



SC Toronto Standards for Player Development

Playing Format

- U4 & U5: 1v1 Parent & Child
- U6: 3v3 (No GK)
- U7: 4v4 (No GK)
- U8: 4v4 (No GK) or 5v5 (Including GK)
- U9 & U10: 7v7 (Including GK)
- U11 & U12: 9v9 (Including GK)

Duration of Training Sessions

- U4 & U5: 30 – 45 minutes
- U6: 30 – 45 minutes
- U7: 30 – 45 minutes
- U8: 30 – 45 minutes
- U9 & U10: 45 – 70 minutes
- U11 & U12: 45 – 70 minutes

Duration of Training Games

- U6: 30 minutes
- U7: 40 minutes
- U8: 40 minutes
- U9 & U10: 50 minutes
- U11 & U12: 70 minutes

Duration of Program:

- U4 & U5: 14 Weeks
- U6: 14 Weeks
- U7: 14 Weeks
- U8: 14 Weeks
- U9 & U10: 16 Weeks
- U11 & U12: 16 Weeks



Size of Ball:

- U4 & U5: 3 (or 4 super light*)
- U6: 3 (or 4 super light*)
- U7: 3 (or 4 super light*)
- U8: 3 (or 4 super light*)
- U9 & U10: 4 (or 5 light*)
- U11 & U12: 4 (or 5 light*)

Coach to Player Ratio:

- U4 & U5: 1 Parent/Coach to 1 Player
- U6: Maximum of 6 Players to 1 Coach
- U7: Maximum of 8 Players to 1 Coach
- U8: Maximum of 10 Players to 1 Coach
- U9 & U10: Maximum of 12 Players (Ideal 9) to 1 Coach
- U11 & U12: Maximum of 16 (Ideal 12) to 1 Coach

Game Day Roster Size:

- U4 & U5: 1 Parent/Coach to 1 Player
- U6: Maximum of 6 Players
- U7: Maximum of 8 Players
- U8: Maximum of 10 Players
- U9 & U10: Maximum of 12 Players (Ideal 9)
- U11 & U12: Maximum of 16 (Ideal 12)