

MTSC Travel Handbook 2019 – 2020

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MTSC Director of Coaching

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Travel Coaches Information ([HOME](#))

Birth Year	Gender	Division	Season	Team Name	Coach	Role	Email
2005	Boys	U15	Late Fall / Spring	Barcelona	Ricardo Sabat	Manager	resk323@yahoo.com
2006	Boys	U14	Fall / Spring	Munich	Brett Mackiewicz	Manager	abmackiewicz@gmail.com
2007	Boys	U13	Fall / Spring	Force White	Craig Snediker	Head	craig.snediker@gmail.com
2007	Boys	U13	Fall / Spring	Force purple	Mike Bertolozzi	Head	mikebertolozzi@gmail.com
2008	Boys	U12	Fall / Spring	Strikers White	J Ladzinski	Manager	jcure427@gmail.com
2008	Boys	U12	Fall / Spring	Skrikers Purple	Gerritse	Head	gerritse@gmail.com
2009	Boys	U11	Fall / Spring	Dynamo White	Dana Aikens	Head	dfga2225@aol.com
2009	Boys	U11	Fall / Spring	Falcons Fire	Horsch	Head	jeffhorsch160@yahoo.com
2009	Boys	U11	Fall / Spring	Dynamo Gold	Michelle Coppa	Head	mcoppa1014@yahoo.com
2010	Boys	U10	Fall / Spring	Chaos	Tolia	Head	parin.tolia@gmail.com
2010	Boys	U10	Fall / Spring	Mayhem	Marco Soares	Manager	mpsoares0558@gmail.com
2010	Boys	U10	Fall / Spring	Wombles	Dan Baker	Head	mtscwombles@gmail.com
2011	Boys	U9	Fall / Spring	Legends White	Joe Fiordaliso	Head	josephfiordaliso24@gmail.com
2011	Boys	U9	Fall / Spring	Legends Purple	Lauren Wilson	Head	wilson.lauren7@gmail.com
2012	Boys	U8	Fall / Spring	Mavericks	Suzan Radwan	Head	suzanradwan@hotmail.com
Birth Year	Gender	Division	Season	Team Name	Coach	Role	Email
2004	Girls	U16	Spring Only	Warriors White	???	Manager	josephfiordaliso24@gmail.com
2005	Girls	U15	Fall / Spring	Falcons United	Dana Aikens	Head	dfga2225@aol.com
2007	Girls	U13	Fall / Spring	07 Purple Menace	Kelan Magee	Head	kelanmagee@gmail.com
2007	Girls	U13	Fall / Spring	Hurricanes	Joe Fahy	Head	Joseph.Fahy@ing.com
2008	Girls	U12	Fall / Spring	Wildcats	Fernandez	Head	coachkevinfernandes@gmail.com
2009	Girls	U11	Fall / Spring	Fearless Falcons	Nicole Wyand	Manager	nicolewyand@gmail.com
2010	Girls	U10	Fall / Spring	Falcons X	Eugene Giaquinto	Head	egiaquinto73@gmail.com
2011	Girls	U9	Fall / Spring	United	Sean Knofel	Head	knofel79@yahoo.com

MTSC Board Contact Information ([HOME](#))

Board Position	Name	Email
President	Bill Craver	mtscsoccer@gmail.com
EVP	Kelan Magee	monroesc@gmail.com
Treasurer	Eugene Giaquinto	treasurer.mtsc@gmail.com
Secretary	Sona Mehta	sona.mtsc@gmail.com
VP of Recreation	Nicole Wyand	nicolewyand@gmail.com
Director of Rec Boys	Andres Baez	ambaez80@gmail.com
Director of Rec Girls	Andy Wiesendanger	awiesendanger@yahoo.com
Director of 3M	Sheung Leung	mtsc3m@gmail.com
VP of Travel	Joe Fiordaliso	josephfiordaliso24@gmail.com
Director of EDP	Dana Aikens	2225dfga@gmail.com
Director of MOSA	Nick Cerniglia	09MTSC@gmail.com
Director of Travel Budgets	Vacant	Vacant
Director of Scheduling	Danielle Coppola	monrosoccerscheduling@gmail.com
Director of Facilities	Kamron Awwal	kawwal@gmail.com
VP of Programs	Tony Aschettino	aschettino.mtsc@gmail.com
Registrar	Kim Fahy	kimberlyfahy@msn.com

Coaching Information ([HOME](#))

- Must have taken the F license soccer course – [NJYS F-License](#) (Club will reimburse the fee for this course upon completion.)
- Complete the required concussion course - required for carding
- Complete the required Safe Kids course - required for carding
- Obtain your got soccer log-in and password - needed for games etc.
- New teams will get a TeamSnap account purchased by the club
- Equipment will be given to all new coaches - 1 ball per player, cones, pinnies
- Laminate cards once they are given to you for safe keeping.
- Hold a team meeting explaining your expectations for the players and the parents.

Check Requests

The check request process has been updated courtesy of the MTSC Treasurer, Eugene Giaquinto. This can now be completed online and will make the payment process more effective. Please click the link below to access.

[Check Request Application](#)

Printing Official Roster and Medical Forms

Below is the process to print your roster and medical forms.

- Login to your TEAM CONNECT BY STACK SPORTS account
- On the left side of the screen, click on "ROSTER", then click on "Print Roster and Medical Releases".
- Then next step, click on the "Medical Release" or "Roster" that you want to print, it will automatically download and then you can print.

MOSA Rules [\(HOME\)](#)

Duration and Ball Size

- Division I – 45 minute halves with size 5 ball (17U & Up)
- Division II – 40 minute halves with size 5 ball (15U & 16U)
- Division III – 35 minute halves with Size 5 ball (13U & 14U)
- Division IV – 30 minute halves with Size 4 ball (11U & 12U)
- Division V – 30 minute halves with Size 4 ball (9U & 10U)
- Division VI – 30 minute halves with Size 4 ball (8U)

Player Passes

- Each player must possess a valid current seasonal year's player pass issued and validated by the particular club's designated NJYS District Commissioner. No player will be allowed to participate in any M.O.S.A. sponsored game or activity without a valid player pass issued to the player and club designated to participate in said game or activity.
- A player is permitted to be either Primary or Secondary carded under NJ Youth Soccer to participate in any M.O.S.A. sponsored game or activity. Players cannot be rostered to play on more than one club within M.O.S.A.
- Any player transferring from one MOSA team to another MOSA team during the seasonal year (September 1st to August 31st) will be required to sit out three (3) MOSA games prior to further play in MOSA. The sit out starts when a new player pass is issued.

Game Start Times

- It is suggested that no game start prior to 12:00 noon, except for Division I and II.
- Teams should make every effort to arrive on time. Referees should allow home teams 15 minutes to produce enough players to start the match, away teams are allowed 30 minutes to produce enough players to start the match. If either team is unable to meet the minimum required players in the allowed time the game should be reported to the Game Commissioner. Please keep in mind the idea is to play the games.

Player Equipment ([HOME](#))

- The player's equipment will be in accordance with FIFA laws of the game, Law Four (4) (player's equipment). Additionally each player's jersey or shirt shall be imprinted with a distinctive number for his team.
- Player's equipment must conform to FIFA, USSF, USYSA, NJYSA and MOSA regulations.
- Players will not be permitted to play in any MOSA sponsored game or activity with a cast of any type (no solid material). Normal soft braces without any hard exposed material will be permitted, with the approval of the game official. Covering a hard cast with a soft material, does not constitute a soft cast or brace. Knee or other type braces with external buckles or straps must be covered with soft material that was supplied with the brace and must be worn.

Maximum Score

- Any MOSA team that scores more than a six (6) goal differential at the conclusion of a scheduled MOSA game shall be subject to the following:
 - First Time: The coach(s) is to be counseled by his/her club MOSA Representative, who will make a complete report to the Second Vice President (Games Commissioner) on the substance of said counseling.
 - Second Time: The coach(s) will be required to appear before the MOSA Board and may be subject to a fine of \$50.00 and/or additional penalties

Substitutions

- Unlimited substitutions on any stoppage of play for either team.

Game Cards

- All coaches will print a game card from GotSoccer no sooner than 48 hours prior to a match. Any game card presented at the field that is printed beyond 48 hours will not be accepted, the game will not be played and the Games Commissioner will determine the outcome of the game and any necessary fines.
- If one team fails to bring a Game Card, the opposing teams Game Card can be used so the game can be played. But any player not on a Game Card would be ineligible to play.

Roster and Numbers of Players Allowed

Roster Sizes	Game Day	In GotSoccer	Max Roster for Season
7v7	14 Players	14 Players	20 Players
9v9	16 Players	18 Players	24 Players
11v11	18 Players	22 Players	28 Players

Game Card Player List and Goal Sizes ([HOME](#))

- 9U-10U (7 v 7) Goal Size 7' X 21' or 6' 6" X 18' 6" (Game Card Max 14 players)
- 11U-12U (9 V 9) Goal Size 7' X 21' or 6' 6" X 18' 6" (Game Card Max 16 players)
- 13U&Up (11 V 11) Goal Size 8' X 24' (Game Card Max 18 players)

Points and Standings

Division standings will be kept on an accumulated points system.

- 3 points for a win
- 1 point for a tie
- 0 points for a loss

If two teams are tied in points at the end of the season, placement will be determined by the following:

- Head to Head competition
- Least Losses
- Most Wins
- Least Red Cards

If two teams are tied for first place after the above four (4) tie breakers, then both teams will be declared as co-champs and NO second place award will be given. All other ties are determined by the same four (4) tie breakers as for first place, if a tie still exists the head to head goal differential (least goals against each other) will determine placement. In the case of a three (3) way tie head to head will be disregarded and all other tie breakers will prevail.

Score Reporting

There are several ways to enter the score:

- Call in the score using the phone number, event id and pin provided at the top of the game card.
- Log onto the web page at the top of the game card and use the event id and pin.
- Lastly if you have a QR reader app on your smart phone you can scan the QR code and enter the scores.

Game Schedule

In order to ensure that each team completes all the games on its schedule, a team will be penalized for games which are not made up as follows:

- Fines \$50.00 for each missed game
- Be ineligible to receive any awards
- Be responsible for payment of referee fees for any game which is not made up or declared a forfeit.

Club Passes & Player Ages ([HOME](#))

- MOSA will allow Club Passes starting Fall 2017
- Clubs will be allowed to transfer players from one team to another within the club
 - Players can play up as much as they want. (Example: player on a Nat 6 team could play on a Nat 1 team)
 - Players can only move down one flight without prior approval from the MOSA secretary (Example: Player on a Nat 1 team could play on a Nat 2 team without approval, player on a Nat 1 team that wanted to play on a Nat 3 team would need prior approval from MOSA. Players from other leagues are permitted to play in Premier but would need permission to play in lower flights.)
 - Players that are currently playing up in age group that want to play on a team at age appropriate team level are allowed as long as they are within the one flight rule. (Example: U15 player playing on U16 team Nat 2, could play on U15 team in Nat 3 or higher)
 - Game Cards have to be printed from GotSoccer and players hand written on the "Game Card" should not be allowed to participate.
 - Max number of Club Pass players per team:
 - i. 7v7 teams would be limited to 3 Club Pass players
 - ii. 9v9 teams would be limited to 4 Club Pass players
 - iii. 11v11 teams would be limited to 5 Club Pass players
- MOSA is still not allowing guest players
- Players will be permitted to "play up" in accordance with the following NJYS table below:
 - 6U Team – 5U Not permitted on a 6U team
 - 7U Team – 6U Player(s) permitted on a 7U team
 - 8U Team – 7U Player(s) permitted on a 8U team
 - 9U Team – 8U Player(s) permitted on a 9U team
 - 10U Team – 8U & 9U Player(s) permitted on a 10U team
 - 11U Team – 9U & 10U Player(s) permitted on a 11U team
 - 12U Team – 10U & 11U Player(s) permitted on a 12U team
 - 13U Team – 11U & 12U Player(s) permitted on a 13U team
 - 14U Team – 12U and up Player(s) are permitted on a 14U team
 - 15U Team – 12U and up Player(s) are permitted on a 15U team
 - 16U Team – 12U and up Player(s) are permitted on a 16U team
 - 17U Team – 12U and up Player(s) are permitted on a 17U team
 - 18U Team – 12U and up Player(s) are permitted on a 18U team
 - 19U Team – 12U and up Player(s) are permitted on a 19U team

Birth Year Matrix ([HOME](#))

Season	2016-2017	2017-2018	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023	2023-2024	2024-2025
Birth Year									
2020									
2019									U6
2018								U6	U7
2017							U6	U7	U8
2016						U6	U7	U8	U9
2015					U6	U7	U8	U9	U10
2014				U6	U7	U8	U9	U10	U11
2013			U6	U7	U8	U9	U10	U11	U12
2012		U6	U7	U8	U9	U10	U11	U12	U13
2011	U6	U7	U8	U9	U10	U11	U12	U13	U14
2010	U7	U8	U9	U10	U11	U12	U13	U14	U15
2009	U8	U9	U10	U11	U12	U13	U14	U15	U16
2008	U9	U10	U11	U12	U13	U14	U15	U16	U17
2007	U10	U11	U12	U13	U14	U15	U16	U17	U18
2006	U11	U12	U13	U14	U15	U16	U17	U18	U19
2005	U12	U13	U14	U15	U16	U17	U18	U19	
2004	U13	U14	U15	U16	U17	U18	U19		
2003	U14	U15	U16	U17	U18	U19			
2002	U15	U16	U17	U18	U19				
2001	U16	U17	U18	U19					
2000	U17	U18	U19						
1999	U18	U19							

Weather ([HOME](#))

- MOSA recognizes inclement weather and State Cup matches as the only recurring valid reasons for not playing a match as scheduled. From season to season, however, special circumstances may occur that warrant a league supported rescheduling of a match. Major religious holidays or ceremonies are examples. It is the responsibility of the Club with teams affected by such occurrences to notify the Second Vice President (Games Commissioner) in writing, not less than one (1) month before a scheduled match of the impending schedule conflict. The Board will then coordinate schedule revisions. Failure to notify the Games Commissioner will place the team(s) requesting the change at risk.
- In the event of a cancellation due to inclement weather, the home team is responsible to notify the visitor and the Referee Assigner at least two (2) hours before the time of the first scheduled game. (Notification after this time will require payment of the referee fees for the first game.)
- All cancellations for reasons other than inclement weather which are made after 9pm the Sunday prior (7 days prior) to the scheduled date will be subject to payment of the referee fees for both the originally scheduled match and the eventual match. Only the area Referee Assigner can waive payment of the referee fees on any cancellations for which referee had already been assigned.
- All cancellations must be reported by the Home Team coach to the Games Commissioner via email by 8:00pm of the game day. Give reasons, i.e. bad weather, state cup, conflict. Etc. by 8:00 PM of the game day. Give reasons, i.e. bad weather, state cup, conflict, etc.
- A postponed/canceled game must be played within **three (3) weeks** of the originally scheduled time. If the game is not made up within this time period, it will be recorded as un-played (NO GAME) and cannot be made up. Additionally, all games must be completed by the date shown on the schedule for each Division as the final date for completion of divisional play.
- Any team which forfeits a game shall be responsible for payment of the referee fees for that game.
- If the teams involved cannot agree on a date and time for a make-up game within the three (3) week period, they should contact the Games Commissioner for resolution. If either team fails to show up for a Board scheduled game, the result will be recorded as a forfeit.
- If 50% or more of a game is completed and then ended pre-maturely due to weather, the result of the game shall stand as final. If less than 50% of a game is completed and ended early, then the game shall restart at the other team's home field and referee fees will still be the responsibility of the original home team.

Game Terminated/Abandoned

- In the event that a referee terminates a game, MOSA shall have the right to determine the outcome. The referee may not determine the outcome of the terminated game and no statement concerning the outcome by the game by the referee shall be binding upon the MOSA Board.
- A referee shall allow a grace period from the games scheduled starting time of fifteen (15) minutes for the home team to arrive and thirty (30) minutes for the visiting team to arrive before terminating a game.

Field Changes ([HOME](#))

- In the event of a field change for a given game, the Referee Assignor and the visiting team coach must be notified by the home team coach by Wednesday of the game week.

Protests must meet the following conditions:

- Be submitted in writing to the League Secretary and be postmarked within forty-eight (48) hours of the game.
- Signed by the Club President or MOSA Representative.
- Clearly show that the other team or Club involved is copied in writing within forty-eight (48) hours of the game.
- The protest must involve a violation of the “Laws of the Game”. Protest concerning referee’s judgement will not be heard.
- NOTE: The MOSA Board will accept protests by email in place of postmarked mail as long as the protest meets all the above conditions.

Game Day Rules

- In all matches the players and coaches from both teams shall occupy the same side of the field. The parents and spectators from both teams shall occupy the opposite side of the field.
- All coaches shall be responsible to ensure that good sportsmanship and conduct by their players, parents and spectators is adhered to. Coaches are responsible for cooperating with the enforcement of these rules. Violators shall be reported to the MOSA Board and may result in appropriate disciplinary actions.
- Coaches shall stay on their own side of the Midfield Line within ten (10) yard area, two (2) yards from the touch line. (This is designated as the “Technical Area”)

7v7 Rules for 9U - 10U Teams ([HOME](#))

Field Size

- Length - 55 - 70 yards Width - 35 - 45 yards
- Goal size - 6.5 x 18.5 or 7 x 21
- Goal area: Length 4 yards Width 8 yards
- Penalty area: Length 12 yards Width 24 yards
- Penalty Arc and Center Circle - 8 yards
- Build out line - Yes, marked equidistant between the penalty area line and the midfield line. (on turf fields cones may be used on the outside edge of the field)
- In the advent that a field is not laid out in accordance with the above measurements, the Referee is to play the game and report it to the local competition authority. The build out line is required to be marked (with a line or alternative markings).

Offside

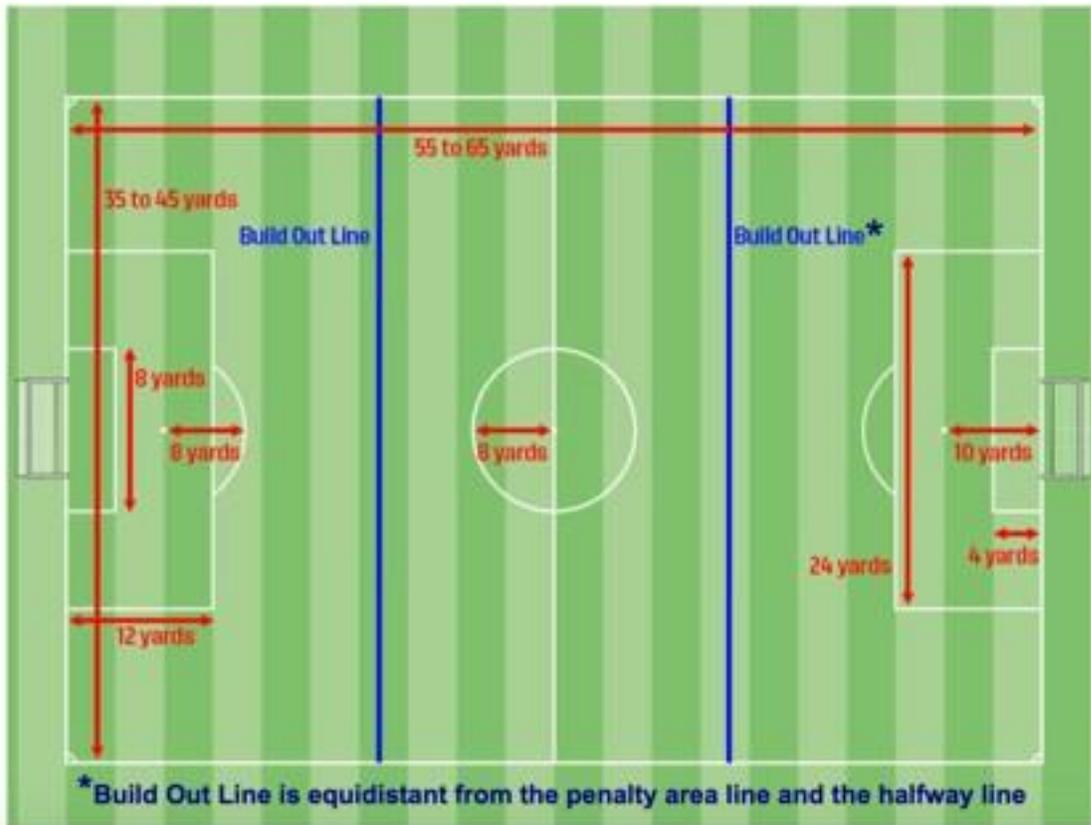
- The build out line will also be used to denote where offside offenses can be called.
- Players cannot be penalized for an offside offense between the midfield and the build out line.
- Players can be penalized for an offside offense between the build out line and the opposing goal line.

Build Out Line

- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play (restart is an indirect free kick for the opposing team if there is an infraction).
- Once the opposing team is behind the build out line, the goal keeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed and the restart is an indirect free kick taken on the penalty area line parallel to the goal line at the nearest point to where the infringement occurred).
- After the ball is put into play by the goal keeper, the opposing team can cross the build out line and play resumes as normal.
- The opposing team must also move behind the build out line during a goal kick until the ball is put into play (leaves the penalty area).
- Ideally the goal keeper will wait to put the ball into play once all opponents are past the build out line.
- However, the goal keeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.
- To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play.
- Coaches are responsible for addressing these types of issues with their players
- Referees can manage the situation with misconduct if deemed appropriate
- Referees should be flexible when enforcing the six second rule and counting the time of possession should only begin when all opponents have moved behind the build out line.
- The opposing team must also move behind the build out line during defensive direct or indirect kicks taken from inside the penalty area.

Field Dimensions (HOME)

7v7 fields MUST have a build out line, in a different color than the other lines on the field, clearly marked on the field.



9v9 Rules U11 – U12 ([HOME](#))

Field Size

- Goal Size 6.5 x 18.5 or 7 x 21
- Goal Area Length 5 yards Width 12 yards
- Penalty Area Length 14 yards Width 36 yards
- Penalty Arc and Center Circle 8 yards
- Penalty Spot 10 yards

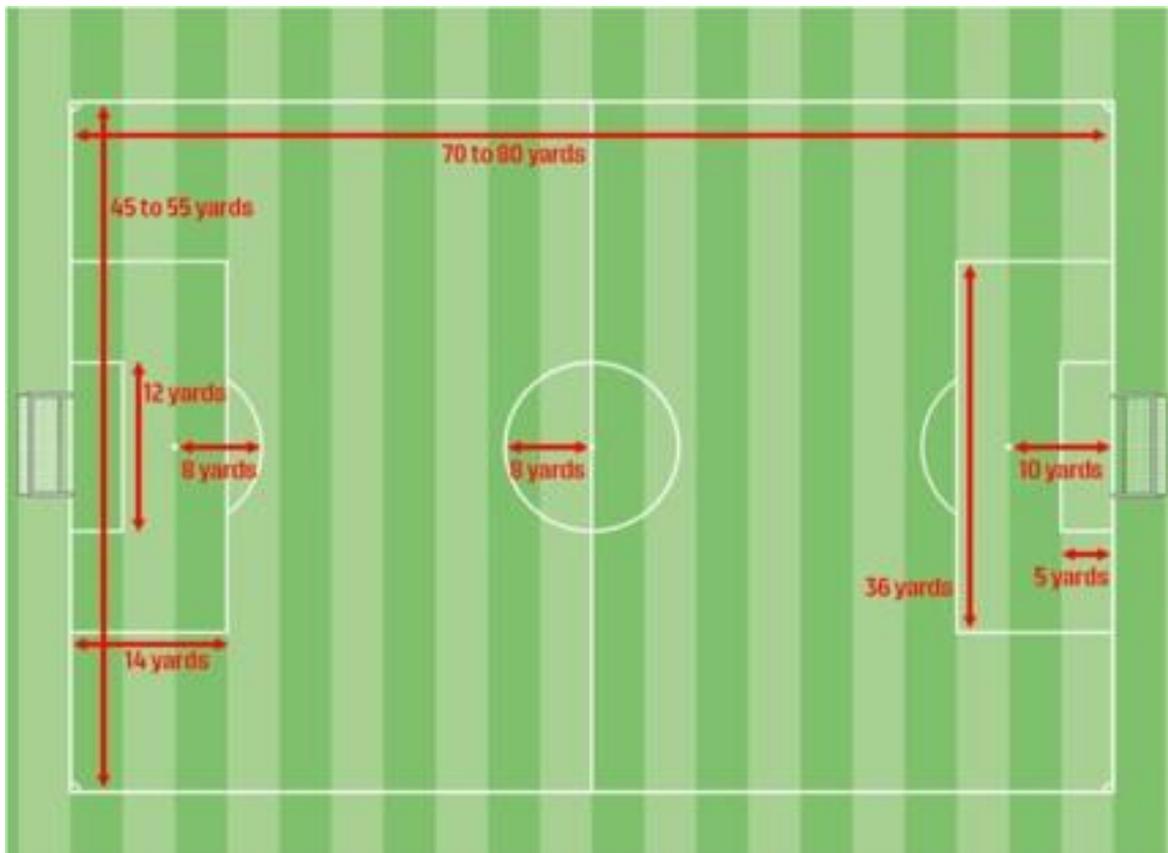
Offside

- Offside starts at the midfield line as usual.

Punting

- Punting is allowed BUT once punted the ball cannot land in the penalty area of the opposing team from the air. If the ball does then an indirect free kick should be taken on the penalty area line where the ball crossed into the penalty area. 7v7 field dimensions and markings.

Field Dimensions



MOSA Referee Fees ([HOME](#))

Age	Center	AR	One Ref
U17-19	\$90.00	\$45.00	\$90.00
U15-16	\$80.00	\$40.00	\$80.00
U13-14	\$70.00	\$35.00	\$70.00
U11-12	\$60.00	\$30.00	\$60.00
U9-10	\$60.00	\$30.00	\$60.00

Referee fees for the U9-10 age group will go to Center-\$60 and AR-\$30 starting in the Fall 2019.

EDP Rules [\(HOME\)](#)

Game Scheduling

- A team representative must attend the League Webinar
- The league's Competition Committee will place teams in appropriate brackets.
- Teams will negotiate any schedule conflicts prior to the schedule lock date.
- The Default Day for EDP games is Sunday. Teams acknowledge that EDP is their primary league, and that EDP league games have a priority with regard to any other competitions in which the team is participating unless the league accepts the priority of such other competition.
- Pre-approved clubs may use Saturday as their default day for Home Games.
- Teams playing an opponent in multiple competitions may have the result of the game played appear as the result in such additional competitions. Both teams must agree to use such result for multiple competitions in advance, and must memorialize such agreement in writing, copying the league on such notification.
- Teams may cooperate with their opponent to modify the posted schedule prior to the beginning of the season, to accommodate the needs of both teams.
- Modifications must receive consent from both teams, and be submitted to the league in writing or such other format as required by the league. In the event that both teams are unable to agree on a modification, the league will make a final determination.
- After the schedule lock date, all changes require league approval.
- Teams will be expected to comply with all EDP rules including scheduling, match day conduct, disciplinary action, etc.
- Generally teams will be scheduled one EDP game each weekend. These games will be scheduled before the start of the season. The home team will make best efforts to accommodate the wishes of the away team about starting time, etc. but ultimately the home team will set the time and venue (on the weekend set by the league) and the away team must turn up and play.
- Coaching conflicts, injuries, or the inability to field the minimum number of players are not valid reasons to cancel a game. (EDP rules allows the use of other players carded with the same club as long as they meet the restrictions of age/gender, and clubs at this level are expected to complete the scheduled match).
- All fall games must be played by the 3rd weekend of November
- All spring games must be played by the 3rd weekend of June
 - The league may authorize games to be played after the 3rd weekend of November and June, respectively. All such authorizations must be in writing.

Game Rescheduling ([HOME](#))

- No game may be rescheduled after the schedule lock date without submitting a game change form and receiving approval from the league.
- Game change request forms must be submitted at least two weeks prior to the schedule date.
 - *Note:* Any requests submitted less than 7 days may be denied.
- A game may be changed if it falls on the same day as a league-accepted priority competition for conflict purposes. Such competitions will be acknowledged prior to the start of the season.
- If the host team's fields are unplayable or unavailable for any reason other than the weather, and the listed visiting team has fields available for the game date and time, teams may switch the fixture (home team becomes the away team; away team becomes the home team) with the mutual consent of both teams.
- Upon receiving the posted schedules, teams are expected to promptly make arrangements for their scheduled games. All communication should be done via the GotSoccer Chat.
- All game dates must be confirmed prior to the schedule lock date.
- Teams should contact opponents promptly if there will be a request to change the game day or game week. If there is mutual consent before the schedule is locked, the game must be updated in GotSoccer by the home team.
- Host teams should confirm the date of the game, provide the time and place of the game and any travel directions as soon as possible, but at least ten days prior to the scheduled game.
- Both scheduled clubs have an obligation to be proactive in the scheduling process. If a host team is not contacting the visiting team within a reasonable time with game details, or either team is not responding to attempts to contact the team, the EDP Coordinator should be advised promptly.

Weather Policies

- The home club/facility may cancel matches prior to 9:00 AM on game day due to weather related unplayable field conditions. The referee shall cancel the game if they deem the field to be unplayable.
- Host teams must consider the travel of the opposing team when determining a cancellation. The league reserves the right to adjust the home team designation in the event that a team was found to have shown wanton disregard for their opponent's travel needs for a specific game.
- Teams must notify the league that day if a game is canceled due to weather or other circumstance. Notifications need to be sent to Josh Ambler at Josh@edpsoccer.com.
- Games that are canceled must be rescheduled by 5:00 PM on the following Friday.
- If the game goes unscheduled, the home team may be assessed a forfeit.

Game day Procedures ([HOME](#))

- Game cards will be printed by both teams and presented to the referee before every game.
- Each team's players and coaches shall take one side of the field, and all spectators shall take the opposite sideline. On the team's sideline, the home team has the choice of side with respect to the halfway line, and coaches and players must stay within their side.
- On the spectators' sideline, spectators are to remain behind the designated line. No one will be allowed behind either goal line.
- Prior to each match, the referee will check Player picture identification cards (player passes).
- Game Lengths
 - 17U-19U: 45 Minute Halves
 - 15U-16U: 40 Minute Halves
 - 13U-14U: 35 Minute Halves
 - 11U-12U: 30 Minute Halves
 - 9U-10U: 30 Minute Halves
- If a team is conclusively proven to have used an ineligible player during an EDP competition, the Competition Committee may craft such sanctions as it deems appropriate, including but not limited to game forfeit, fines and suspensions.
 - At a game, if a team believes that a player from the opposing team is ineligible, a carded coach or manager from each team will meet with the referee to review the status of the player(s) in question. This must be done prior to the start of the game.
 - Players who arrive after the start of the game may be subject to this same process, with the review occurring at half time.
 - While a) and b) above are designed to streamline game day procedures, they are not intended to otherwise limit the Competition Committee's ability to review an ineligible player situation at any time.
- Respect Etiquette Policy (REP)

Game Day Roster

- Player definitions
 - Primary Player – Player is carded directly to the team
 - Club Pass Player – Player is carded to a team within the same club.
 - i. Club pass players are eligible for League Play
 - Guest Player – Player is not carded to any team within the club, and has not been granted a secondary permission.
 - i. Guest Players are not eligible for League play.
 - Players can only play for ONE club in the EDP League
 - i. Teams can use any age-eligible Club Pass players sanctioned under the same governing body who are carded within their Club.
 - ii. Teams cannot use guest players.

- 11v11 teams may have up to 22 primary players on their US Youth Soccer roster
 - i. Teams may carry additional players on their EDP League roster (Game day line up) through Club Pass Players.
 - ii. Teams can dress up to 18 players on game day
- 9v9 teams may have up to 16 primary players on their US Youth Soccer roster.
 - i. Teams may carry additional players on their EDP League roster (Game day line up) through Club Pass Players.
 - ii. Teams can dress up to 16 players on game day.
- 7v7 teams may have up to 12 primary players on their US Youth Soccer roster.
 - i. Teams may carry additional players on their EDP League roster (Game day line up) through Club Pass Players.
 - ii. Teams can dress up to 14 players on game day
- US Youth Soccer rosters will not freeze during the EDP season
 - i. Rosters will only be frozen for cup competitions
- Teams may have no more than four carded coaches in the technical area.
- A minimum of 7 players on a team is needed for an 11v11 game.
- A minimum of 6 players on a team is needed for a 9v9 game.
- A minimum of 5 players on a team is needed for a 7v7 game.
- All players must have a valid player pass to be eligible to participate.
- Coach, Parent and Player conduct is respectful to all parties from both teams.

Score Reporting

- Both teams should report all scores immediately following the conclusion of the match. Directions for reporting scores can be found on the game card.
- Games not reported within 24 hours may be posted as a forfeit.
- A forfeited match will be reported as a 1-0 score.
- Teams that default in their obligations, withdraw after the seasonal schedule has been posted or are sanctioned by removal from their remaining scheduled games may have their remaining games posted as 1-0 forfeit losses.
- In EDP / GotSoccer bracket games, in the event that a rescheduled game remains unplayable by the end of the seasonal year, and awarding a forfeit is inappropriate, the game may be recorded by a 0-0 score.

<https://www.gotsport.com/events/scoring/>

EDP Spring League 2019
EVENT ID: 69775
EVENT PIN: 6655

EDP Futures Spring 2019
EVENT ID: 70468
EVENT PIN: 6655

Game Terminated/Abandoned ([HOME](#))

- Once the game has commenced, the referee shall remain the arbiter regarding the termination of any game, including but not limited to inclement weather, player injury or behavior of coaches and/or parents.
- If the game is ended due to weather conditions the rules apply as per EDP rescheduling rules. If a game is terminated due to an unruly coach or spectator the offending team will forfeit the game and may face additional consequences.
- The referee reserves the right to shorten the game to maintain the field schedule. Officials from each team will be informed prior to or during the game (during the game could be a result of player injury or inclement weather conditions). Prior to may be a result of unexpected weather conditions, travel delay and/or field defects that are being rectified.
- A game is terminated due to weather, darkness, lightning, unplayable field conditions, a broken goal, a field cancellation by the township governing body, etc.
 - If a game is terminated after the first half has been completed, the score result of the game will be final.
 - If a game is terminated during first half, the game will restart from 0-0 and be played over from the start in its entirety. The game will be played at a location determined by the original home team.
- A game is abandoned due to inappropriate actions by players, team personnel/coaches or the spectators.
 - If a game is abandoned due to the actions of the team losing, regardless of the time of the match – the score will stand.
 - If a game is abandoned due to the actions of the team winning or tied, regardless of the time of the match, the score will be recorded the same as a forfeit which is 1-0 for the opponent.
- Referee and coach submission are acceptable and will be reviewed. Submissions from any other party will not be considered.
- Points
 - 3 points for a win
 - 1 point for the tie
 - 0 points for the loss

Tie Breaker ([HOME](#))

- In the event of tie between two teams only, head to head results determine placement (In the event of a tie between three or more teams, Head to Head will NOT be used).
- In the further event of a tie, goal differential determines placement, with up to plus 4 or minus 4 units awarded per game (First tie breaker for a tie between three or more teams).
- In the further event of a tie, accumulated goals scored with a limit of 4 per game determines placement.
- In the further event of a tie, accumulated goals against determines placement, favoring the teams that allowed the fewest goals.

Player Equipment

- All soccer equipment must adhere to Laws of the Game per IFAB. A player must not use equipment or wear anything that is dangerous to himself or herself or another player (including any kind of jewelry).
- Shin guards are mandatory.
- Knee braces, if worn must be safe per referee's discretion. The referee has the final decision.
- Hard casts must be wrapped by padded by cushioning material to allow for safe play. It is recommended that casts be covered with closed cell, slow recovery foam padding no less than 1/2'-inch thick. The padded casts covering must be deemed safe per referee discretion and the referee has the final decision on game day at the field.
- Players' numbers must match with numbers listed on the roster.
- All players must have unique number on all jerseys.
- All teams should have two sets of jerseys in contrasting colors. All players must wear matching color team shorts and team socks; one set of each will be acceptable for the team. Players can wear long sleeve undergarments, but undergarments must match the same color as the shirts or shorts of the given team.
- In the event that team colors are similar, the home team will change colors. The home team is the team listed first or above on the schedule, if not explicitly designated.

Field Regulations ([HOME](#))

- Fields must be properly lined with corner flags.
- 11v11 Field Dimension.
 - Minimum Length 100 Yards: Minimum Width – 60 Yards
 - Maximum Length 120 Yards: Maximum Width – 80 Yards
- 9v9 Field Dimension.
 - Minimum Length 70 Yards: Minimum Width – 45 Yards
 - Maximum Length 80 Yards: Maximum Width – 55 Yards
- 7v7 Field Dimension.
 - Minimum Length 55 Yards: Minimum Width – 35 Yards
 - Maximum Length 65 Yards: Maximum Width – 45 Yards
- Fields must have regulation goals.
 - 11v11 Goal Size - 8'x24'
 - 9v9 Goal Size – 7'x21'
 - 7v7 Goal Size – 6.5'x18.5'
- Goals on both ends of the field must be equal in size.
- All goals must have nets.
- Goals must be anchored into the ground or have sandbags.

Referees ([HOME](#))

- All EDP games will be assigned through approved USSF referee assignors. Teams will use their local assignor unless otherwise directed by the league.
- All clubs at registration are required to identify Assignors in their area who work with their club, for consideration and approval by the EDP Referee Administrator.
- The EDP Referee Administrator may distribute additional directives regarding procedures for the assignment and coverage of EDP games, which must be timely followed.
- Information (Game #, date, time, age, gender, home team, away team, and field name/address plus contact information for the home team) must be provided to the EDP Referee Administrator or the designated Sub-Assignor at least eight (8) days before each game by the Host Team.
- Any changes to the scheduled game must be reported to the designated Sub-Assignor (and to the opponent) by no later than 7:00 PM and five (5) days prior to the game in question. Failure to do so may result in the imposition of referee costs and/or failure to properly assign referees for the scheduled game. Communication should be by both email and by phone message, if confirmation of the change by all concerned has not occurred by 7pm five (5) days prior to the game date.
- A three-referee system should be requested for all 13U-19U EDP Flight games and assigned when available.
- A single referee should be requested for all 11U-12U games, whenever possible.
 - When a three-referee system is utilized, the home team MUST advise the visiting team in advance to assure sufficient referee funding is made available.
- A single referee will be used for 8U-10U games.
 - If the home team club schedules a 8U-10U game sandwiched between two older-age games, and the assignor requires 3 referees be utilized for all 3 games, the home team will be responsible for half of the referee fee as well as ALL of the assistant referee fees for the 8U-10U game, which would normally equal 75% of the total referee fee
 - Normally, the home team pays \$90 and visiting team pays \$30 in these circumstances.
- Fees are split between the two participating teams at all EDP games.
 - 17U – 19U: \$90 Center Referee; \$45 Assistant Referees
 - 15U – 16U: \$80 Center Referee; \$40 Assistant Referees
 - 13U – 14U: \$70 Center Referee; \$35 Assistant Referees
 - 11U – 12U: \$60 Center Referee; \$30 Assistant Referees
 - 8U – 10U: \$60 Center, \$30 Assistant Referees when utilized, at the cost of the home team only
 - i. If a three-referee system is used rather than the preferred one-ref system, the home team pays \$90 and visiting team pays \$30
- Fees should be paid in advance of the match.
- Posted EDP Fees are the “default” fees. Occasionally, the prevailing rate in a specific game’s region is greater or different than the posted EDP rate.

- Visiting teams should be informed of such rate in advance, and are expected to honor it if the fees are being split for the match.
- If the home team requests an additional number of referees then mandated by the league, the home team will be responsible for the additional fees.
- Teams must accept that not all Referees possess the same skill set and experience, and that occasionally teams may differ with Referee rulings and the conduct of a game. All EDP participants (and their supporters) are expected to treat all Referees with respect and decorum, and recognize that player development on either sideline is not abetted by continually pursuing distracting hostilities with game officials.
- Conclude game activities with civility on the field; if there is a belief that further feedback would be constructive, please do communicate your comments to the referee feedback form
- The no-show policy for referees favors getting games played in the event teams are otherwise assembled at the fields. Therefore, the league will allow the use of a designated referee or parent.
 - The Individual designated to referee must be approved by both teams.
 - If teams decide to play the game as a friendly, both teams must send email notification to the league prior to kickoff.
 - The default position of the league is that if the game is played, the result will stand.
 - If the game is not played, it will be rescheduled and the home team will travel to the opposing team.
 - The league will contact the local assignor and home team regarding the situation.
 - Any open issues will be addressed at a conference between the league and the DOCs of both clubs.

Discipline ([HOME](#))

- While EDP games will adhere to normal standards of sanctions and discipline, it is stressed that we expect teams to be *self-disciplined* and *self-policing* as much as possible. The league stresses that the primary concern should always be about player development, and not solely wins and losses. Teams are expected to monitor their own coaches, players and supporters as much as reasonably possible, and continual poor behavior, inappropriate language, harassment of officials, disrespect to opponents or attempts to circumvent rules and regulations are grounds for sanctions and even immediate removal from the balance of the league schedule.
- All red cards will be reviewed by the disciplinary committee and sanctioned accordingly.
- Players accumulating 5 yellow cards in one season will be suspended the game following the fifth yellow card
- All suspensions will be served in the next following EDP match up with a regular season opponent. This game must appear on the team's original schedule released by the league.
- At its sole discretion, the league reserves the right to suspend a coach or player as result of a pattern of behavior.
- In reporting their scores, Team Managers are obligated to advise Head Referee Administrator Scott Ashcroft at scotta@edpsoccer.com (and copy their next opponent) of the Red Card received by their team, identifying both the player's full name and uniform number.
- In return for self-policing the sit out of the player or coach, teams will be allowed to have their Player Passes returned to Team Managers at the conclusion of their match. (EDP recognizes that its teams participate in various other high level competitions where the Red Card sanction in league play does not carry over, and concerns for retrieving player passes in a timely fashion can be problematic.) Note that referee Game cards will be checked to verify that proper Red Card communications and subsequent sit outs were properly processed. The highest-level sanctions will be imposed if it is discovered that a team attempted to circumvent these procedures.
- Nothing herein prevents a Referee from properly holding onto a Pass in egregious circumstances (referee assault, violent conduct, foul & abusive language, deliberate attempt to injure, etc.)

Fines

- A \$250 fine will be assessed upon 1st forfeit.
- The club will pay the fine within 3 business days.
- Should a second forfeit occur within a Club in the same seasonal year, the matter will be sent to the EDP league office to determine sanctions.
- If no score is reported 3 days following a completed game, the home team will be issued a \$50 fine.

Refund Policy

- If your team withdraws before they are entered into a bracket, you will be assessed a \$50 administrative fee. Once the team is entered into a bracket, you will be assessed a \$100 administrative fee if the team withdraws. Once the schedule has been released, NO REFUND will be issued.

US Youth Soccer Club Pass Players ([HOME](#))

- Players may only play for ONE club in the EDP League.
- Players may NOT play for teams in more than one club in the EDP League.

Within the club, players are permitted to play as a club pass player on a different team, given they fall under the age/gender restrictions for that team.

EDP League will use USYS (CJSA, ENNYSA, NYSWYSA, NJYS, EPYSA, DYSA, MSYSA, and YVSA) passes. If you have any further questions, please let us know:

Jim Oman - Regional Manager (DE, MD, VA) - jim@edpsoccer.com

Jared Harris - Regional Manager (PA) - jared@edpsoccer.com

Sean Sweeney - Regional Manager (NJ) - sean@edpsoccer.com

John Tait - Regional Manager (NY, CT) - john@edpsoccer.com

Josh Ambler - League Manager / EDP Futures Director - josh@edpsoccer.com

Jonny Morville - League Administrator - jonny@edpsoccer.com

Secondary Permissions Player NJYS

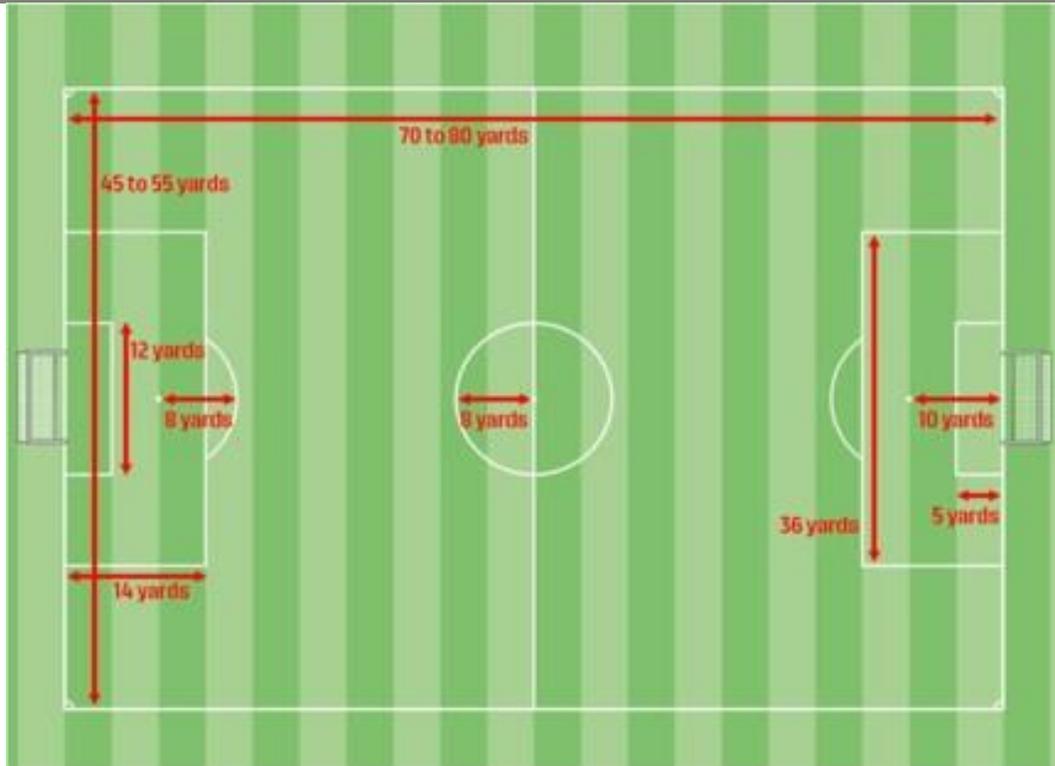
Below you will find information and policies regarding Secondary Permissions in New Jersey.

- Players in NJ Youth Soccer may only have one Travel Member Pass (i.e. primary card) that commits the player to a NJYS club. NJ Youth Soccer also permits secondary permissions for 11U through 19U players. Note that this is not permitted for 6U through 10U and at the 4v4 and 7v7 levels. Policies for secondary permissions are determined at the League level, see your local NJYSA Member League for details.
- Therefore, a player may play with a club with his/her primary card in League A, and play with a club using a secondary permission in League B. Again, implementation of secondary permissions is determined by the respective NJYS member Leagues, check your local league policy or league registrar for details.
- As it pertains to NJYS State Cups, players with secondary permissions are not eligible even though the team's NJYS League may permit secondary permissions. If a player with a secondary permission appears on a State Cup roster, that team will be disqualified from the competition.
- To be clear, NJ Youth Soccer does not permit players with multiple Travel Memberships (i.e. dual carding) and violations of this policy is subject to penalty and secondary permission(s) will not be approved until a player has only a single Travel Membership.
- NJ Youth Soccer began allowing club passing with the 2017-2018 seasonal year. Club passes are used to play on another team within the same club as long as proper age restrictions are met. Contact your league for specific policies and rules of its competition.
- To form a team at a certain age group, the minimum requirement is:
 - 7v7: 7 players, 1 coach
 - 9v9, 9 players, 1 coach
 - 11v11, 11 players, 1 coach

What to bring to Game Day ([HOME](#))

- US Youth Soccer Player Passes
- Game Card printed off of GotSoccer (directions below)
- Official US Youth Soccer Roster (Printed from same software you have used for you passes)
- Referee Fees (Split between Home and Away team)

Field Dimensions (HOME)
7v7 & 9V9



GotSoccer Help and Tips ([HOME](#))

To print your game card

- Log in to your teams GotSoccer Account
- Click the event EDP League 2018-2019
- Click schedule
- Click the game number on the left hand side of the screen

Please make sure all players US Youth Soccer ID Numbers are listed properly on the Game Card next to the play name.

To add US Youth Soccer ID's for each player:

- Log in to your teams GotSoccer Account
- From the home screen, select roster.
- Select a player
- Under Player Identification, fill in the row labeled Player ID # with the correct information off the players US Youth Soccer card

To make the US Youth Soccer ID show on the Game Card:

- Log in to your teams GotSoccer account
- Select appropriate League 2018-2019
- In the upper left hand box labeled Application Information, there is a row labeled Player ID Numbers
- In the dropdown, make sure it is set to default

To add US Youth Soccer ID's for Coaches:

- Log into a the club account
- Click on the blue club tab at the top
- Click on coaches in the black bar

For coaches already in system

- Click on coaches ID number
- Update COACH ID NUMBER
- Click Save

For coaches not in system yet ([HOME](#))

- Click create coach profile
- Enter all necessary coach information
- Click save

If coaches have duplicate profiles, follow steps shown for coaches already in system then:

- Click on Club tab
- Click on Account tools
- Click Coach Accounts
- Click the Green box for the active account that was updated with new information, and then click the red boxes for the extra coach accounts.
- Click merge selected
- The information will now show correctly on the game card.

MTSC Philosophy [\(HOME\)](#)

- Arrive at training 15 minutes before start time
- Bags lined up facing field at training and games
- Players must shake hands and politely greet all trainers/coaches/parent coaches/referees on arrival and when they leave.
- No shooting if players arrive early. Juggling/moves/short passing in pairs
- If player is late, they must apologize to trainer before entering session
- If pinnies are used in a session, they must be worn correctly
- All teams must be in training uniform, no hoodies wrapped around waist, sleeves hanging down past fingertips, jackets unzipped flapping around.
- Summarize at end of training in team huddle, arms around each other in team unity. All eyes on coach.
- Players leave in an orderly manner, no kicking balls around the trainers work area, no messing around, no litter left on field.
- All parents to view 'ILWYP' video – 'Parents' section at www.monroesoccer.com
- NO coaching from the side line at games or training ie pass! Shoot! Get wide!
- Late players do not start games
- Communicate to the coach in a timely manner if a player cannot attend a game or training session (update TEAMSNAAP)
- Please be supportive of our coaches, it can be very damaging to a players attitude if they overhear you commenting negatively on a substitution or tactical decision.
- Please be mindful that you should be a role model on the sidelines
- If you have an issue with a coach do not under any circumstances approach the coach when emotions are high at a game in front of other parents and players. You must wait at least 24 hours before contacting the coach to discuss your concern.
- Player's positions not guaranteed. Positions will be based on what that player needs to develop and NOT to win games.
- Equal playing time for all players in 5v5 games and 7v7 games. 9v9 and 11v11 games based on training attendance, attitude, effort and performance.
- Trainers to create a fun but hard working educational environment
- Intense sessions with maximum activity. NO lines, lectures or laps
- Zero tolerance for bad behavior, lack of respect or rudeness
- Focus – looking, listening and thinking when coach is instructing
- No room at training or games for laziness
- No player in any training session should be taught to just clear it or kick it out of play when under pressure. Encourage problem solving to play out of trouble. Create targets for when ball is won back when defending.
- Any Players defending, i.e. 1v1, 4v2 keep away, scrimmage, MUST work their hardest to win ball back, encourage aggression and game-like contact.
- Teach playing out of the back when goal keeper has ball, punting is LAST option
- Never discourage a player taking a shot at goal
- Players should not be afraid to fail! Encourage creativity and allow mistakes to be made, this means learning is taking place.
- Create reflective intelligent players, ask 'why? How? What? Who? Don't just tell.
- Create a winning mentality, make all exercises and games a competition.
- Players to practice away from practice. Training as a team is only part of their development. Each player to keep a training diary.
- Let players make their own decisions, don't tell them what to do!
- Guide players to make the right decisions, find solutions and problem solve
- Always be positive and encouraging when giving feedback
- Execute suitable curriculum dependent on age and ability (see following section)

Training plans [\(HOME\)](#)

Curriculum goals

- FUN!
- Maximum activity
- Maximum Ball Contact
- Heavily weighted towards ball mastery
- Awareness
- 1v1 Domination

Attacking Principal goals

- Spread Out
- Occupy all the spaces and triangulate to create passing options
- Play forward when possible or hold the ball

Defending Principal goals

- Make it compact
- Keep it compact
- Press the player with the ball

Using the curriculum

Think about splitting your training group up for select activities so the better players work together and the players who are slower to develop work together

Activity 1 - Time 12 mins

Ball mastery warm up, Include ABC (Agility Balance Coordination), Teach core move.

Activity 2 - Time 12 mins

Rondo with focus on technique of pass, technique of receiving ball. Can change numbers from week to week dependent on progression of players i.e. 4v1 4v2 8v2 etc.

Activity 3 - Time 15 mins

Game for understanding

Activity 4 -Time 15 mins

Game for understanding

Game - 25 mins (Play 2 halves)

Game should be 5v5 or 6v6

Players coached individually off ball

Encourage good attacking shape

Encourage man marking

Encourage pressing of ball

Encourage session topic and creativity

Game should flow and restarts quick with kick in or dribble in, no offside, no GK

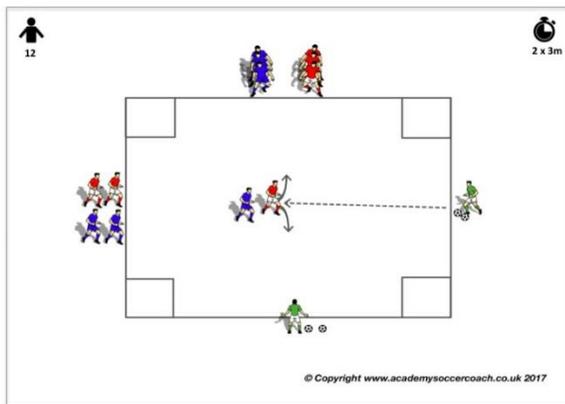
Objectives: Check Shoulder, Receive ball under pressure, Can you turn?



Ball Mastery: Make it fun, competitive, use all surfaces of the foot, allow players to be creative!

Teach Core move: Steptover

Rondo: 4v1, 4v2, 8v2 etc. Focus on **TECHNIQUE** of pass and **TECHNIQUE** of first touch

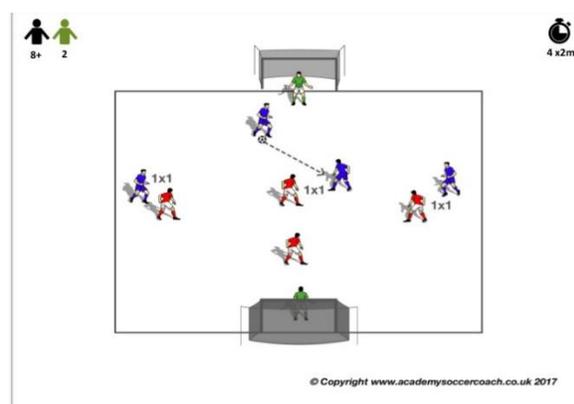


Set up

⊗ 28x28yd area. In each corner, mark a 4x4yd area as shown in the diagram.

Rules

- ⊗ Two teams of six players.
- ⊗ Each team is split into two groups of three as shown in the diagram.
- ⊗ Two servers (coaches or goalkeepers) are placed as shown in the diagram.
- ⊗ To start, the server passes the ball into the pitch for the red player to receive.
- ⊗ The blue player runs behind the red player and works as a defender.
- ⊗ The aim for the red player is to turn and dribble into one of the two boxes to score a goal.
- ⊗ The blue player must try to tackle the red player and dribble forward into one of the two boxes in order to score.
- ⊗ Once completed, the opposite server passes a ball into the pitch for the next red player to receive.
- ⊗ After 3 minutes, rotate the roles, the blue team will now attack and the red team will defend.



Set up

⊗ 40x30yd area as shown in the diagram.

Rules

- ⊗ Two teams.
- ⊗ Each team has a goalkeeper, three players and one sweeper.
- ⊗ Each player must play - man to man - against a player from the opposing team.
- ⊗ In the man to man situation, you can only tackle the player you are playing 1v1 against.
- ⊗ The players are free to dribble or can pass to a team mate and then move into space.
- ⊗ Movement off the ball is essential in this game in order to lose your opponent and receive a pass.
- ⊗ The sweepers must stay behind the ball and help by providing passes when the team is in possession.
- ⊗ When defending, the sweeper is allowed to cover each of their team mates and tackle at any time.
- ⊗ The sweepers are therefore, allowed to tackle any of the opponents.
- ⊗ Due to the physical nature of the game, each game should be played for 2 minutes.
- ⊗ Then you can change the sweeper on each team and also rotate opponents for each player.



Scrimmage: 2 goals 2 teams 5 v 5 or 6 v 6 Encourage theme, talk to individuals, kick in and dribble in when ball goes out of bounds, no offside.

Objectives: Body shape to press, apply pressure to player with ball

Ball Mastery: Make it fun, competitive, use all surfaces of the foot, allow players to be creative!

Teach Core move: Shimmy

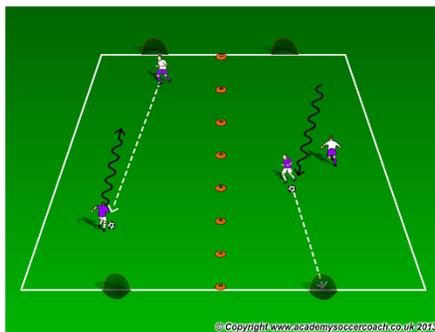
Rondo: 4v1, 4v2, 8v2 etc. Focus on **TECHNIQUE** of pass and **TECHNIQUE** of first touch

**1 v 1 to end line**

On attacker's first touch defender may leave his / her cone to defend. *Attacker scores by stopping the ball at defender's end line. Defender scores if the ball goes out of the area and two points for stealing the ball and counterattacking to attacker's cone.* Alternate who starts with the ball.

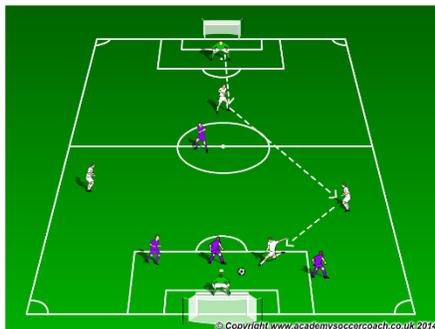
Progression, Defender passes to attacker to start game.

Coaching points: Pressure, 'Surfing' position-sideways on, Patience: Don't over commit, Angle of approach

**1 v 1 to goal**

On attacker's first touch defender may leave his / her cone to defend the goal. *Attacker scores by scoring in mini goal. Defender scores if the ball goes out of the area and two points for stealing the ball and counterattacking to attacker's goal.* Alternate who starts with the ball. **Progression,** add goalkeepers

Coaching points: Pressure, 'Surfing' position-sideways on Patience: Don't over commit, Angle of approach



Scrimmage: 2 goals 2 teams 5 v 5 or 6 v 6 Encourage theme, talk to individuals, kick in and dribble in when ball goes out of bounds, no offside.

Objectives: Change speed and direction, be positive and creative!



Ball Mastery: Make it fun, competitive, use all surfaces of the foot, allow players to be creative!

Teach Core move: Scissors

Rondo: 4v1, 4v2, 8v2 etc. Focus on **TECHNIQUE** of pass and **TECHNIQUE** of first touch



Technical Practice: 1 v 1

Player with ball must 'fake out' their partner and dribble the ball to either cone (left or right) before the defender (without ball) can get there. Alternate attacker and defender

Coaching points: Change of speed and direction, Use a clearly defined 'fake', Use of hips and shoulders to 'fake' defender, use scissors, step over. **Note:** can start activity without ball but must introduce early



Skill Development: 1 v 1

Attacker begins with the ball on his/her End line with defender poised on the other end line without a ball. On attacker's first touch defender can move forward to defend. *Scoring: attacker scores by stopping the ball on defender's line. Defender scores by stealing the ball and counterattacking to attacker's end line.*

Coaching points: Approach with pace but close control, be positive, and accelerate into space behind defender.

Progression: can add GK past end line



Scrimmage: 2 goals 2 teams 5 v 5 or 6 v 6 Encourage theme, talk to individuals, kick in and dribble in when ball goes out of bounds, no offside.

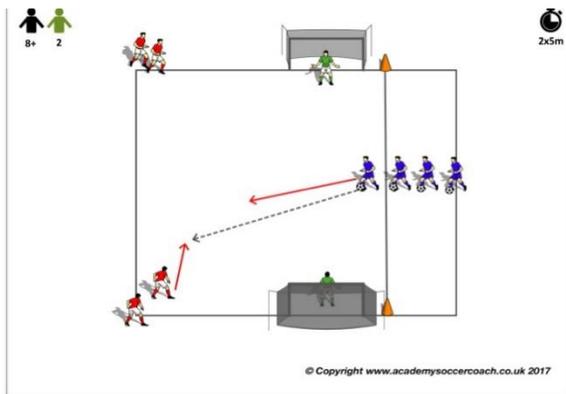
Objectives: Change speed and direction, be positive and creative!



Ball Mastery: Make it fun, competitive, use all surfaces of the foot, allow players to be creative!

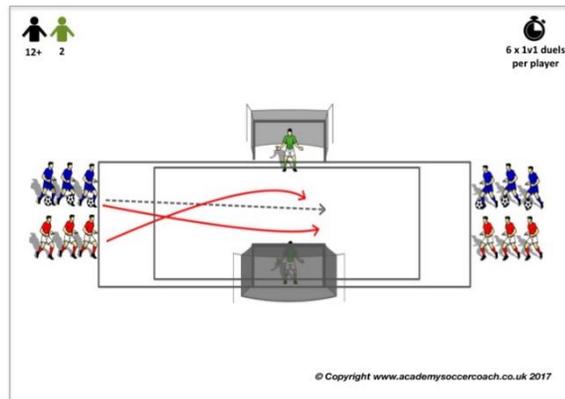
Teach Core move: Inside Cut

Rondo: 4v1, 4v2, 8v2 etc. Focus on **TECHNIQUE** of pass and **TECHNIQUE** of first touch



Set up
 ☞ 36x25yd area as shown in the diagram.

- Rules**
- ☞ Two teams of four players and two goalkeepers.
 - ☞ The game is played for 2 x 5 minutes.
 - ☞ This gives each team a chance to be defenders and attackers.
 - ☞ To start, four defenders go to the central line on one side of the pitch (as shown in the diagram).
 - ☞ The four attackers are split into two groups and go on each end line (as shown in the diagram).
 - ☞ The defender at the front of the line must begin the practice by passing diagonally to an attacker.
 - ☞ Immediately, a 1v1 game commences.
 - ☞ The attacker attempts to dribble forward and score in the defenders goal.
 - ☞ The defender attempts to regain the ball and score in the attackers goal.
 - ☞ When the ball leaves play or a goal is scored, the two players leave the pitch.
 - ☞ The next defender now passes to the attacker waiting at the opposite goal and the game continues.



Set up
 ☞ 20 x 40yd area as shown in the diagram.

- Rules**
- ☞ Two teams of six players and two goalkeepers.
 - ☞ Each team has three players on each side of the pitch (as shown in the diagram) who play 1v1.
 - ☞ To start, the blue player makes a forward pass into space.
 - ☞ Immediately, the red player runs after the ball.
 - ☞ The blue player must also run after the ball, but makes a run on the inside of the red player to defend.
 - ☞ When the players arrive at the ball, the red player becomes the forward and the blue player defends.
 - ☞ The red player attempts to shoot or complete a skill to gain space to shoot at goal.
 - ☞ The blue player attempts to block, tackle or regain the ball and then shoot at the red teams goal.
 - ☞ When the ball leaves the pitch, both players exit and the next duel begins from the opposite side.
 - ☞ The player who scores is allowed to continue as the attacker. If the attacker doesn't score or the defender scores, then the roles are reversed for the next turn.



Scrimmage: 2 goals 2 teams 5 v 5 or 6 v 6 Encourage theme, talk to individuals, kick in and dribble in when ball goes out of bounds, no offside.

Objectives: Develop shielding technique, Maintain possession in confined areas



Ball Mastery: Make it fun, competitive, use all surfaces of the foot, allow players to be creative!

Teach Core move: V Turn

Rondo: 4v1, 4v2, 8v2 etc. Focus on **TECHNIQUE** of pass and **TECHNIQUE** of first touch



1 v 1 in tight space

Attackers dribble in the designated area (small). Defenders do not have a ball but aim to touch their ball as much as possible. Switch roles after thirty seconds. Ensure sufficient rest. **Progression:** Defenders can steal the ball thus making the game continuous.

Progression: Add direction so attackers must move to attack end line.

Coaching points: Keep body between ball and defender, Stay sideways on when defender is close, Turn away from pressure, Emphasis on shielding not dribbling at speed, ball on furthest foot from defender



3 v 1 NOTE: Small boxes

3 v 1 in small area, attackers must make 5 passes to score, if defender steals, they can score in one of the goals straight away. Change defenders quickly to keep the intensity high.

Progression: 3 v 2

Coaching points: Relax under pressure



Scrimmage: 2 goals 2 teams 5 v 5 or 6 v 6 Encourage theme, talk to individuals, kick in and dribble in when ball goes out of bounds, no offside.

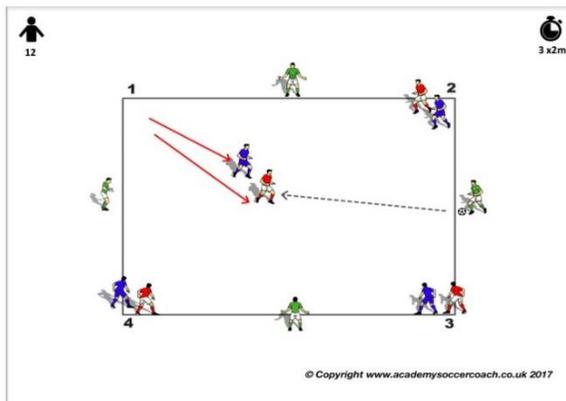
Objectives: Check Shoulder, Receive ball under pressure, Can you turn?



Ball Mastery: Make it fun, competitive, use all surfaces of the foot, allow players to be creative!

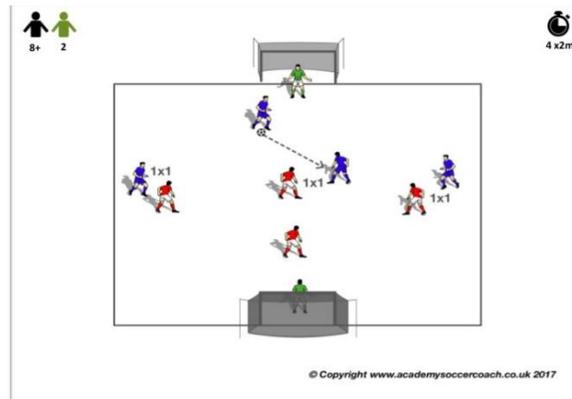
Teach Core move: Drag Push

Rondo: 4v1, 4v2, 8v2 etc. Focus on **TECHNIQUE** of pass and **TECHNIQUE** of first touch



Set up
 ☉ 22 x 22yd area as shown in the diagram.

- Rules**
- ☉ Three teams of four players – Blues/Red/Green as shown in the diagram.
 - ☉ One blue player and one red player go into each corner and play man to man.
 - ☉ Each corner is given a number 1,2,3,4 and this is the order in which they enter the playing area.
 - ☉ The green team are the neutral players.
 - ☉ To start, a green player passes into the area for group 1 to compete for possession.
 - ☉ In the diagram, the red player gets to the ball first and must now twist and turn to keep possession.
 - ☉ The aim for the red player is to pass out to another green (neutral player).
 - ☉ If successful, group 1 leave the area and immediately group 2 enter.
 - ☉ The red player in group 2, now receives a pass from the green player with the ball.
 - ☉ If a blue player wins possession, they quickly pass out to a green player and the game continues.
 - ☉ The only rules are that you cannot pass out with your first touch or make a return pass to the same green player. You must play to one of the three other neutrals.



Set up
 ☉ 40x30yd area as shown in the diagram.

- Rules**
- ☉ Two teams.
 - ☉ Each team has a goalkeeper, three players and one sweeper.
 - ☉ Each player must play - man to man - against a player from the opposing team.
 - ☉ In the man to man situation, you can only tackle the player you are playing 1v1 against.
 - ☉ The players are free to dribble or can pass to a team mate and then move into space.
 - ☉ Movement off the ball is essential in this game in order to lose your opponent and receive a pass.
 - ☉ The sweepers must stay behind the ball and help by providing passes when the team is in possession.
 - ☉ When defending, the sweeper is allowed to cover each of their team mates and tackle at any time.
 - ☉ The sweepers are therefore, allowed to tackle any of the opponents.
 - ☉ Due to the physical nature of the game, each game should be played for 2 minutes.
 - ☉ Then you can change the sweeper on each team and also rotate opponents for each player.



Scrimmage: 2 goals 2 teams 5 v 5 or 6 v 6 Encourage theme, talk to individuals, kick in and dribble in when ball goes out of bounds, no offside.

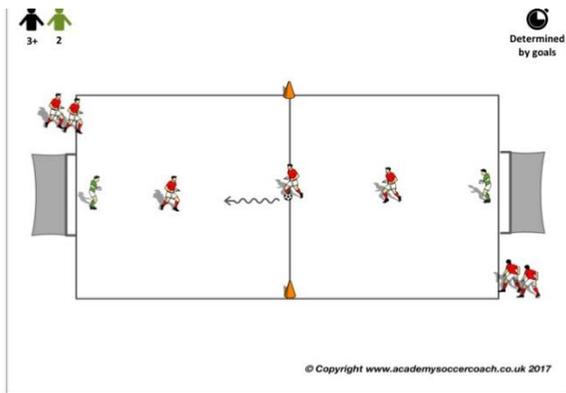
Objectives: Change speed and direction, be positive and creative!



Ball Mastery: Make it fun, competitive, use all surfaces of the foot, allow players to be creative!

Teach Core move: Cruyff

Rondo: 4v1, 4v2, 8v2 etc. Focus on **TECHNIQUE** of pass and **TECHNIQUE** of first touch

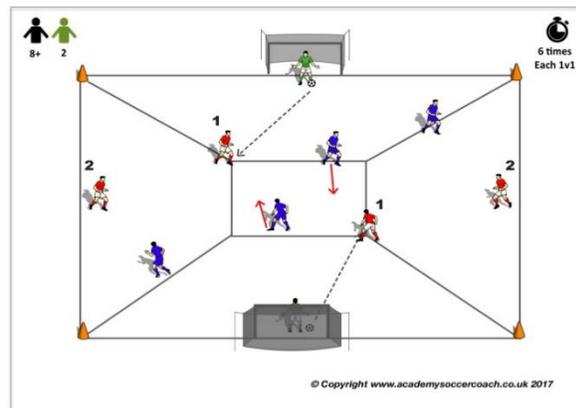


Set up

- ⊗ 36 x 20yd area. Therefore, the middle player is never more than 18yds from goal when attacking.

Rules

- ⊗ Continuous 1v1 duels.
- ⊗ Each player has two lives.
- ⊗ The middle player attacks one of the goals in a 1v1 situation against the defender.
- ⊗ If the attacker scores, has their shot saved, or the defender wins the ball. Then the 1v1 is finished.
- ⊗ If the attacker scores – the defender loses a life.
- ⊗ If the attacker's shot is saved, the ball is given to the defender who now attacks the other goal.
- ⊗ If the defender wins the ball, they are free to attack 1v1 on the other goal against a new opponent.
- ⊗ The game will come down to a 1v1 situation with only two players remaining
- ⊗ The player that scores 1st in this game is declared the winner
- ⊗ The practice works in a wave motion of (1) defending, (2) attacking (3) leaving the pitch to wait for a new turn – Therefore, after each ball is played, the following rotation happens - the attacker leaves the pitch, the defender attacks the opposite goal and a new defender enters the pitch.



Set up

- ⊗ 46 x 40yd area. The distance from top to bottom is 18yd – 10yd box – 18yds.

Rules

- ⊗ Two balls working at the same time.
- ⊗ To start, each goalkeeper passes to the striker on their right.
- ⊗ The striker receives the ball, turns and goes 1v1 against the defender.
- ⊗ The aim is to break past the defenders line and shoot at goal.
- ⊗ The defender can only defend forwards and cannot retreat behind the line.
- ⊗ Once completed, the goalkeepers pass a 2nd ball to their right for the wide players.
- ⊗ The wide player now dribbles diagonally and goes 1v1 against the wide defender.
- ⊗ Again, the defender can only defend in front of the line.
- ⊗ Make sure to keep the score.
- ⊗ This will add competition and intensity to the practice and 1v1 duels.



Scrimmage: 2 goals 2 teams 5 v 5 or 6 v 6 Encourage them, talk to individuals, kick in and dribble in when ball goes out of bounds, no offside.

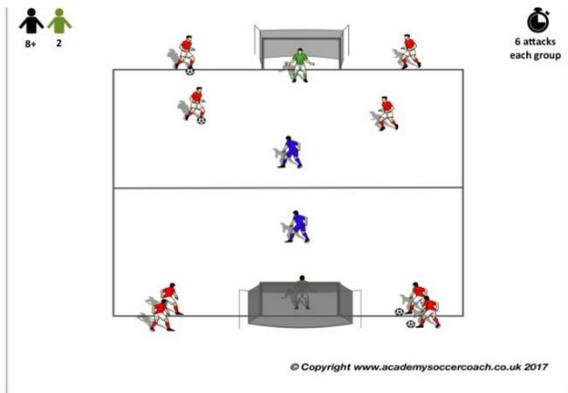
Objectives: Commit defender, be positive and creative! Decision making



Ball Mastery: Make it fun, competitive, use all surfaces of the foot, allow players to be creative!

Teach Core move: Outside Cut

Rondo: 4v1, 4v2, 8v2 etc. Focus on **TECHNIQUE** of pass and **TECHNIQUE**

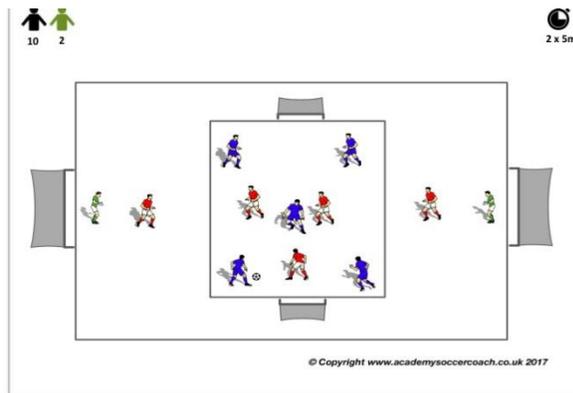


Set up

- ⊗ 40 x 30yd area as shown in the diagram.

Rules

- ⊗ Eight attackers, two defenders and two goalkeepers.
- ⊗ The attackers work in pairs. The two defenders work in one half each.
- ⊗ To start, two attackers enter the pitch and try to score a goal as quickly as possible. The attackers must play 2v1 in the first zone and then 2v1 in the second zone to score.
- ⊗ When the ball passes the first zone, the defender is free to run back and help the defender in the second zone to make the game 2v2. If the defenders regain the ball, they can score in the opposite goal in order to change roles with the two red attackers.
- ⊗ A key rule for this game, if the red team fail to score on three attacks, the blue defenders automatically change with the last team that failed to score. So the blue defenders, must stop the red team from scoring on three attacks to also change roles in the game.

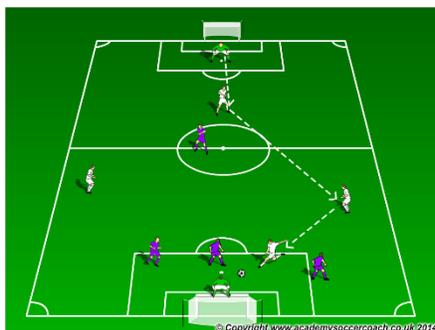


Set up

- ⊗ 15 x 12yd pitch for the 5v3 game. The breakout goals are 20yds from each side line.

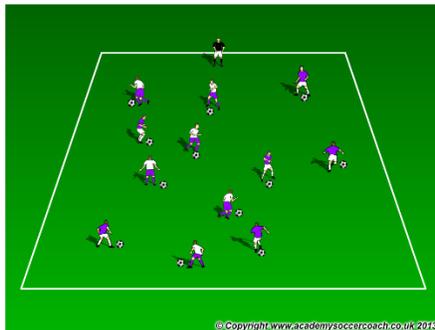
Rules

- ⊗ Two teams of five players and two goalkeepers.
- ⊗ The blue team has five players in the small area. The aim is to keep possession against the three red defenders.
- ⊗ If the blue team complete 5 consecutive passes, they can then break out of the area with two players in order to attack 2v1 on one of the goals. If the blue team score, they can now return to the small area and restart the game.
- ⊗ The three red defenders must try to regain the ball and score in the mini goals, if successful, they now change roles with the blue team in the game.
- ⊗ When the blue team break out 2v1 – if they are not able to score, the roles are also changed between the two teams.



Scrimmage: 2 goals 2 teams 5 v 5 or 6 v 6 Encourage theme, talk to individuals, kick in and dribble in when ball goes out of bounds, no offside.

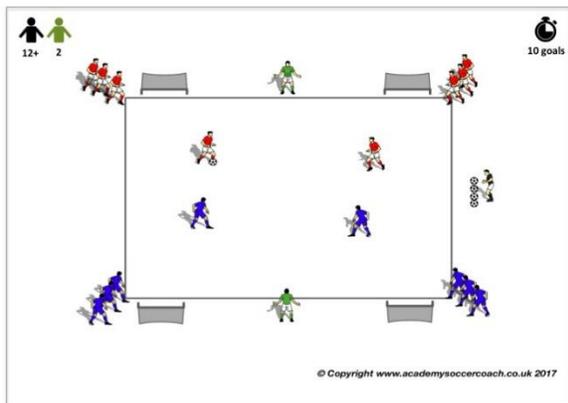
Objectives: Be positive, Creative, Combination play and decision making



Ball Mastery: Make it fun, competitive, use all surfaces of the foot, allow players to be creative!

Teach Core move: Maradona

Rondo: 4v1, 4v2, 8v2 etc. Focus on **TECHNIQUE** of pass and **TECHNIQUE** of first touch

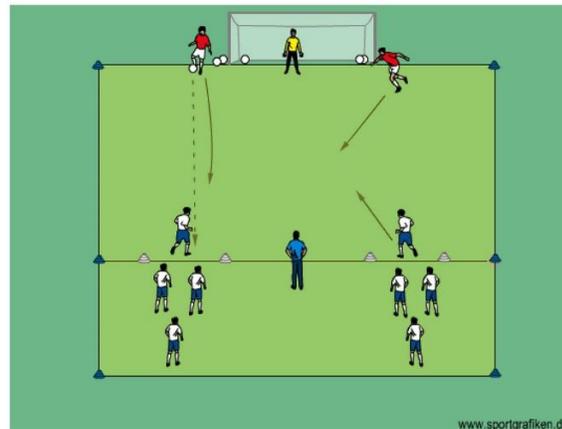


Set up

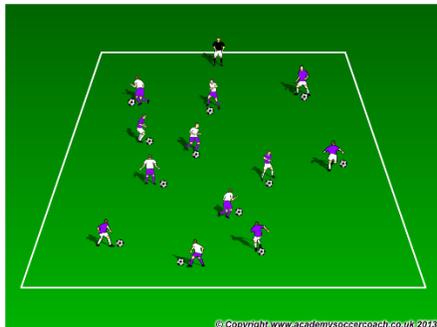
⊗ 20 x 20yd area as shown in the diagram.

Rules

- ⊗ Two teams of eight players.
- ⊗ Two goalkeepers or neutral players work between the goals.
- ⊗ Two start, the coach passes to one of the teams and immediately a 2v2 game commences.
- ⊗ The team in possession, can use the two goalkeepers/neutrals to maintain possession of the ball and create changes to score in the two mini goals.
- ⊗ Encourage the players to play 1v1 where possible and to move off the ball to lose their opponents. The goalkeepers/neutrals should be used for wall passes (pass forward and run to receive) in order to score.
- ⊗ If a goal is scored or ball leaves the pitch then the game is over and four new players enter the pitch. The first team to score 10 goals is declared the winning team.



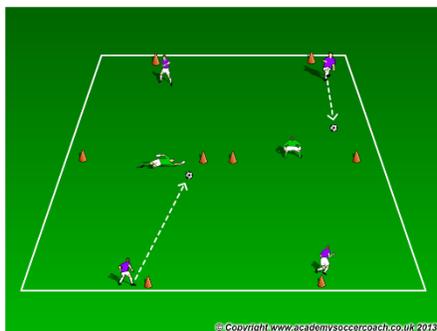
Scrimmage: 2 goals 2 teams 5 v 5 or 6 v 6 Encourage theme, talk to individuals, kick in and dribble in when ball goes out of bounds, no offside.

Objectives: Technique of strike, positive attitude to goal scoring!

Ball Mastery: Make it fun, competitive, use all surfaces of the foot, allow players to be creative!

Teach Core move: Double Scissors

Rondo: 4v1, 4v2, 8v2 etc. Focus on **TECHNIQUE** of pass and **TECHNIQUE** of first touch

**Shooting Competition!**

Attackers take it turns to take shots on goal. Alternate left and right feet. Ensure the player controls the ball and then looks to take the shot quickly. Rotate GK every 2 minutes. **Progression:** On receiving the ball the player takes the ball around the rear cone and shoots, as the ball is moving forward. Play two min sets.

Coaching points: preparation touch, Strike with laces and ankle locked, Non-kicking foot points towards target, Step into the ball, follow through, and land on kicking foot

**Rotating Shooting Competition!**

Attackers take it turns to take on defender and shoot on goal. Once shot is taken, move around goal and go back the other way. Rotate DEF every 2 minutes. Who scores most goals wins!

Progression: make it a team game!

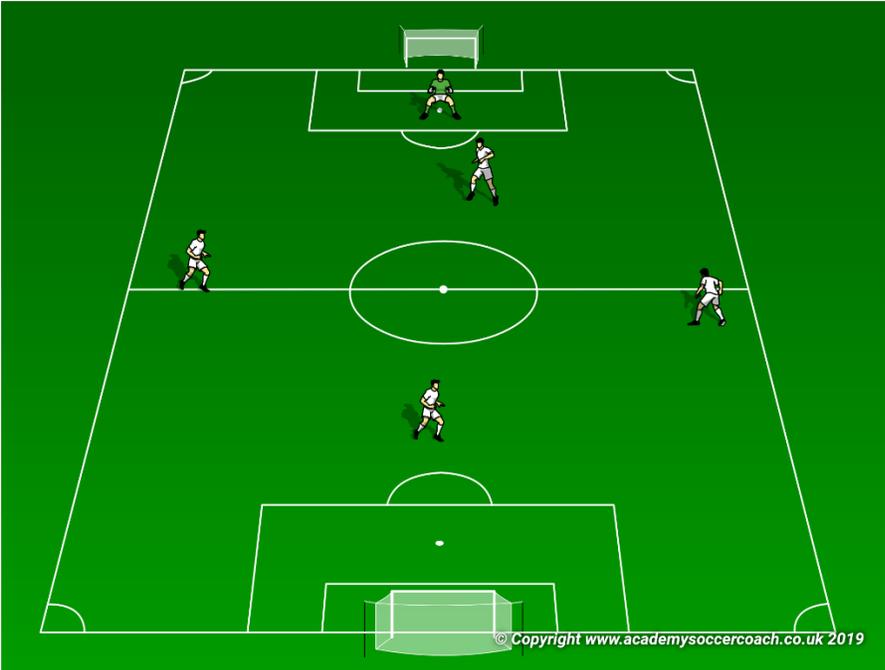
Coaching points: preparation touch, Strike with laces and ankle locked, Non-kicking foot points towards target, Step into the ball, follow through, land on kicking foot, creativity to beat defender, speed of play



Scrimmage: 2 goals 2 teams 5 v 5 or 6 v 6 Encourage theme, talk to individuals, kick in and dribble in when ball goes out of bounds, no offside.

Sample Formations [\(HOME\)](#)

5 v 5 1-1-2-1 Diamond



7v7 1-2-3-1



9v9 1-3-2-3 (HOME)



11v11 1-4-3-3



Game Day Preparation [\(HOME\)](#)

Please note that this is just a guideline for a game day warm up that can be adapted for age/ability of players.

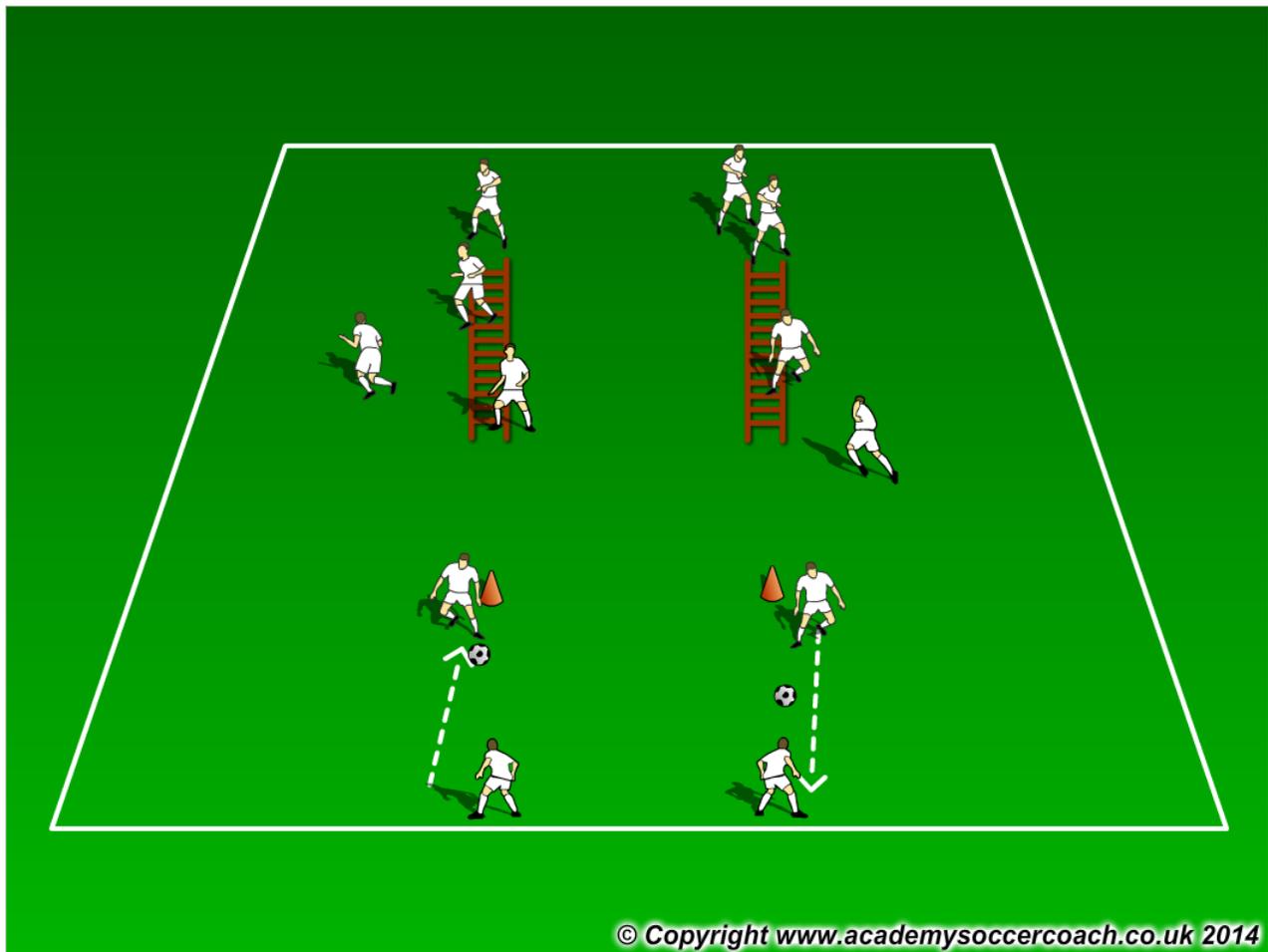
Arrival time: 45 mins to KO

DO NOT conduct static stretches

DO NOT put the players in a line and take shots at goal

IF players arrive early to the game, have them juggle or pass with a team mate **NO SHOOTING**. It's the easiest way to get injured as the player is not sufficiently warmed up yet.

12 mins: start warm up with ball each, dynamic stretches, ladder work, incorporate passes.



Give starting line up to the team, Hydrate players ([HOME](#))



Starting goalkeeper splits from group and works with Assistant Coach

5 mins: two teams unopposed pass and move with two balls, Hydrate players

5 mins: two teams opposed keep away unlimited touches, Hydrate players

5 mins: two teams opposed keep away 2 touch, Hydrate players

5 mins: referee check in

5 mins: pregame team talk, Give 3 clear goals for the first half DO NOT flood the players' minds with 15 different instructions as they will not apply ANY of them.

5 mins: before game, allow players free time to juggle, pass, long pass, equipment adjust, this time is players choice to prepare for game.

Good luck on the field!

Self-Evaluation Player Homework ([HOME](#))

Performance Goal Setting

Now it is time for you to set some goals for yourself. Don't write a goal down if it is not what you want. It must be something that you truly want to achieve.

Did you know that only 3% of the population actually write down what their goals are in life??

1. My main goals in soccer are:

-
-
-

2. My strengths in soccer are:

-
-
-

3. The areas of my game I would most like to improve are (my goals for this season!):

-
-
-

4. What am I doing daily to help me improve in these areas?

-
-
-

5. How will I know if I am improving in these areas?

-
-
-

Now let's look at how you can go about achieving your goals!!

Self-Evaluation: How am I doing at the moment?

1. At this point in time I think my team-mates would describe me as:

[\(HOME\)](#)

2. The player I most admire on my team is

What admirable qualities does this player have?

3. At the end of this season I would like my team-mates to describe me as:

4. How would this make you feel?

Achieving Your Goals ([HOME](#))

To achieve your goals you will be learning how to use the following tools:

➤ Training Logs

This is where you will record each week what your goals are for that week. This might simply be to improve your shooting by practicing for three days for 30 minutes each day. Then you will write down what you actually did. I guarantee that the best method here is to plan the week beforehand and stick to it!

➤ Practice Analysis

This is where you will write down what you learnt in your team practice and how well you performed there. If you consistently learn a lot, perform well and enjoy yourself then you will get better and better.

➤ Nutrition

You will be provided with some basic nutritional information. This is a vital part of your development as a player. Good food = high energy. All top players are now aware of this and are on strict diets!! Plenty of healthy food!

➤ Game Day Preparation

Being prepared physically and psychologically for a game (and also for training) is very important. We will look at some basic things you can do to ensure you will be ready for 'kick off'.

➤ Game Analysis

This is where you will reflect on the game that you have just played. You will be encouraged to analyze your performance and effort, in addition to that of your team.

➤ Post Season Analysis

At the end of the season we will look at how well you have done. We will answer such questions as:

- Did you enjoy the season?
- Did you improve as a player?
- Are you nearer to achieving your soccer goals?

Training Logs ([HOME](#))

This is where your 'performance goals' are 'brought to life'! It is very easy to write a set of goals down on paper but achieving them is always more of a challenge.

Can you remember what your goals are? Write them down again!!

Do you remember what areas of your game you chose to improve?

If you wish to play at a high level then you need to be practicing at a high level. Doesn't that make sense?

Even if your main goal is to enjoy yourself don't you agree that practicing so that you play better is more fun?

Let's be honest now! What prevents you from doing extra practice?

- Not enough time?
- Too much homework?
- Computer games?
- Chat rooms?

Can you think of any more excuses?

What ones have you used in the past?

(HOME)

We can come up with a host of reasons but ultimately do you think that you can find 20-30 minutes three times a week to practice a skill such as shooting?

If you do you will see amazing results!

The training log is a table for you to record all these activities that you complete during the week. This might include:

- Juggling the soccer ball
- Running
- Shooting Practice

To improve quickly as a player, it is essential that you do some extra training during the week. In the same way if you learn a musical instrument you have lessons and then you practice at home. If you don't, then your improvement is very small (and you may get told off by your parents and teacher!!)

My Training Log: An Example

My Goal for this Week is: *To Improve My Fitness Level*

To Score 20 consecutive juggles

Date	Day	Nature of Training	Length of Time
3/14	Mon	Jogging with sprints Juggling (keep ups) Best score=12	30 minutes 10 minutes
3/15	Tue	Jogging with sprints Juggling (keep ups) Best score=14	30 minutes 10 minutes
3/16	Wed.	Jogging + 15 x 20 yard sprints	20 minutes 15 minutes

My Goal for this Week is: [HOME](#)

Date	Day	Nature of Training	Length of Time

Practice Analysis ([HOME](#))

This section is where you think clearly about what you have learnt in training and how you may apply your learning. You will also be asked to reflect upon your own effort and performance in the practice session and may be surprised by the results!

For example if your 'performance goals' indicate that you wish to play for your high school or college but you are not working really hard in practice do you think that you will achieve that goal?

If your main goal is to enjoy yourself and have fun at training but you spend time disrupting other players and the coach do you think you will achieve your goal?

Remember: What you do in practice you take into the game!

By thinking more about practice and what you have learnt you will start to become a more 'intelligent' soccer player. You can begin to ask your coach 'intelligent' soccer questions that may really surprise him or her. You may actually help the coach become better at his or her job!!

Writing down what you have learned helps you remember and it clarifies your thoughts!

Let's look at an example:

1. What was the theme for training today?
 - *Crossing and Finishing*
2. What did you learn?
 - *To look up before crossing the ball*
 - *Cross the ball away from the goalkeeper*
 - *Forwards to time run to arrive as the ball arrives*
 - *Change the angle of the run to confuse defenders*

3. My Performance Record (score 1=Poor: 5=Excellent)

Effort	= 5
Concentration	= 3
Performance	= 4

4. What did you learn that will most improve **you** as a player?
 - *To take the last touch inside before crossing the ball*
 - *To aim for the second six yard box*
5. Did you enjoy the session?
I always enjoy the sessions!
6. Can you think of a challenging question for your coach which relates to this session? *When should I cross the ball straight away and when should I dribble before crossing?*

Exceptional Practice Habits ([HOME](#))

- What do you consider to be exceptional practice habits? Add to the list below.

<ol style="list-style-type: none">1. Come to practice on time, or if you are going to be late let the coach know ahead of time2. Always practice to win, at the same intensity as in a game
--

- Which player on your team has exceptional practice habits?
- What score out of five would you give yourself for your practice habits?
- How can you improve? Record your thoughts below.

Game Day Preparation ([HOME](#))

We have already talked about the importance of eating the right food and ensuring we have taken in plenty of water!! This is essential if you are going to perform at your best.

What else do you think is important in preparing for the game?

What do you need to do to ensure you can play your very best?

It is important that you have everything that you need packed into your soccer bag. This might include:

- Cleats and shin guards
- Your uniform of socks, shorts and jersey
- An alternate uniform
- Warm ups and jacket
- Water and/or Sports drinks
- A snack for half time and after the game

Can you think of any other items?

It is also very important to be at the field at the right time!

The coach normally sets a time to meet. This is to ensure that you have time to:

- Relax
- Warm up
- Discuss the game plan before the game starts

If you are late for the warm up how do you think it makes you feel?

How does it make your coach feel?

Do you think you are then well prepared to play your best?

It is important that you have a good warm up. Do you know why?

A good warm up prepares your body and mind for the game ahead. This is especially important on a cold day where you can injure yourself by pulling muscles!! The warm up should involve some running, dynamic stretching and ball work.

Finally if your team is to play their very best you need to have a plan for the game.

Make sure you listen carefully to the coach's plan. If you are not sure what **you** should be doing then ask!!

Peak Performance ([HOME](#))

There are different aspects of being ready to play at your best!!

Physical

- Have you eaten correctly?
- Have you taken in enough water?
- Have you rested enough?
- Are you well-conditioned through training properly?

Technical

- Have you practiced your techniques sufficiently?
- Can you use these techniques when under pressure?

Tactical

- Do you understand what to do in a variety of soccer situations?
- Do you understand how the team formation works?
- Do you understand what the coach expects of you?

Psychological

- *Can you put yourself in a positive state of mind that will ensure an excellent performance??*
- *Do you know what things makes you excited, happy, sad, motivated??*

These are all different 'states of mind' that **you** actually have control over. Imagine that you are able to get yourself in an excited, motivated, positive, confident state of mind before every game, where you truly feel like a champion. This would make a huge difference to your consistency of performance!

There are a variety of ways to affect our state of mind. Complete the table below with a list of items that will get **you** absolutely ready to play at your best. e.g. music that pumps me up, seeing myself playing the best game I have ever played, walking like a champion walks.

My Role and Responsibilities ([HOME](#))

Read through the examples below and then produce a list of your own responsibilities for your position. If you have two positions then you can include both. Be as specific as possible.

My Team Formation: 4-3-3

Main Position: Wing Forward

A- Offense

1. Stay wide to create passing lanes or to draw a defender
2. Gain inside position to receive short passes
3. Crash the net on goal scoring opportunity

B- Defense

1. Track back to mark attacking team's fullbacks
2. Don't be caught offside
3. Double team opposing midfielders

My Team Formation:

Main Position:

A- Offense

B- Defense

Alternate Position:

A- Offense

B- Defense

Game Analysis ([HOME](#))

When you are a young player the most important things are that you:

- Enjoy the game of soccer
- Do your very best for the team
- Learn and improve in every game and training session

Game day is a tremendously exciting experience. Testing ourselves against other teams and other players is what we practice for and what we look forward to!

Let's be honest; you will not win every game you play!

No-one in the history of soccer has won every game! However, you can always:

- Do your very best for your team regardless of the score!
- Learn from each game if **you think carefully** about it.
- Display good sportsmanship by thanking the opposition and referees for the game

The important thing is that you are **thinking for yourself** not just relying on other people. This is, without doubt, the best way to learn!

Soccer is different to many other sports in that once the game starts the coach has limited powers. He/she cannot call many set plays, and must rely on the players to make intelligent decisions and plays. Some coaches find this very difficult!

To be a successful soccer player you must be an intelligent 'decision maker'!

To be an intelligent 'decision maker' you must learn to think about the game. Every situation in soccer is slightly different and the best players are able to make very quick decisions depending on where the ball, team-mates and opponents are, as well as the available space.

This is where your 'Game Day Analysis' form will help you. It is designed for you to consider what you did well and what you could improve upon for the next game. In the same way you look at what the team did well and what it could improve upon.

My Game Analysis: An Example ([HOME](#))

United

vs

Superstars

1. What did you do well in the game today?
2. How would you rate your performance out of a maximum of ten? *Seven*
3. What could you have improved upon today?
4. What did your team do well today?
5. What could your team have done better today?
6. Did your coach give you specific feedback about your performance? What was it?
7. Did you enjoy the game?
8. What was the score?

Nutrition Guide [\(HOME\)](#)

What would happen if you tried to run a car with no gas, water and oil?

Imagine filling the gas tank with orange juice or soda!! What would happen?

You may think these strange questions but your body is also a machine that will break down or run poorly without the right fuel!

What is the right fuel? A balanced and healthy diet!

A balanced and healthy diet = High energy to play soccer and better health in general!!

Junk food diet = Low energy for playing soccer and poorer health in general!!

To play this game well you need a high level of energy!

It is important that your diet is balanced each day and that means eating the right combination of foods:

The diagram on the next page (The Food Guide Pyramid) shows typically how many servings of each type of food we should be eating each day to achieve a balanced diet. For example we should be eating between 2 and 4 servings of fruit a day and 3-5 servings of vegetables.

Guess which foods most youth players eat too much of?

Guess which foods youth players eat too little of?

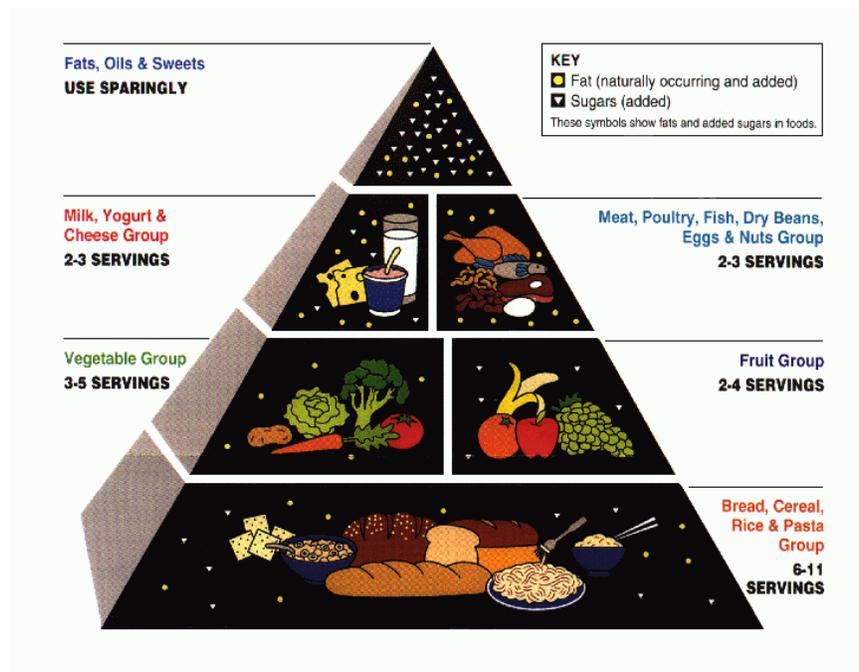
Not surprisingly children tend to eat too much of the fats and sweets (don't you love cookies, candy and chips?) and not enough of the fruits, vegetables and whole grain foods (whole grain bread, pasta and cereal).

What effect do you think this has on your ability to exercise and play soccer? ([HOME](#))

It is important to 'listen to your body' (see how you feel!!)!! If you are feeling tired, lazy and lacking in energy then it may be that you need to look at the balance and content of your diet!!

It is also important to remember that as an athlete who is working hard you will need to eat a sufficient amount of food. For example, carbohydrates, provide us with a good deal of our energy when we are active and playing.

Be careful not to pay too much attention to the fad diets that you see advertised all over the book shops!!! These are not for athletes!!!!



Game Day Nutrition ([HOME](#))

For soccer players it is also important to consider what to eat and when to eat on game day so that you can perform at your very best! This requires forethought and organization!!

It is also important to hydrate!! Many players forget to drink sufficient amounts of water before the game, during the game and after the game!! This can have an effect on your performance, especially if you become dehydrated!! This can cause you to have headaches, dizzy spells and aching limbs

Here are a few ideas about what you might eat on game day. You have plenty of other options as well! See how you feel during the game and then change for next time if you feel the need.

3 hours before the game

Eat a large meal which is low in fat, moderate in protein and high in carbohydrate

For example:

- Breakfast: Glass of orange juice, whole meal cereal with skimmed or low fat milk, honey on toast, tea with low fat milk
- Or Lunch: Whole grain pasta with chicken and broccoli

Drink water continuously throughout the build up to the game!

30 minutes pre-game

Eat a snack high in carbohydrates

For example:

- Fig newton's, cereal bar, piece of fruit, vegetable sticks

Half-Time

- Water or a sports drink
- Piece of fruit
- Half a cereal bar

Immediately Post Game

- Water or a sports drink
- Piece of fruit
- Half a cereal bar

Within Two Hours Post Game

- Fairly large meal, high in carbohydrate but also containing a good level of protein. For example, baked potato, turkey breast and a serving of fresh mixed vegetables.
- Two large glasses of water.

[\(HOME\)](#)

Sometimes you may have to play in an early morning game e.g. in a tournament. With this in mind it is firstly important to eat correctly during the week. Again, it is important to eat plenty of carbohydrates as these are your main energy source!!

It is also important to consider at what time you will get up for the tournament game. If you have a 8.30am game then you will need to get up sufficiently early to eat something, however, it will be important not to eat too much.

The key is to listen to your body!!