

Learn to Train Rules (U9-U12)

L4 WOSC will offer 'open' development and recreational streams from U9-U12.

L5 /L6 At the U9 and U10 Age groups players will play 7v7 soccer. At the U11 and U12 age groups players will play 9v9 soccer.

There will be a maximum of 12 players at U9 and U10 and a maximum of 16 players at U11 and U12.

L6: The maximum roster size for U9-U10 will be 12 players and the maximum roster size for U11-U12 will be 16 players.

L7 At the Learn to Train stage all players will use a size 4 ball.

L8 Training may be booked for 1.5 hours but formal training duration will not exceed 70 minutes.

L9 Season length for the Learn to Train age groups will be between 16-20 weeks and players will be permitted 1 game day per week.

L13 The Learn to Train program is an "open development" program. Players will be grouped with like ability players but will not be de selected based on ability.

L15 At the Learn to Train Age groups, the club will implement equal playing time.

L17 The game day duration for U9 and U10 will be 50 minutes and for the U11 and U12 age groups this will jump to 70 minutes.

L18 At the U11 and U12 age groups players will be introduced and play with offsides.

L19 At the U9 and U10 age groups players will be permitted to either pass or dribble in from a "throw in".

L20 At the U9 to U12 age groups, the retreat line will be implemented (1/3 line)

L21 West Ottawa Soccer follows Ontario Soccer's recommended girls and goal size at the Learn to Train stage.

L24 WOSC will implement the following coach to player ratios:

U9-U10 Maximum 12:1

U11-12 Maximum 16:1