

Hello U6 Boys Coaches,

Please see below for details on the U6 boys division, and game format as per BC Soccer Long Term Player Development. Please let us know if you have any questions.

Meets: Fridays

Time: See TeamSnap Schedule

Game Day format:

15 minute team practice followed by game

Game: **3v3 (no goalie)**

2- 20 minute halves (5 minute half time)

Substitutions: unlimited at stoppages

Field: Coned field. Use painted sideline/endline of super 8 pitch for lines when available. Max field size of 22 meters width x 30 meters length. See field set up maps to see allotted space per team.

Retreat line: Halfway line

Net: blue pug net

Referee: Coaches act as referees

It is important to follow the game format set by BC Soccer/Canada Soccer in regards to players on the field. Following the format allows for players on the field to have more time on the ball and be involved in the play, which will have a positive impact on their development.

Hello U7 Boys Coaches,

Please see below for details on the U7 boys division, and game format as per BC Soccer Long Term Player Development. Please let us know if you have any questions.

Meets: Fridays

Time: See TeamSnap Schedule

Game Day format:

15 minute team practice followed by game

Game: **4v4 (incl. goalie)**

2- 20 minute halves (5 minute half time)

Substitutions: unlimited at stoppages

Field: Coned field. Use painted sideline/endline of super 8 pitch for lines when available. Max field size of 22 meters width x 30 meters length. See field set up maps to see allotted space per team.

Retreat line: Halfway line

Net: blue pug net

Referee: Coaches act as referees

It is important to follow the game format set by BC Soccer/Canada Soccer in regards to players on the field. Following the format allows for players on the field to have more time on the ball and be involved in the play, which will have a positive impact on their development.

Hello U8 Boys Coaches,

Please see below for details on the U8 boys division, and game format as per BC Soccer Long Term Player Development. Please let us know if you have any questions.

Meets: Fridays

Time: See TeamSnap Schedule

Game Day format:

10 minute team practice followed by game

Game: **5v5 (incl. goalie)**

2- 25 minute halves (5 minute half time)

Substitutions: unlimited at stoppages

Field: Coned field. Use painted sideline/endline of super 8 pitch for lines when available. Max field size of 22 meters width x 30 meters length. See field set up maps to see allotted space per team.

Retreat line: Halfway line

Net: 5 x 8 portable net

Referee: Coaches act as referees

It is important to follow the game format set by BC Soccer/Canada Soccer in regards to players on the field. Following the format allows for players on the field to have more time on the ball and be involved in the play, which will have a positive impact on their development.

Hello U9 Boys Coaches,

Please see below for details on the U9 boys division, and game format as per BC Soccer Long Term Player Development. Please let us know if you have any questions.

Meets: Fridays

Time: See TeamSnap Schedule

Game Day format:

Time on Schedule is kick off, practice to be done prior to kick off

Game: **6v6 (incl. goalie)**

2- 25 minute halves (5 minute half time)

Substitutions: unlimited at stoppages and with permission of referee

Field: Paint lined U10 field

Net: 6x12 net

Referee: Referees provided or Coaches to ref the game

Retreat line: Halfway line

Note: It is important to follow the game format set by BC Soccer/Canada Soccer in regards to players on the field. Following the format allows for players on the field to have more time on the ball and be involved in the play, which will have a positive impact on their development.

Hello U11 Boys Coaches,

Please see below for details on the U11 boys division, and game format as per BC Soccer Long Term Player Development. Please let us know if you have any questions.

Meets: Fridays

Time: See TeamSnap schedule

Game Day format:

Time on Schedule is kick off, warm up to be done prior to kick off

Game: **8v8 (incl. goalie)**

2- 30 minute halves (5 minute half time)

Substitutions: unlimited at stoppages and with permission of referee

Field: Paint lined super 8 field

Net: 6x18 net (on field)

Ball: Size 4

Referee: Referees provided or coaches to ref the game

Retreat line: 1/3 retreat line

Note: It is important to follow the game format set by BC Soccer/Canada Soccer in regards to players on the field. Following the format allows for players on the field to have more time on the ball and be involved in the play, which will have a positive impact on their development.

Hello U13 Boys Coaches,

Please see below for details on the U13 boys division, and game format as per BC Soccer Long Term Player Development. Please let us know if you have any questions.

Meets: Fridays

Time: See TeamSnap schedule

Game Day format:

Time on Schedule is kick off, warm up to be done prior to kick off

Game: **9v9 (incl. goalie)**

2- 35 minute halves (5 minute half time)

Substitutions: unlimited at stoppages and with permission of referee

Field: Paint lined super 8 field

Net: 6x18 net (on field)

Ball: Size 4

Referee: Referees provided.

Retreat line: 1/3 retreat line

Note: It is important to follow the game format set by BC Soccer/Canada Soccer in regards to players on the field. Following the format allows for players on the field to have more time on the ball and be involved in the play, which will have a positive impact on their development.

Hello U6 Girls Coaches,

Please see below for details on the U6 girls division, and game format as per BC Soccer Long Term Player Development. Please let us know if you have any questions.

Meets: Fridays

Time: See TeamSnap Schedule

Game Day format:

15 minute team practice followed by game

All girls will arrive at the same field and be split into teams depending on which players are available to play that day

Game: **3v3 (no goalie)**

2- 20 minute halves (5 minute half time)

Substitutions: unlimited at stoppages

Field: Coned field. Use painted sideline/endline of super 8 pitch for lines when available. Max field size of 22 meters width x 30 meters length. See field set up maps to see allotted space per team.

Retreat line: Halfway line

Net: blue Pop up net

Referee: Coaches act as referees

Note: It is important to follow the game format set by BC Soccer/Canada Soccer in regards to players on the field. Following the format allows for players on the field to have more time on the ball and be involved in the play, which will have a positive impact on their development.

Hello U8 Girls Coaches,

Please see below for details on the U8 girls division, and game format as per BC Soccer Long Term Player Development. Please let us know if you have any questions.

Meets: Fridays

Time: See TeamSnap schedule

Game Day format:

10 minute team practice followed by game

Game: **5v5 (incl. goalie)**

2- 25 minute halves (5 minute half time)

Substitutions: unlimited at stoppages

Field: Coned field. Use painted sideline/endline of super 8 pitch for lines when available. Max field size of 22 meters width x 30 meters length. See field set up maps to see allotted space per team.

Net: 5 x 8 portable net

Referee: coaches to ref

Retreat line: Halfway line

Note: It is important to follow the game format set by BC Soccer/Canada Soccer in regards to players on the field. Following the format allows for players on the field to have more time on the ball and be involved in the play, which will have a positive impact on their development.

Hello U10 Girls Coaches,

Please see below for details on the U10 girls division, and game format as per BC Soccer Long Term Player Development. Please let us know if you have any questions.

Meets: Fridays

Time: See TeamSnap schedule

Game Day format:

All girls will be invited to the same field each week. Teams to be determined prior to kick off each day based on which players are available to play. Players should arrive by 5:15pm so they can be sorted onto teams prior to kick off. Those arriving after teams are sorted, will be placed on whichever team needs more players, not necessarily with their friends.

Time on Schedule is kick off, warm up to be done prior to kick off

Game: **7v7 (incl. goalie)**

2- 30 minute halves (5 minute half time)

Substitutions: unlimited at stoppages and with permission of referee

Field: Paint lined U10 field

Net: 6x12 portable net

Ball: Size 4

Referee: Referees provided or coaches to ref the game

Retreat line: 1/3 retreat line

Note: It is important to follow the game format set by BC Soccer/Canada Soccer in regards to players on the field. Following the format allows for players on the field to have more time on the ball and be involved in the play, which will have a positive impact on their development.

Hello U13 Girls Coaches,

Please see below for details on the U13 girls division, and game format as per BC Soccer Long Term Player Development. Please let us know if you have any questions.

Meets: Fridays

Time: See TeamSnap schedule

Game Day format:

Time on Schedule is kick off, warm up to be done prior to kick off

Game: **8v8 or 9v9 (incl. goalie)**

2- 35 minute halves (5 minute half time)

Substitutions: unlimited at stoppages and with permission of referee

Field: Paint lined super 8 field

Net: 6x18 net (on field)

Ball: Size 4

Referee: Referees provided or coaches to ref

Retreat line: 1/3 retreat line

Hello Coed Division Coaches,

Please see below for details on the Coed divisions, and game format as per BC Soccer Long Term Player Development. Please let us know if you have any questions.

Meets: Fridays

Time: See TeamSnap Schedule

Game Day format:

Game: 7v7 (incl. goalie)

2- 35 minute halves (5 minute half time)

Substitutions: unlimited at stoppages and with permission of referee

Field: Paint lined super 8 field

Net: on field

Ball: Size 5

Referee: Referees provided or coaches to ref