

# U11/12 Rec Program Overview

| Category                         | Description  |
|----------------------------------|--|
| Long-Term Athlete Development    | <a href="#">Discover, Learn, and Play - American Development Model</a>                               |
| Chronological Age Group          | 5 <sup>th</sup> and 6 <sup>th</sup> Graders  |
| Program Developmental Priorities | 1- Enjoyment, 2- Physical Activity, 3- Social, 4- Technical, 5- Fundamentals, 6- Small Group Tactics |
| Season Length/Sessions per week  | 8-10 Weeks, 2 sessions per week, 1 game per week   |
| Session Length/Format            | 75-90 minutes maximum, Play-Practice-Play Model  |
| Game Length/Format               | 9v9 game, Formal League Play, 2-30 Minute Halves   |
| Activity Priorities              | Fun!, Physical Movement, Time on the Ball, Engagement, Creativity                                    |
| Player:Coach Ratio               | 12:1 is recommended, 13:1 maximum, may be adjusted as needed but work towards recommended            |
| Water Break                      | 2-3 minute breaks during training, 5 minute break between halves                                     |
| Team Roster Make-Up and Size     | Teams are formed based on sign-ups, grade, school, friends   |
| Playing Time                     | Everyone plays at least 50% of the game with goal of 75%   |
| Ball Size                        | Size 4 ball  |
| Coach Certificate                | Introduction to Grassroots Coaching Required, 9v9 Online Course Recommended                          |
| Coaching Philosophy              | Player Centered, High Energy, Engaging, Asks Questions,  |
| Style of Play                    | Soccer Decisions, Creativity, Experimental, Positional Play  |
| Coaches Toolkit Preferences      | Positive Feedback, Guided Questions, Key Words, Constructive Feedback                                |