

Under 10 & 11 Program

2022



Under 10 & 11 program



- The Under 10 and 11 program will play all games at Somerton Park (next to the Marshes golf course)
- 5 teams will participate
- Each week 1 team will not have an opponent. This team will play a 6 v 6 game amongst themselves
- The other 4 teams will play a 9 v 9 game against their opponent
- See next page for the schedule

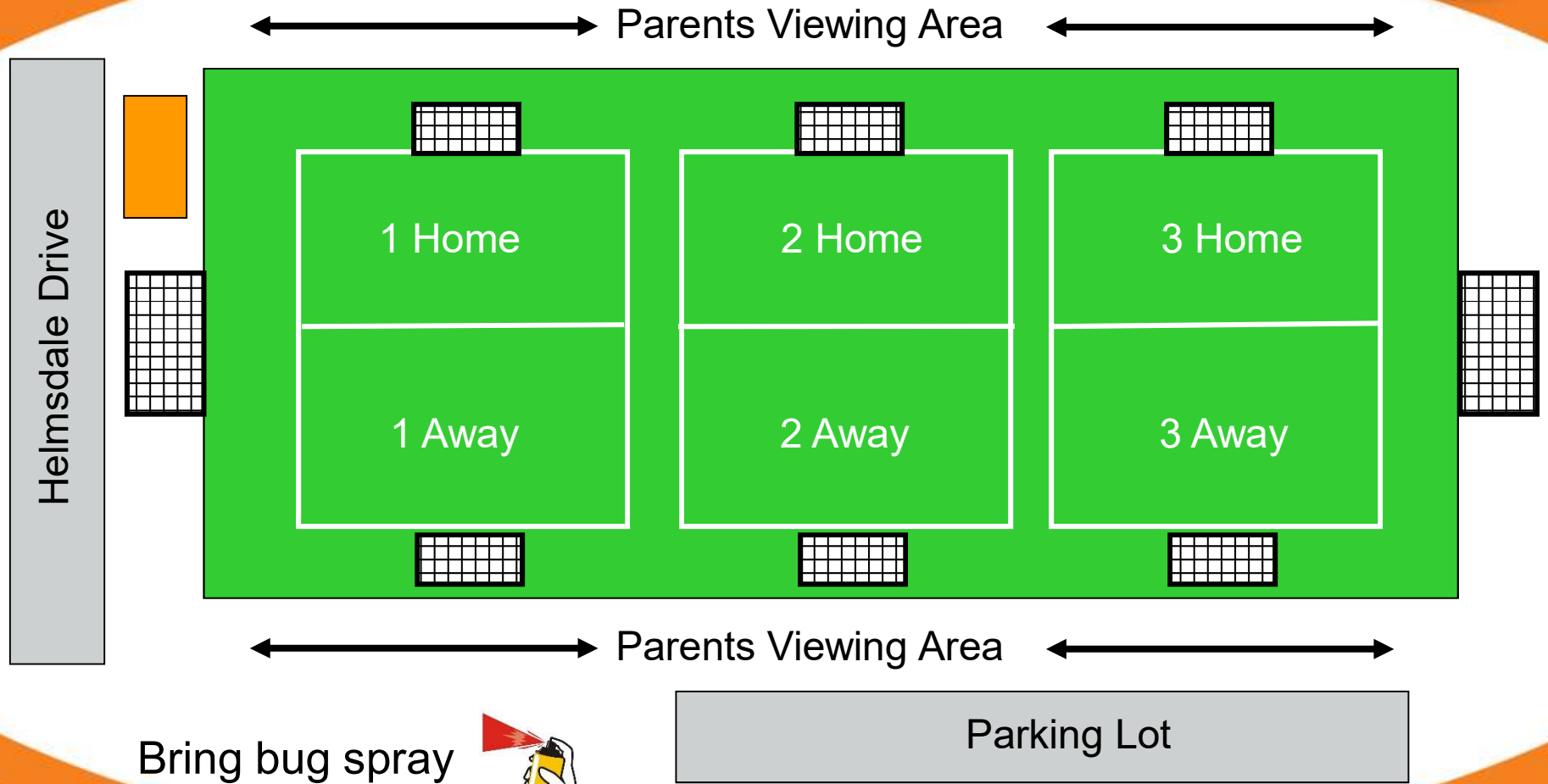
Schedule



Date	Home	Away	Field
May 25th		Lime	Somerton Park 1
May 25th	Sky Blue	Maroon	Somerton Park 2
May 25th	Neon Blue	Orange	Somerton Park 3
June 1st		Maroon	Somerton Park 1
June 1st	Lime	Neon Blue	Somerton Park 2
June 1st	Orange	Sky Blue	Somerton Park 3
June 8th		Sky Blue	Somerton Park 1
June 8th	Maroon	Neon Blue	Somerton Park 2
June 8th	Orange	Lime	Somerton Park 3
June 15th		Orange	Somerton Park 1
June 15th	Lime	Maroon	Somerton Park 2
June 15th	Neon Blue	Sky Blue	Somerton Park 3
June 22nd		Neon Blue	Somerton Park 1
June 22nd	Maroon	Orange	Somerton Park 2
June 22nd	Sky Blue	Lime	Somerton Park 3

Date	Home	Away	Field
June 29th		Lime	Somerton Park 1
June 29th	Maroon	Sky Blue	Somerton Park 2
June 29th	Orange	Neon Blue	Somerton Park 3
July 6th		Maroon	Somerton Park 1
July 6th	Neon Blue	Lime	Somerton Park 2
July 6th	Sky Blue	Orange	Somerton Park 3
July 13th		Sky Blue	Somerton Park 1
July 13th	Neon Blue	Maroon	Somerton Park 2
July 13th	Lime	Orange	Somerton Park 3
July 20th		Orange	Somerton Park 1
July 20th	Maroon	Lime	Somerton Park 2
July 20th	Sky Blue	Neon Blue	Somerton Park 3
July 27th		Neon Blue	Somerton Park 1
July 27th	Orange	Maroon	Somerton Park 2
July 27th	Lime	Sky Blue	Somerton Park 3

Somerton Park Layout



Bring bug spray



Parking Lot

Session Plan Template



- See the coaching manual for each weeks drills
- However the generic template is
 - 6:00pm Warm up
 - 6:10pm Drills
 - 6:40pm Game, 9 v 9 or 6 v 6



9 -v- 9 game

- Use the full field
- Team plays against the other team on their field (see schedule)
- Coaches select a starting 9 players
- The remaining players are substitutes
- Coaches may substitute players in and out of the game as needed ie like hockey changes
- Coaches please try to ensure equal game time
- Try to switch goalkeeper throughout the game
- One coach should act as the referee



6 -v- 6 game

- The team without an opponent plays the 6 v 6 game
- Use a half field
- Team splits into 2 and uses the pinneys for one team
- All players participate, no substitutes
- Try to switch goalkeeper throughout the game
- One coach should act as the referee

