

2022 Outdoor Program

Age Groups	Play Dates TENTATIVE	Rain Out Days	Program Structure
U4 & U5 Mixed 2017 & 2018 Birth Years	Wednesday 6PM	Saturday	<ul style="list-style-type: none"> • Teams begin with 25 minutes of station work (skill development) • Weekly session/curriculum plans prepared by Grassroots Head Coach • Teams split players into two groups and play two games simultaneously • Game time – 20 minutes • Format: 3 v 3 with NO keepers
U7 Boys & Girls 2015 & 2016 Birth Years	Girls Tues & Thurs Boys Mon & Wed OR Tues & Thurs 6 PM	Friday or Saturday	<ul style="list-style-type: none"> • The team begins with 30 minutes of station work (activity based skill development) • Weekly online session/curriculum plans prepared by Grassroots Head Coach • Game time – 30 minutes • Format: 5 v 5
U9 Boys & Girls 2013 & 2014 Birth Years	Girls Tues & Thurs Boys Mon & Wed 6 PM OR 7:30 PM	Friday or Saturday	<ul style="list-style-type: none"> • First session of the week contains 30 minutes activity based skill development with a 30 minute game • Second session of the week will be a 60 game • Game Format: 7 vs 7 with dedicated keeper • Games are played on age-appropriate sized fields • Practices are scheduled at the discretion of the coach/team
U11 Boys & Girls 2011 & 2012 Birth Years	Mon & Wed 6 PM OR 7:30 PM	Friday or Saturday	<ul style="list-style-type: none"> • Game Length: 60 minutes • Game Format: 8 vs 8 with dedicated keeper • Assigned certified referee • Warm-ups are done prior to scheduled kick-off on side of the field • Games are played on age-appropriate sized fields • Practices are scheduled at the discretion of the coach/team
U13 Boys & Girls 2009 & 2010 Birth Years	Tuesdays & Thursdays	Alternate reschedule/ playing day Monday	<ul style="list-style-type: none"> • Game Length: 80 minutes • Game Format: 11 vs 11 with dedicated keeper • Full FIFA rules • Assigned certified referees • Practices are scheduled at the discretion of the coach/team • Warm-ups and stretches are done prior to scheduled kick-off on side of the field
U15 Boys & Girls 2007 & 2008 Birth Years	Mondays & Wednesdays	Alternate reschedule/ playing day Tuesday	<ul style="list-style-type: none"> • Game Length: 90 minutes • Game Format: 11 vs 11 with dedicated keeper • Full FIFA rules • Assigned certified referees • Warm-ups and stretches are done prior to scheduled kick-off on side of the field • Practices are scheduled at the discretion of the coach/team
U17 Boys & Girls 2005 & 2006 Birth Years	Sundays & Thursdays	Alternate reschedule/ playing day Wednesday	<ul style="list-style-type: none"> • Game Length: 90 minutes • Game Format: 11 vs 11 with dedicated keeper • Full FIFA rules • Assigned Certified Referees • Warm-ups and stretches are done prior to scheduled kick-off on side of the field • Practices are scheduled at the discretion of the coach/team
U19 Boys & Girls 2003 & 2004 Birth Years	Sundays & Tuesdays	Alternate reschedule/ playing day Wednesday	<ul style="list-style-type: none"> • Game Length: 90 minutes • Game Format: 11 vs 11 with dedicated keeper • Full FIFA rules • Assigned certified referees • Warm-ups and stretches are done prior to scheduled kick-off on side of the field • Practices are scheduled at the discretion of the coach/team

U4 to U11 Program runs mid May & June

U13 to U19 Program runs mid May to mid July by EMSA

• **Players are required to have their own shin pads, shorts, soccer socks, and labeled water bottle**

• Additional Skill Development programs available (TBD)

• Teams are eligible to attend tournaments, however, this is an additional cost to the team