



U9-U12 Program

Fall 2013 Season



U9/U10 Program

Teams of 10/11 players

Teams train twice a week

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

Games will be 8v8 with goalkeepers (7 players on the field)

Throw ins & same rules (off sides, free kicks, etc.)

Teams will have 3 referees

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

U11/U12 Program

Teams of 10/11 players

Teams train twice a week

Teams have the option to sign up for training sessions with 24-7 on Thursday/Fridays during fall (to start with number of sessions is limited to 2)

Games will be 8v8 with goalkeepers (7 players on the field)

Throw ins

Teams will have 3 referees

Saturday's will consist of 9 game days where they will play 1 game that will consist of two, 30-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