



# 2025 Learning to Train

U9/U10 (2015/2016 YOB)  
U11/U12 (2013/2014 YOB)

1975 Clements Rd  
Pickering, Ontario  
905-831-9803  
[www.pickeringfc.ca](http://www.pickeringfc.ca)

The Learning to Train program is open to all players in U9/U10 and U11/U12 age divisions regardless of experience and skill level as the program will provide players with the opportunity to learn the skills of soccer through games and practices.

Here is what the Learning to Train Program at Pickering FC looks like. For more information email [admin-rec@pickeringfc.ca](mailto:admin-rec@pickeringfc.ca).

## Recreational Soccer is:

- An opportunity for players to be active twice a week with a game and practice.
- Learning to play the game through the practices and games.
- Playing in a team setting, making new friends and having fun.
- **Coaches are volunteers** – can be a parent, older sibling, or a university/high school student.
  - Coaches are provided with an information manual and have access to support from the club through admin help, coaching tips and practice drills.
  - Remember: your child is learning to play the game and the coach is also learning his/her role as the coach of the team.

## In the registration fee, players receive:

- Home and away jersey in PFC colours, shorts, socks, individual picture, and participation medal. The coach is responsible for receiving these items from the Club and for the distribution to the players.
- The coach will be in contact with parents prior to the start of the season to introduce themselves and provide information on uniform pick up and the schedule.
- Size 4 soccer ball – players bring their ball to all games and practices.
- Games, practices and year end event.

U9/U10 – players born in 2015 and 2016 – will turn 9 or 10 in 2025

U11/U12 – players born in 2013 and 2014 – will turn 11 or 12 in 2025

Teams will play one game a week and will have one 1-hour practice a week.

- 14 games during the season plus one game at the Year End Event on September 6.
- Season starts week of May 26 to May 30.

## Game and Practice Nights – subject to change

Age Division	Game Night	Practice Night
U9/U10 Boys Monday & Thursday Divisions	Monday 6:30/7:40 pm Or Thursday 6:30/7:40 pm	Wednesday 6:30 pm Or Tuesday 6:30 pm
U9/U10 Girls	Wednesday 6:30/7:40 pm	Monday 6:30 pm
U11/U12 Boys	Monday 6:30 pm	Wednesday 6:30 pm
U11/U12 Girls	Tuesday 6:30 pm	Thursday 6:30 pm

## Game Fields – subject to change

<b>Boys &amp; Girls U9/U10 – 2015/2016 YOB</b>	<b>Boys &amp; Girls U11/U12 – 2013/2014 YOB</b>
Princess Diana Mini Field – Pickering Parkway	Douglas – Douglas Ave Maple Ridge Park – Maple Ridge PS 2010 Bushmill Shadybrook – 1905 Shadybrook Drive Oliver Mowat SS – interlock with West Rouge SC

## Practice Fields – subject to change

<b>Boys &amp; Girls U9/U10 – 2015/2016 YOB</b>	<b>Boys &amp; Girls U11/U12 – 2013/2014 YOB</b>
Brock Ridge – Brock Rd/Finch Ave Jean McPherson Park – (Gandatsetiagan PS 1868 Parkside Dr) Rick Hull Park (Rosebank PS)	Shadybrook – 1905 Shadybrook Dr St Mary’s Catholic SS – Whites Rd

Schedules are available from the coach, PFC website [www.pickerinfc.ca](http://www.pickerinfc.ca) and the team app.

Parents are encouraged to get the team app – download the Sports Engine App from the app store and then select the team app which will be available once a player has been assigned to a team.

## Game Formats

<b>Boys &amp; Girls U9/U10 – 2015/2016 YOB</b>	<b>Boys &amp; Girls U11/U12 – 2013/2014 YOB</b>
<ul style="list-style-type: none"><li>• 25-minute halves – 50-minute games</li><li>• 7 players v 7 players including Goalkeeper</li><li>• 12 players on team</li><li>• Pass ins/Dribble ins</li><li>• Games guided by Ontario Soccer Small Sided Laws of the Game</li><li>• No offsides</li></ul>	<ul style="list-style-type: none"><li>• 35-minute halves – 70-minute games</li><li>• 9 players v 9 players including goalkeeper</li><li>• 15 players on team</li><li>• Throw ins</li><li>• Offsides as per FIFA Laws of the Game</li><li>• Games guided Ontario Soccer Small Sided Laws of the Game</li></ul>

Match Officials are assigned to games by the Pickering FC Assignor. All Match Officials are registered with Ontario Soccer and have completed the appropriate Ontario Soccer course.

First and second year match officials are provided with ongoing education and mentoring through the Pickering FC’s Match Official Development Program.