

# 316 Sports Soccer League Information Sheet

Spring 2020 Location: Fred Kirby Park / 316 Park

[Updated June 2020 ES]

**6U Sat. only**

**8U Tue./Sat.**

**11U Mon./Sat.**

**14U Tue./ Sat.**

316 Sports offers soccer leagues with four divisional groups. Each group adds more elements of the game to allow our players to grow in their learning and competitive play as they grow physically as well as ability. Each week, 316 sports infuses **TRUTH into our TRAINING** as we believe that sports is a great training ground for life.

Our **6U Division** (six under) allows our 4 and 5-year-olds to learn the game in a fun way. The 2020 Spring Season has two sessions offered. With appropriate field and ball size, these young players will learn basic footwork and positions to allow them the opportunity to grow. Players will learn a few basic positions and begin to learn placement on the field of play. This group will only meet once a week for 90 minutes each program. This allows us to have 40 minutes of skill training, 40 minutes of a game time, and 10 minutes for Truth Time.

Our **8U Division** (eight under) allows for a little larger field as well as the introduction of the Goalie position. These players learn a formation to play and where they are supposed to be on the field of play to best help their team both offensively and defensively. Our 8U Division does offer a **Skills Night** early in the week. This is a time when players from ALL TEAMS in the 8U Division are welcome to come out together for some extra touches on the ball and work on their individual skills to help their team. The 8U Division meets on Saturdays for a full 90 minutes for the 40- minute skill training, 40-minute game, and 10-minute Truth Time at the end.

Our **11U Division** increases in field size and goal size. This division also has a Team Skills Night during the week and their Saturday program is for their games only. Teams play within the division to crown a champion at the end of the season. Also, for Fall of 2019, within the 11U Division, there will be an opportunity for players with an Evaluation of A and High B, to be part of a 316 ELITE team. These players from all the 316 Fall teams will come together to compete against other soccer clubs in the area. There will be an additional cost and time commitment for this level of play. Players will be invited to be a part and given the opportunity after Fall Evaluations.

Our **14U Division** increases in field size and play to match the High School Rules. This division also has a Team Skills Night during the week and their Saturday program is for their games only. Teams play within the division to crown a champion at the end of the season. Also, for spring of 2020, within the 14U Division, there will be an opportunity for players with an Evaluation of A and High B, to be part of a 316 ELITE team. These players from all the 316 Fall teams will come together to compete against other soccer clubs in the area. There will be an additional cost and time commitment for this level of play. Players will be invited to be a part and given the opportunity after Fall Evaluations.

**\*\*\*FOR THE WEBSITE\*\*\***

**Welcome to 316 Sports Soccer!** We are so excited to have the opportunity to help develop your young player foundationally in this great game. 316 sports shares TRUTH in our TRAINING as we believe that sports is a great training ground for life. Look below at your age group and find more specific details; see you on the pitch!

## **6U (ages 6 and under Co-ed)**

Our **6U Division** (allows our 4, 5, and 6-year-olds to learn the game in a fun way. With appropriate field and ball size (size 3), these young players will learn basic footwork and positions to allow them the opportunity to grow. Players will learn a few basic positions and begin to learn placement on the field of play. This group will meet once a week for 90 minutes at the same location and time to be family friendly. This allows us to have 40 minutes of skill training, 40

minutes of a game time, and 10 minutes for Truth Time. During the 8-week season, players will accumulate points for wins and ties, all coming down to a Championship Saturday. While all our players will receive a season-ending medal, the Champion team is recognized for the outstanding season.

Our **8U Division** (eight under) allows for a little larger field as well as the introduction of the Goalie position. These players learn a formation to play and where they are supposed to be on the field of play to best help their team both offensively and defensively. Our 8U Division does offer a **Skills Night** early in the week. This is a time when players from ALL TEAMS in the 8U Division are welcome to come out together for some extra touches on the ball and work on their individual skills to help their team. The 8U Division meets on Saturdays for a full 90 minutes for the 40- minute skill training, 40-minute game, and 10-minute Truth Time at the end. During the 8-week season, players will accumulate points for wins and ties, all coming down to a Championship Saturday. While all our players will receive a season-ending medal, the Champion team is recognized for the outstanding season.

Our **11U Division** increases in field size and goal size. This division also has a Team Skills Night during the week and their Saturday program is for their games only. Teams play within the division to crown a champion at the end of the season. Also, for Fall of 2019, within the 11U Division, there will be an opportunity for players with an Evaluation of A and High B, to be part of a **316 ELITE team**. These players from all the 316 Fall teams will come together to compete against other soccer clubs in the area. There will be an additional cost and time commitment for this level of play (TBD). Players will be invited to be a part and given the opportunity after Fall Evaluations. While all our players will receive a season-ending medal, the Champion team is recognized for the outstanding season.

Our **14U Division** increases in field size and play to match the High School Rules. This division also has a Team Skills Night during the week and their Saturday program is for their games only. Teams play within the division to crown a champion at the end of the season. Also, new for Fall of 2019, within the 14U Division, there will be an opportunity for players with an Evaluation of A and High B, to be part of a 316 ELITE team. These players from all the 316 Fall teams will come together to compete against other soccer clubs in the area. There will be an additional cost and time commitment for this level of play (TBD). Players will be invited to be a part and given the opportunity after Fall Evaluations. While all our players will receive a season-ending medal, the Champion team is recognized for the outstanding season.

Please consider ways you can be a part of this program, either as a volunteer coach or as an assistant. As you register your child for the program, register yourself and attend our coach friendly meeting to be prepared to have a great season. Don't worry, 316 Sports will provide you with all the needed resources. Each year we are blessed to meet new families and new leadership. After the season, we always love to hear how, by their volunteer efforts, were impacted in a positive way. We look forward to working with you and your player this fall.

### **\*\*\*ADMINISTRATIVE INFORMATION\*\*\***

#### **Equipment Needed for ALL Soccer: Picked up and Returned to THE BARN by the Directors**

- 8 - Corner Flags (4 yellow and 4 white)
- 2 - Bags of Balls (both sizes; 3 and 4)
- 2 - blue portable goals
- 1 - 316 Banner
- 1 – Portable Speaker System (larger one) with MICROPHONE
- Cone Tree for stations
- Small portable nets for stations (when needed) – 2 per bag (black oblong bag)
- Director Notebook with FULL CONTACT INFORMATION / Schedule / Truth Time Devotion for week

# **316 Sports Divisional Information**

## **6U – Session 1 8:30 AM – 9:45 AM Fred Kirby Park Director: Juniper Huebsch**

- Play 2-1-2 formation **NO goalie** (2 defenders; 1 midfielder; 2 forwards)
  - Defenders stay on own side of midfield line
  - Midfielder can go anywhere on field
  - Forwards stay on other side of line
- 5 at a time (adjust when necessary)
- 4 – 6 minute quarters, running clock. Substitute each three minutes.
- Coaches on the field with the players
- Rotate players at each position, encouraging understanding of game and space
- FIELD SIZE: 20 yds by 40 yds (sugg. 15 x 30)
- GOALS: Small portable blue/white goals (4'x6' up to 6'12')
- BALLS: Size 3

## **6U – Session 2 10:15 AM – 11:45 AM Fred Kirby Park Director: Amber Stewart**

- Play 2-1-2 formation **NO goalie** (2 defenders; 1 midfielder; 2 forwards)
  - Defenders stay on own side of midfield line
  - Midfielder can go anywhere on field
  - Forwards stay on other side of line
- 5 at a time (adjust when necessary)
- 4 – 6 minute quarters, running clock. Substitute each three minutes.
- Coaches on the field with the players
- Rotate players at each position, encouraging understanding of game and space
- FIELD SIZE: 20 yds by 40 yds (sugg. 15 x 30)
- GOALS: Small portable blue/white goals (4'x6' up to 6'12')
- BALLS: Size 3

## **8U – 8:30 AM – 10:00 AM /Tue Skills 6:15 -7:45PM 316 Park Director: Matt Timmerman**

- Play 2-2-2 formation plus Goalie (2 defenders; 1 midfielder; 2 forwards)
  - Defenders stay on own side of midfield line
  - Midfielder can go anywhere on field
  - Forwards stay on other side of line
- 7 at a time (adjust when necessary)
- Teams 4 or 6 depending on registration
- 4 – 6 minute quarters, running clock. Substitute each three minutes.
- Coaches on the field with the players first **half of season** (4 weeks)
- Rotate players at each position, encouraging understanding of game and space
- FIELD SIZE: **40 yds by 60 yds (sugg. 30x50)**
- GOALS: (4'x6' up to 6'12')
- BALLS: Size 4

**11U – Sat. 10:30 – 1 PM / Skills Mon 6:15 – 7:30 316 Park Director: Elio Leyton**

- Play 2-1-2 formation plus Goalie (2 defenders; 1 midfielder; 2 forwards) **OR OTHERS**
  - Defenders stay on own side of midfield line
  - Midfielder can go anywhere on field
  - Forwards stay on other side of line
- 6 at a time (adjust when necessary)
- 4 – **8 minute quarters**, running clock. Substitute each **FOUR minutes**.
- Coaches NOT on the field with the players
- Rotate players at each position, encouraging understanding of game and space
- **FIELD SIZE: 40 yds by 80 yds (sugg. 50x90)**
- **GOALS: Rec. 6' x 18'**
- **BALLS: Size 4**
- **ELITE TEAM:** Team of “A” and “B” players offered spot to compete outside 3-4 games

**14U – Tues. 6:15 – 7:45 PM / Sat. 11am – 12 PM Director: Graham Waugh**

- Regulation HS rules
- 11 at a time (adjust when necessary)
- 4 – **8 minute quarters**, running clock. Substitute each **FOUR minutes**.
- Coaches NOT on the field with the players
- Rotate players at each position, encouraging understanding of game and space
- **FIELD SIZE: Regulation size (sugg. U14 – 75 x 100)**
- **GOALS: Large Regulation goals** at the park
- **BALLS: Size 5**
- **ELITE TEAM:** Team of “A” and “B” players offered spot to compete outside 3-4 games

<b>1.1 AGE GROUP:</b>	<b>1.2 COMMON SOCCER GOAL SIZES:</b>
U5, U6, U7, U8	4'h x 6'w up to 6'h x 12'w
U9, U10, U11, U12	6'h x 18'w up to 7'h x 21'w
U13 thru Adults	8'h x 24'w
NFSHA (High School)	Minimum of 4" x 2" goalpost on a 8' x 24' goal.
NCAA	Minimum of 4" round or 4" square goalpost on a 8' x 24' goal
Futsal	6' 7"h x 9' 10"w