



## Arsenal FC Gunners Academy Program Description Spring 2023



**General Format:** Academy/Group training session every Wednesday followed by matches on Saturday morning. We use player development “groups” instead of specific team assignments. As a general guideline, players are divided as follows: **Junior Gunners** (U7 and below), and **Senior Gunners** (U8 and above).

Weekly training sessions are led by our Academy instructors and assistant coaches. On game-day, Junior Gunners are sorted into groups, assigned to a specific field, and play 100% of the time. For Senior Gunners, training group assignments will be made following the second training session and volunteer coaches will be assigned. On game-day, players may be moved from their group to balance the teams.

**Schedule:** Weekly training sessions start Wednesday evening on Mar 15<sup>th</sup>. Training sessions are 60 minutes in duration. Weekly matches start Saturday morning on Mar 25<sup>th</sup> and will continue through May 20<sup>th</sup>. Saturday morning matches are between 8am – 10am.

### GAME DAY PROCEDURES

- **Format:** One-hour total – 15 minutes of skill drills warmups followed by small-sided game.

| Age Group          | Junior        | Senior        |
|--------------------|---------------|---------------|
| Ball Size          | 3             | 4             |
| Length of Quarters | 4 x 6(8) mins | 4 x 10 mins   |
| Number of Players  | 4 v 4         | 5 v 5 with GK |

- **Field markings and equipment:** Fields are sized for small-sided play. Half line and center circle for kick-offs. Goals are 3 x 5 FT for Mini/Jr and 5 x 7 FT for Senior. For Senior, a goal box area is marked at each goal for goal kicks, and corner arcs for corner kicks.
- **Junior Gunners Basic rules:** Use a kick-off to start play, restart from end line after a goal. No goal kicks, corner kicks or fouls. Coaches should each have 2 or 3 extra balls right at the sidelines (or can hold a spare) so as soon as a ball goes out of bounds (sidelines or end lines) they can immediately roll a new ball onto the field and to a player who has had less touches than the others. This keeps the game moving and maximizes touches. For advanced matches, encourage players to pass ball in from sideline/endline. If kids push or play unfairly, simply warn them accordingly or use a time out if you have a repeat problem. No offside rule.
- **Senior Gunners Basic rules:** Use a kick-off to start play, restart after a goal, or after a halftime break. We do play corner kicks and goal kicks, do throw-ins, and call fouls IF they are intentional. Any foul is followed by a direct free kick for the other team. No offside rule. Throw-ins are used and one “do-over” is given if the thrower commits a foot lift. Use “Build-Out” line rules for goal kicks. Sub on the quarter breaks.
- **There are no referees.** One coach for each team may be on the field to help instruct players. But please do not coach every play and joystick the kids. Moreover, remember to be positive!

*We are a volunteer organization and through your commitment and support, we strive to provide a positive and long-lasting experience for your children thru Age-Appropriate Placement, Development Focus, Player Centered, Caring Coaches, and Football Club and Community.*

**Questions:** Email us at [doc@afcchesapeake.org](mailto:doc@afcchesapeake.org)