



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## **2026 OUTDOOR SOCCER LEAGUE**

**JUNE 1 TO AUGUST 1**

### **Overview**

The YMCA's Outdoor Soccer program introduces children ages 3 to 12 to the fundamentals of soccer. Outdoor Soccer will be played (practices and games) at the YMCA Pavilion Fields. Outdoor Soccer is a fast paced game that teaches players great ball control and footwork.

### **Divisions**

Age 3 - 4   Age 5 - 6   Age 6 - 7   Age 7- 9   Age 9 - 12

### **Practices**

- ♦ Practices will begin the week of June 1 at the Valpo YMCA Pavilion.
- ♦ Your child will practice only once per week, on either Monday, Tuesday, Wednesday, Thursday or Friday.
- ♦ Shin guards and cleats are recommended.
- ♦ The YMCA Pavilion is equipped with restrooms.

### **Games**

- ♦ Games will be played on Saturday mornings beginning as early as 8:00am.
- ♦ Games will be held at the Valparaiso Family YMCA on 6/20, 6/27, 7/11, 7/18, 7/25, & 8/1

### **Pictures**

- ♦ Pictures are TBD.

### **Coaches**

Like almost all youth sports organizations, the YMCA depends on volunteer coaches to lead our teams. We believe strongly in the impact a volunteer can have on a child and encourage all parents who are able, to volunteer.

For information on the responsibilities of a volunteer coach, please contact the Sports Director, Kevin Freyenberger, by email [kfreyenberger@valpoymca.org](mailto:kfreyenberger@valpoymca.org) or by phone 219-462-4185 extension 239.

### **Volunteer Coach Meeting**

Tuesday, May 26, at 5:30pm at the Valpo YMCA Pavilion

### **VALPARAISO FAMILY YMCA**

1201 Cumberland Crossing Drive, Valparaiso Indiana 46383

P 219 462 4185 F 219 477 4720 [www.valpoymca.org](http://www.valpoymca.org)



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## Outdoor Soccer Division Overview

### Age 3 – 4 .....5 – 6 year olds

- Ball size: Size 3 .....Size 3
- Goal size: 3' x 5' .....4' x 6'
- Players on the field: 5 or 6 (no goalie).....5 or 6 (1 is goalie-no hands)
- Defense: 2 kids (no goalie) .....2 kids ("1 goalie" + 1 defense)
- Out of bounds: Kick ball in.....Kick ball in
- Practice: 30 minutes.....30 minutes
- Games-Four 6 minute periods

### Age 6-7

- Ball size: 4
- Goals: 5' x 10'
- Players on the field: 6 (one will be the goalie)
- Out of bounds: Throw-in from sideline; goal kick or corner kick from endline
- Practice: 45 minutes
- Games: Four 7 minute periods

### Age 7—9 & 9—12

- Ball size: 4
- Goals: 5' x 10'
- Players on the field: 6 (one will be the goalie)
- Out of bounds: Throw-in from sideline; goal kick or corner kick from endline
- Practice: 45 or 60 minutes
- Games: Four 8 minute periods

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