

OPS Youth 7v7 League

Coming in November, OPS Football Academy will begin our Youth 7v7 Leagues for ages 5-14. Partnering with The Plex, our youth leagues will prioritize skill development, the principles of the game of football and fairness in terms of team balance and playing time.

The Basics

Age groups: 5-6, 7-8, 9-10, 11-12, 13-14 (age on Nov. 1, 2022)

Cost: \$165 for each eight-week session

Location: Practices on Thursdays at The Plex South; Game days Saturdays at The Plex North

Details:

- Each age group will go through an evaluation session prior to teams being chosen. Volunteer coaches will assess players using customized evaluation criteria and squads will then be selected via a draft format.
- Teams will be balanced to the best of our ability.
- Rules and regulations will be streamlined across all leagues. Coaches will be vetted by OPS and held responsible for their actions and behavior.
- Each age group will have a list of set skills that will be taught at each level. These will be priorities for each coach and team in that age level.
- Playbooks will be set for each age level – both offensive and defensive. The principles of the plays will be taught to the players, then built upon at successive age groups. During games, only plays from the playbook for that age level will be allowed.
- Team names and jerseys will be unique and included with the session fee
- No scores will be kept or playoffs for the 5-6 age group. Scores/standings will be kept for all other age groups, with a “playoff Saturday” concluding the season.

Winter I and II Key Dates

Evaluation Day: Saturday, Oct. 29/Thursday, Jan. 26

First Practices: Saturday, Nov. 5/Thursday, Feb. 2

Week 1: Saturday, Nov. 12/Saturday, Feb. 4

Week 8: Saturday, Jan. 21/Saturday, March 25

REGISTER NOW!

- Head to
[optimumperformancesports.com/football](https://www.optimumperformancesports.com/football)
OR
- Visit the front desk at the Ash Center!