

Recommended Training to Match Ratio

Age Division	Training to Match Ratio
U6	<ul style="list-style-type: none">▪ 1:1▪ One practice and one game each week▪ Duration of practice: 45 minutes
U7 & U8	<ul style="list-style-type: none">▪ 2:1▪ Two practice & one game each week▪ Duration of practice: 45 to 60 minutes
U9 & U10	<ul style="list-style-type: none">▪ 2:1▪ Two practices & one game each week▪ Duration of practice: 1:00 hour
U12	<ul style="list-style-type: none">▪ 2:1▪ Two practices and one game each week▪ Duration of practice: 60 to 75 minutes
U14-HS	<ul style="list-style-type: none">▪ 2:1▪ Two practices and one game each week▪ Duration of practice: 75 to 90 minutes