

**BRAMS UNITED GIRLS SOCCER CLUB PLAYER DEVELOPMENT MODEL SUMMARY
DEVELOPMENT & COMPETITIVE (REP.) PROGRAMS**

Age Group	U4	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U21
Grade	N/A	JK	SK	1	2	3	4	5	6	7	8	9	10	11	12	Uni
LTPD Stage	ACTIVE START		FUNDAMENTALS			LEARN TO TRAIN				SOCCER FOR LIFE						
Program Name	HOUSELEAGUE				DEVELOPMENT					COMPETITIVE/REP.						
Scores/Standings	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Game Day	N/A	N/A	N/A	N/A	N/A	Saturday	Saturday	Saturday	Saturday	Weekday (Varies)	Weekday (Varies)	Weekday (Varies)	Weekday (Varies)	Weekday (Varies)	Weekday (Varies)	Weekday (Varies)
Playing Format	3v3	3v3	3v3	3v3	4v4 (no GK), 5v5 (with GK)	7v7 (including GK)	7v7 (including GK)	9v9 (including GK)	9v9 (including GK)	11v11	11v11	11v11	11v11	11v11	11v11	11v11
Formation	3v3	3v3	3v3	3v3	1-2-1	3-2-1	3-2-1	3-2-3	3-2-3	4-3-3	4-4-2	Varies	Varies	Varies	Varies	Varies
Game Day Roster	N/A	N/A	N/A	N/A	Max 10 (5v5)	Ideal = 9 Max = 12	Ideal = 9 Max = 12	Ideal = 12 Max = 16	Ideal = 12 Max = 16	Ideal = 16 Max = 18	Ideal = 16 Max = 18	Ideal = 16 Max = 18	Ideal = 16 Max = 18	Ideal = 16 Max = 18	Ideal = 16 Max = 18	Ideal = 16 Max = 18 Max = 25
Substitutions					Unlimited (on the fly)	Unlimited (any stoppage)	Unlimited (any stoppage)	Unlimited (any stoppage)	Unlimited (any stoppage)							
Practice: Game Ratio	1:1	1:1	2:1	2:1	3:1	3:1	3:1	3:1	3:1	3:1	3:1	3:1	3:1	3:1	3:1	3:1
Max Competition Days/Outdoor Season					20 Festivals	20 (including other forms of competition)	20 (including other forms of competition)	20 (including other forms of competition)	20 (including other forms of competition)							
# of Competition Days/Week					1	1	1	1	1							
Memorable Events	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2	2	Optional	Optional	Optional	Optional	Optional	Optional	N/A
Recommended Practice Duration					30-45 Minutes	45-70 minutes	45-70 minutes	45-70 minutes	45-70 minutes							
Recommended Playing Time					Fair time in all positions	Fair time in all positions	Fair time in all positions	Fair time in all positions	Fair time in all positions							
Maximum Game Duration					40 Minutes	50 Minutes	50 Minutes	70 Minutes	70 Minutes							
Playing Time Per Player Per Festival					Max 60 minutes playing time	Max 80 minutes playing time	Max 80 minutes playing time	Max 80 minutes playing time	Max 80 minutes playing time							
Minimum/Maximum Rest between matches					20 min/120 min	30 min/120 min	30 min/120 min	30 min/120 min	30 min/120 min							
Season Length (Outdoor or Indoor)					12-20 weeks	16-20 weeks	16-20 weeks	16-20 weeks	16-20 weeks							
Team Travel Time					Within District	45 minutes each way	45 minutes each way	60 minutes each way	60 minutes each way							
Referee/Game Leader					Game	Referee	Referee	Referee	Referee							

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					Leader											
Throw-Ins					No (pass or dribble in)	No (pass ins)	No (pass ins)	Yes	Yes							
Retreat Line					Yes ½ way	Yes 1/3 way	Yes 1/3 way	Yes 1/3 way	Yes 1/3 way							
Offside					No	No	No	Yes	Yes							
Field Width					25 – 30m	30-36m	30-36m	42-55m	42-55m							
Field Length					30-36m	40-55m	40-55m	60-75m	60-75m							
Goal Size (No Larger Than)					5f/1.52m x 8f/2.44m	6f/1.83m x 16f/4.88m	6f/1.83m x 16f/4.88m	6f/1.83m x 16f/4.88m	6f/1.83m x 16f/4.88m							
Ball Size					3 or 4 (or 4 super light)	4 (or 5 light)	4 (or 5 light)	4 (or 5 light)	4 (or 5 light)							
Indoor League	Brams HL	Brams HL	Brams HL	Brams HL	Brams HL	Hershey	Hershey	Hershey	Hershey	Hershey	Optional	Optional	Optional	Optional	Optional	N/A
Outdoor League	Brams HL	Brams HL	Brams HL	Brams HL	Brams HL	DPHDL	DPHDL	DPHDL	DPHDL	YPHDL/GHSL	YPHDL/GHSL	YPHDL/GHSL	YPHDL/GHSL	YPHDL/GHSL	YPHDL/GHSL	OWSL
Scholarship Info.	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	N/A
Showcase Tournaments (Scholarships)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1	2	3	4	Optional	Optional	N/A