

U6 Academy – Recreational

The U-6 academy program emphasizes individual skills over team performance. Training sessions are geared toward improving every individual's technical skills through age-appropriate activities. Parents should expect schedules to be twice per week with one of the sessions consisting of a short practice session followed by a game against another group. One parent from each group will be assigned as the team manager and will act as the liaison between the parents and the coach. Groups will be assigned a coach for the duration of the season, and will be mixed up and reassigned between seasons. This allows players more opportunity to experience different coaching styles. Games consist of four players from each group on the field at any given time. Goalkeepers are not used at this age since it is more important to develop the ball handling skills necessary to play the game in the future.

U8 Academy – Recreational

The U-8 academy continues the focus on individual technical skills, but the activities are geared toward players who are now capable of more on the field. Parents should expect schedules to be two to three times per week with at least one of the sessions each week consisting of a short practice session followed by a game against another group. One parent from each group will be assigned as the team manager and will act as the liaison between the parents and the coach. Groups will be assigned a coach for the duration of the season, and will be mixed up and reassigned between seasons. This allows players more opportunity to experience different coaching styles. Games are played with six players on each group on the field at any given time. One of these players will be goalkeeper. The goalkeeper is introduced at this age to prepare kids for the transition into competitive soccer in the future.

U10 Academy – Recreational

The U-10 recreational program provides an environment for players to develop individual skills, rather than focusing on team performance. Players will get playing time in every game, regardless of skill level or competition. Teams will be required to do some local travel (no more than about 30 minutes) and will play teams outside of the association. A parent on the team will be assigned as a team manager and will help coordinate scheduling and act as a liaison between the parents and coach. We feel this program helps players to make the transition to competitive soccer in the future.