

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



Sacramento United Soccer Club



Parent Information Sheet

**U6/U8
Academy
Program**

One Club • One Love

U6 Recreational Program

- Born between: 8/1/06-7/31/08
 - 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: 8/1/04 - 7/31/06
- Spring Session:** March 12- May 12, **\$100**
Choose: 8 game Saturday season **and/or**
3 Sunday Play Dates
- Fall League:** Aug. 20-Oct. 27, 8 games
\$110
- U8 Development Team:** Spring Season, Spring Play Dates, Fall Season, Summer Team Camp, Winter Team Camp **\$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

Session 1: 5:30-6:30, every Friday from March 10th through April 27th.

Session 2: 5:30-6:30, every Friday from June 15th through July 27th.

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

QUESTIONS: BRIAN SEIFERT
ACADEMY DIRECTOR

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