

Darlington Soccer Club Development Matrix



L·T·P·D
long term player development



CANADIAN
SPORT FOR LIFE

Age Group	U7 & U8	U10
Playing Format	<i>6v6 (including GK)</i>	<i>6v6 (including GK)</i>
Substitutions	<i>Unlimited (on the fly)</i>	<i>Unlimited (any stoppage)</i>
Practice to Playing Ratio	<i>1:1 or 2:1</i>	<i>1:1 or 2:1</i>
Recommended Practice Duration	<i>45 minutes to 1 hour</i>	<i>45 minutes to 75 minutes</i>
Recommended Playing Time	<i>Fair time in all positions</i>	<i>Fair time in all positions</i>
Maximum Game Duration	<i>25 min halves</i>	<i>30 min halves</i>
Season Length	<i>13-14 games</i>	<i>13-14 games</i>
Referee/Game Leader	<i>Game Leader/Referee</i>	<i>Referee</i>
Throw Ins	<i>Pass in</i>	<i>Throw in</i>
Retreat Line	<i>Yes - 1/2 way</i>	<i>Yes - 1/3 way - (10 yards from half)</i>
Offside	<i>No</i>	<i>No</i>
Field Width	<i>25m to 30m</i>	<i>30m to 36m</i>
Field Length	<i>30m to 36m</i>	<i>40m to 55m</i>
Goal Size (No Larger Than)	<i>5f / 1.52m x 8f / 2.44m</i>	<i>6f / 1.83m x 16f / 4.88m</i>
Ball Size	<i>4</i>	<i>4</i>