

U11 Seasonal Structure RECREATIONAL

PHASE	Prep/Evaluation Phase & Development Phase	Regular Season Phase	Playoff/Tournament Phase
DURATION	Up to 6 WEEKS prior to the start of the Regular Season phase	Up to 22 WEEKS after the completion of the Development phase	Up to 4 WEEKS after the conclusion of the Regular Season phase
BALANCE	20% OF THE SEASON	70% OF THE SEASON	10% OF THE SEASON
VOLUME	UP TO 6 WEEKS	UP TO 22 WEEKS	UP TO 4 WEEKS
PRACTICES	8 PRACTICE SESSIONS	22 PRACTICE SESSIONS	4 PRACTICE SESSIONS
GAMES	UP TO 4 GAMES	UP TO 16 GAMES	UP TO 12 GAMES
TOURNAMENTS	1 TOURNAMENT	1 TOURNAMENT	1 TOURNAMENT