



Recreational Training Program

OVERVIEW:

As part of our RSL-AZ South Recreational Program, all U7 - U12 Recreation teams in these age groups have a specialized practices with our highly qualified professional Director of Recreational Training Coordinators. All Recreational teams, players, and coaches are expected to attend.

TRAINING:

Each session will consist of a warm-up, individual touches on the ball, session topic, and scrimmage based on the session topic. U7 will have 45-minute training sessions. U8-U12 will have 60-minute training sessions. Coaches can request lesson plans anytime throughout the season.

NOTES:

- Players must wear shin guards, athletic t-shirt, athletic shorts, and soccer cleats
- No jewelry during the practices or games (necklaces, earrings etc.)
- Players should bring plenty of water
- Players must bring an age appropriate soccer ball:
 - U7 - U8 = Size #3
 - U9 - U12 = Size #4

RSL AZ developed this program to foster the development of the U7-U12 Recreational players.

PROGRAM GOALS:

- Develop players by teaching fundamental skills and strategies at age appropriate levels.
- Have consistency within the RSL-AZ club's age group training goals.
- Provide players the necessary fundamentals to pursue soccer at any level a player chooses.
- Expand the players', coaches' and parents' knowledge about the game.
- Give players the opportunity to experience club level coaching in a fun atmosphere.
- The RSL-AZ Rec Training Coordinator will be a resource for all RSL-AZ Recreational coaches. This will give coaches an opportunity to ask questions, get session ideas, and have another layer of support from the RSL-AZ Club to help make his or her coaching experience a positive one.