



## Arsenal FC Gunners Academy Program Description Spring 2020



**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: **Mini Gunners** (U5 and below), **Junior Gunners** (U6 & U7), and **Senior Gunners** (U8 and above).

Weekly training sessions are led by our Academy instructors and assistant coaches. On game-day, Mini and 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 assistant 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 March 11<sup>th</sup>. Training sessions are 60 minutes in duration. Weekly matches start Saturday morning on March 28<sup>th</sup> and will continue through May 30<sup>th</sup>. Saturday morning matches are between 8am – 10am.

### GAME DAY PROCEDURES

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

Age Group	Mini	Junior	Senior
Ball Size	3	3	4
Length of Quarters	4 x 6 mins	4 x 8 mins	4 x 10 mins
Number of Players	4 v 4	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.
- **Mini/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 goal 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 Junior Gunners, encourage players to pass ball in from sideline/end line. 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 foul throw. 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 joy-stick 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 [arsenalfcchesapeake@gmail.com](mailto:arsenalfcchesapeake@gmail.com)