



IMODEL INTRODUCTION:

The purpose of this document is to describe the IModel concept and the 2022 Pilot test in Central Region.

The new IModel concept is innovative and will provide new development opportunities within the Soccer 4 life competitive stream.

The intention is to integrate stakeholders and existing competitive structures, with the goal to unify the soccer community and continue moving the game forward by introducing some novel but rational solutions and concepts that addresses a number of difficult questions; length of the season, self-determination, adequate level of competition, seasonal periodization, promotion & relegation, affordability etc.

The IModel drivers are a combination of league criteria and player readiness, with the vision to equally serve all members, allowing even the smallest organization the possibility of being placed at the adequate competitive level based on merit. (real-time assessment)

The framework features suitable long-term player development principles from Canada Soccer and takes into consideration the player stage of development. (readiness)

The 2022 season will be a test of the model where we will gather data enabling us to make any changes that are necessary to improve the concept.

The IModel and its dynamics combine essential development elements like; mental preparation, goal setting and learn how to cope with competition while players continue to acquire more advance skills.

The variety of the competitive conditions will give these players an equitable opportunity to develop, which will contribute immensely to best prepare their next steps.

The concept also takes into consideration the importance for our youth players to have a good balance between family, sports and education.

The recommendation of 3:1 training to game ratio will allow proper recovery between matches and takes into account how travel impacts behavior.

Championship Showcase, for the 2022 edition of the IModel, teams will be required to travel (one time) to the Ontario Soccer Centre.

Overall the IModel brings all members together and bridges many gaps giving more relevance to players in the Soccer 4 Life stream.

This framework underpins very important principles; affordability fairness, inclusiveness, competitiveness, and affordability with achievable goal setting.

The IModel Annual Cycle important information:

- Properly periodized both from the perspective of providing breaks and time off for players and teams throughout the annual calendar, as well as providing enough time between matches for training/recovery.
- Proper periodization is also achieved via a regularly scheduled with 2-week break in the summer, as well as a 6-week recovery period after season completion.
- Best prepare players for the modern game with an adequate level of competition.

Integrated Model - Annual Cycle

		Jul				Aug					Sep				Oct					Nov				Dec			
		1	2	3	4	1	2	3	4	5	1	2	3	4	1	2	3	4	5	1	2	3	4	1	2	3	4
Winter Sports / Pre-Season	Qualifying Season	BREAK	Competitive 1 Season													Championship Showcase 1 st weekend in Nov 2 teams				Recovery / Transition							
			Competitive 2 Season					Conference Championship					Recovery / Transition				Winter Sports										

Blackout dates:

- Recognizing the importance of Club and Academy programming that may include friendlies, tournaments, and specific showcase events. The league schedule will accommodate two (2) blackout dates per team throughout the season for these important activities.

Requirements:

- A minimum of 8 teams are required to form a District Qualifying Season.
- The existing regional level of play is integrated in the IModel as Competitive 1.
- Competitive 1 and Competitive 2 will be populated from teams advancing from the Qualifying Season.
- Competitive 1 will accommodate up to a maximum of 14 girls/14 boys teams per

age group/gender.

- The league will not have Promotion and Relegation.
- In the Qualifying Season the District Associations can form multiple groups as per their needs.
- Player movement only allowed within same Club or Academy in the same season.
- Clubs and Academies are not obliged to populate any age group.
- Club and Academy can only have one team representation per age group/gender.
- Yearly qualification for Competitive 1 and Competitive 2.
- Technical leaders should have exclusive right to decide which players/teams will populate spots from their clubs at the qualifying season.

Note: The Season dates for any other level below the IModel remains untouched, so Districts, can tailor their leagues/programs to best suit their membership needs.