

U13/14 Rec Program Overview

Category	Description
Long-Term Athlete Development	Develop and Challenge - American Development Model
Chronological Age Group	7 th and 8 th 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	11v11 game, Formal League Play, 2-35 Minute Halves
Activity Priorities	Fun!, Physical Movement, Time on the Ball, Engagement, Creativity
Player:Coach Ratio	15:2 is recommended, 17:2 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 5 ball
Coach Certificate	Introduction to Grassroots Coaching Required, 11v11 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 Reinforcement, Guided Questions, Key Words, Constructive Feedback