



9U-19U RECREATIONAL SOCCER - SPRING 2023

- Key components of the 9U/10U recreation program are highlighted below.
- Simple to complex.
- Small group activities and team games.
- Players begin to understand the game through match situations.
- Training session should have a common theme throughout the practice.
- Emphasis still needs to be on technical skills.
- Goalkeeping is introduced

Key components of the 11U and above recreation program are highlighted below.

- Fun but competitive.
- Training sessions twice per week (varies from coach to coach).
- Games within Central Iowa.

Team Trainings/Practices

Volunteer Parent Coaches assigned to each team will be responsible for setting up training dates, times, and location for their team trainings throughout the season. Trainings may take place on available Iowa Rush fields at Prairie Ridge Soccer Complex or at another park in the local Ankeny community.

Teams/Games

9U and above teams will be included in the Club Development League Recreational Division (CDL Central) and play 7 games throughout the season. Iowa Rush Soccer Club has no influence over the scheduling decisions. More information regarding the league can be found at www.clubdevelopmentleague.com.

Team formation policy: Once teams are formed at 11U and above, every effort will be made to keep teams together from season to season. Some exceptions to this policy may be:

- True age players take priority over players who have played up in the past seasons.
- Number of registrants may cause teams to reshuffle.
- There may be situations where coed teams will be formed in order to create sufficient rosters sizes.
- Player did not participate in the previous soccer season and is returning to play. Example: Player played spring 2022, did not play fall 2022, and is returning to play spring 2023.
- A new player and is not guaranteed a spot on his/her previous team. A new player is defined as:
 - A player new to the club.
 - A player that has not played one or more seasons consecutively, including the past season. See exception number 5.

Schedules will be made available approximately two weeks prior to the start of season.

- First week of practice: April 3rd, 2023
- First weekend of games: April 15th-16th, 2023
- Last weekend of games: June 3rd-4th, 2023



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We need volunteer parent coaches every season!

If you are interested in serving as a volunteer parent coach, please register online at www.iowarush.com. To complete the registration follow the instructions below.

- Visit www.iowarush.com
- Select Register Here anywhere on the website.
- You will register the same way you register your players and you can register yourself at the same time.

Depending upon the number of registrants in each age group, the Director of Recreation will contact you if your assistance and volunteer time will be needed for the upcoming season.

Please contact the Director of Recreation at RecDOC@iowarush.com with any questions.