

Bethlehem Soccer Club Travel Information

U9 and U10

Season:

- U9 and u10 soccer is 7 v. 7 (6 field players and 1 goalkeeper)
- Rosters should include no more than 12 players
- Duration of the Match -2 halves -25 minutes halves -10 minute halftime -No added time
- Ball -Size 4
- Game may not start or continue if there are less than 5 players on a team
- Substitutions are unlimited and can occur at any stoppage

Concussion Protocol:

- Deliberate heading is not allowed in 7v7 games
- The player with the suspected head injury may not return to the game unless a Healthcare Professional (HCP) or Certified Athletic Trainer (ATC) has cleared the player
- Any coach or parent insisting on returning the player to the game without approved clearance will result in the referee ending the game

Player Development Philosophy

- Results and standings should not be recorded
- Coaches will have age appropriate license
- The training-to-game ratio should be 2-3 training sessions per game played
- Every player should play a minimum of about 50% of the time in each game

Objectives:

- Develop improved skills with the ball
- Improve confidence and comfort
- Develop intelligence with and without the ball
- Promote faster decisions and better awareness
- Develop partnerships within the team

Cost: \$400.00

- Includes Fall season, Winter training once per week and indoor league, Spring season, 1-2 tournaments, subsidized camp cost, fitness training and paid trainers where applicable.
- Uniform kit costs are additional and are purchased usually every two years.

Games: Half are home and half are away

Fall= ~10 games

Winter= ~Training once a week and 1 game on the weekend (usually ~10 games).

Fun and relaxing

Spring= ~8 games

Tournament= minimum of 1 usually Columbus day weekend

Coaches:

- Licensed parent coaches and paid trainers will work with your children to help better develop their skills, techniques, and tactics

