providing information.
 - Try to sit on the bench with the athletes; only one coach is to stand at a time to provide information.
 - Provide a maximum of three pieces of information to the athletes at halftime and make sure they relate to the pre-game talk.
 - Make sure to stay calm and involve the athletes in the process.
- **After the Match**
 - Debrief should be 5-8 minutes maximum in length.
 - Try to always finish on a positive note.
 - Be aware of the information being provided, as it may be better to leave constructive criticism until the following training session.
 - Record any injuries that happened during the match.
 - Take any notes regarding the match (e.g., identified athletes) quickly as it will be fresh in your mind.
 - Return all equipment to the concrete pad outside the entrance to the basement.

What do I say as a Coach?

- **Pregame Examples**
 - What is our team shape?

- Why do we use Triangles and Diamonds?
 - When do we dribble?
 - When do we pass?
 - How many fakes or feints can we try today?
 - Can I challenge you to be creative?
- Halftime examples
 - When the ball is in our end, what do we want to try and do?
 - When the ball is in the opponent's end, what do we want to try and do?
 - If an opposing defender is blocking our path to goal, what should we do?
 - If there is an open path to goal, what should we try and do?
 - If we shoot on goal, should we try to be close to the goal, or far away?
- End of the game examples
 - What were three things we talked about today?
 - What worked really well?
 - What can we work on more next time?
 - What is our goal next game?

5 Core Club Non-Negotiable Pieces of Advice for Success

- Strive to ensure the ball and athletes are in motion at least 80% of training session.
 - Ensure your session design has the athletes actively engaged at least 80% of the session. This includes movement training, technical training, and small sided games.
 - Ensure each athlete is provided at least a ¼ of the training session, individual time to get as many touches as possible on the ball.
 - No Lines/No Laps/No Lectures
- Keep the information simple.
 - When providing feedback be sure to keep it simple and provide only one or two pieces of information at a time.
 - Make sure the session design on the pitch is color coded, to make it easy for young athletes to differentiate boundaries, zones, etc.
 - Use contrasting colors so athletes with color blindness can differentiate.
 - Have pinnies laid out in the field area the athletes to position themselves.
 - Adjust the size of the grid to keep the athletes challenged and active.
- Maintain positivity and let the small stuff go.
 - Try to put a positive spin on any constructive criticism.
 - Focus on your topic and focus less on irrelevant actions.
 - Athletes make mistakes. Encourage them to experiment and express.
- Reinforce development is a long-term investment.
 - Soccer is a very complex game and takes years to learn. Educate the athletes so they understand how to learn from errors and mistakes.
 - Reinforce hard work through effort-based feedback and not talent-based feedback.
 - Praise process and not just the end result.
- Guide and Facilitate the Learning.
 - Don't just give the athletes the answers. Make sure they work for it and think critically.
 - Give the athletes time to work through problems themselves and discover solutions. Who says we are right? Many times, we can learn from the athletes, as they are the ones actually involved and integrated in a session or a match.
 - Lead and Guide instead of Dictate.

STAGES OF DEVELOPMENT & CLUB RECOMMENDATIONS

PHYSICAL LITERACY SOCCER (3-5)

Characteristics of Development:

- Learning Letters/Numbers/Shapes/Patterns
- Learning Direction & how to track objects
- Learning the fundamental movement skills and how to sequence movements
- Start building a repertoire of movement skills
- Decision making in movement skill selection
- Tendency to gravitate towards laterality for specific actions

Training Recommendations

- Try to keep moving
- Keep it fun and social
- Challenging but not overly challenging
- Purpose to the session
- Include everyone
- Appropriate - space & equipment
- Work on building symmetry between right and left
- Mimicry and modelling
- Cueing & feedback
- Teaching games for understanding
- Introduce multiple different ways of moving in space (e.g., animals)

ACTIVE FOR LIFE – GRASSROOTS (6-8)

Characteristics of Development:

- Co-ordination difficulties (imbalance between length of body and muscle structure)
- Enjoyment of Movement
- Short attention span
- Sensitivity to criticism & a need for individual attention
- Enjoyment of being successful and being praised for it
- Enjoyment of gymnastic type activity
- Ability to work well in small groups
- Influence of parents, teacher, coach

Training Recommendations:

- All sessions should have lots of activity and movement
- General co-ordination activities
- Familiarity with the ball (running, turning, changing direction with the ball)
- Small-sided games

ACTIVE FOR LIFE GRASSROOTS (9-11)

Characteristics of Development:

- Improvement in co-ordination
- Displays of increase in strength
- Enjoyment of physical contact

- Increase in attention span
- Ability to problem solve
- Sensitivity to criticism
- Enjoyment of team sports/environments
- Recognition of own sporting ability
- Influence of parents, teacher, coach

Training Recommendations:

- Lots of Running, Dribbling and Shooting in game-based scenarios
- Ball Control
- Small-sided games
- Inter-passing

2021 OUTDOOR SEASON ADDITIONAL GUIDELINES

WHERE DO I GO WHEN ARRIVING AT THE ROTARY FIELDS? WHAT WILL HAPPEN?

PHYSICAL LITERACY (3-5)

- Enter the gate by the Aquatic Centre. (Check the Field Map if needed).
- Walk to the fence along the side of the Aquatic Centre with the Advertisements.
- On the fence there will be pictures of animals.
- Stand beside the picture of the animal that is the same as the group your child has been placed in.
- Your Coach will come get you when the session starts and take you to the field the group will be working in.
- The session will be approximately 20 min of movement exercises and 20 min of game related activity.
 - 15-20 min remain for parent and player to have some fun free time together.
- Players at this age traditionally lose their energy and focus in group activity around the 40-minute mark.
- Feel free to bring water and snacks in a bag to keep at the field.
- 1 Parent is permitted to be on the field with their child as a caretaker. In fact, we encourage parents to be involved.
- ***Note - players at this age do not yet know the rules of play or the rules of specific games like soccer. Similar to other sports at this age, we focus mainly on instilling the fundamental movements skills, the basic rules of play and of soccer.
- Patience and understanding goes a long way when working with this age-group. Some players enjoy playing with the grass and picking dandelions and that is ok.
- Coaches and Parent Caretakers work together to engage the children and promote fun and enjoyment.

ACTIVE FOR LIFE (GRASSROOTS (6-8)

- Enter the gate by the Aquatic Centre. (Check the Field Map if needed).
- The 6-8 Fields will be off to the left.
- The 6-8 Fields are named after European countries.
- Head to the Field that has the same field name that is outlined in the master schedule (Teams/Field/Date).
 - E.g., Team Blue plays Team Red on the Italy Field at 5:30pm
- Your Coach will be at the field ready to start a warm-up.
- The warm-up will be approximately 10-15 minutes, with approximately 45 minutes of game-time.
- We will be playing 5v5, 6v6, or 7v7. This depends on factors like temperature, number of players in attendance, and ability.
- Feel free to bring water and snacks in a bag to keep at the field.
- Please be sure to bring the proper footwear and a pair of shin-pads.
- Coaches are permitted to be on the field with the players.
 - A Parent with a valid Criminal Record Check may help with the players on the bench.

ACTIVE FOR LIFE (9-11)

- Enter the gate by the Aquatic Centre. (Check the Field Map if needed).
- The 9-11 Fields will be straight ahead.
- The 9-11 Fields are named after North/Central American countries.
- Head to the Field that has the same field name that is outlined in the master schedule (Teams/Field/Date).
 - E.g., Team Blue plays Team Red on the Canada Field at 5:30pm
- Your Coach will be at the field ready to start a warm-up.
- The warm-up will be approximately 10-15 minutes, with approximately 45 minutes of game-time.
- We will be playing 7v7, 8v8, or 9v9. This depends on factors like temperature, number of players in attendance, and ability.
- Feel free to bring water and snacks in a bag to keep at the field.
- Please be sure to bring the proper footwear and a pair of shin-pads.
- Coaches are permitted to be on the field with the players.
 - A Parent with a valid Criminal Record Check may help with the players on the bench.

ACTIVE FOR LIFE (12-14)

- Enter the gate by the Aquatic Centre. (Check the Field Map if needed).
- The 12-14 Fields will be straight ahead.
- The 12-14 Fields are named after North/Central American countries.
- Head to the Field where the Coaching Staff has set up a base (Equipment, Pinnies).
- Your Coach will be at the field ready to start a warm-up.
- The warm-up will be approximately 10-15 minutes, with approximately 45 minutes of game-time.
- We will be playing 7v7, 8v8, or 9v9. This depends on factors like temperature, number of players in attendance, and ability.
- Feel free to bring water and snacks in a bag to keep at the field.
- Please be sure to bring the proper footwear and a pair of shin-pads.
- The Coaches will stay on the sidelines with this age-group, unless they step on the field to provide a coaching point or the help the players work through a situation, explain a rule, or if there is an injury.
 - A Parent with a valid Criminal Record Check may help with the players on the bench.

IMPACT COMPETITIVE LEAGUE (12-18)

- Enter any gate and Head to the Competitive League/Academy area.
- The Fields are named after the Club's Life Members.
- All Players attend training sessions and games together at the same time.
- During Training sessions - players are separated into training groups.
- During games - players are separated into teams at the field.
- Players may be moved up or down at any time to make a game more competitive or to provide an extra challenge to an individual player.
- All Competitive League players are trained similar concepts from our Club Development/Playing Model.
- All Coaches in the Competitive League must hold the minimum NCCP (Theory) and Canada Soccer (Technical) certifications or be currently working towards them.
- During training sessions:
 - We start with a movement phase, move into a ball control phase, and finish with a small-sided game phase.
- During matches we start with a group warm-up phase and split into teams, where we play 9v9, 10v10, or 11v11 games.

IMPACT/WFC BMO ACADEMY (6-18)

- Enter any gate and Head to the Competitive League/Academy area.
- The Fields are named after the Club's Life Members.
- The Academy consists of a Junior group (6-11) and a Senior group (12-18).
- During Training sessions - players are separated into smaller training groups.

- The training sessions are built upon a Model that requires hundreds/thousands of touches on the ball. During the small-sided game phase in each session, we constantly adapt the 'constraints' (e.g., angles, direction, number of touches) to constantly challenge players in different ways.
- Our Academy is based on modern principles of movement, action, and engagement. Standing in lines and standing still passing the ball back and forth is NOT part of our curriculum.
- All Academy teachings relate back to concepts from our Club Development/Playing Model.
- All Coaches in the Academy must hold the minimum NCCP (Theory) and Canada Soccer (Technical) certifications or be currently working towards them.

CLUB EXPECTATIONS

PLAYERS

- Players must always commit to playing fairly and display good sportsmanship.
- Players are required to wear shin pads, soccer cleats, assigned jersey/socks and black shorts.
- No jewelry is permitted to be worn during training sessions or matches.
- It is recommended that all players carry a minimum one hydration bottle to each training session and match they participate in.
- Players should not drink from a hydration bottle that is not their own.
- Players should make every effort to attend all Club matches. If unable to attend training sessions and/or matches, they should advise the Club or their coach of their absence at least 24 hours in advance.
- Players should arrive at least 15-minutes before each training session or match, to prepare for the session, help the coaching staff with any preparation, and prepare their bodies and minds for competition.
- During the 2021 season shaking hands with opposition players, teammates, and/or coaches/club staff is not permitted.

PARENTS

A parent's job is to encourage all children. When children are performing well, regardless of if they play on the opposing team, Parents should encourage them. Parents need to model good sportsmanship for their children. Unsportsmanlike conduct by a parent could result in expulsion from the PGYSA/IMPACT and/or the Rotary Fields.

- The Referee's call is the final decision. Please remember the Referee program is part of PGYSA and the Referees are being developed as well.
- If a parent has a concern, it should be addressed with the PGYSA/IMPACT Head Office 24 hours after the game or training session. The 24-Hour Rule is put in place to allow tempers to diffuse and time to think clearly about the issue at hand.
- If the issue is not resolved, please contact your Age Group Coordinator or the PGYSA Office.

For Parents Resources please visit the following page on our website:

- <https://www.pgysa.bc.ca/page/show/5385891-resources-for-sport-parents-guardians>

To learn more about the game of soccer, we recommend that parents visit the BC Soccer website

- <https://www.bcsoccer.net/bylaws>
- <https://www.bcsoccer.net/referee-rules-regs>

COACHES

The PGYSA provides an overall Club framework for coaching instruction within the Club and developmental support to all coaching staff. Coaching within the PGYSA is a positive learning experience and is rewarding, as our coaches are empowered in building the confidence and self-worth of the Club's youth players. The PGYSA sincerely thanks all our coaching staff for taking the time to be member of the Club and giving back to the community.

- All Club Coaches are required to read and sign the Coach's Code of Conduct and consent to a Criminal Record Check and Vulnerable Sector check. The Coach is also required to have each player read and sign the Player Code of Conduct and have each Parent read and sign the Parent Code of Conduct.
- Once your team roster is received, please contact the players/parents and give your name, phone number and/or email address, team name, uniform color, and confirm the training and match schedule.
- It is traditionally recommended for Coaches to hold a team meeting with the parents and athletes at the start of the season. With the current atmosphere due to covid, group emails are preferred, however a distance meeting may suffice.
- Coaches may delegate tasks to parents, if support is needed. However, anyone working with children must have a valid CRC/VSC and if coaching, they must have completed the Respect in Sport course.
- If an opposing team does not have a Coach or Parent in attendance, PLEASE include the opposing players in YOUR warm-up and during the game.
- If you know you are unable to attend a game, please contact the PGYSA Head Office.
- Coaches must strive to ensure all players play 50% of the game.
- For safety reasons, players are prohibited to play if they are not wearing shin pads and appropriate footwear. Wearing jewelry is also prohibited and hats may only be worn by the goalie.
- Unregistered players **cannot play or practice** with the team because they are not insured. Please direct any unregistered player to the PGYSA Office if they are interested in playing soccer.
- Controlling player behaviour is the responsibility of the Coach. The negative behaviour should be addressed with the player first and then the parent of the disruptive player.
- Please ensure all individuals respect the equipment, fields and buildings at the Rotary Fields.
- If a referee does not show up for a scheduled match, both Coaches may agree to use another coach/spectator as an official. A protest for this reason alone is not allowed.
- When a game is forfeit, please make every effort to play a game with the players in attendance (switching players to the other team is acceptable).
- It is recommended that coaches bring a first aid kit to all games/practices. Ice and a first aid kit are available at the Rotary Fields in the Referee Room.
- If a serious injury occurs on the field, the injured player should **NOT** be moved. An ambulance or other medical assistance should be called. A Field Marshall will give access to the ambulance and provide passage onto the fields.

CERTIFICATION STANDARDS

COACH

- Please see the Coaching resource page on the PGYSA website at the URL below. Here, Coaches can find resources, certification links, and development pathways.
- The minimum certification requirement to coach soccer in 2021 is a valid Criminal Record Check/Vulnerable Sector Check and completion of the Respect in Sport course.
- <https://www.pgysa.bc.ca/page/show/6342872-coach-pathway-resources-and-certification-links>

REFEREE

Referees will not be used in 2021. Referee clinics will be offered again in Spring 2022.

UNIFORMS AND EQUIPMENT

PGYSA – PHYSICAL LITERACY & ACTIVE FOR LIFE

The PGYSA Uniforms and Equipment Guidelines are as follows:

- All jerseys and socks will be available at the field of your first two games. If you are not in attendance at the first two games, please let us know as the extra kit will be in storage.
- Black shorts are the responsibility of each player to purchase separately.
- Shin-pads and soccer cleats are MANDATORY for all players above the age of six. This mandatory soccer equipment is strictly for fulfill our safety requirements. The referee has the authority to eject a player who is not wearing the proper soccer safety equipment or attire.
- Balls and cones will be available for each team to use in the warm-up at each of their games. They will be available at the bench on each field. Please make sure to put all balls back in the ball bags and all cones in a pile at the end of the game.

PGFC IMPACT – COMPETITIVE LEAGUE & IMPACT/WFC ACADEMY

Uniforms and Equipment Guidelines are as follows:

- All players are required to wear the mandatory training kit to all sessions. Extra kit is available for order at the PGYSA/IMPACT Head Office.
- 6–11-year-old academy players wear the Black PGYSA/IMPACT training shirt/Black shorts & Black socks.
- 12–18-year-old players wear the Black & Grey PGFC Training Shirt, Black shorts and Black socks. The kit is kept in storage at the field and is available at your first training session.
- Club Tracksuits will be available for purchase. Notification will be provided once the final design has been approved.
- Shin-pads and soccer cleats are MANDATORY for all players above the age of six. This mandatory soccer equipment is strictly for fulfill our safety requirements. The referee has the authority to eject a player who is not wearing the proper soccer safety equipment or attire.

POSTPONMENTS & FIELD CLOSURES

- All matches must be played at the Rotary field at the scheduled time unless an official postponement is granted by PGYSA Head Office Staff, Member of the Board Executive, or the Head Referee.
- PGYSA Coaches cannot cancel or postpone games.
- A game will be abandoned when the referee decides the field is unplayable, or when weather makes play too difficult or unsafe in accordance with the “Laws of the Game.”
- When a foghorn is sounded, all players must leave the field immediately and find shelter. This response would be due to lightening, earthquake, severe wind, tornado, or any other potential natural disaster or event impacting the safety of the participants.
- Fields may be closed by PGYSA and/or the City of Prince George.
- By **3:00 pm** on inclement weather days, closures and cancellations will be posted on the front page and under the news section of the PGYSA website, on our Facebook page, and an email will be distributed to all Club members.
- If a game is called due to weather or field conditions - there is only a re-scheduled game if the schedule permits. Any team violating a field closure shall be subject to discipline (this includes pre-season).

OFFICIALS (IN PREPARATION FOR THE 2022 OUTDOOR SEASON)

GUIDELINES

- PGYSA strives to develop young referees, therefore all decisions relating to the game, behaviour, and field are made by the referees and respected by the Players, Coaches & Parents.
- Referees can cancel a game if the field is unplayable or if misconduct or bad behaviour persists.
- The referee can also eject a player from a game who is not wearing the proper soccer attire.
- Any concerns regarding the officials should only be directed in writing to the Head Referee.
- Referees are required to report red cards to the Head Referee by phone within 24 hours.

OFFICIALS REQUIREMENTS PER AGE BRACKET (FOR THE 2022 YEAR)

- (3-4-5) League Matches are not schedule for this age bracket.
- (6-8) Coaches officiate their own game
- (9-10-11) Entry level for developing Club Referees
- (12-14) Next stage of development for Club Referees
- (15-18) Final stage of development for Club Referees

DISCIPLINARY GUIDELINES

****Note some of the following guidelines are more for the 2022 season, as we are not permitted to use referees at the time of this writing.*

The PGYSA Disciplinary Guidelines are as follows:

- The PGYSA Board is empowered to deal with reported cases of misconduct, violations of FIFA “Laws of the Game” and violations of PGYSA or BCSA regulations.
- The PGYSA Disciplinary Committee have the authority to remove offenders from the association or suspend them for a stated period.
- Disciplinary action may be taken against any team, official, player, parent, or supporter, associated with the Prince George Youth Soccer Association.
- Coaches, Parents, or supporters can be ejected from the field if the referee believes they are interfering with the game.
- Any player or team official who is “red-carded” is automatically suspended for the next game. After this, he/she will be eligible to participate, pending the decision of the Disciplinary Committee or the Board. Three yellow cards will also result in one-game automatic suspension.
- Appeals must be directed, in writing, to the Club Manager within one-week of a decision by the Disciplinary Committee or the Board. Three yellow-card infractions during the season will also result in one-game automatic suspension.

APPENDICES

Fair Play Code for Coaches

1. I will be reasonable when scheduling games and practices remembering that young players have other interest and obligations.
2. I will teach my players to play fairly and to respect the rules, officials and their opponents.
3. I will ensure that all players get equal instruction, support and playing time.
4. I will not ridicule or yell at my players for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
5. I will make sure that equipment and facilities are safe and match the players' ages and abilities.
6. I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
7. I will obtain proper training and continue to upgrade my coaching skills.
8. I will not discriminate on grounds of race, gender, or sexuality.

Fair Play - Please! - For the good of the game!



Fair Play Code for Players

1. I will participate because I want to, not just because my parents or coaches want me to.
2. I will play by the rules, and in the spirit of the game.
3. I will control my temper - fighting and “mouthing off” can spoil the activity for everybody.
4. I will respect my opponents.
5. I will do my best to be a true team player.
6. I will remember that winning isn’t everything - that having fun, improving skills, making friends and doing my best are also important.
7. I will acknowledge all good plays/performances - those of my team and of my opponents.
8. I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.
9. I will not discriminate on grounds of race, gender, or sexuality.

Fair Play – Please! - For the good of the game!



Fair Play Code for Parents

1. I will not force my child to participate in sports.
2. I will remember that my child plays sport for his or her enjoyment, not for mine.
3. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
4. I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
5. I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
6. I will never ridicule or yell at my child for making a mistake or losing a competition.
7. I will remember that children learn best by example. I will applaud good plays/performance by both my child's team and their opponents.
8. I will never question the officials' judgment or honesty in public.
9. I will support all efforts to remove verbal and physical abuse from children's sporting activities.
10. I will respect and show appreciation for the volunteer coaches who give their time to provide sport activities for my child.
11. I will respect the oppositions players, coaches, and parents
12. I will not coach my child from the sidelines, just support them positively from the sidelines
13. I will not discriminate on grounds of race, gender, or sexuality.

Fair Play – Please! For the good of the game!



Prevention of Soccer Injuries

The most common areas injured while playing soccer include the knee, ankle and hip. Common risk factors exist and if managed these injuries are often preventable. Here are some helpful injury prevention guidelines:

- **Warm-up** prior to all soccer training - this involves 5-10 minutes of light running/soccer drills to break a sweat, followed by dynamic stretching (exaggerated soccer related movements often done while moving across a soccer pitch)
- **Cool-down** after training - this involves 5 minutes of light jogging to walking and 5-10 minutes of stretching
- Improve **strength** of ankles, knees, hips and the core area with either body weight or resistance training
- Ensure proper pre-season **conditioning** is adequate, and that **rest** days are provided throughout the season
- Improve **flexibility** by stretching daily
- Improve **proprioception** (awareness of body position) by doing balance exercises each training session (e.g., juggling ball, standing on one foot with eyes closed)
- Ensure **equipment** such as shoes and shin pads are in good condition. It is promoted that grass cleats are not worn on turf due to the increased risk of injury with increased friction.
- **Hydrate** properly before, during and after training and competition. Water is best but sports drinks such as Gatorade are also acceptable.
- **Manage injuries** properly by having them assessed by a professional. Treat all injuries for the first 48 hours following the R.I.C.E principle - **R**est, **I**ce hourly for 15-20 minutes, **C**ompress area with a tensor, **E**levate area above the heart where possible
- Utilize **recovery methods** for frequent training - proper nutrition, massage therapy, ice baths/showers, hydrotherapy

FIRST AID TIPS

The ability to assess Injury during any kind of physical activity, there is a chance that somebody participating may get injured or hurt. It is the First Aider's role, to be on site and available immediately - in the case of emergency. In order to demonstrate the ability to assess an injury - one must possess the capability to refer to the SALTAPS process, designed initially for First Aid in Sport

SALTAPS is a mnemonic for a sports medicine regime to be invoked when a player is injured, that is targeted at coaches more than the average in the field first responder. It stands for:

- **Stop Play**
- **Ask the player** -- evaluate for pain and for orientation/confusion
- **Look** -- at the limb and evaluate the appearance of the injury
- **Touch** -- the injury if the player will allow this.
- **Active Movement** -- can the player move the limb?
- **Passive Movement** -- if you move the limb does it hurt? Is there sufficient range of motion?
- **Stand Up** -- can the player really play, or are they denying the extent of the injury.

Once injury has been determined treatment can be followed using the basic RICE acronym,


Rest

Ice

Compression

Elevation

In many instances of injury, this treatment will begin as soon as the athlete is sufficiently settled to receive first aid attention. In this regard, while the basic kit will contain a quantity of the chemically activated cold packs, to properly administer the RICE program, the first aid provider may require a greater quantity of cold power in intervals of 15-20 minutes of ice to the affected area, than is possible with the chemically activated ice packs. In sports where sprains are common, it is a useful practice to prepare a number of ice packs from natural ice and store them in an insulated carrier. Alternatively, reusable ice bags can be stored and accessed in the same fashion.

Be Smart Concussion Awareness and Management	
WHEN IN DOUBT – SIT THEM OUT	
Concussion – Signs and symptoms	
<ul style="list-style-type: none"> • Confusion and Disorientation • Double Vision or Fuzzy Vision • Loss of Consciousness • Ringing in the Ears • Headache Slow or Slurred Speech • Dizziness Seeing “Stars” • Nausea and Vomiting • Feeling Stunned or Dazed • Loss of Balance • Emotional or Personality Changes 	
Concussion: Management and Rehabilitation	
<p>When a player shows ANY SYMPTOMS or SIGNS of a concussion...</p> <p>X The player should not be allowed to return to play in the current game or practice.</p> <p>X The player should not be left alone, regular monitoring for deterioration is essential.</p> <p> The player should not be left alone, regular monitoring for deterioration is essential. The player should be medically evaluated.</p>	
Concussion: Guidelines for Coaches, Players, Parents, and Officials	
<ul style="list-style-type: none"> • Concussion is a Brain Injury • You do not have to lose consciousness to have a concussion • Symptoms are often subtle • Wear properly fitted protective equipment • The head (helmet/facemask) should never be used to make initial contact with another player • A concussion may be caused by a direct blow to the head, face, neck, or anywhere else that causes a severe and sudden movement to the head/neck • Medical Clearance by an appropriate physician is mandatory before returning to play 	
Concussion: Follow these 6 steps before returning to play	
<p>Concussion Management should adhere to the following 6 steps:</p> <ol style="list-style-type: none"> 1. No activity, complete rest. Once asymptomatic, proceed to step two 2. Light aerobic exercise such as walking or stationary cycling 3. Sport-specific training. (e.g., running in football, skating in hockey) 4. Non-contact training drills 5. Full-contact training after medical clearance 6. Game Play 	

Contents of a basic Sports First Aid Kit

The basic first aid kit typically will contain the following materials:

- a first aid manual
- bandages in a variety of sizes, shapes, and widths, including moleskin for blisters and abrasions
- soft gauze bandages
- hypoallergenic first aid tape, in a sealed dispenser
- elastic bandages, to wrap and provide compression to the injured area or to secure an ice pack
- elastic wrap, as a pad for athletic tape
- triangular bandages to be fashioned into a sling or tourniquet
- white athletic tape
- non-stick gauze pads
- antiseptic wipes and dispenser
- antiseptic first aid cream
- aloe or similar soothing topical cream product
- two or three instant cold packs (chemically activated)
- anti-inflammatory capsules such as extra strength ibuprofen products
- scissors
- thermometer
- mouthpiece to assist in the administration of cardiopulmonary resuscitation (CPR)
- neoprene joint brace
- tweezers, to assist in extracting foreign material from cuts and abrasions
- snap-seal type plastic bags
- sterile container or water bottle to mix sports drink fluid
- cell phone and access number to local EMS and hospital
- index inventory card for first aid kit
- disposable gloves



GOAL POST SAFETY

PGYSA/PG Impact would like to draw your attention to the following guidelines for the safe use of goalposts. Too many serious injuries and fatalities have occurred in recent years as a result of unsafe or incorrect use of goalposts. Safety is always of paramount importance and everyone in soccer must play their part to prevent similar incidents occurring in the future.

- For safety reasons goalposts of any size (including those which are portable and not installed permanently at a pitch or practice field) must always be anchored securely to the ground.
- Portable goalposts must be secured by the use of chain anchors or appropriate anchor weights to prevent them from toppling forward.
- It is essential that under no circumstances should children or adults be allowed to climb, swing on or play with the structures of the goalposts.
- Particular attention is drawn to the fact that if not properly assembled and secured, portable goalposts may topple over.

Portable goalposts should not be left in place after use. They should be dismantled and removed to a place of secure storage.

3. It is strongly recommended that nets should only be secured by plastic hooks or tape and not by metal cup hooks. Any metal cup hooks should if possible be removed and replaced. New goalposts should not be purchased if they include metal cup hooks which cannot be replaced.
4. Goalposts which are “home-made”, or which have been altered from their original size or construction should not be used. These have been the cause of a number of deaths and injuries.
5. Guidelines to prevent toppling: Follow manufacturer’s guidelines in assembling goalposts. Once assembled test the goals following the guidelines below.
 - Ensure each goal is anchored securely in its place
 - Exert a significant downward force on the cross bar
 - Exert a significant backward force on both upright posts
 - Exert a significant forward force on both upright posts

These must be repeated until it is established that the structure is secure. If not,

alternative goals/pitches must be used.