

Instructional League (Grade 1 - Grade 4)

The SSC Instructional League is for boys and girls in 1st through 4th grade. Players are assigned teams with volunteer coaches. Practices are once a week in a clinic format (for 1st & 2nd grades) with small-sided games on Saturdays. At these early ages, the primary focus is getting children comfortable with the ball and increasing touches on the ball in a fun environment. Our clinic format is led by a professional trainer and is also an excellent way for new coaches to learn about the game and how to structure a practice. New volunteer coaches are always needed and welcome.

The club provides each player with a team t-shirt and white socks. All players are required to wear shin guards under their socks. Cleats are highly recommended. Players should bring a water bottle and soccer ball.

All games are played on Saturdays. The keeper position is introduced at the end of the 2nd grade spring season. Keepers and referees are incorporated in 3rd grade. No league records are kept. The intent of the instructional league is for the children to have fun while learning soccer and sportsmanship skills.

	1st Grade	2nd Grade	3rd / 4th Grade
Practice Night	Wednesday *Optional clinic held Tuesday nights.	Thursday *Optional clinic held Tuesday nights.	Varies, Tues. – Fri. **Optional Academy Skills clinic held Monday nights.
Practice Location	Curtiss Park	Curtiss Park	TBA
Practice Time - The Club will adjust practice start times based on available daylight.	5:30–7:00 p.m.	5:30–7:00 p.m.	Starting time varies, 5:00 p.m. or later for 90 min. / coach determined
Soccer Ball Size	3	3	4
Game Format	3 v 3, no goalie	5 v 5, no goalie	8 v 8 with goalie

* An optional clinic for 1st / 2nd graders is offered for an additional, subsidized fee on Tuesday evenings. This clinic is led by a professional trainer. Field TBA.

** An optional Academy Skills Night 3rd – 6th graders (all levels) is offered for an additional, subsidized fee on Monday evenings. This clinic is led by professional trainers. Field TBA.

If you're interested in coaching, please indicate on your child's online registration form. Rosters are built and coaches assigned based upon the information you provide during the registration process. Additional emails and telephone calls are not necessary to ensure that you will have an opportunity to coach. We do our best to give all interested parents a chance to participate in some capacity. Each division director will work to balance the teams and available coaches to ensure the most beneficial scenario for the division.

Questions about the Instructional Program may be directed to the Instructional Director on the SSC Contacts page.

If you'd like to volunteer to help the club in a capacity other than coaching, please contact the SSC Volunteer Director on the SSC Contacts page.