



5U-6U RECREATIONAL PROGRAM

SPRING 2021

Key components of the U5-U6 recreation program are highlighted below.

- The activities are designed to fit the developmental level of the children
- The ratio is mostly 1 ball: 1 player, encouraging more touches on the ball, confidence and the ability to socially interact
- Ballnastics incorporates coordination, flexibility, balance, and vision
- Training sessions should be no more than 45 minutes as the players have a short attention span
- 3 players versus 3 players, no score is recorded, no goalkeeper, no referee, parent volunteers
- Equal playing time

Training/Practices –

Weekly trainings will be planned by the Director of Coaching-Recreation (DOC-Rec). Recreational Coaches and Volunteer Parent Coaches will assist with training sessions. Spring 2021 training dates and times are listed below. All trainings take place at Prairie Ridge Soccer Complex.

Players will have ONE training per week.

- Girls Tuesdays 5:30-6:15 or Thursdays 6:30-7:15
 - Starts: April 5th
 - Ends: TBD
- Boys Tuesday 6:30-7:15 or Thursdays 5:30-6:15
 - Starts: April 5th
 - Ends: TBD

Games –

5U-6U Age groups participate in Saturday Game Days. They will play with their age group and gender each Saturday, unless a request is made to play up an age division.

All Game Day schedules will be made available to parents approximately one week prior to the start of season. There will be seven scheduled game days (with one make-up date scheduled-to be used as needed).

- All Game Days will be played on Saturdays at Prairie Ridge Soccer Complex (fields 37 & 38) and game times will be as consistent as possible for each age group. If age group numbers dictate the addition of more pods within certain age groups, additional time slots might be used outside of what is listed below, but will be communicated as needed. Below are Saturday game times:

*****Times may change due to numbers*****

- U6 Boys – 9:00-10:00 am
- U6 Girls – 10:00-11:00 am
- U5 Boys – 11:00-12:00 pm
- U5 Girls – 12:00-1:00 pm

- Starts: **April 17th**
- Ends: **June 5th**
- Make Up Game Day: **TBD**



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Volunteer Parent Coaches Responsibilities for Game Days: Facilitate and subbing, refereeing their team/field and keeping time. Parents who volunteer to coach should be able to make most of their age groups training sessions and plan to attend all Game Days. Parent Coaches will be provided with team assignment for each Saturday prior to the start of season. We will do our best to arrange CIT coaching subs in limited circumstances if unforeseen situations arise, and as scheduled coach cannot make their game time. Coaches will be asked to look over the schedule at the beginning of the year and let the DOC-Rec know as soon as possible if they have a conflict. Conflicts can be e-mailed to RecDOC@iowarush.com.

WE NEED Volunteer Parent Coaches every season!!

If you are interested in serving as a Volunteer Parent Coach, please register on-line at www.iowarush.com. Volunteer Parent coaches will have the option of coaching their child for each game day if they so choose. To complete registration follow the instructions below:

- Visit <http://iowarush.iowasoccerlive.org/home.php>
- Scroll down Coach Registration (CENTRAL).
- Click on Recreational-Coaches and create an account if you haven't done so already (for most this is a brand new system and will need to create an account)
- If you are interested in serving as a Volunteer Parent Coach, please register on-line at www.iowarush.com. Dependent upon the number of registrants in each age group, the DOC-Rec will contact you if your assistance and volunteer time will be needed for the upcoming season.

We are excited to continue the implementation of this 5U/6U Recreation format and believe that it is developmentally appropriate, while providing the players with a safe, competitive, and FUN playing environment.

Please contact Director of Coaching-Recreation at RecDOC@iowarush.com with any questions.

See you at the fields! GO RUSH!