

# U4/5 Rec Program Overview

Category	Description
Long-Term Athlete Development	<a href="#">Discover, Learn, and Play - American Development Model</a>
Chronological Age Group	Pre-K, Preschool, At home
Program Developmental Priorities	1- Enjoyment, 2- Physical Activity, 3- Social, 4- Technical
Season Length/Sessions per week	6-8 Weeks, 1 session per week
Session Length	45 minutes maximum, Structure is 4-5 small group activities. Every child has a ball the whole session
Program Format	In-House Program, Small Group Activities adjusted in length for attention span (4-8 minutes), No Games
Activity Priorities	Fun!, Physical Movement, Time on the Ball, Engagement
Player:Coach Ratio	6:1 is recommended, may be adjusted as needed but work towards ideal
Water Break	Not necessary unless needed based on weather/activities
Team Roster Make-Up and Size	Teams are not formed, groups formed based on sign-ups, grade, school, friends
Playing Time	N/A
Ball Size	Size 2 or 3 ball
Coach Certificate	Introduction to Grassroots Coaching Recommended, 4v4 Online Course Recommended
Coaching Philosophy	Player Centered, High Energy, Fun!, Nurturing
Style of Play	FUN!
Coaches Toolkit Preferences	Positive Reinforcement