



LEAGUE ONE HANDBOOK

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League One is a semi-competitive youth soccer league designed to serve as a stepping stone for players aspiring to make the next jump from the South County Recreational Soccer League. It provides an ideal platform for young players to develop their skills, foster a love for the game, and gain valuable playing experience in a supportive and enjoyable environment.

In League One, the emphasis is on allowing kids to simply play the game without the presence of referees. The absence of referees encourages the players to take ownership of their actions, make their own decisions, and learn from their experiences on the field. This player-driven approach promotes a sense of responsibility, sportsmanship, and fair play among the participants.

The league follows a progressive format, gradually increasing the number of players on the field as they progress through different age groups. In the initial stages, from 5v5 up to 2nd grade, players are introduced to the fundamental aspects of the game in a small-sided format. This allows for increased involvement, more touches on the ball, and improved decision-making skills.





At 2nd grade, players transition to 7v7, providing them with a slightly larger playing field and more strategic opportunities. This format continues for two years, enabling the players to refine their technical abilities, tactical understanding, and teamwork.

As players enter 4th grade, they advance to the 9v9 format, which introduces them to the dynamics of a larger field and a more structured game. This stage focuses on further developing their skills, promoting positional play, and fostering a deeper understanding of team dynamics.

It's important to note that some teams in League One have the option to progress through the different stages at an accelerated pace, based on the players' development and ability. This flexibility ensures that players who demonstrate exceptional skill and readiness can move on to more challenging formats, providing them with appropriate opportunities to further enhance their growth and potential.





In addition to the player-driven matches, League One offers a comprehensive training program designed to enhance the players' skills and soccer knowledge. With a strong emphasis on player development, League One provides more training sessions compared to the recreational league. These sessions are conducted by experienced coaching staff who have a deep understanding of youth soccer and a passion for nurturing young talent.

The league follows a 10-month-long cycle, allowing players to immerse themselves in a consistent and structured training environment throughout the year. This extended duration enables players to refine their technical abilities, tactical understanding, and physical fitness through regular practice sessions. The focus on continuous training ensures that players have ample opportunities to grow, progress, and develop their soccer skills at their own pace. It is recommended and supported of players participating in other sports while playing in League One. We want to encourage youngsters to experience sports in addition to soccer.





During the training sessions, players receive guidance from a coaching staff that brings their extensive knowledge, professional playing experience, and passion for the game to help players reach their full potential. They provide personalized instruction, mentorship, and valuable insights into the nuances of the game, fostering a positive learning environment where players can thrive.

The inclusion of additional training sessions and the extended 10-month cycle in League One sets it apart as a league committed to maximizing player development. By providing consistent training opportunities and access to experienced coaches, the league ensures that players receive the necessary support and resources to excel in their soccer journey.

League One aims to create a positive and inclusive environment where children can develop their soccer skills, build friendships, and experience the joy of playing the game. By focusing on player-driven matches, gradual progression, and individualized advancement, the league sets the foundation for a successful transition from the South County Recreational Soccer League, fostering a lifelong love for soccer among its participants.

