

## About the Academy

The Academy is a segmented recreational program that provides soccer skills training for 4, 5, 6, and 7 year olds that emphasizes fun for all participants. Sac United coaches lead twice per week, Monday and Wednesday, one hour camp sessions designed to maximize player touches on the ball, encourage dynamic foot skills and develop psychomotor and coordination.

Players learn to try new moves in a safe setting. The aim is to share excitement for the game while developing confidence to be creative players and positive parent coaches.

Players of all abilities are invited to participate. There are no tryouts. No prior playing experience is necessary.



Est. 1977

[www.sacunited.com](http://www.sacunited.com)



## Sacramento United Soccer Club



Parent Information Sheet

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**U6/U8  
Academy  
Program**

One Club • One Love

## U6 Recreational Program

- Born between: 8/1/05- 3/7/07
  - Spring Session:** March 7-May 7, 8 game season
  - Fall Session:** Aug. 22-Oct. 22, 8 game season
- \$100 each session**

### Focus

Developing the individual player  
Maximum touches for better ball control

Learn: skill moves, use left and right foot, running mechanics, increase coordination  
Have Fun!!

### Playing Rules Summary

8 game season  
Playing numbers 3v3  
4- 8 minute quarters  
Size 3 ball  
No throw-in  
No Free Kicks  
No Keeping Score  
No Goalkeeper  
No Loses

## U8 Development Team

- Born between: 8/1/03 - 7/31/05
- 3 Seasons to choose from
1. **Spring Session:** March 12- May 12, 8 game season
  2. **Spring Play Dates:** March-May, 6 games (2 each in March, April, May)
  3. **Fall League:** Aug. 22-Oct. 22, 8 games
- \$100 each session or all three for \$250**

### Focus

Developing the individual player  
Maximum touches for better ball control

Learn: skill moves, running mechanics, increase coordination, Team Shape, proper way to strike a ball, using both feet.  
Have Fun!!

### Playing Summary

Playing numbers 5x5 plus goalkeepers  
2- 20 minute halves  
Size 4 ball  
Throw-ins  
No penalty kicks

\*Spring League-No wins, No Loses, No Keeping Score

## Free Camps

Winter Wednesdays  
Every Wednesday from Dec 7- Feb 29  
Granite Regional Park  
5:30-6:30

Free Fridays  
Begin March 2<sup>nd</sup>

## Additional Information

Trainings choose from:  
Monday and Wednesday, 5:30-6:30 at Granite Regional Park  
**Or**  
Tuesday and Thursday, 5:30-6:30 at James Mangan Park

**Register at:**  
**[sacunited.com/academy](http://sacunited.com/academy)**

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