



# Junior Division

Grade Level Outlines



# Division Director Season Start

## Scheduling – 8 week season; 7 games + MLS Cup

- Season Start: Saturday, April 14<sup>th</sup>
- Season End: Saturday, June 9<sup>th</sup>
- Make-up Week: Saturday, June 16<sup>th</sup>
- No games Memorial Day Weekend
- Schedules published on the MYS website
- Practices can be scheduled at Grace Ryder; no access to Rockwood Training Monday-Friday due to MUSC scheduling



# Junior Season Start

## Scheduling – Times & Locations

8:00am	2nd Girls	Rockwood New
9:30am	2nd Boys	Rockwood New
11:00am	1st Girls	Rockwood Training
12:30pm	1st Boys	Rockwood Training
2:00pm	K Girls	Rockwood Training
3:30pm	K Boys	Rockwood Training
TBD	3 <sup>rd</sup>	Grace Ryder



# Kindergarten

## K Division Overview

- **Player equipment**
  - Shin pads, Soccer Socks, Cleats, Size 3 ball, MYS provided team jersey
- **Fields**
  - 20 X 30 (max) @ Rockwood Training
- **Games**
  - 4v4 or 3v3; split on 2 half fields (play width on fields 1, 2 and 3)
  - Kick-ins vs. throw-ins, Goal Kicks from goal line, Corner kicks, Goal restarts @ center mark
  - Goal kicks opposing teams @ center field (build-out)
- **Goals**
  - Pugg nets or cones (no GK)
- **Development philosophy**
  - Maximize touches on the ball
  - Fun environment promoting confidence

## UKE Clinics

- **Location**
  - UKE Clinics are on fields 4 and 5
- **Schedule**
  - All teams have clinics each week
  - 1<sup>st</sup> 30 minutes: 4 teams have clinics; 4 teams have games
  - 2<sup>nd</sup> 30 minutes: teams rotate between clinics and games
- **Coach Involvement**
  - UKE Clinics is for both player and coach development
  - At least 1 coach per team is expected to participate in the UKE clinics
  - MYS recommends that Coaches review the weekly lesson plan distributed by UKE prior to Sat



# 1<sup>st</sup> Grade

## 1<sup>st</sup> Grade Division Overview

- **Player equipment**
  - Shin pads, Cleats, Size 4 ball, MYS provided kit (shorts, socks, shirt)
- **Fields**
  - 20 X 30 (max) @ Rockwood Training
- **Games**
  - 5v5; full field
  - GK + 4 field players; rotate GK with field players, no set GK
  - Throw-ins, Goal Kicks from goal line, Corner kicks, Goal restarts @ center mark
  - Goal kicks opposing teams @ center field (build-out)
- **Goals**
  - 4X6
- **Development philosophy**
  - Maximize touches on the ball
  - Build confidence and comfort when in possession
  - Fun learning environment

## UKE Clinics

- **Location**
  - UKE Clinics are on fields 4 and 5
- **Schedule**
  - All teams have clinics each week
  - 1<sup>st</sup> 30 minutes: 4 teams have clinics; 4 teams have games
  - 2<sup>nd</sup> 30 minutes: teams rotate between clinics and games
- **Coach Involvement**
  - UKE Clinics is for both player and coach development
  - At least 1 coach per team is expected to participate in the UKE clinics
  - MYS recommends that Coaches review the weekly lesson plan distributed by UKE prior to Sat



# 2nd Grade

## 2<sup>nd</sup> Grade Division Overview

- **Player equipment**
  - Shin pads, Cleats, Size 4 ball, MYS provided kit (shorts, socks, shirt)
- **Fields**
  - 25 X 40 (max) @ Rockwood New
- **Games**
  - 7v7; full field
  - GK + 6 field players; rotate GK with field players, no set GK
  - Throw-ins, Goal Kicks from goal line, Corner kicks, Goal restarts @ center mark
  - Goal kicks opposing teams @ center field (build-out)
- **Goals**
  - 6 ½ X 12
- **Development philosophy**
  - Maximize touches on the ball
  - Build confidence and comfort when in possession
  - Team building
  - Fun learning environment

## UKE Clinics

- **Location**
  - Designated UKE Clinic Field (Field #1)
- **Schedule**
  - 2 teams have clinics each week
  - All other teams have coach led practices each week **following UKE weekly lesson plan**
  - 1 UKE coach will be floating between non-clinic practices
- **Coach Involvement**
  - UKE Clinics is for both player and coach development
  - At least 1 coach per team is expected to participate in the UKE clinics
  - MYS recommends that Coaches review the weekly lesson plan distributed by UKE prior to Sat



# 3rd Grade

## 3<sup>rd</sup> Grade Division Overview

- **Player equipment**
  - Shin pads, Cleats, Size 4 ball, MYS provided kit (shorts, socks, shirt)
- **Fields**
  - 40 X 60 (max) @ Grace Ryder
- **Games**
  - 7v7; full field
  - GK + 6 field players; limit GK to halves
  - Throw-ins, Goal Kicks goal box, Corner kicks, Goal restarts @ center mark
  - Goal kicks opposing teams @ center field (or build-out line as marked)
- **Goals**
  - 6 ½ X 12
- **UKE clinics**
  - No UKE for 3<sup>rd</sup> grade for Spring 2018
- **Practices**
  - Team encouraged to practice at least 1X per week
  - UKE weekly lesson plans will be provided as a reference
  - Coordinate with DD on fields availability
  - Rockwood Training and Coast Guard Hill are available for 3<sup>rd</sup> Grade practices (no Grace Ryder or Rockwood New)
- **Development philosophy**
  - Maximize touches on the ball
  - Build confidence and comfort when in possession
  - Team building
  - Fun learning environment