



SYSC Recreational Club Representatives

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(U5 – U8)

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Mod Girls and Boys Rep

(GU9 – GU10)

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VP of Development

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Recreational Girls and Boys Rep

(GU11 – GU19)

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FALL RECREATIONAL LEAGUE SCHEDULING 2017

Micro (U5, U6-U8)

- U6-U8 Practice begins Aug. 7-10 and 14 & 15th
- U5 season begins Sept. 25th and runs until Oct. 6th
- Practice & games at Stocker field only
- Season begins August 25th for U5 and August 26th for U6-U8.
- Practices and games on Friday night only for all U5 players (6 weeks)
- Two practices a week (M/W) or (Tu/Th) for U6-U8
- Games will be on Saturday's for all U6-U8 (8 week season)

Mods / Majors (U9-U18)

- Practice begins Aug. Aug. 23rd
- Games begins Sept. 9th and 10th
- Practice & home games at Stocker field
- Two practices a week (M/W) or (Tu/Th)
- No Friday night practices – this is preparation for weekend games
- Practices are reduced from twice a week to once a week Oct. 16th
- **All practices end October 30th –Because of daylight savings.**
- ~~Season Ends the November 11th and 12th~~



FALL RECREATIONAL LEAGUE SCHEDULING 2017

- **2007 – 1999(U9-19)**— Practice starts August 23rd at *SHS/Stocker* 4:30-8:30pm
 - No early fields.
 - Practices are only on assigned field at SHS/Stocker for insurance reasons.
 - Reminder that practices are reduced from twice a week to once a week beginning Oct. 16th, and all practices end on Oct. 30th.

 - **2008 & 2009(U9-U10)**— Practice starts August 23rd at *SHS/Stocker* 4:30-8:30pm

 - **2010-2012(U6-U8)**— teams will begin practice at Stocker field on Aug. 7th-10th and 14th & 15th
 - U6-8 games game's start, Aug. 26th and goes through Oct. 14th.

 - **2013(U5)**— teams will begin practice and games on Friday Aug. 25th ; all practice will be the first ½ hour followed by a game, last Friday night is Oct. 6th
 - T-shirts provided by the club will be distributed at the coaches meeting for U5-8 teams.
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Coach Resource

- **Coach mtg.**
 - **Aug 1st**
 - **SHS Commons area; 6:30-7:30 pm**

 - **Clinics**
 - **Coaching clinics; 6:15-7:15 pm**
 - **August 9th(Wednesday)**
 - **August 14th(Monday)**
 - **GK clinic; 6:15-7:15 pm**
 - **August 9th(Wednesday)**
 - **August 14th(Monday)**
 - **August 22nd(Tuesday) after Bigfoot**
 - **Skills clinic; 6:15-7:15 pm**
 - **August 9th(Wednesday)**
 - **August 14th(Monday)**
 - **August 22nd(Tuesday) after Bigfoot**
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Coach Resource

NCYSA Recreational League 2017

		U08(10)-U10(08)				
Saturday					Sunday	
U08B	U08G				U08B	U08G
U09B	U09G				U09B	U09G
U10B	U10G				U10B	U10G
	Group 1		Group 2		Group 3	
	Everett		Everett		Everett	
	Irish		Irish		Granite Falls	
	Mukilteo		Mukilteo		Lake Stevens	
	Silver Lake		Silver Lake		PSA (Marysville)	
	Terrace Brier		Sky River		Irish	
	Snohomish		Snohomish		Stanwood-Camano	

U08 (2010) Teams will be divided into divisions using geographical groups as the primary factor. The Scheduler will work to minimize travel times while maintaining diversity in divisions.

U09 (2009) & U10 (2008) Teams will be divided into divisions using competitive/skill level as the primary factor. Clubs will submit a High, Medium, or Low designation for each team in the U09/U10 divisions. The Scheduler will work to minimize travel times while maintaining skill levels within divisions.

Teams at U8 (2010), U9 (2009), and U10 (2008) will play either an All Saturday or all Sunday schedule. The divisions will be split 60/40 into each day of play. One game per weekend will be the norm but divisions with an odd number of teams could result in BYEs and two games in a weekend, one Saturday and one Sunday. Sunday games will not start before 2:00 PM.



Coach Resource

NCYSA Recreational League 2017

U11(07)-U12(06)

Saturday & Sunday

U11B

U11G

U12B

U12G

U11 (2007) & U12 (2006) Teams will be seeded into division at the North County seeding meeting in late July. The prior year's standings, goal differential, and changes to roster will all

Teams in the U11 (2007) and U12 (2006) divisions will be playing a Saturday and Sunday schedule with most teams playing 6-7 Saturday games and 3-4 Sunday games throughout the season. One game per weekend will be the norm but divisions with an odd number teams could result in BYEs and two games in a weekend, one Saturday and one Sunday. Sunday games will not start before 12:00 PM.



Coach Resource

NCYSA Recreational League 2017

U13(05)-U19

Saturday		Sunday	
U13B	U13G	U16B	U16G
U14B	U14G	U17B	U17G
U15B	U15G	U19B	U19G

U13 (2005) and older teams will be seeded into division at the North County seeding meeting in late July. The prior year's standings, goal differential, and changes to roster will all be factored into placement.

U13 (2005), U14 (2004), U15 (2003) will be playing an all Saturday schedule. One game per weekend will be the norm but divisions with an odd number of teams could result in BYES and two games in a weekend, one Saturday and one Sunday. Sunday games will not start before 12:00 PM

U16 (2002), U17 (2001), and U19 (2000/1999) will be playing an all Sunday schedule. One game per weekend will be the norm but divisions with an odd number of teams could result in BYES and two games in a weekend, one Saturday and one Sunday. Sunday games will not start before 12:00 PM, with the exception of allowing earlier games after day light savings time starts.



Club Information

- **Uniform –**
 - **New / Replacements**
 - **Soccer West**
 - **NIKE (Black jersey)**

 - **Picture Day- September 18th -22nd**
 - **Designer Studios**
 - **The company will set up appointments**
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U5-8

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- **U 5 = 3 vs. 3 with no Goalie.**
 - **U6 = 4 vs. 4 no Goalie**
 - **U7 = 4 vs. 4 no Goalie**
 - **U8 = 4 vs. 4 no Goalie**
 - **Fun Games...**soccer bowling, crab soccer, Angry Fisherman, lighting, Knock out, Freeze Tag, Follow the Dribbler, duck-duck-goose
 - **How to kick a ball-** Toe up, ankle locked...Like a hockey stick, or golf club.
 - **Skill work-** Introduce chops, change of direction, toss to them-selves juggles, dribbling, turns, footwork-shuffles, rollovers, soul taps, push pulls, inside-outside right foot and left foot, step over....
 - **1 vs. 1's-** want kids to feel comfortable with ball and attacking each other when players have the ball at their feet. Dominate both offensively and defensively 1vs. 1.
 - **Should introduce triangles to kids-** (We all know it is bunch ball at this age.)
Can achieve team shape by doing triangle passing.
 - **Practice Plan-** (just and idea) **1.** 25-30 min. of skill work. **2.** 10-15 min fun game or 1vs1's. **3.** 25-20 min.-scrimmage (free play to experiment).



U9-12

- **7 vs. 7 including Goalie for U9.**
- **7 vs. 7 including Goalie for U10.**
- **9 vs. 9 including Goalie for U11.**
- **9 vs. 9 including Goalie for U12.**
- **Skill work-** Introduce chops (inside and outside of the foot), change of direction, toss to them-selves juggles, dribbling, turns, footwork-shuffles, rollovers, soul taps, push pulls, inside-outside right foot and left foot, step over....
- **1 vs. 1's-** want kids to feel comfortable with ball and attacking each other when players have the ball at their feet. Dominate both offensively and defensively 1vs. 1.
- **Should introduce Triangles and Diamonds to kids-** Start teaching team shape to kids. Depth and Width, can be achieved doing triangle and diamond passing. Kids will learn the team shape from doing these sort of activities.
- **Practice Plan-** (just and idea) **1.** 25-30 min. of skill work. Passing Patterns. **2.** 10-15 min fun game or 1vs1's. Passing Drills. **3.** 25-20 min.-scrimmage (free play to experiment).



U13-15

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- **U13-15= 11 vs. 11 including Goalie.**
 - **Skill work-** Introduce chops (inside and outside of the foot), change of direction, toss to them-selves juggles, dribbling, turns, footwork-shuffles, rollovers, soul taps, push pulls, inside-outside right foot and left foot, step over....Still important.
 - **1 vs. 1's-** want kids to feel comfortable with ball and attacking each other when players have the ball at their feet. Dominate both offensively and defensively 1vs. 1.
 - **Tactics introduced-** Start teaching tactics of the game. Defensives shape, flat back four, Offensive shape, 4-3-3, 4-4-2. **Attacking Principles-Penetration, Depth or Support, Mobility, Width, and Improvisation. Defensive Principles- Immediate Chase, Pressure, Cover, Balance, Compactness.**
 - **Practice Plan-** (just an idea) **1.** 15-25 min. of skill work, Passing patterns warm up. **2.** 10-20 min. small sided game(4vs4), 1vs1's, Possession game, shooting drill. **3.** 20-25 min.-scrimmage (free play to experiment).
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U16-18

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- **11 vs. 11 including Goalie.**
 - **Skill work-** Introduce chops (inside and outside of the foot), change of direction, toss to them-selves juggles, dribbling, turns, footwork-shuffles, rollovers, soul taps, push pulls, inside-outside right foot and left foot, step over....should still be taught.
 - **1 vs. 1's, 2 vs. 2, 3 vs. 3** - want kids to feel comfortable with ball and attacking each other when players have the ball at their feet. Dominate both offensively and defensively 1vs. 1.
 - **Tactics-** Should be teaching Tactics of the game. Defensives shape and offensive shape, flat back four. 4-3-3, 4-4-2. **Attacking Principles-Penetration, Depth or Support, Mobility, Width, and Improvisation. Defensive Principles- Immediate Chase, Pressure, Cover, Balance, Compactness.**
 - **Practice Plan-** (just and idea) **1.** 15-25 min. of skill work, passing patterns warm up. **2.** 10-20 min. small sided game(4vs4), 1vs1's, Possession game, shooting drill, passing patterns. **3.** 20-25 min.-scrimmage (free play to experiment).
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