



# RECREATIONAL

# SOCCER TOWN HALL

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# Soccer Leadership



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# Purpose of Recreational Soccer

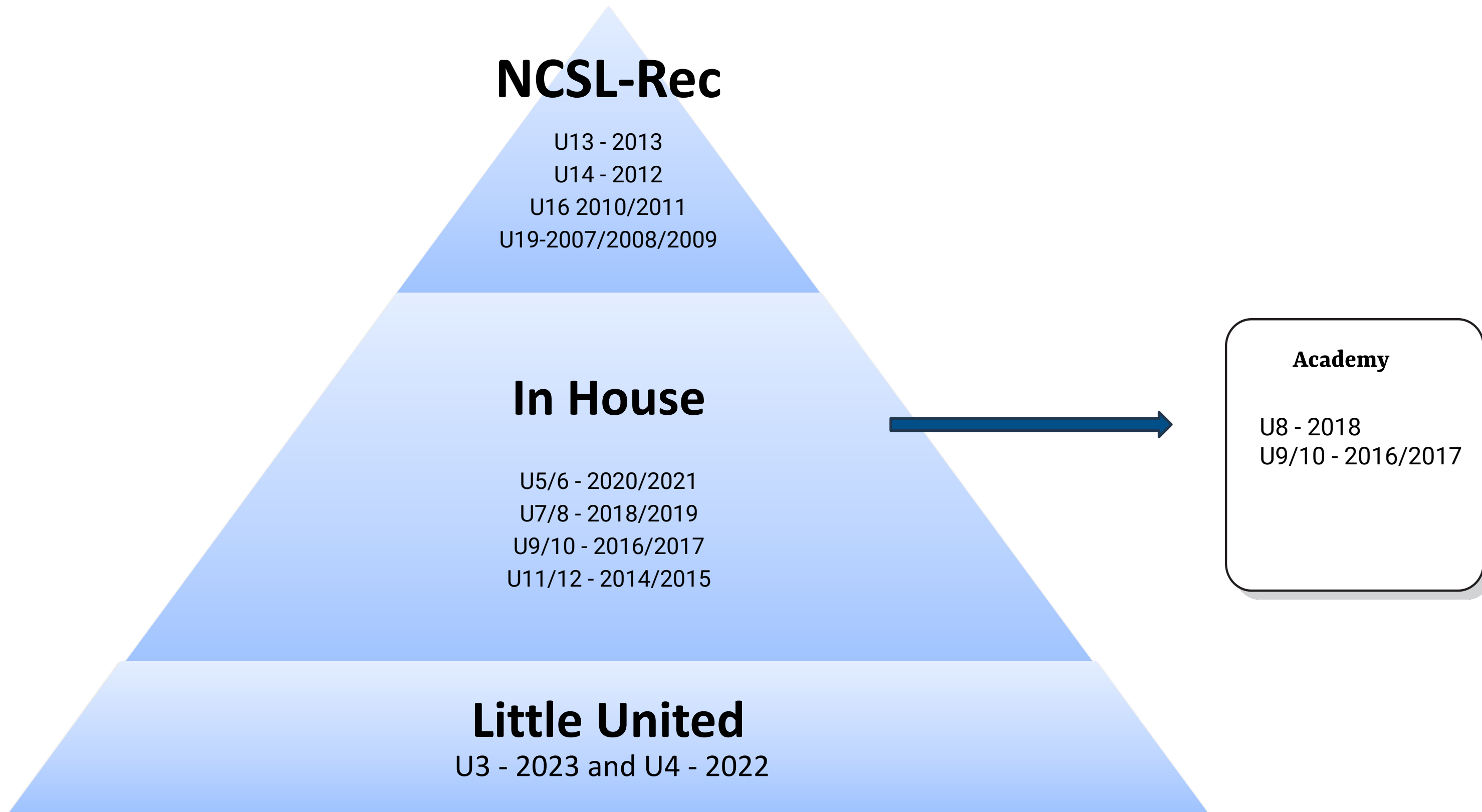
Recreational soccer provides a fun, inclusive, and low-pressure environment for players of all ages and skill levels to enjoy the game.

At NPSC, our Recreational Soccer Program focuses on:

- Encouraging a love of soccer through enjoyable, stress-free play.
- Promoting health and fitness through regular exercise.
- Offering opportunities to learn basic soccer skills in a supportive setting.
- Building friendships, leadership, teamwork, and communication among players.
- Welcoming all participants regardless of ability or experience—everyone gets to play.
- Teaching respect and fair play.

*While sports are inherently competitive,  
competition is not the focus of a recreational program.*

# RECREATIONAL SOCCER STRUCTURE







# LITTLE UNITED SOCCER PROGRAM

NPSC's Little United Soccer Program is a fun and engaging introduction to soccer for our youngest players. Designed with early childhood development in mind, this program focuses on helping boys and girls build coordination, social interaction, and basic soccer skills in a playful and supportive environment.

## Little United Program Details:

- **Ages:** U3/U4 players (born in 2022/2023)
- **Uniforms:** Training shirts included in the registration.
- **Training Time:** 30-minute sessions are held on Saturdays
- **Coaches:** NPSC's coaching staff





# IN-HOUSE SOCCER PROGRAM

The NPSC In-House Soccer Program offers boys and girls a developmentally-appropriate soccer curriculum designed to build basic soccer skills, teach the rules of the game, and create a love for soccer. In-House Soccer Program activities are scheduled by NPSC and located entirely at the Athey Sports Complex.

## In-House Program Details:

- **Ages:**
  - U5/U6 (Players born in 2020/2021)
  - U7/U8 (Players born in 2018/2019)
  - U9/U10 (Players born in 2016/2017)
  - U11/U12 (Players born in 2014/2015)
- **Uniforms:** Uniform kits are purchased through [soccer.com](https://www.soccer.com)
- **Training Time:**
  - 1-hour practice per week
  - Games are held on Saturdays
  - End of season Festival - all teams play 3 short games tournament style
- **Coaches:** Volunteer Coaches



# IN-HOUSE SOCCER PROGRAM

## U5/U6 - 2020/2021

- 3v3 Format
- 6 player max roster
- No referees
- No scores are kept
- Size 3 ball
- Teams will be assigned at random by NPSC staff
- Uniforms ordered through soccer.com - No number required

## U7/U8 - 2018/2019

- 4v4 Format
- 8 player max roster
- No referees
- No scores are kept
- Size 3 ball
- Teams will be assigned through the NPSC team assignments process
- Uniforms ordered through soccer.com - No number required

## U9/U10 - 2016/2017

- 7v7 Format
- 12 player max roster
- Center Referee only
- Scores will be recorded
- Size 4 ball
- Teams will be assigned through the NPSC team assignments process
- Uniforms ordered through soccer.com - No number required

## U11/U12 - 2014/2015

- 9v9 Format
- 16 player max roster
- Center and AR referees
- Scores will be recorded
- Size 4 ball
- Teams will be assigned through the NPSC team assignments process
- Uniforms ordered through soccer.com - All players must have a number on the back of the uniform



# TEAM ASSIGNMENTS

NPSC families and coaches have raised numerous concerns during the past several years of team stacking in our In House League, which undermines the fairness and enjoyment of soccer for our athletes. Beginning in Fall 2025, NPSC will be pursuing a new team assignments process designed to more equally distribute the talent in our league to ensure a fair and enjoyable experience for all. **The new process impacts U7/8, U9/10, and U11/12 age groups ONLY**, and all athletes will be placed on a team.



## Fall 2025- Option 1

Goal: Athletes will participate in an evaluation process during which time volunteer coaches will assign each player a score of 1–5. NPSC staff will then assign players to create balanced teams.

## Fall 2025- Option 2

If we do not get enough coaching support to run the evaluation, NPSC staff will randomly assign athletes to teams.

## Spring 2026

Athletes who played during the Fall 2025 season will stay on the same teams for the Spring 2026 season. If the coach does not return, athletes to the extent possible will be grouped with a new coach. New players will participate in the same evaluation process and





# ACADEMY SOCCER PROGRAM

NPSC's Academy Soccer Training Program provides young athletes interested in practicing more than once a week the opportunity to pursue their passion for soccer at more competitive level than is offered in our In House Program. Focused on skill-building and game understanding, the program prepares players for potential progression into NPSC's Travel Soccer Program.

## Academy Program Details:

- **Ages:**
  - U8 (Players born in 2018)
  - U9/U10 (Players born in 2016/2017)
- **Uniforms:** Same as recreational program
- **Training Time:**
  - Two 1-hour practices per week
  - Participation in an end of season tournament
- **Coaches:** NPSC Coaching Staff





# NCSL-REC SOCCER PROGRAM

NPSC's NSCL-Rec Program provides teens the opportunity to continue to play soccer at the recreational level; however, the focus at this level is advanced competition. Teams in this program compete against other recreational clubs in the Northern VA area. NPSC does not control scheduling for NCSL-Rec games

## NCSL-Rec Program Details:

- **Ages:**
  - U13 (Players born in 2013)
  - U14 (Players born in 2012)
  - U15/U16 (Players born in 2010/2011)
  - U17/U18/U19 (Players born in 2007/2008/2009)
- **Uniforms:** Uniform kits are purchased through soccer.com and must include a number on the back of the jersey
- **Training Time:**
  - Two 1-hour practices per week
  - Most games are held on Saturdays
- **Coaches:** Volunteer Coaches





Northern Piedmont Sports Club  
2025 Uniform Package

Home



Away



BACK



BACK

# UNIFORMS

Because of NPSC's vendor agreement, our recreational soccer program has a new uniform. All players will need to order the new kits through our partner soccer.com. The required kit includes:

- Home Jersey (White)
- Away Jersey (Black)
- Black Shorts
- Black Socks

NCSL Rec players will wear the same kits but will have a number printed on the back. These numbers will be assigned by the club. We will not accept requests for numbers.





# HOW TO ORDER UNIFORMS

## NPSC U6–U10 Uniform Order



### How to order from Soccer.com

1

Visit [www.soccer.com](http://www.soccer.com)

2

Select my team and enter Northern Piedmont Sports Club.  
Click on our logo.

3

A window will open and at the bottom option select shop collection and select rec U6–U10. Enter your child's name

4

Next click the red shop uniform at the bottom of the dropdown

5

You will be taken to your child's uniforms. This page will have multiple tabs for the required uniform and recommended items and fanwear. Go to required uniform to purchase your kit.

## NPSC U11 and Older Uniform Order



### How to order from Soccer.com

1

Visit [www.soccer.com](http://www.soccer.com)

2

Select my team and enter Northern Piedmont Sports Club.  
Click on our logo.

3

A window will open and in the middle option select your child's team and your child. Teams are listed by year of birth

4

Next click the red shop uniform at the bottom of the dropdown

5

You will be taken to your child's uniforms. This page will have multiple tabs for the required uniform and recommended items and fanwear. Go to required uniform to purchase your kit.