

CRUSA TRAVEL PROGRAM SUMMARY

At U9 CRUSA travel will hold tryouts and separate children by ability onto teams. Club trainers for each gender will oversee tryouts and assist with training, coaching and choice of competition. The U9 age group typically supports three to four travel teams for each gender.

At U10 tryouts will occur just as they did at U9. The club trainers will again assist in training the U10 age group and may also become the U11 FC Bucks coach for the following year. At U10 we will try to maintain / create 4 travel teams.

At U11 tryouts will occur just as they did at U10. Teams at this age may be 8v8 and/or 11v11, depending upon league participation and league rules. This would create 1 or 2 FC Bucks teams, possibly a CRUSA Elite team and 1-3 CRUSA travel teams. Our FC Bucks and CRUSA Elite teams will be our most competitive teams. These teams are coached by a professional trainer, train and play year round and participate in the highest level leagues and tournaments.

CRUSA travel teams will typically be coached by a parent and receive coaching/training assistance from the club. Many travel teams also utilize professional trainers and coaches for additional skill development. All travel teams participate in fall and spring league play and tournaments. Most travel teams also participate in winter training and / or leagues.

At U12 our children will transition into 11v11, creating a FC Bucks possibly a CRUSA Elite and CRUSA travel teams. Our FC Bucks and CRUSA Elite teams will be our most competitive teams. These teams are coached by a professional trainer, train and play year round and participate in the highest level leagues and tournaments.

U13-U18 will be structured as the U12 age group. The concept is to continue providing a fun, learning and competitive environment which our players can enjoy throughout their playing career.

Travel Program Description: U7-U11

U7 CRUSA Developmental Travel; Evaluations will be held for U7 boys and girls. All those who tryout are placed on a team assuming there are enough boys and girls to make full teams. Evaluations are for training and organizational purposes only. These sessions are run by a club supplied trainer(s).

Players are split into equal boys and girls teams according to the tryout sessions and input from previous intramural coaches.

-Teams typically practice once or twice per week, with games and / or practices on weekends. Teams will practice together regularly with a club trainer during the season.

The club trainer is in charge of the age group acting as the interface between the teams and the club and will be responsible for all aspects of the age groups soccer development.

- Concentration on individual foot skill: dribbling, passing, receiving, shooting. 1v1 to 3v3, Introduction of shape and learning the game through play will be emphasized.**
- Boys and girls can play in a travel league if a U7 or U8 travel league exists in which they can develop and learn and be competitive. If league play is not available, scrimmages and small sided play will be set up within the program and with other clubs running similar programs. Multiple teams will play in the same league. Kids receive Developmental Travel uniforms similar to intramural every year.**

U8 CRUSA Developmental Travel

As with the U7 age group there will be evaluations and players will be placed on equal teams under the direction of the assigned club trainer. . The club trainer reserves the right to divide teams by talent level depending upon the group's ability. The trainer also reserves the right to move kids into the intramural program if he or she feels it will be in the child's best interest.

Boys and Girls

- Split into equal teams for training and organizational purposes**
- Typically Train once or twice per week and play or practice on weekends with regular joint practices conducted by the age group's club trainer and or Director of Coaching.**
 - Concentration on individual technical ability, dribbling, passing, receiving, and shooting. 1v1 to 3v3 Continuation of shape, learning the game through play, 1v1 defending and attacking**
 - Introduction of team shape, pressure / cover / balance**
- Ability for teams to enter travel leagues and tournaments with development in mind**
 - Small team sizes maximizing playing time**
 - Teams may participate in travel tournaments if appropriate**
 - Developmental Travel uniforms provided**
 - Very similar to U7 year except with additional competition**

U9 Travel

Competitive team placement, A, B, C, and possibly a D team

- 2 Club trainers supplied for fall season, lead trainer and assistant trainer**
- 2 Club trainers supplied for 3 night age group camp in August with the whole age group.**
- Additional training sessions supplied to each team during the fall season. Sessions will be combined with at least one other team if not the whole age group.**
- Continuation of technical training, creativity and self confidence in 1 v1 situations**
- Continuation of shape, proper ball receiving, team defense and introduction of possession**
- 1v1 defending, half and full volleys introduced. Juggling encouraged.**
- Introduction of goal keeping with goal keeper by committee**

U10 Travel

Competitive team placement, A, B, C, D teams

- Two Club trainers supplied for 3 night age group camp in August**
- Two trainers committed to age group, one lead and one assistant that will most likely coach the FC Bucks team the following year.**
- Additional training sessions supplied to the age group during the fall season**
- Continuation of technical training, creativity and self confidence in 1 v1 situations**
- Continuation of shape, receiving back foot, team defense, possession**
- Juggling and multiple touches to volley. Correct method of heading introduced.**

U11 Travel

-FC Bucks and possibly CRUSA Elite Team Chosen

-CRUSA Travel Team(s) Chosen

-Possession and ball mastery emphasized

U12 through U19 Travel

- Teams chosen and placed as they were at U11**
- Training and play continues in a fun, competitive, learning environment**
 - Understanding of 11v11 positioning and tactics**