



U9/10 Travel

Fall 2009

Spring 2010

U9/10 Travel

Teams or Academy??

- Academy or Teams?
 - Clubs may offer both Academy and Team formats.
 - Clubs may participate in either an “Academy” format or a “Team” format for U9 and U10 travel soccer.
 - Expanded registrations will be allowed for both formats
 - Academy format will have flexible scheduling for matches created by Academy Directors/Academy coaches.
 - Academy clubs will have the flexibility to determine the number of games in one day, number of mini-matches, etc.
 - Strong recommendation that an Academy player plays no more than 60 minutes in a day (knowing that travel/ expenses may dictate otherwise)
 - Team format will have schedules created by Indiana Youth Soccer affiliated travel leagues

U9/10 Travel

- U8's
 - Clubs will be allowed to register an unlimited number of U8 players. Each Club/ Club Director of Coaching will make this determination.
 - It is recommended that U8 players are accepted on a case-by-case basis and placed with U9/U10 players only when it is the best interest of that child's individual development (see US Soccer Best Practices Document)
 - It is recommended that clubs should have a game day roster that includes at least 50% U9/U10 age players. Example: Game day roster has 12 players. At least six of the players should be U9 or U10.
 - U8's will be allowed to play within the U9 or U10 Academy or Team format, using the club pass system if applicable.
 - It is recommended that U8 players play up only one age group.
 - U8 only teams will not be permitted for regular league play.
- Both Team and Academy Format have expanded rosters.
- “Team” and “Academy” rosters may not exceed 12 players per match.

U9/10 Travel

- Club Pass
 - In the U8-U10 level of travel soccer, the Club Pass options will not be limited to four club pass players per team. Therefore, a club may select any number of players to utilize the club pass.
- Non result oriented competition (but still competitive)
- Inclusive vs. Exclusive
 - No cut policy is recommended unless the club does not have the resources to accommodate the number of players who ask to play.
- Referee Development
- FUN!

Team/League Format

- “Red” Division (Advanced)
 - would be geared for clubs with more advanced level players who would be best served playing with and against players of similar abilities.
- “Blue” Division (Novice)
 - This division is ideal for clubs just entering travel aspects of youth soccer, for clubs with less experienced players, and/or for clubs that may have multiple teams in the U9/U10 age bracket.
- A season will consist of 8 full matches scheduled by the leagues.
- No standings or scores will be reported.

Team Format

- Play 6v6 (5 plus GK)
- Indiana Youth Soccer playing rules
 - Field size, duration, goals, etc.
 - No offside
 - Punt Rule
- Recommended game day size is 7-10 players for Academy.
- No results or standings (but still competitive)
- Recommendation that each player plays at least half the match.

Academy Format

- “Academy” Clubs will play:
 - A total of 4 “dates” will be self-scheduled by Academy Directors.
 - Game Format:
 - It is recommended that an Academy player may not play more than **60** minutes in one day (knowing that travel/ expenses may dictate otherwise)
 - Academy Directors will have the flexibility to determine the match format.
 - » Examples could be: 1 match a day, 2 matches a day with a one hour rest, 3 “mini-matches” with a 10-15 minute break, etc.
 - Scores and standings will not be recorded.
 - An optional Academy Showcase will be offered for clubs to participate in.
 - Academy scheduling date will be mid July or August 1st.
- “Academy” Players of the Match
 - Opposing coaches would select one-two “players of the match” for each game.
 - These “POTM” would be visible on the League and Indiana Youth Soccer website.
- “Academy” Club of the Season
 - Clubs would get weekly skill challenges to incorporate for their Academy Players.
 - Clubs would log the number of: Juggles each player does, Passing accuracy, Shooting, etc.
 - Clubs demonstrate and/or exhibit good adult/coach behavior on Academy Days.
 - Academy Club of the Season will be recognized on Indiana Youth Soccer website.

Academy Format

- Recommended Travel Time no more than 60 minutes
- Clubs are encouraged to contact each other to discuss how many players they have, how they are forming groups, etc. (Academy)
- Academy Directors/coaches will meet August 1st to create Academy schedule.
- 4 dates for “Academy plus “Showcase”.
 - Showcase is not mandatory.
 - Showcase would be a day of matches, competitions, and contests.
 - Saturday matches are still preferred over Sunday.
- Clubs that are close are encouraged to play week night matches. Example: “Friday Night Academy/Matches” to help stay off of Sundays and free up weekends.

Academy Format

Players of the Match

- For each of the Academy Dates the opposing coach will recognize a player from the other team.
- Each week will have a different “theme” or “skill” that the opposing coach will look for from a player of the other team.
- Play Date 1 “Best Dribbler”
- Play Date 2 “Sportsmanship”
- Play Date 3 “Best Passer”
- Play Date 4 “110%” Award
- “POTM” will receive a patch and also be recognized on the League website.

Academy Player of the Match Weekly Themes

Week	Theme
One	Best “Dribbler”
Two	Best “Passer”
Three	110% Award
Four	Best “Turn”
Five	Sportsmanship
Six	Best “First Touch”
Seven	“Super Support Player”
Eight	Best “Defender”
Nine	“Spirit”

Academy Format

- Play 6v6 (5 plus GK)
- Indiana Youth Soccer playing rules
 - Field size, duration, goals, etc.
 - No offside
 - Punt Rule
- Recommended game day size is 7-10 players for Academy.
- No results or standings, but scores kept for the three 25 minute games. Scores are then reset to 0-0.
- Each player plays at least half the match.
- U9 and U10 Academies can play at the same venue/time.
- Clubs can mix U9 and U10 Academies as long as it is communicated prior to Academy Date.
- Clubs may still do “mini-clinics” if desired before games but should communicate with visiting clubs prior to date.
- Clubs may still participate in the “Kicks For Cancer” if desired.
- Clubs may still move “impact” players to another field if fields are close enough.
- Clubs may still “loan” a player to another club if they are short players.

Academy and Team Differences

Team/League	Academy
Traditional	Modern
Select group of players to make teams for training and playing making a fixed roster.	Select group of players to make a pool for training who then break off into teams for games. Making rosters more "fluid".
May travel approximately 5-8 times for matches	May travel approximately 2-4 times for matches
Match dates, times, locations set by leagues.	Match dates, times, locations will be created by academy directors/coaches.
Two levels of play (Red-advanced and Blue-novice)	Clubs divide up teams differently each time if desired.
Teams are more "fixed" but players can all be "club passed".	Teams are more "open" but players can all be "club passed"
Matches will be 2-25 minute halves. Season will consist of 8 league games.	Matches will be scheduled by Academy Directors. It is recommended that an Academy Player plays no more than 100 minutes in a day. Club Academy Directors will have the flexibility to determine the game day format. Examples: 1 match a day, 2 matches a day with a one hour break, 3 "mini-matches" a day with a 10-15 minute break, etc.

Academy and Team Differences

Team/League	Academy
Will tend to have more "Team" practices but still could have "age group" practices.	Will tend to have more "age group" practices.
Team organization should be stronger-Team Coach, Team Manager	Organization is looser due to fluidity of playing groups and coaching staff.
Can't move impact players from one field/game to another to keep matches more balanced.	Can move impact players from one field/game to another to keep matches more balanced.
Tend to be more outcome based.	Tend to be more player based due to "Player Of The Match" awards.
No Sunday matches recommended but due to length of season, weather factors could be forced to play.	No Sunday matches recommended but due to weather factors still could be forced to play.
Expanded rosters allowed. Clubs will then roster a "team" with Indiana Youth Soccer.	Expanded rosters allowed. Clubs will then roster a "pool" with Indiana Youth Soccer.
Fun!	Fun!



US Soccer

“Best Practices”

- **U8's**
 - **Best Qualities of a coach for this age player:**
 - This coach must clearly understand the capabilities and limitations of this age and appreciate the power of learning by watching. He or she must have the ability to demonstrate or to use older players to demonstrate.
 - **Number of Matches Per Calendar Year:**
 - No organized matches where the score is recorded.
 - **Breaks from organized soccer:**
 - Children at this age should not be participating in a mandatory soccer program and should be free to participate at their own pace. There should not be a penalty or consequence for missing practice and no discussion about “commitment.” An effort should be made to include any child that wishes to play soccer. It is healthy and appropriate to group players according to ability level, but movement between groups should be open and fluid in order to reflect changes in ability and individual development from year to year or every six months.
 - **Travel:** None
 - **Tournaments, Festivals, Etc.:** None
 - **State, Regional, and National Championships:** None



US Soccer

“Best Practices”



- *U 10's*
 - *Best Qualities of a coach for this age player:*
 - Energetic. Plays while facilitating practice. Stimulates Ideas.
 - *Number of Matches Per Calendar Year:*
 - 20 per year
 - 2-3 practices per one match
 - Players should be given two days rest per week.
 - In league play there should be no more than the equivalent of 1 game per weekend.
 - There should be no standings or post season playoffs and a limited number of small-sided round robins.
 - Tournament play should not be encouraged.

US Soccer

“Best Practices”



“Competition among kids playing games will always exist, whether adults are present or not. Making soccer “fun” at the younger ages does not mean that competition is removed. Competition can be positive and healthy. Scoring goals and winning the game are fundamental parts of soccer. Allow the children to enjoy this aspect without making it the focus. Set up other based objectives as the focal point”.

http://www.ussoccer.com/articles/viewArticle.jsp_280734.html



US Soccer

“Best Practices”

- *U10's continued:*
 - *Breaks from organized soccer:*
 - Recommended that parents discourage their children from specializing in or playing only soccer. Encourage participation in a number of different sports and activities.
 - *Travel:*
 - In state only travel with a 1 hour maximum travel time.
 - *Tournaments, Festivals, Etc.:*
 - Should attend a few jamborees or festivals per year where no results are compiled.
 - *State, Regional, and National Championships:*
 - None