

# U11 Seasonal Structure COMPETITIVE

PHASE	Prep/Evaluation Phase & Development Phase	Regular Season Phase	Playoff/Tournament Phase
DURATION	Up to <b>6 WEEKS</b> prior to the start of the Regular Season phase	Up to <b>22 WEEKS</b> after the completion of the Development phase	Up to <b>4 WEEKS</b> after the conclusion of the Regular Season phase
BALANCE	<b>20%</b> OF THE SEASON	<b>70%</b> OF THE SEASON	<b>10%</b> OF THE SEASON
VOLUME	UP TO <b>6</b> WEEKS	UP TO <b>22</b> WEEKS	UP TO <b>4</b> WEEKS
PRACTICES	<b>12</b> PRACTICE SESSIONS	<b>44</b> PRACTICE SESSIONS	<b>4</b> PRACTICE SESSIONS
GAMES	UP TO <b>6</b> GAMES	UP TO <b>24</b> GAMES	UP TO <b>16</b> GAMES
TOURNAMENTS	<b>1</b> TOURNAMENT	<b>1</b> TOURNAMENT	<b>2</b> TOURNAMENTS