

Lake Oswego Soccer Club Soccer Coaching Information

Suggested Session Lengths:

<u>Grade</u>	<u>Length</u>	<u>Maximum # Sessions per week</u>
KG	1 hr	2
1	1 hr	2
2	1 hour	2
3	1 $\frac{1}{4}$ hour	2
4	1 $\frac{1}{4}$ hour	2
5	1 $\frac{1}{2}$ hour	2
6	1 $\frac{1}{2}$ hour	2
7	1 $\frac{1}{2}$ hour	2
8	1 $\frac{1}{2}$ hour	2
HS Rec	1 $\frac{1}{2}$ hour	2

