

Danvers Youth Soccer FUNdamentals & Intramural Program

Practice Schedule & Director of Coaches Schedule

FUNdamentals Age Group Descriptions

Little Falcons (U4) – The DOC or contracted vendor leads sessions while DYS parents are asked to assist their players on the field

Pre-K (U5) - The DOC or contracted vendor leads the sessions while DYS parents are asked to help during scrimmage play

Kindergarten (U6) - The DOC or contracted vendor leads the sessions while DYS future coaches (parents) assist.

FUNdamentals - DOC Lead

Little Falcons: DOC (Nate)

Pre-K: Sharon

Kindergarten: Tuesday - Sharon & Anthony / Saturday – DOC (Chris)

Intramurals Age Group Descriptions

The DOC is required to set-up the session plans and put them on the DYS Web-site under the coach's corner tab for FUNdamentals & Intramural age groups. (Each week the same session will be used for both practices). The coaches are asked to review and print prior to the session.

Grade 1 (U7) – The DOC is to explain and demonstrate each activity to the players & coaches at the same time. The DOC is to LEAD the coaches, help/teach the coaches to recognize the coaching moments (Bad Technique, Body Shape, movement with & without the ball, ETC). and (Teams are not a focal point at this age: even though games will be played on Sunday's with balanced teams and all training sessions will be done as a group, so players and coaches are learning together)

Grade 2 (U8) – Session one: The DOC will lead the warm up and prior to starting each activity the DOC will show the activity to the players & coaches. Session two: The DOC will lead the warm up and the coaches will lead the session while the DOC oversees.

Grade 3/4 (U10) – *Each week the same session topic will be used for both practices.*

Session one: DOC will lead the warm up, coaches will lead the session while the DOC oversees.

Session two:

- **If the DOC attends** he/she will lead the warm up, the coaches will be asked to come up with their own session plan using the same topic as session one that was created by the DOC. DOC will oversee coaches' implementation.
- **If no DOC attends** then the coaches are to use the same session as session one.

Intramurals – DOC Lead

G1 Boys: Chris / **G1 Girls:** Nate

G2 Boys: Chris / **G2 Girls:** Nate

G3/4: DOC Chris on Monday Sessions / Coaches on Thursday sessions

Goalie Grade 4+: Anthony

<p>Training Session DOC Lead Legend:</p> <p>Nate Lamar</p> <p>Chris Marin</p>
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SPRING SEASON DOC TRAINING SCHEDULE

For Age Groups: Little Falcons, Pre-K–Grade (U4-U8) / Intramural Teams & 3/4 (U10) Teams

Little Falcons	Saturday: 8:00 – 8:40am John George	Kindergarten U6	Tuesday: 5:30 – 6:15pm John George
Pre-K	Saturday: 9:00 - 9:45am John George		Saturday: 8:00 – 8:45am John George

Grade 1 U7 Girls	Tuesday: 5:25 – 6:15pm John George	Grade 1 U7 Boys	Tuesday: 5:25 – 6:15pm John George
	Saturday: 9:55 – 10:45am John George		Saturday: 9:55 – 10:45am John George

Grade 2 U8 Girls	Tuesday: 6:25 – 7:25 John George	Grade 2 U8 Boys	Tuesday: 6:25 - 7:25pm John George
	Saturday: 8:50 – 9:50 John George		Saturday: 8:50 – 9:50am John George

Grade 3/4 U10 Girls	Monday: 6:35 – 7:50pm Gates Field	Grade 3/4 U10 Boys	Monday: 5:15 - 6:30pm Gates Field
	Thursday: 5:15 – 6:30pm Gates Field		Thursday: 6:35 – 7:50pm Gates Field

Goalie Training: FOR GRADE 4 & UP

Goalie	Tuesday's: 4:30 - 5:30 / Gates
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