



U6 & U7 Soccer Essentials

Teams: 12 players per team; 4 vs 4 with no goalkeeper.

Games: One session per week on Saturdays on grass at either Norgate or Brookbank. U6 teams are assigned a time of 11:20am or 12:30pm. U7 teams are assigned a time of 9:00am or 10:10am. Sessions are 60 minutes in length.

Practices: One session per week on a weekday evening at a local school gym. Parents MUST stay in the gym during practice.

Development: Every other Saturday session, Club Technical staff coach individual teams on drills or small sided games.

Field Closures: Field status through North Vancouver Recreation Commission at <https://www.nvrc.ca/facilities-fields/field-status-locations>. Teams are not to cancel any Saturday sessions for any reason. The Club will advise parents directly of any last minute cancellations.

Uniforms: Players receive a complete uniform of a jersey, shorts and socks TO KEEP. Players are expected to wear the NVFC approved uniform at every session. The uniform must be returned if a player withdraws.

Equipment: Each team is provided with size 3 balls, cones and pinnies during the Club wide Uniform & Equipment Distribution Day in August TBA. The Head Coach is responsible for the equipment. Equipment is kept by team officials (head coach, assistant manager or team manager) and is kept until the following season when the team receives a top up of equipment as needed. Players require a water bottle, shin guards and cleats for outside games. No cleats in the gym.