



New Mexico Rapids Soccer Club

Why?

- To align training length across the club.
- **For the players**- more time on the field with the team and coaches.
- Developmentally correct for age and stage of player
- We will work with the technical staff to educate coaches to maximize their time within the session.

These times are based on times of year when no daylight limitations

Required Minimum Session Lengths:

U9 – 60 mins

U10 – 70 mins

U11 – 75 mins

U12 – 80 mins

U13+ - 90 mins

Premier Track – Minimum 3 days per week

Academy Track – Minimum 2 days per week