



AT A GLANCE

U8 4 v 4

Key Dates for 2016-17

- Annual General Meeting Jun 22, 2016
- Equipment pick up: Aug 21, 2016
- Start date: Sept 17, 2016
- No session on Thanksgiving
- Last game (Winter break): Dec 10 2016
- January games start: Jan 7 2017
- No games Family Day weekend
- Season ending Jamboree: Mar 4, 2017
tentative

Games:

- One game per week on Saturday morning or afternoons. U8 games are held on grass fields, and there may be occasional games in West Van or Bowen Island.
- 12 players per team. 2 simultaneous games of 4 v 4 including a rush goalkeeper. Pop-up nets required at games. Coaches referee the games. Coaches required to trade cones at end of game. Scores are submitted here: <http://nvfc.ca/coaches> .
- Coaches are encouraged to create teams based on skill levels, ie Tier 1 team and Tier 2 team.
- Field status can be checked at: <http://nvfc.ca/fieldstat>

Practices:

- One session per week on a weekday evening at a local school gym. Parents must stay in the gym during practice. Pop up nets are required.

Development:

- NVFC staff coaches provide team development via FUTSAL (indoor soccer) every 2-3 weeks. A schedule will be issued. Team uniforms are worn to FUTSAL; no cleats in the gym.

Uniforms:

- Players receive a complete uniform of jersey, socks and shorts to keep and are expected to wear the uniform at every session. Jersey must be returned if a player withdraws.

Equipment:

- Players need a water bottle, shin guards and cleats. Indoor practices require running shoes.
- Head Coach is responsible for the equipment. Equipment will be handed out in August along with pop up nets. Pop up nets are required for practices.
- Equipment will be returned at the end of season due to a change in ball size for the following season.