



U7-U8 Program

Fall 2013 Season



U7 Academy

Teams of 7 players

Teams train twice a week with 24-7 trainer & coaches (12 weeks)

4 teams train at once with two 24-7 trainers, same time, same day of week

Games will be 5v5 with goalkeepers (4 players on the field) led by 24-7 trainers (no referees)

No goalkeeper safety area, Bow-nets

No throw ins

No referees

Saturday's will consist of 9 days where they will play two, 25-minute games

10th game day will be a street soccer day at CVHS where players will be mixed in with each other

U8 Program

Teams of 7 players

Teams train twice a week with their own coach based on coach times/dates

Teams will receive three 24-7 training sessions for the season

Games will be 5v5 with goalkeepers (4 players on the field)

No goalkeeper safety area, Bow-nets

No throw ins

Games will have 1 referee

Saturday's will consist of 9 game days where they will play 1 game that will consist of two, 25-minute halves

10th game day will be a street soccer day at CVHS where players will be mixed in with each other



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Game Day Procedures

- ✓ Home team in GREEN and visiting team in YELLOW jersey
- ✓ Home team supplies match game balls
- ✓ For the recreational program, home team and spectators should be on one side of field and visiting team and spectators on the opposite side of the field. Coaches and substitutes shall remain in designated "technical" area at all times. Spectators should be outside of the "technical" area.
- ✓ Consider the "mercy" rules for good sportsmanship
- ✓ Obey the Codes of Conduct and practice positive coaching methods

Remember Safety First

- ✓ Do not pull or hang on goals
- ✓ Have a first aid kit
- ✓ Have ice (RICE – Rest, Ice, Compression, Elevation)
- ✓ Have emergency phone numbers for Alameda County Sheriffs, HARD Park Rangers
- ✓ Have medical release forms at all times