



# Milton Youth Soccer Club

## JDP Program Description 2021-2022

### U11-12 Age Group (born 2011 & 2010)

*"Developing Players, Connecting Community"*

#### **Grassroots Orientation Days**

Every player wishing to join the JDP program shall attend both scheduled U11 and U12 Grassroots Orientation Days. It will help the players to get familiar with the program, meet other players and coaches. You should anticipate an Information Letter being sent to you no longer than 5 days following the last scheduled Orientation Day. The Information Letter will contain:

- program information & requirements,
- registration details.

\* If you have attended the Orientation Days but NOT received the Information Letter from the Club after the 5 days please contact the Club's office at [info@miltonmagic.com](mailto:info@miltonmagic.com).

#### **Registration and TeamSnap**

Please follow the registration instructions included in the Information Letter to register your child for the program.

MYSC is using TeamSnap as the registration system. Before the program's kick-off, your player will be assigned to a TeamSnap roster, which will allow you to communicate with coaching staff and view all the upcoming events & their locations. TeamSnap App is available on Google Play and AppStore.

#### **Program Fee Structure and Schedule**

Total Fee	\$2,600
Payment Plan	1. September 30 <sup>th</sup> - \$650 2. October 31 <sup>st</sup> - \$650 3. November 30 <sup>th</sup> - \$650 4. February 1 <sup>st</sup> - \$390 5. March 1 <sup>st</sup> - \$260
Location	Indoor – Saint Francis Xavier Catholic Secondary School Dome Outdoor – Lion's Park Gym - TBA

#### **What is included in the program?**

Uniform	Puma Game Kit & Puma Training Kit
Coaching Staff	Assigned by Technical Director
Program Structure	Year-round programming Structured training duration 60-75 min per practice Statutory Holidays Winter Break March Break
Indoor (October – April)	2 practices per week (turf) + 1 gym session (ball mastery/futsal) MYISL soccer league – 18 game indoor season. Game Day on Saturday &/or Sunday
Outdoor (April – September)	3 practices per week PHDL U11 & U12 Festivals – 12 game festival season from late May to late August
Player Registration & Insurance	OSCAR (Ontario Soccer Club and Academy Registry) registration and insurance coverage

### **Program Outline**

**\*Subject to Change Due to Anticipated Changes in Ontario Soccer Grassroots Standards**

LTPD (Long Term Player Development) Alignment	Learn 2 Train U11 and U12 LTPD Stages Boys and girls train separately U11 and U12 train separately
Grassroots Orientation Days	Every player wishing to join the JDP program shall attend both scheduled U11 and U12 Grassroots Orientation Days
Program Expectations	Full season commitment Adherence to the Player Code of Conduct and Concussion Code of Conduct
Number of Players	Open roster Player pool 16 (max) players per roster
Player/Coach Ratio	As recommended by Technical Director
Playing Format	9v9 (incl. GK)
Ball Size	4 (or 5 light)
Field Size	Width: 42-55m Length: 60-75m
Maximum Goal Size	6f /1.83m x18f /5.49m
Game Rules	Game Duration – 70 min max Maximum game time per player per day – 100 min Referee Throw-in Offsides

	Retreat line 1/3 Unlimited substitutions Training to game ratio – 3:1
Coach Licencing Standard (minimum)	Learn 2 Train + MED + RiS + Making Headway
Coach Evaluation (internal)	At least once a year
Player Feedback/Evaluation	N/A

### **Learning Outcomes**

Technical	Dribbling, Running with the ball, Shooting, Ball Control, Receiving, Heading (low), Passing, 1v1 Attacking, Shielding (moderate), Crossing, Finishing, 1v1 Defending
Physical	Agility, Balance, Coordination, Stamina, Strength, Speed, Suppleness, Acceleration, Reaction, Basic Motor Skills, Perception, Awareness
Socio-Emotional	Listening, Cooperation, Communication, Sharing, Problem-solving, Decision-making, Empathy, Patience, Respect, Honesty
Psychological	Motivation, Self-Confidence, Competitiveness, Concentration, Commitment, Self-Control, Determination
Tactical	Playing out from the back, Attacking Principles (low), Possession, Transition, Switching Play(low), Combination Play, Pressing, Retreat (low), Recovery (low), Compactness (low to moderate)