



## 2021 LEARNING TO TRAIN

**U9/10 (2012/2011 YOB)**  
**U11/12 (2010/2009 YOB)**

1975 Clements Rd  
Pickering, Ontario  
905-831-9803  
[www.pickeringfc.ca](http://www.pickeringfc.ca)

The Learning to Train program is open to all players in U9/10 and U11/12 age divisions regardless of experience and skill level as the program will provide players with the opportunity to learn the skills of soccer through games and practices. At the Learning to Train levels players will have a game and a practice each week over the course of the season.

Here is what the Learning to Train program at Pickering FC looks like! For more information email [admin-rec@pickeringfc.ca](mailto:admin-rec@pickeringfc.ca)

### Under 9/10

- Players born in 2012 and 2011 – will turn 9 or 10 years of age during 2021.
- Two Divisions – Boys Division and Girls Division
- Players are assigned to a team of no more than 12 players with a coach.
- In most cases the coach is a volunteer parent or a university/high school student who has participated in an information session.
- Teams will have a game and a practice scheduled each week during the season.
  - Games are at 6:30 pm or 7:45 pm depending on team's schedule for that week
  - Teams are assigned a set practice field for the season and all practices are at 7 pm
  - Schedule is available from the coach, PFC website and the team app
- Coaches will design and run the practices. The PFC's Grassroots Program Director is available to assist coaches in designing practices.
- PFC has scheduled two divisions for the U9/10 Boys for parents to select from:
  - Monday game/Wednesday practice – games Chris Graham Park (Pickering Parkway) and Brock Ridge (Brock Rd/Finch Ave) & practices at Sir John A. MacDonald PS (777 Balaton Ave) and Jean McPherson Park (Gandatsetiagon PS 1868 Parkside Dr)
  - Tuesday practice/Thursday game – games at Chris Graham Park (Pickering Parkway) and Brock Ridge (Brock Rd/Finch Ave) & practices at Sir John A. MacDonald PS (777 Balaton Ave), Jean McPherson Park (Gandatsetiagon PS 1868 Parkside Drive) or Rick Hull Memorial Park (Rosebank PS Rosebank Rd)
  - Practices are 1 hour
- PFC has schedule two divisions for the U9/U10 Girls for parents to select from
  - Monday practice/Wednesday game – games Chris Graham Park (Pickering Parkway) & practices at Rick Hull Memorial Park (Rosebank PS Rosebank Rd)
  - Tuesday game/Thursday practice – games at Chris Graham Park (Pickering Parkway) & practices at Rick Hull Memorial Park (Rosebank PS Rosebank Rd)
- Games are 7 players v 7 players (7 v 7) which includes a goalkeeper for each team).
  - Halves are 2 x 25
  - Match Officials assigned to games – all have completed the Ontario Soccer Small Sided Game Clinic
- The outdoor program consists of two 7 weeks seasons – game and practice each week plus the Year End Festival at Chris Graham Park on September 18.
  - Season 1 starts, subject to Covid guidelines, week of May 24
  - Season 2 starts, subject to Covid guidelines, week of July 19
  - Parents have the choice of registering for either Season 1 or Season 2 OR for both seasons.
- Registration fee includes:



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- Home and Away Jersey in the PFC colours, shorts, socks, individual picture, participation medal and all activities – distributed by the coach
- All players will receive a Size 4 soccer ball – players bring ball to games and practices

### Under 11/12

- Players born in 2009 & 2010 – will turn 11 or 12 years of age during 2021.
- Two Divisions – Boys Division and Girls Division – both divisions may include teams from West Rouge SC
- Players are assigned to a team of no more than 15 players with a coach.
- In most cases the coach is a volunteer parent or a university/high school student who has participated in an information session
- Teams will play one game a week and will have one practice a week.
  - Games are at 6:30 pm Schedule is available from the coach, PFC website and the team app
  - Teams will be assigned to a practice field for the season – practices at 6:45 pm
- Coaches will design and run the practices. The PFC's Grassroots Program Director is available to assist coaches in designing practices.
- U12 Boys Game and Practices
  - Monday game/Wednesday Practice
    - Games at Douglas Park (Douglas Ave) and Maple Ridge Park (Maple Ridge PS 2010 Bushmill St) & practices at Shadybrook Park (1905 Shadybrook Dr) and EB Phinn PS (Altona Road)
- U12 Girls Games and Practices
  - Wednesday game/Monday Practice
    - Games at Douglas Park (Douglas Ave) and Maple Ridge Park (Maple Ridge PS 2010 Bushmill St) & practices at Shadybrook Park (1905 Shadybrook Dr) and EB Phinn PS (Altona Road)
- Games are 9 players v 9 players (5 v 5 including a goalkeeper for each team).
  - Halves are 2 x 35
  - Match Officials assigned to games – all have completed the Ontario Soccer Small Sided Game Clinic
- The outdoor program consists of two 7 weeks seasons – game and practice each week plus the Year End Festival at Kinsmen Park on September 18.
  - Season 1 starts, subject to Covid guidelines, week of May 24
  - Season 2 starts, subject to Covid guidelines, week of July 19
  - Parents have a choice of registering for either Season 1 or Season 2 OR for both seasons.
- Registration fee includes:
  - Home and Away Jersey in the PFC colours, shorts, socks, individual picture, participation medal and all activities
  - All players will receive a Size 4 soccer ball – players bring ball to games and practices
  - Uniforms and balls are distributed by the coach