



Age Appropriate Practices

Age Group	Weekly Practices	Weekly Academic Skills	Team Size (Target Size)	Group Sizes			Ball Ratios (Ball:Player)	Warm-up	Structured Instruction	SSG Scrimmage
U4-U5	1 x 60 min	-	8 to 10	1v0	1v1	-	1:1	10 min	10 min	(4) 10 min (game)
U6	1 x 60 min	-	8 to 10	1v0	1v1	-	1:1	10 min	10 min	(4) 10 min (games)
U7	1 x 60 min	-	8 to 10	1v0	1v1	-	1:1	10 min	10 min	(4) 10 min (games)
U8	1 x 60 min	1 x 60 min	8 to 10	1v0	1v1	2v2	1:1	10 min	10 min	(4) 10 min (games)
U9	1 x 75 min	1 x 60 min	12 to 14	1v0	1v1	2v2	1:1, 1:2	10-15 min	30-35 min	30 min
U10	1 x 75 min	1 x 60 min	12 to 14	1v0	1v1	3v3	1:1, 1:2	10-15 min	30-35 min	30 min
U11	2 x 75 min	1 x 75 min	14 to 16	1v0	1v1	3v3	1:1, 1:2	10-15 min	30 -35 min	30 min
U12	2 x 90 min	1 x 75 min	14 to 16	1v0	1v1	4v4	1:1, 1:2	10-15 min	45-50 min	30 min
U13	2 x 90 min	1 x 75 min	16 to 18	1v1	4v4	8v8	1:2, 1:8	10-15 min	45-50 min	30 min
U14	2 x 90 min	1 x 75 min	16 to 18	1v1	4v4	8v8	1:2, 1:8	10-15 min	45-50 min	30 min
U15-U18	2 x 90 min	1 x 75 min	16 to 18	1v1	4v4	8v8	1:2, 1:8	10-15 min	45-50 min	30 min