



7U-8U RECREATIONAL PROGRAM

SPRING 2020

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. Fall 2020 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 6th

7U-8U Fall 2019 Training Schedule			
Monday	Tuesday	Wednesday	Thursday
6:00-6:45pm 7U Girls		6:00-6:45pm 7U & 8U Girls	
6:45-7:30pm 7U Boys	6:45-7:30pm 8U Girls	6:45-7:30pm 7U & 8U Boys	6:45-7:30pm 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 season, please contact Ben Dighton at recdoc@iowarush.com.

Teams/Games –

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

- Schedules will be made available at least one week prior to the start of season.
 - First weekend of games: **April 18th**
 - Last weekend of games: **June 7th**
 - **No games TBA**
 - Makeup games: **June 13th - 14th**



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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

What does it take to be a volunteer coach?

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!

- 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.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 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!