

Girls Soccer - U10 Program

League President: TBD Email Address: TBA

Teams: 12-14 players each

Number of teams in TRC U10 league: Eight

Games: 7 players versus 7 players (7 v. 7).

Game Philosophy: Instructional, FUN, yet age-appropriately competitive. All players are given the opportunity to play 50% of the game. Win/Loss records are kept. Playoffs and a championship game are played the final weekend of season.

Practice Days: One weeknight per week, typically for 1 to 1 ½ hours.

Time: Between 5 and 7 p.m.

Place: Dumbarton Middle School upper field or Stoneleigh ES

Game Schedule – One game/week. Games will be played on Saturday afternoons beginning in mid-September and running through early November. Games are four 12 minute quarters (48 minutes total play time), with 2 minutes between quarters and 5 minutes between halves. Game schedule will be in your player packets the first week of practices.

Uniforms/Equipment: Team T-shirt, socks, and a #4 soccer ball are provided. Please bring your ball to all practices and games. Shinguards are required for practice and games, and not provided by the program. Soccer cleats are recommended. Bring a water bottle to practices and games.

Practice Rules

Practice is very important for the development of each player and for the unity of the entire team. Please make every effort to attend practices – and try to practice at home during the week. Just a few minutes a day can greatly

improve your ball skills -- juggling, dribbling, trapping, and short passing. Learn to use both feet – spend twice as much time with your weaker foot. Did you know that good soccer players touch the ball 2000 times a day? (How many touches can you make in 10 minutes?)

- Be on time for practice and be ready when you arrive – wearing your equipment – so that no field time is wasted. It is your family’s responsibility to have all of your equipment – shoes (tied), shinguards, water bottle, etc.—with you at the start of practice.

- If you get to the practice field early, use the time well. Don’t stand around just shooting penalty shots --- do something more realistic – dribble, pass, then shoot -- always keep the ball moving!

- If you cannot attend practice, please call or email your Coach.

- Dress for the weather – on cool days, wear layers (T-shirt, turtleneck, sweatshirt). If it rains, check the Weatherline (410) 377-1715 – be prepared to get wet, and muddy.

- Try your best during practice – don’t be afraid to make a mistake when trying to make the right play.

For Online Registration Click [here](#) to visit the TRC Girls Soccer LeagueLineUp website.