

EFSC Intramural Program

This is the divisional breakdown of changes for the spring of 2018-2019



Keys to coaching

Make sure you have your Medical Releases on you at all times.

Have a parent meeting. Discuss the clubs philosophy on playing time, being early to games and any other topic that is important to team management.

Do not talk to Referees during your games. They have been instructed not to have discussions with you. If you have a problem there is a form you can fill out.

Parents on one side teams on other for older divisions. You are responsible for your parent conduct. Any problems contact your DL

PeeWee (First Touch)

Fun Games and basic touch on the ball

Parents on field with their child

Divisional Coach running the session

Saturday morning 45 mins

U5 group

The U5 age group will use the midline as the build out line.

The defending team may not cross the midfield line on any goal kicks or defensive side of the field throw-ins until the opposing team receives the ball.



U5 age group

No Goalies

Coaches are to encourage the players to pass short to players in their end on goal kick.

3v3

Everyone plays 50% playing time

U5 practice for 20 minute with divisional coach and play 4x7 minute on Saturdays

U6 age group

The U6 age group will use the midline as the build out line.

The defending team may not cross the midfield line on any goal kicks or defensive side of the field throw-ins until the opposing team receives the ball.



U6 age group

No Goalies

Coaches are to encourage the players to pass short to players in their end on goal kick.

3v3

Everyone plays 50% playing time

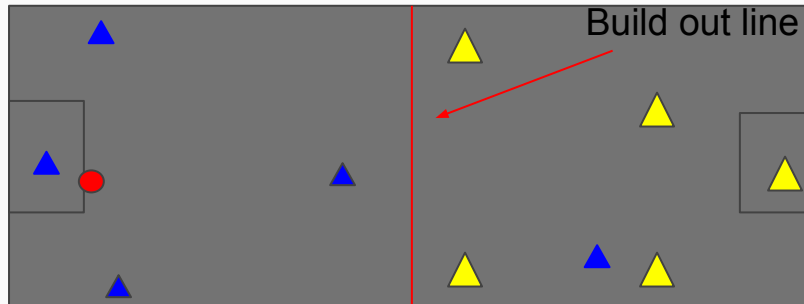
U6 practice one day a week with a division coach and play 4x10 minutes games on Saturdays

Size 3 ball

U7 age group

The U7 age group will use the midline as the build out line.

The defending team may not cross the midfield line on any goal kicks or when the goalie has the ball, until the opposing team receives the ball.



U7 age group

Goalies may not punt the ball.

Coaches are to encourage the goalies to either roll, or throw the ball to teammates in their end of the field to promote possession and build from the back.

4v4 no goalies in fall, 4v4 and goalies on bigger field in the spring

Everyone plays 50% playing time

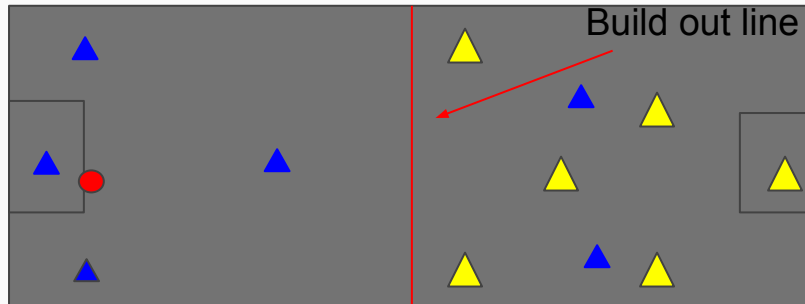
Weekday practice with divisional coach and 4x10 min games on Saturday

Size 3 ball

U8 age group

The U8 age group will use the midline as the build out line.

The defending team may not cross the midfield line on any goal kicks or when the goalie has the ball, until the opposing team receives the ball.



U8 age group

Goalies may not punt the ball.

Coaches are to encourage the goalies to either roll, or throw the ball to teammates in their end of the field to promote possession and build from the back.

6v6

Everyone plays 50% playing time

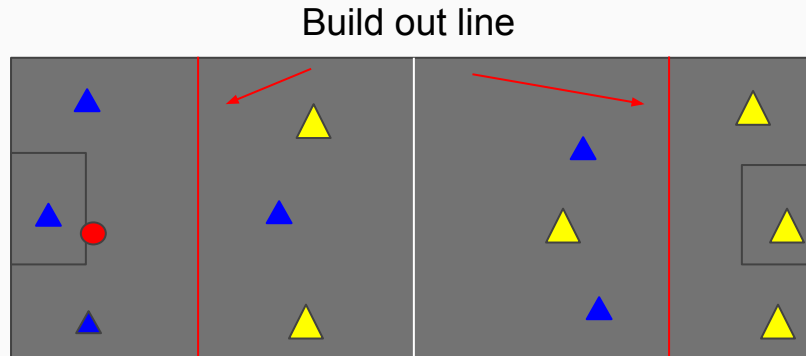
Weekday practice and 2x25 minute game on Saturday

Size 4 ball

U10 age group

The U10 age group will use build out line.

The defending team may not cross the build out line on any goal kicks or when the goalie has the ball, until the opposing team receives the ball.



U10 age group

Goalies may not punt the ball.

Coaches are to encourage the goalies to either roll, or throw the ball to teammates in their end of the field to promote possession and build from the back.

7v7

Everyone plays 50% playing time

Weekday practice and 2x25 minute game on Saturday

Size 4 ball

U12 age group

9v9

Everyone plays 50% playing time

Weekday practice and 2x30 minute game on Saturday

Size 4 ball

U15 age group

11v11

Everyone plays 50% playing time

Weekday practice and 2x40 minute game on Saturday

Size 5 ball

U19 age group

11v11

Everyone plays 50% playing time

Weekday practice and 2x45 minute game on Saturday

Size 5 ball

Skills School and Goalie Clinic

Skills School and Goalie Clinic will be offered to all age groups in the winter at Van Wyck Junior High School on Saturdays and Sundays.

It will start in early January and run for 8 sessions.

Skills School and Goalie Clinic Schedule

	Saturday	Sunday front gym	Sunday Back gym
3-4 pm	U5 Skills school	pee wee	
4-5pm	U6 Skills school	u10 Skills school	GK Academy (R and T) 11-09
5-6pm	U7 Skills School	u12 Skills school	GK Academy (R and T) 05-up
6-7pm	U8 Skills School	U15-U19 Skills School	GK Academy (R and T) 08-06