



**New Canaan FC**  
**Travel Program**  
**Information Meeting**  
Fall 2024 / Spring 2025  
Soccer Seasons

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**INFORMATION INCLUDED**

- WELCOME & INTRODUCTIONS
- ABOUT NEW CANAAN FC
- U8/U9 PROGRAM TRANSITION**
- TRAVEL PROGRAM OVERVIEW
- TRAVEL PROGRAM ON THE FIELD
- PLAYER / PARENT / GUARDIAN /SPECTATOR EXPECTATIONS
- TEAM FORMATIONS, EVALUATIONS & FEEDBACK
- CT SOCCER LANDSCAPE
- PROGRAM PARTNERS & SPONSORS
- HOW TO GET INVOLVED?
- SOCCER SEASON INFO
- Q&A

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## CLUB STRUCTURE



New Canaan FC was established in 1981 to increase the level of soccer programming in New Canaan.

New Canaan FC is a 501c3 nonprofit organization comprised of a volunteer board and position specific consultants.

**New Canaan FC Board**  
 Executive Committee  
 President & Vice President  
 Age Group & Program Coordinators  
 Secretary / Registrar  
 Internal / External Treasurer & Legal Counsel  
 Team Volunteer Coordinator  
 Communications Director & Special Events  
 Equipment Manager  
 Director of Player Evaluations  
 Director of Coaching / Senior Coaches & Program Directors

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## NEW CANAAN FC MISSION STATEMENT

The mission of the New Canaan FC is to provide the youth of New Canaan, from the grades of Pre-K thru 8th grade, with organized soccer programs that are designed to allow all participants to learn and develop in a positive environment.

All soccer programs are to be designed to follow a New Canaan FC Board approved curriculum, under the guidance of professional coaches, which will teach age-appropriate skill development, foster a joy for the game, create positive team dynamics, and provide a path for advancement as players achieve appropriate levels of skill.



The New Canaan FC program is committed to developing the highest potential skill level in all players, and to creating teams that will be competitive at the highest possible level of placement.

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## New Canaan FC U8/U9 Program Transition

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## U8/U9 PROGRAM TRANSITION

<u>U3, U4, U5</u> Petite Rams
<u>U6, U7</u> JR Rams

<u>U8 - 2017 Birth Year</u> JR Rams	U8 Travel
<u>U9 - 2016 Birth Year</u> House League / JR Rams	Travel Program


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## U8/U9 PROGRAM TRANSITION

<u>U8 - 2017 Birth Year</u> Single Season Registration Only Balanced Team(s) 1x Tournament per season
<u>U9 - 2016 Birth Year</u> Full Registration Tiered Teams 2/3x Tournaments per season

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## PROGRAM PATHWAY



<u>U10</u>	
House League	Travel Program
<u>U11</u>	
House League	Travel/EDP Program
<u>U12</u>	
House League	Travel/EDP Program
<u>U13</u>	
House League	Travel/EDP Program
<u>U14/15</u>	
House League	Travel/EDP Program

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## U8/U9 PROGRAM TRANSITION



Travel Tryout Registration

April 22nd

Travel Tryouts

May 13-24

U8 & U9 Tryouts

2 Tryouts in the window above - Players attend both

Team Placements

Released via email on June 14/15/16

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## TRAVEL PROGRAM OVERVIEW



The New Canaan FC Travel Program operates as a yearly cycle from June to June. One soccer year. Within that soccer year, our travel programs operate within the Fall and Spring Seasons.

**Fall Season**  
August - November

**Spring Season**  
April - June


Each year travel teams are formed U9 through U15 in each age category to complete in both seasons, one soccer year. All teams are formed for one soccer year and players will be expected to register for a full year (players may opt out prior to the spring season).

The travel program and the players team will require a similar time commitments current programming from players for practices and games, all of which will be mandatory.


*US Soccer Mandates that all travel leagues must register their teams within their Birth Year and players must play within that designated team.*

*Outside of the traditional seasons New Canaan FC & partners offer programming to provide year-round programming to interested players & families (Fall, Winter, Spring, Summer).*

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## TRAVEL PROGRAM PHILOSOPHY & AIMS



**Teach age-appropriate skill development**  
**Foster a joy for the game**  
**Create positive team dynamics**  
**Provide a path for advancement as players to achieve appropriate levels of skill**  
**Support long term player development**

The Travel Program goal is to develop individuals' and teams to compete at the highest current level possible.

Through this process we aim to develop players throughout their time with the program at the correct level to enable them to perform at the highest level when graduating into the High School Programs.

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## TRAVEL PROGRAM BENEFITS



Learn how to be a part of a team  
 Learn to deal with wins, loses and setbacks  
 Learn to work hard  
 Learn how to train  
 Self-confidence & Discipline  
 Be active  
 Make friends outside of school groups  
 Be exposed to other towns/clubs/cultures outside of New Canaan

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## TRAVEL TEAM PARENT ROLES

It takes a village to make everything run smoothly and the following volunteer positions help each team maximize their experience.

Each team must assign one of these key roles to individual parents on each team. Sign up today online when registering your child or email your interest to New Canaan FC.

**Key Roles:**  
Team Manager  
Sideline Assistant/Treasurer  
Tournament Coordinator/Equipment Manager  
Publicity Manager  
Team Social Coordinator

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## New Canaan FC Travel Program Overview On the Field

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# TRAVEL PROGRAM OVERVIEW




**Team Practices – Core Program (Mandatory)**  
 2x 90-minute sessions  
 Practice 1: Technical Focus  
 Practice 2: Game Based Focus


**Additional Technical Practice - Optional**  
 1 x Session per week on a Friday  
 1x 60-minute sessions  
 Purely Technical Focus

**Additional House League Game - Optional**  
 1 x Game per week on a Saturday  
 1x 60-minute sessions  
 Purely Game Focus

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# PRACTICE SCHEDULE



**SAMPLE – NOT ACTUAL SCHEDULE**

	Girls			Boys	
	1ST PRACTICE	2ND PRACTICE		1ST PRACTICE	2ND PRACTICE
Girls 2014	Tuesday	Thursday	Boys 2014	Monday	Wednesday
	5:00-6:30	6:30-8:00PM		5:45-7:15	5:45-7:15
Girls 2013	Monday	Wednesday	Boys 2013	Monday	Wednesday
	5:30-7:00	6:00-7:30		6:00-7:30	6:00-7:30
GIRLS 2012	Monday	Wednesday	Boys 2012	Tuesday	Thursday
GIRLS 2011	Tuesday	Thursday	Boys 2011	Tuesday	Thursday

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## TRAVEL PROGRAM COMPETITIONS

**League Play**

New Canaan FC is part of CJSA (Connecticut Junior Soccer Association)  
 Travel teams will compete in the SWD (Southwest District)  
 Travel teams may progress into the EDP (Elite Development Program)

U8, U9 & U10  
 One game per week  
 Sunday between 12:00PM - 6:00PM  
 No league standings are kept at this age.  
 Positional rotation. Shared playing time.

U11-U15  
 One game per week.  
 One cup game per weekend. Single elimination tournament style.  
 League standings are kept with playoffs at the end of the fall season.  
 Play to develop players & to win games.

**Tournaments**

Each team will have the option to take part in 1 or 2 tournaments per season.

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## NEW CANAAN FC PRACTICE UNIFORM








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Uniform ordering will begin once travel placements have been accepted in June.

Travel players will be assigned a number and receive an ordering link once the process begins.

Please take time to review sizing before you leave as Macron sizing is European.

**Macron Sizing Guidelines**

- XXXS = Youth Small
- XXS = Youth Medium
- XS = Youth Large
- S = Adult Small
- M = Adult Medium
- L = Adult Large

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## PLAYING RULES & TEAM SHAPE

**U8/U9/U10**  
 7 v 7  
 Size 4 Ball  
 Half Length – 30 minutes  
 Build Out Line  
 Modified Games Rules  
 Modified Field Dimensions

**U11/U12**  
 9 v 9  
 Size 4 Ball  
 Half Length – 35 minutes  
 Modified Field Dimensions

**U13 / U15**  
 11 v 11  
 Size 5 Ball  
 Half Length – 35/40 minutes  
 Full field dimensions

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## DEVELOPMENT & PLAYING STYLE

**What are we trying to achieve?**

- Game Centered Club
- Player Centered Coaching
  
- Individual Player Development
- Technically Proficient Players
- Problem Solving Soccer Players
  
- Team Development, Cohesion and Performance
- Competitive Teams
- Good teammates, good people
- Supportive
  
- Long Term Player Development
- Continued Development through to 9<sup>th</sup> grade

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# DEVELOPMENT & PLAYING STYLE

7v7					
GAME MODEL: 7v7 AGES: 9-10					
DEVELOPMENTAL GOALS	DEVELOPMENTAL NEEDS	KEY REALITIES	DEFENDING PLAYER ACTIONS	ATTACKING PLAYER ACTIONS	PLAYER BEHAVIORS
<b>"Playing as a team."</b> Learning the basic understanding of attacking, defending, and transitioning playing as a 7v7 team.	Developing relationships with the other players, how actions and movement affect other teammates and opponent.  Experiences in game-like situations for key skills as related to attacking and defending.	In addition to the Role of a key player: • Aligns own actions with the other players, positions and opponent.  Challenges opponents.  Deals with adversity.  Is proficient in 1v1 situations to create or regain the ball.	<b>US</b> • Shoot • Pass or dribble forward <b>U7/D8</b> • Spread out • Create passing options • Support the attack  <b>U8/D9</b> • Create a 2v1 or 1v1 against the opponent.  • Change the point of attack.	<b>US</b> • Protect the goal • Steal the ball  <b>U7/D8</b> • Make it compact • Keep it compact  <b>U8/D9</b> • Stay low, low, balance • Outnumber the opponent.	Participate enthusiastically in competitive activities.  Practice respectfully to get better.  Talk to a coach, practice and games.  Want to know "why".  Need lots of positive reinforcement.
<b>A-G</b> Defend as quickly as possible. Transition is always apart of attacking and defending but is not a focus for the Grassroots Coach.	<b>A-G</b> Defend as quickly as possible. Transition is always apart of attacking and defending but is not a focus for the Grassroots Coach.	<b>A-G</b> Defend as quickly as possible. Transition is always apart of attacking and defending but is not a focus for the Grassroots Coach.	<b>A-G</b> Defend as quickly as possible. Transition is always apart of attacking and defending but is not a focus for the Grassroots Coach.	<b>A-G</b> Defend as quickly as possible. Transition is always apart of attacking and defending but is not a focus for the Grassroots Coach.	<b>A-G</b> Defend as quickly as possible. Transition is always apart of attacking and defending but is not a focus for the Grassroots Coach.

9v9					
GAME MODEL: 9v9 AGES: 11-12					
DEVELOPMENTAL GOALS	DEVELOPMENTAL NEEDS	KEY REALITIES	DEFENDING PLAYER ACTIONS	ATTACKING PLAYER ACTIONS	PLAYER BEHAVIORS
<b>"Playing my role and position for the team."</b>  Learning the fundamental understanding of the meaning of role, position and task in a team.	Learning the fundamental understanding of the meaning of role, position and task in a team.  Experiences in game-like situations for the key specific task execution during defending and attacking.	In addition to the Role of a 7v7 player: • Transition and composed.  Is technically proficient to be effective.  Is knowledgeable in their movement.  Is adaptable and flexible in dealing with unexpected challenges and problems.  Articulates their own learning needs.	<b>US</b> • Shoot • Pass or dribble forward <b>U7/D8</b> • Spread out • Create passing options • Support the attack  <b>U8/D9</b> • Create a 2v1 or 1v1 • Change the point of attack.	<b>US</b> • Protect the goal • Steal the ball  <b>U7/D8</b> • Make it compact • Keep it compact  <b>U8/D9</b> • Stay low, low, balance • Outnumber the opponent.	Ready and eager to learn.  Will try more complex tasks.  Notices differences and unfair treatment.  Players will develop at different rates (gender differences in motor skill).  Like to organize themselves without the coach.
<b>A-G</b> Defend as quickly as possible. Transition is always apart of attacking and defending but is not a focus for the Grassroots Coach.	<b>A-G</b> Defend as quickly as possible. Transition is always apart of attacking and defending but is not a focus for the Grassroots Coach.	<b>A-G</b> Defend as quickly as possible. Transition is always apart of attacking and defending but is not a focus for the Grassroots Coach.	<b>A-G</b> Defend as quickly as possible. Transition is always apart of attacking and defending but is not a focus for the Grassroots Coach.	<b>A-G</b> Defend as quickly as possible. Transition is always apart of attacking and defending but is not a focus for the Grassroots Coach.	<b>A-G</b> Defend as quickly as possible. Transition is always apart of attacking and defending but is not a focus for the Grassroots Coach.


11v11					
GAME MODEL: 11v11 AGES: 13+					
DEVELOPMENTAL GOALS	DEVELOPMENTAL NEEDS	KEY REALITIES	DEFENDING PLAYER ACTIONS	ATTACKING PLAYER ACTIONS	PLAYER BEHAVIORS
<b>"Being the best player that I can be for my role and position in the team."</b>  Learning the alignment of the role, position, and designated task in the 11v11 team.	Gaining understanding of the meaning of role, position and designated task in a team.  Experiences of the alignment of position specific task execution during defending and attacking.	All key qualities at 11v11:  All Player Actions: • Shoot • Pass or dribble forward • Spread out • Create passing options • Support the attack • Create a 2v1 or 1v1 • Change the point of attack • Change the pace/rhythm • Switch positions	All Player Actions: • Protect the goal • Steal the ball • Make it compact • Keep it compact • Stay low, low, balance • Outnumber the opponent. • Stay involved • Mark the player/mark the area	Engage in problem solving activities.  Challenge ideas.  Demonstrate moral skill to.  Differences between genders.  Do not always play fairly.	Engage in problem solving activities.  Challenge ideas.  Demonstrate moral skill to.  Differences between genders.  Do not always play fairly.
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## New Canaan FC

# Player / Parent / Guardian / Spectator Expectations

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## PLAYER CODE OF CONDUCT



Display good sportsmanship. I will play fairly and observe the rules of the game. I will respect my coach, teammates, other players, officials, and spectators. I will win with grace and accept defeat with dignity.

Treat any coach, teammate, other player, official, or any spectator with respect, regardless of race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability.

Listen and learn from my coach. I will do my best to improve as a soccer player and give my best effort at all practices and games.

Remember to work with my teammates and understand that together we form a team where everyone is equal. I will place the emotional and physical well being of other players ahead of my personal desire to win.

Attend every practice and game that I can and be responsible for notifying my coach or manager if I can't attend a practice or game.

Be prepared for practice and games by having my uniform, cleats, shin guards, ball, and water bottle.

Accept the Referees' decisions without argument. I acknowledge that the referees are there to maintain discipline, follow the rules, and promote fair play.

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## PARENT / GUARDIAN / SPECTATOR CODE OF CONDUCT



I will teach my child to play by the rules. I will place the emotional and physical well being of all players and spectators ahead of any personal desire to win.


I will encourage my child to treat any coach, teammate, other player, official, or any spectator with respect, regardless of race, color, religion, ancestry, national origin, gender, sexual orientation, gender identity and expression, or a mental, physical or sensory disability.

I will help my child work toward skill improvement and sportsmanship. I will not criticize or permit or encourage my child to criticize any persons including players, managers, coaches, official, referees or spectators at any practices, games, tournaments, or New Canaan FC events.


I will not engage in or encourage my child, or any other person in any behavior which would endanger the health, safety, or well-being of any player, manager, coach, official, referee or spectator.

I will not engage in the use of profanity or any other offensive language. I will not encourage my child, or any other person, to engage in the use of profanity or any other offensive language.

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## PARENT / GUARDIAN / SPECTATOR CODE OF CONDUCT



I agree that I will not coach from the sideline or the stands. I will set a good example by only speaking positively about my child's team and teammates. I understand that only New Canaan FC- appointed team coach (es) may coach at games or practices, and that the team manager may administer to the needs of the team and to help the coach keep the team in order. I will stay on the side of the field opposite the players during the entire game and halftime.


I will make every effort to have my child at all the practices on time as requested by the team. I will give both the coach and if a travel team, team manager, advance warning if my child can't attend a practice or a game. I will make every effort to have my child prepared for practice/game by having his/her uniform, cleats, shin guards, ball, and water bottle.

I understand the importance of respecting the judgment and expertise of my child's coach(es) when it comes to positions and playing time.


I understand that disagreements with a coach or official must never take place on or near the soccer field. I will raise questions, provide input and make suggestions to the coach and/or New Canaan FC in an adult atmosphere, and away from the players.

I understand that if my child or I have an issue or concern with one of the coaches or another team related matter, I will address it by observing the chain of communication set forth below, which includes a mandatory 48 hour waiting period (from the time of the incident). FIRST, I will speak with, or write to, the coach AFTER THE MANDATORY 48 HOUR WAITING PERIOD). If I am unsuccessful in contacting the coach or dissatisfied with the resolution, I will communicate with the appropriate age group coordinator. If I remain unsatisfied, or if issues linger as unsolved, I will petition the New Canaan FC Board of Directors or its designated sub-committee for a resolution consistent with the Board's discretion.

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## COACH CODE OF CONDUCT



**Be a Role Model.** Coaches are expected to be a positive role model for all club members and will act accordingly at all times. Conduct yourself in a similar manner have a positive attitude, never use profanity, spit, make obscene or crude gestures, or engage in or encourage inappropriate behavior or conduct at any point. Furthermore, coaches will develop mutual trust with players and families, treating all fairly & with respect. Coaches should help players learn life lessons through soccer.

**Enforce Sportsmanship.** Uphold the highest levels of sportsmanship and fair play at all times.



**Create a LOVE of the Sport.** Coaches should look to make every session a positive learning experience for all players. Players should look forward to attending all practices & games. You are a big part of that.

**Encourage Self Discovery.** Coaches are expected to help players to become self learners by encouraging them to continue their development away from structured practice time. Coaches should encourage 'homework' and player development at home.

**Be Consistent and Clear.** At the beginning of the season, set the standards you expect from the players for training sessions and games. Be clear and concise. Let them know training sessions are first and foremost for learning. Be consistent in the handling of issues. Do not ever embarrass or negatively criticize a player. Never demean or isolate a player for criticism in front of the other players. Always provide constructive feedback. Be consistent with all players at all sessions.

**Be a Teacher.** Being a coach is first and foremost a position to teach. Coaches will strive to teach all players the technical, tactical, physical and psychological components of soccer. In doing so, coaches will also have the players take responsibility for their own development and actions.

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## CLUB DISCIPLINE

**Player Behavior Protocol**

1. Removal from a session & discussion with parent/guardian
2. Suspension from game and/or practice. Meeting with AGC & DOC
3. Removal from program

**Parent Behavior Protocol**

1. Removal from a game/practice & discussion with AGC/Board Member
2. Suspension from game
3. Removal from program

**Parent Feedback Protocol**

1. Email to Coach & DOC
2. Email & Meeting with AGC & DOC
3. Email & Meeting with President, Board Members

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## New Canaan FC Team Formation, Evaluations & Feedback

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## TRAVEL TEAMS & COACHES



New Canaan FC will form teams consisting of players that are deemed travel ready & appropriate.  
Traditionally 2 to 3 Teams per gender  
Rosters sizes of 10-13  
Red, Black, White


Coaches will then be assigned to those teams by the Directors of Coaching, upon approval from the New Canaan FC Board.

Coach assignment may include Head Coach & Assistant or sole Head Coach.


Coaches will oversee development in their team & age group, focusing on age appropriate technical & tactical skills.

Coaches will remain as Head Coach for 2 to 3 years (4 to 6 seasons)

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## PLAYER EVALUATION & TRYOUT PROCEDURE



What are we looking for?

**Technical**  
*Ball Manipulation (both feet), First Touch, Ball Control, Awareness, Ball Striking (inside, laces, outside), defensive principles.*

**Tactical**  
*Game Understanding, Attacking, Defending & Transitions*

**Physical**  
*Physical Literacy (Agility, Balance, Coordination)  
Endurance, Strength, Speed*

**Psyco-Social**  
*Teamwork, Respect  
Enjoyment, Fun  
Maturity  
Positivity, Integrity, Effort*

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## PLAYER EVALUATION & TRYOUT PROCEDURE



Players are evaluated throughout the year by New Canaan FC Coaching Staff. Including qualitative discussion on player attributes & development. Only New Canaan FC Coaching Staff have input on player rankings, evaluations and players placement.

3 quantitative scores taken throughout the year

- Fall Team Rankings
- Spring Team Rankings
- Spring Tryouts

**Spring Tryouts**  
Individual Score from Tryouts Dates  
Evaluated Objectively by Age Group Coaches & Non-Age Group Coaches

**Fall & Spring Team Rankings**  
Age Group Rankings of ALL Players  
Compromising of Coach Feedback, Age Group Coach Discussion & oversight from club Directors of Coaching

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## TEAM GENIUS



**What is Team Genius?**

Team Genius is New Canaan FC's player evaluation and player feedback tool.

100% online platform.

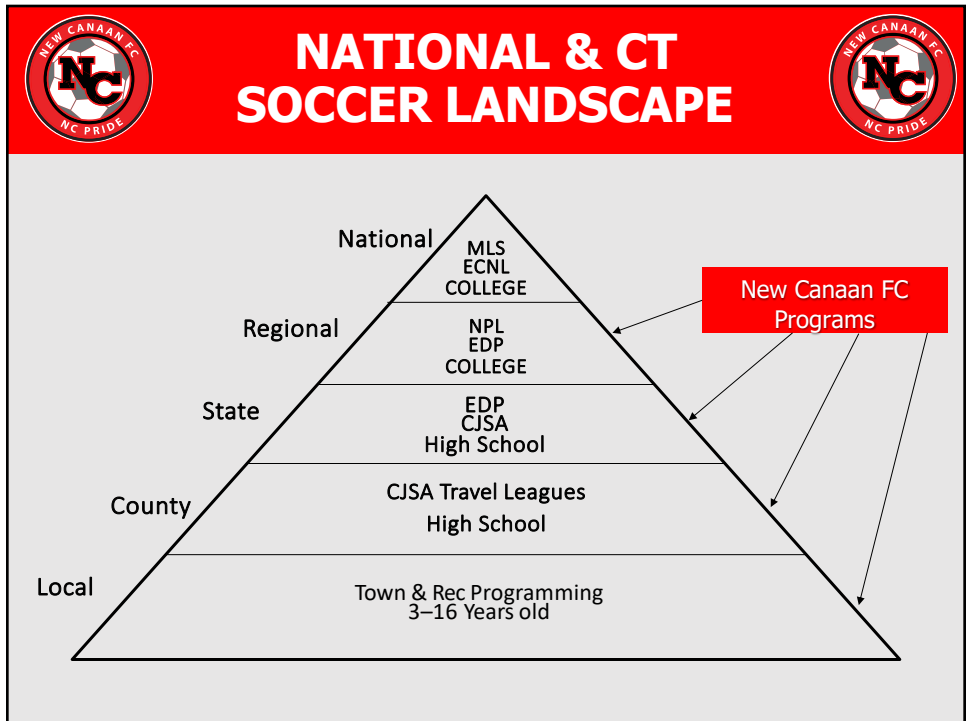


**TEAMGENIUS**  
ATHLETE EVALUATION SOFTWARE

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## PARTNERS





**NC Booster Club**  
Supports all of NCHS athletic programs



**Elite Sport Services**  
Coaching organization and program provider for New Canaan FC






**FairPlay Soccer**  
Soccer program provider including camps, clinics





**Complete Soccer Coaching**  
Soccer program provider including camps, clinics


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 **PARTNERS** 



 **veo**  
Game recording and sharing software.

**TopTekkers / Coaching Manual**  
Online player development platform. 

 **Macron CT**  
Official uniform provider for New Canaan FC

**84 Sports**  
Sportswear provider in New Canaan.  
Hats, shirts, caps, custom gear 

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 **SPONSORS** 

**OPEN**

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 <b>2024 FALL SEASON KEY DATES</b> 	
<b>DATE</b>	<b>EVENT</b>
• August 19-23	NCHS Booster Club Camp
• August 19-23	Pre-Season Camp
• August 29	NCPS – First Day of School
• August 28/29	Travel Season Begins
• Aug/Sept	Pre-Season Kick Off Party
• Aug 32/Sept 1	Labor Weekend Tournament
• September 8	Travel Games Begin for Travel
• September 22	CT CUP Games begin (U11 & Older)
• October 12/13	Columbus Day Weekend Tournaments
• November 16/17	SWD Travel Playoffs (U11 & Older)

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**New Canaan FC**  
**Other Items / Q&A**

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**WANT TO GET INVOLVED?**



**New Canaan FC Team Positions**  
Team Manager  
Sideline Assistant & Treasurer  
Social & Team Coordinator

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 **FIND INFORMATION** 

New Canaan FC Homepage  
[www.NewCanaanFC.com](http://www.NewCanaanFC.com)



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  **STAY CONNECTED**  

Social Media  
Facebook & Instagram @NewCanaanFC

Email  
[info@newcanaanfc.com](mailto:info@newcanaanfc.com)  
[coaching@newcanaanfc.com](mailto:coaching@newcanaanfc.com)

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# QUESTIONS?



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