



## SSC Town League Program Information

**TOWN LEAGUE PHILOSOPHY:** It is the intention of the Sparta Soccer Club to provide the children of Sparta the opportunity to not only learn the game of soccer, but to learn the value of good sportsmanship and healthy competition. We encourage each player to strive to play their best, but also want them to learn that their success is not measured solely by wins and losses.

**SHIN GUARDS ARE MANDATORY IN ALL DIVISIONS AT PRACTICES AND GAMES!** Cleats are recommended but not required. All players are encouraged to bring their own ball to practice.

**Coach Requirements:** Head Coaches and Assistants must complete the following requirements. They are required by Sparta Twp, and New Jersey Youth Soccer most importantly for the safety of your children, and for liability purposes.

- Must be certified (ASEP for example), or have an F license or higher \*
- Complete and submit proof of an online Concussion Awareness Course\*
- Complete and submit proof of an online Sexual Abuse Prevention Training Course\*
- New Jersey Youth Soccer (NJYS) requires a background check for all\*

\*We will provide information and links for all requirements (more detail under Town coach Requirements)



\* Redbull NY Training Program Trainers will be supporting PreK & 7 divisions

DIVISION	PROGRAM DESCRIPTION	PURPOSE	EQUIPMENT/UNIFORM	FIELD/ TEAM SIZE
PKB- Boys  Or  PKG Girls    Under 5	Meets for a 45 minutes session on Saturdays including various "small-sided" activities.	An introduction to the fundamental skills of soccer corresponding to the developmental level of a 4 years-old child.  The skills to be included are: dribbling, passing, receiving, kicking and running.  Skills are introduced in "activity" type situations. For example; playing variations of games like tag or dodge ball or any such "game" that facilitates teaching basic soccer skills.	Each player receives a team color T-shirt. Size 3 soccer ball is used.  Coach is provided with a first aid kit, soccer balls and practice cones.	Children are divided into small groups with at least one certified or licensed coach per group. Some groups may have an assistant coach. Parents are encouraged to help. There are no actual games played in the Pre-k division. A flat grassy area is needed.
7B (boys) or 7G (girls) Under 6	Meets for approximately one hour on Saturday. session includes instruction/ practice, small sided activities / scrimmaging	Continues the introduction to fundamental skills of soccer.  Including dribbling, passing, receiving, kicking, running and conditioning. Players will be introduced to different positions and "team" concepts."	Each player receives a team T-shirt. Size 3 soccer ball is used.  Coach is provided with a first aid kit, soccer balls and practice cones.	Each team is scheduled to use half of a small field for Scrimmages are played small sided no goal keepers should be used.
6B (boys) Or 6G (girls) U8 (1st & 2nd grade)	Meets for one-hour practice during the week (scheduled by coach) and play scheduled games on Saturdays.	Focus continues to be instructional. Individual and team skills are developed. All players should experience all positions. Small sided team philosophy is used. Youth referees call the game. Coaching is from the sideline only.	Each player receives a team T-shirt. Size 3 soccer ball is used.  Coach is provided with a first aid kit, soccer balls and practice cones.	Number of players on a team and on the field is carefully considered each season
5B (boys) or 5G (girls) U10 3rd, 4th & 5th grades	Meets for one-hour practice during the week (scheduled by coach) and play scheduled games on Saturdays	Division becomes more recreational. There is less focus on instruction. Many of the more serious players have moved to travel by this time. So although instruction continues the focus is stronger on intramural, fun play. Youth referees call the game. Coaching is from the sideline only.	Players purchase reversible jersey from club. Size 4 soccer ball is used.  Coach is provided with a first aid kit, soccer balls and practice cones.	Number of players on a team and on the field is carefully considered each season
3C Under 14 6th, 7th & 8th grade boys & Girls	Meets for one-hour practice during the week (scheduled by coach) and play scheduled games on Saturdays	Division is more recreational. There is less focus on instruction. Although instruction continues the focus is stronger on intramural, fun play. Youth referees call the game. Coaching is from the sideline only. This division also plays other Sussex County recreational teams	Players purchase reversible jersey from club. Size 5 soccer ball is used.  Coach is provided with a first aid kit, some soccer balls and practice cones.	Number of players on a team and on the field is carefully considered each season

For detailed rules, see [Town League Rules](#) and [Players on the field each season](#)