

2021 Outdoor Program

Age Groups	Play Dates TENTATIVE	Rain Out Days	Program Structure
U4 Mixed 2017 Birth Year	Wednesday 6PM	N/A	<ul style="list-style-type: none"> • Players will be placed into training groups • No formal teams • Each group will participate in skill development through small group activities & games • Each station will be led by qualified technical staff • 6 sessions - each running 40 minutes
U5 Mixed 2016 Birth Year	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 2014 & 2015 Birth Years	Girls Tues & Thurs Boys Mon & Wed OR Tues & Thurs 6 PM	Friday or Saturday	<p>The team begins with 30 minutes of station work (activity based skill development)</p> <ul style="list-style-type: none"> • Weekly online session/curriculum plans prepared by Grassroots Head Coach • Game time – 30 minutes • Format: 5 v 5
U9 Boys & Girls 2012 & 2013 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
U11 Boys & Girls 2010 & 2011 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
U13 Boys & Girls 2008 & 2009 Birth Years	Tues & Thurs possibility of a few Sundays	Coaches agree as per EMSA Rules	<ul style="list-style-type: none"> • Game Length: 80 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
U15 Boys & Girls 2006 & 2007 Birth Years	Mon & Wed possibility of a few Sundays	Coaches agree as per EMSA Rules	<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
U17 Boys & Girls 2004 & 2005 Birth Years	Sun & Thurs possibility of a few Wednesdays	Coaches agree as per EMSA Rules	<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
U19 Boys & Girls 2002 & 2003 Birth Years	Sun & Tues possibility of a few Thursdays	Coaches agree as per EMSA Rules	<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

U4 to U11 Program runs mid May & June

U13 to U19 Program runs mid May to mid July by EMSA unless we are in ASA phase 1

• **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