

U15 to U18 Rec Program Overview

Category	Description
Long-Term Athlete Development	Develop and Challenge and/or Train and Compete - American Development Model
Chronological Age Group	9 th , 10 th , 11 th , and 12 th Graders
Program Developmental Priorities	1- Enjoyment, 2- Physical Activity, 3- Social, 4- Technical, 5- Fundamentals, 6- Team 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, 2-40 Minute Halves
Activity Priorities	Fun!, Physical Movement, Time on the Ball, Tactical/Game Realistic, Creativity
Player:Coach Ratio	18:2 is recommended, 22:2 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 - May Also Form Coed Teams
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