



Junior Division

Fall 2018

Grade Level Outlines



Division Director Season Start

Scheduling – 8 week season

- Season Start: Saturday, September 8th
- Season End: Saturday, November 3rd
- Make-up Week: Saturday, November 10th (weather dependent)
- No games Columbus Day Weekend
- Schedules published on the MYS website
- Practices can be scheduled at Grace Ryder (must schedule time with MYS) or South River (open to Juniors); no access to Rockwood Road fields



Division Director Season Start

Grade	Gender	# of Teams	Location	Time	Goals	UKE Clinics	Notes
K	B	8	South River	8:00 – 9:00	<u>Puggs</u>	Weekly	Each team has weekly clinics
K	G	8	South River	9:20 – 10:20	<u>Puggs</u>	Weekly	Each team has weekly clinics
1 st	B	8	B&G Club	9:20 – 10:20	4X6	Weekly	Each team has weekly clinics
1 st	G	8	B&G Club	8:00 – 9:00	4X6	Weekly	Each team has weekly clinics
2 nd	B	8	Grace Ryder	12:30 – 1:30	8X12	Rotating	Rotating clinics schedule
2 nd	G	8	Grace Ryder	11:00 – 12:00	8X12	Rotating	Rotating clinics schedule
3 rd	B	6	Grace Ryder	2:00 – 3:00 & 3:30 - 5:00	8X12	N/A	6 teams, <u>2 time slots</u>
3 rd	G	6	Grace Ryder	8:00 – 9:00 & 9:30 – 10:30	8X12	N/A	6 teams, <u>2 time slots</u>



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 Clinic designated fields
- **Schedule**
 - All teams have clinics each week
 - 1st 30 minutes: 4 teams have clinics; 4 teams have games
 - 2nd 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



1st Grade

1st 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 Clinic designated fields
- **Schedule**
 - All teams have clinics each week
 - 1st 30 minutes: 4 teams have clinics; 4 teams have games
 - 2nd 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

2nd 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
- **Schedule**
 - 4 teams have clinics each week
 - 1st 30 minutes: 2 teams have clinics
 - 2nd 30 minutes: 2 teams rotate between clinics and games
 - 4 non-clinic teams play 1 hour 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



3rd Grade

3rd 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**
 - Friday evenings – Grade wide clinics
- **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
 - Grace Ryder (must schedule) and South River are available for 3rd Grade practices
- **Development philosophy**
 - Maximize touches on the ball
 - Build confidence and comfort when in possession
 - Team building
 - Fun learning environment