



## AT A GLANCE

### U9-U10 Small Sided

#### Key Dates for 2016-17

- Annual General Meeting Jun 22, 2016
- Equipment pick up: Aug 21, 2016
- Start date: Sept 17, 2016
- Coach ID Cards Req'd: Oct 1<sup>st</sup> onwards
- No games 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  
*tenative*

#### Games:

- One game per week on Saturday in morning or afternoons.
- Artificial turf; games held either at Sutherland High School or West Van. Sutherland turf rules - only players and coaches on field. Parents on track.
- Field status can be checked at: <http://nvfc.ca/fieldstat>
- 10-11 players per team in U9 - 6 v 6 (including a goalkeeper) and 11-13 players per team (ideally 12) in U10 - 7 v 7 (including a goalkeeper). Coaches trade cones at end of game. Larger goals use at games. Referees provided. **No one** challenges the referee. Feedback should be given to supervisor at Sutherland or through "Referee Performance Reporting" available here: <http://nvfc.ca/ref> . Each team supplies one lines person. Scores are submitted here: <http://nvfc.ca/coaches> .
- Spring games for U9/U10 House Select teams.

#### Practices:

- One practice per week. Outside on a lit field. Same location and time each week. Coaches run these sessions. Purchase keys for lights from North Van Rec.

#### Development:

- **U9**-Club staff coaches provide team development via futsal (indoor soccer). Every 2-3 weeks. A separate schedule is issued. Players are expected to wear their uniform to futsal; no cleats in the gym.
- **U10**- Club staff coaches provide on field team development several times a year.

#### 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:

- Size 4 balls, provided by North Vancouver FC. Equipment is to be kept.
- Players need a water bottle, shin guards and running shoes if in gyms; cleats required if playing outside.