



## **7U-8U RECREATIONAL PROGRAM**

### **SPRING 2021**

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Key components of the 7U-8U recreation program are highlighted below.

- Emphasis on fundamental technical skills building the foundation for the future
- Players begin to understand group activities
- Introduce a partner into training activities
- Some concept of space and direction
- The game is the teacher
- 4 players versus 4 players
- **No goalkeeper**
- Equal playing time
- Referee is introduced

#### **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 2019 training dates and times are listed below. All trainings take place at Prairie Ridge Soccer Complex on Field 32. If your parent volunteer would like to hold another practice with their individual teams, they may do so.

Practice will start the week of April 5th

<b>7U-8U Spring 2021 Training Schedule</b>			
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
6:00-6:45 7U/8U Boys	-	5:30-6:15 7U/8U Girls	-
6:45-7:30 7U/8U Girls	-	6:30-7:15 7U/8U Boys	-

Parent Volunteers are NEEDED! Volunteers will help assist during both trainings and will coach the teams on game day (Saturdays). If you are interested in helping out this Spring, please contact Haris at [recdoc@iowarush.com](mailto:recdoc@iowarush.com).

#### **Teams/Games –**

The traditional weekend league game format will be played each Saturday in Ankeny at Prairie Ridge Soccer Complex.



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- Schedules will be made available at least one week prior to the start of season.
  - First weekend of games: **April 17**
  - Last weekend of games: **June 5th**
  - Makeup games: **TBD**

Below is the current game day schedule for 7U-8U (this may change based on number of teams formed, playing two games in one day, and make up games):

- 7U Boys 9:00-10:00am
- 7U Girls 10:15-11:15am
- 8U Boys 11:30-12:30pm
- 8U Girls 12:45-1:45pm

#### **WE NEED Volunteer Parent Coaches every season!!**

- In the 7U-8U age groups, we assign one volunteer Parent Coach to act as the head coach of each team. Assistant coaches are permissible. Both head coaches and assistant coaches must follow the instructions below:
  - Visit <http://iowarush.iwasoccerlive.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](http://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 to provide a developmentally appropriate, safe, competitive, and FUN playing environment.

Please contact Director of Coaching-Recreation at [RecDOC@iowarush.com](mailto:RecDOC@iowarush.com) with any questions.

See you at the fields! GO RUSH!