



## Penfield Strikers Playing Time

Guidelines for coaches on individual playing time

### **Official Policy:**

The following policy applies to all Penfield Striker Players in good standing with the club:

1. The Penfield Strikers support the USYSA guidelines on playtime at the U8-U10 level: USYSA rules require that each player in a U8-U10 age division shall play a minimum of 50% of the total game time. The Penfield Strikers recognize that due to the limitations posed by USSF rules the coaches ability to sub at certain times during a particular game may not enable 50% playing time in a particular contest but over the course of the season this should even out and playing time for the season is expected to be as close to 50% as possible.
2. All older Penfield Striker teams (U11-U19) are also expected to adhere to a 50% minimum playing time for each player on the roster as described in paragraph 1.
3. The club recognizes the key ingredient to enhanced skills comes from individual and team practice, therefore the amount of play time a player gets is not considered to have a significant effect on player development.
4. Indoor playtime (i.e. indoor leagues) are totally optional for teams. Indoor leagues are for player development and the coach should play the girls with that in mind.

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