

# Outdoor 2020

## Changes to the CMSA League

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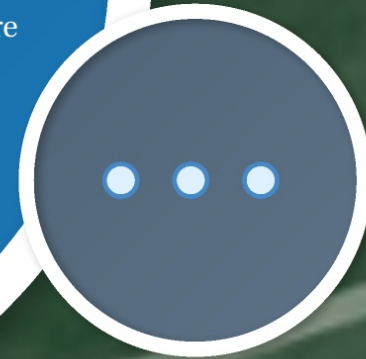


[www.calgaryminorsoccer.com](http://www.calgaryminorsoccer.com)

# Introduction

Beginning this Outdoor 2020 season, CMSA will be implementing changes to the league to deliver a 'player-first' program in alignment with Long-Term Development in Sport and Physical Activity (LTPD, or long-term player development). The goal is to continue to keep kids engaged, offer a fun and safe soccer experience and ensure we are aligned with Canada Soccer and their licensing program.

Changes will be implemented over the 2020 and 2021 outdoor seasons.



## Long-Term Development in Sport & Physical Activity

A model for athlete development that is designed to give players the best possible soccer experience at every stage by putting their needs front and centre.

Training, competition and coaching are all tailored to the appropriate stage of development.



## Putting the player first



Respecting the developmental needs of players is the number one priority



Learning is prioritized over winning to encourage children to take risks, try out a new skill and not be afraid to make a mistake



Training and competition are based on the appropriate stages of development

(adapted from Canada Soccer's LTPD Community Guide)

# Benefits of the new League

Scheduling

Summer  
Break

Periodization

Development

## Set play dates & no scheduling breaks

- Allows families to better plan their schedules
- Accommodates multi-sport athletes
- Eliminates the need for scheduling breaks



## No league games in July or August for U9-U12

- Designated summer break for families
- Opportunity for teams to attend tournaments



## Periodized calendar

- Periodization means creating a sport-training, competition and recovery program which divides the year into smaller time blocks ('periods')





## Prioritizes development over 'win-at-all-costs'

- 1 Meaningful competition
- 2 Specialization
- 3 Pressure for immediate success

## Extract from Sport for Life’s ‘Quality Sport for Communities and Clubs’ document.

[https://sportforlife.ca/wp-content/uploads/2019/08/QSCC\\_November\\_2019\\_S4L.pdf](https://sportforlife.ca/wp-content/uploads/2019/08/QSCC_November_2019_S4L.pdf)

## THE BIG PICTURE



*The key Long-Term Development factors supporting intentional use of competition are “organizational factors”, meaning it is up to NSOs, PTSOs and clubs to design competition rules and structures that optimize long-term development.*

- 1 **Meaningful Competition** provides competition experiences that support learning, reinforce the development of stage-specific skills and abilities, and match competitors so results are relatively close and predictable (no blow-outs). Organizations should review and revise competitions as needed to meet these objectives.
- 2 **Specialization:** There is a proper time to specialize in one sport, one sport discipline, or one position based on development and sport-specific demands. Except in high-acrobatic sports (e.g. gymnastics, diving), this is not usually before adolescence. Competition structures should encourage diversification before the time is right for specialization.
- 3 **Pressure for Immediate Success** must be resisted by participants, parents, coaches and clubs. Leagues, series, or other competition structures that reward athletes and teams for consistent performance (winning) may not be compatible with needs for skill development and experimentation and learning through competition.

# Key Areas of Change for 2020

U9-U10

U11-U12

U13+

## U9-U10

- ✓ Set play dates
- ✓ Periodized calendar: May-June and September
- ✓ Floating Rosters

Floating  
Rosters



# Floating Rosters

Allows clubs to incorporate more than chronological age categories when fielding a team. Other age categories include:

- ↪ Developmental age
- ↪ Relative age
- ↪ General training age

## U11-U12

- ✓ Set play dates
- ✓ Periodized calendar:  
May-June and  
September
- ✓ Additional changes to  
be implemented for  
the Outdoor 2021  
program

2021



## U11-U12 Horizon Items: 2021 Implementation

↪ U11-U12 floating rosters (upon assessment of 2020 U9-U10 floating rosters)

↪ Periodized league structure in alignment with Canada Soccer and Long-Term Development

# U13+



Set play dates



Two assistant referees for U13+ Tier II games



Additional changes to be implemented for the Outdoor 2021 program

2021





## U13+ Horizon Items: 2021 Implementation

- ↪ Summer Break (all age groups)
- ↪ Provincial competition qualification removed from league play (U13-U17)
- ↪ Introduction of a provincial qualification tournament (U13-U17 Tier I-IV)
- ↪ Periodized league structure in alignment with Canada Soccer and Long-Term Development

# Implementation Plan

## Outdoor 2020

- Set play dates (2/group)
- CMSA to provide one complete schedule from start to finish with no scheduling break
- U9-U10 floating rosters
- Move from preseason towards league alignment with evidence
- Two assistant referees for all Tier II games (U13-U19)
- Summer Break (U9-U12)
- Periodized league structure in alignment with Canada Soccer and Long-Term Development

## Outdoor 2021

- Remove provincial competition qualification from league play (U13-U17)
- Introduce provincial qualification tournament (U13-U17 Tier I-IV)
- U9-U12 floating rosters (upon assessment of 2020)
- Summer Break (all age groups)



# Resources

**CMSA Outdoor 2020 League Information:**

[http://calgaryminorsoccer.com/page.php?page\\_id=120280](http://calgaryminorsoccer.com/page.php?page_id=120280)

**Canada Soccer's Long-Term Player Development Community Guide:**

<https://www.canadasoccer.com/files/>

[CanadaSoccerPathway LTPDCommunityGuide EN 20140623.pdf](#)

**Age Appropriate Canada Soccer Coach Toolkits:**

[http://calgaryminorsoccer.com/page.php?page\\_id=109789](http://calgaryminorsoccer.com/page.php?page_id=109789)

**LTPD Resources for parents:**

[http://calgaryminorsoccer.com/page.php?page\\_id=109792](http://calgaryminorsoccer.com/page.php?page_id=109792)

**Quality Sport for Communities and Clubs:**

<https://sportforlife.ca/wp-content/uploads/2019/08/>

[QSCC November 2019 S4L.pdf](#)