

# U7/8 Rec Program Overview

Category	Description
Long-Term Athlete Development	<a href="#">Discover, Learn, and Play - American Development Model</a>
Chronological Age Group	1st and 2 <sup>nd</sup> Graders
Program Developmental Priorities	1- Enjoyment, 2- Physical Activity, 3- Social, 4- Technical, 5- Fundamentals
Season Length/Sessions per week	6-8 Weeks, 1-2 session per week, 1 game per week
Session Length/Format	60-75 minutes, Play-Practice-Play Model
Game Length/Format	4v4 games on varied fields, 4 - 10 minute quarters
Activity Priorities	Fun!, Physical Movement, Time on the Ball, Engagement, Creativity
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, 2 minute break between activities/quarters
Team Roster Make-Up and Size	Teams/Groups are formed by: Sign-ups, grade, school, friends
Playing Time	Everyone plays at least 50% of each game with a goal of 75%
Ball Size	Size 3 ball
Coach Certificate	Introduction to Grassroots Coaching Recommended, 4v4 Online Course Recommended
Coaching Philosophy	Player Centered, High Energy, Engaging, Asks Questions
Style of Play	Soccer Decisions, Creativity, Experimental
Coaches Toolkit Preferences	Positive Feedback, Guided Questions, Key Words