



# U8 - Fundamentals 2015 Outdoor Program

## Overview

The U8 program is a developmental soccer program designed to introduce basic soccer skills and techniques using dynamic activities and fun games that teach the basics of dribbling, passing, shooting and basic goalkeeping. Informal league play introduces age appropriate competition in an atmosphere focussed on player development, not match results.

Age Group	Training Days	Game Days	Location	Start Date	End Date
<b>Spring Kick-Off Jamboree – Saturday, May 9<sup>th</sup> – Time and Location TBD</b>					
U8 Girls	Tuesdays 7 pm - 7:45 pm	Thursdays 7 pm - 7:55 pm	Mount Pleasant South	May 5 <sup>th</sup>	June 18 <sup>th</sup>
U8 Boys	Tuesdays 7 pm - 7:45 pm	Thursdays 7 pm - 7:55 pm	Mount Pleasant North	May 5 <sup>th</sup>	June 18 <sup>th</sup>
<b>Season Windup Jamboree – Saturday, June 20<sup>th</sup> – Time and Location TBD</b>					

## Training

U8 teams will hold weekly practices, 45 minutes in duration and consisting of general movement, soccer skills and small-sided games.

## Games

U8 game days will consist of a scheduled match against another FCR U8 team. The philosophy of the U8 program is to support unrestricted play within reasonably modified and applied laws of the game. There are no referees and no official scores or standings are recorded.

- Team Format – 5 players per side, including a goalkeeper
- Field Size – Approximately ¼ pitch (50 yds x 30 yds)
- Goal Size – 4' x 8' Bow Nets
- Game Duration – Games consist of two 20 minute halves, with a 3 minute half-time intermission.

## Jamborees

The outdoor season will be bookended by two mini-tournaments. The kickoff jamboree will consist of a series of small-sided games which may also serve to determine the final league schedule. The season windup will be a festival format with soccer games as well as other fun activities (bouncers, face-painting) to celebrate the successful conclusion of the season.

## Tournament

U8 teams are encouraged to consider entering the annual Summerfest Tournament scheduled for July 3<sup>rd</sup>, 4<sup>th</sup> & 5<sup>th</sup>, 2015 in Regina.

**Team Assignments** - There are no formal player evaluations or team selection processes in the U8 Program. Player requests are considered, but cannot be guaranteed. Although not used for team assignments at this level, throughout the course of the season FC Regina coaches and technical staff will evaluate all registered players on an ongoing basis.

**Fees** – Registration fees for the U8 Program are \$125.00 and must be paid prior to team assignment. Additional fees may apply if individual teams choose to arrange team pictures, etc.

**Training Kit & Soccer Ball** – New FCR registrants in the U8 program will be provided with an official Club training kit (jersey, shorts, socks) and a Club issued soccer ball which are to be worn/used at all training sessions and as the “Home Team” jersey at games. Prior registrants

requiring a replacement training kit or ball can purchase the same through the Club for an additional fee.

**Uniforms** – All registered players will receive an FCR issued t-shirt to be worn as the “Away Team” jersey at games.

**Volunteer Commitment** – There is no minimum volunteer obligation for U8 participants. However, parents are asked to consider helping out as a registered (assistant) coach or manager with their child’s team or with any number of club volunteer opportunities that come up through the season.

**Other** - Proper athletic footwear and shin guards are mandatory equipment. Cleats are recommended, but not required. All participants should bring their own water bottle.



**\*CANCELLATIONS DUE TO INCLEMENT WEATHER:**

*We cannot control the weather. Cancellation of outdoor events due to inclement weather are a fact of life when living in Saskatchewan. Cancellations due to inclement weather will be posted on the RSA website by 4:00 pm on any given day. Please get in the habit of checking the RSA website regularly at [reginasoccer.com](http://reginasoccer.com). Training or game days lost due to weather or field permits being withdrawn by the City due to conditions will NOT be rescheduled.*