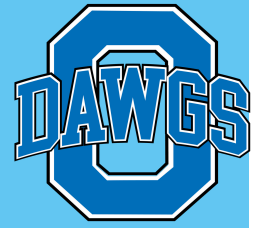


# 2025 OGDEN FOOTBALL CLUB

7V7 SPRING FOOTBALL LEAGUE



## GOAL

The purpose of this football league is to continue the growth and development of youth players and foster a **LOVE** for the game of football to last for years to come.

## WHAT IS 7V7 FOOTBALL?

7v7 is a game that can be played year-round, unlike traditional tackle football. There's a lot less equipment required, and coaches are using it more and more to develop transferable skills for tackle football but without the need for contact on every play. Non-tackle games are great for developing route running, defensive coverage, and more technical aspects of football.

Many players participate in 7v7 in the off season to be better prepared for the tackle season, but coaches also utilize 7v7 setups during in-season practices to work on passing and run through plays. Some coaches notice that the players who do participate in 7v7 leagues in the off season tend to be more prepared than those who do not when tackle season comes around.

-2024 Xenith, LLC

## DIVISIONS

**10 YEARS OLD --STARTS MARCH 30  
(ONLY COMPETE MAY/JUNE TOURNAMENT)**

**12 AND UNDER--STARTS MARCH 2ND**

**14 AND UNDER--STARTS MARCH 2ND**

**\*AGE AS OF JANUARY 1ST, 2025**

## SCHEDULE

**SUBJECT TO CHANGE.  
COMMUNICATION WILL BE  
HANDLED THROUGH REMIND**

**DEADLINE: FEBRUARY 27  
PAYMENT DUE: 1ST DAY OF PRACTICE**

### PRACTICE

**MARCH-- 2, 4, 9, 11, 25, 30**

**APRIL-- 1, 6, 8, 11, 15, 27, 29**

**MAY-- 6, 13, 20**

**-SUNDAYS 1:30-3:00**

**-AFTER SCHOOL**

• **3:30-4:30 12U**

• **45 MINUTES FOLLOWING MS TRACK**

**TOURNAMENTS--NOT REQUIRED  
(BASED ON INTEREST)**

◦ **MARCH 22-23--DES MOINES**

◦ **APRIL 12-13--SIOUX CITY**

◦ **MAY 3-4--CEDAR FALLS**

◦ **JUNE 7--CARROLL**

**COST: \$250-- 10 YEARS OLD**

**\$300--12U AND 14U**

**(INCLUDES THE COST OF TOURNAMENTS, RENTAL FEE  
FOR SOFT SHELL HELMET AND UNIFORM)**

**COACH LLOYD**

 (712) 348-3774

 tmlloyd67@gmail.com

