

Shovel Town 5v5 Premier League

FREQUENTLY ASKED QUESTIONS

What is the purpose of the 5v5 league and why not follow the typical Mass Youth Soccer format (7v7, 11v11)?

- More players, games and fun with friends and classmates!
- Increase participation allows the flexibility for more opportunities to improve player and coach development and program expansion.
- It is developmentally appropriate – we are taking the world’s greatest development tool “FUTSAL” and bringing to life on the pitch.

What is the objective of 5-a-side vs. 7v7 and 11v11?

- The goal is the same– defend, attack and score goals.
- It is a smaller version of the world’s greatest game that allows more individual ball time and continuous play at a fast and exciting pace.
- It is challenging for the most experience player, yet just as fun for the beginner.

Why are we transitioning to a spring travel only season for the 3rd grade class entering in 2019?

- Spring travel is the primary season. The competition in the fall season is inconsistent while our Easton players remain consistently strong with a lot of potential.
- We have an opportunity to create our own competitive league in town, which will attract other town players for the league and future tournament.

How will this impact the soccer community?

- Creates a positive and player centric/friendly playing environment where parents feel less stress about the competition and more enjoyment watching the kids develop and play.

Why is this league different from prior years?

- This league will combine the key aspects of soccer development with an extra element of fun, including:
 - Social media presence (game of the week recorded).
 - Goal of the week, Save of the week
 - Keep scores and standings.
 - Playoffs with Championship game in Stadium.
 - League champion entered into local 5v5 tournament.

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KEY POINTS ON 5-A-SIDE

More player opportunities, more touches and just as exciting as 7v7 and 11v11.

- Smaller field, goals and team sizes (4 field players, 1 goalie and 3 or less subs).
- The smaller field with fewer players means each player is never far from the action.
- The format creates more than 4 times the # of touches vs the 7v7, 11v11 format.
- Every player is more involved in the game and the focus turns to the core principles of soccer– passing, dribbling, possession and shooting.

Improves physical and mental health.

- Constant involvement means you are required to repeatedly perform bursts of high-intensity exercise which has been shown to rake up your fitness levels quicker.
- The dynamic nature of the game, unique puzzles like breaking the formation, anticipating the ball and the inherent challenges associated with the game makes it as much a mental workout as it is a physical one.
- It significantly contributes to a player's mental wellbeing and soccer I.Q.

More playing opportunities?

- No more rain outs! The game adapts to any surface, therefore the league will have a back up indoor option.

Not just a training format

- It is a valuable training format for youth, amateur and professional soccer players, but it's also gaining tracking nationally and internationally with tournaments for all ages. There is an opportunity to attract surrounding town players for program expansion and a future tournament.

Want to learn more about the league or ask questions about the change to travel soccer for kids entering 3rd grade this fall?

Please join us at our town hall on Tuesday, May 14. You may also contact any of the EYSL Board Members below.

[Matt Doherty](#) – [Eric Rogerson](#) – [Jeff Cameron](#) – [Miguel Vieira](#)

