



9U AND 10U RECREATIONAL PROGRAM

SPRING 2021

Key components of the 9U and 10U recreation program are highlighted below.

9U-10U Player Development

- Simple to complex
- Small group activities and team games
- Players begin to understand the game through match situations
- Training session should have a common theme throughout practice
- Emphasis still needs to be on technical skills
- Goalkeeper is introduced

Team Trainings/Practices –

Volunteer Parent Coaches assigned to each team will be responsible for setting up training dates, times, and location for their team trainings throughout the season. Trainings may take place on available Iowa Rush fields at Prairie Ridge Soccer Complex or at another park in the local Ankeny community.

SKILL, SPEED, PLAY SESSIONS (Formerly Rec Pro Sessions) –

60-minute circuit training opportunities for Recreational Program players which are organized and led by members of the Iowa Rush Select Coaching Staff. This is followed by 30 minutes of open play.

The following is a breakdown of the circuit:

Skill: Technical work with lots of repetition in the areas of dribbling, passing, and receiving.

Speed: Performance training led by Matt Zirretta from Engineered Per4mance.

Play: Small-sided scrimmaging.

Things to note:

- Each phase of the circuit will last 20 minutes.

- Players are encouraged to be there for the entire circuit, but it is acceptable to attend only a portion of the session.

SSP Dates and Times:

Recreational 9U-10U Boys and Girls

Wednesdays TBD

Time: TBD

PRSC, Field Location TBD

GK Training Sessions:

Recreational 9U-10U Boys and Girls



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Wednesdays TBD
Time TBD
PRSC, Field Location TBD

Teams/Games –

9U and 10U teams will be included in the Iowa State League Level 3 Central League (ISL Level 3) and play 7 games spread out throughout the season. For the Spring season, the 9U-10U girls will play on Saturdays. Game times are as follows; 9:00am, 10:15am, 11:30am, 12:45pm. 9U-10U boys will play their games on Sundays at the following times; 1:00pm, 2:15pm, 3:30pm, and 4:45pm. The Iowa Rush Soccer Club has no influence over the scheduling decisions. More information regarding the league can be found at www.iowasoccer.org.

- **TEAM FORMATION POLICY:** Once teams are formed at 9U and 10U, every effort will be made to keep teams together from season to season. Some exceptions to this policy may be:
 1. Returning players who do NOT register during Early Bird registration dates forfeit team placement (Spring Early Bird Dates: **By January 1st**)
 2. True age players take priority to players who have played up in past seasons.
 3. Number of registrants may cause for teams to reshuffle.
 4. There may be situations where co-ed teams will be formed in order to create sufficient roster sizes.
 5. Player did not participate the previous soccer season and is returning to play. Example: Player played Spring 2017, did not play fall 2017, and is returning to play spring 2018.
 6. A 'new' player and is not guaranteed a spot on his/her previous team. A new player is defined as:
 - 1) a player new to the club
 - 2) a player that has not played one or more seasons consecutively, including the past season (for any reason)*SEE EXCEPTION NUMBER 5*
- Once team assignments have been given, the Club will not make any adjustments to the rosters other than adding new players to teams.
- Parents may request that their child play up one age group. Requests to move up an age group will require a review from the Recreational Program committee; please submit a request to the Director of Coaching- Recreation at RecDOC@iowarush.com.
- Schedules will be made available approximately two weeks prior to the start of season.
 7. First week of practice: **TBD**
 8. First weekend of games: **TBD**
 9. Last weekend of games: **TBD**
 10. Make-up games will be played: **TBD**



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11. No games TBD

12. Games will be refereed by certified referees.

- Please click [HERE](#) for rules of the game for 9U and 10U Age Groups

WE NEED Volunteer Parent Coaches every season!!

9U and 10U age groups: we would like to assign one Volunteer Parent Head Coach and one Volunteer Parent Assistant Coach. Please follow the steps below to get registered:

- Visit https://iowarush.demosphere-secure.com/_registration
- Log In and click on "register as a volunteer"
- 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 to provide a developmentally appropriate, 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!