



BEND FC TIMBERS

#WeAreBendFC

Central Oregon Soccer League

Central Oregon Soccer League or COSL is designed to promote fun and fitness through soccer. Recreational soccer is a less competitive environment that builds soccer skills and fundamentals through the great volunteers and administrators that help guide the league. The Central Oregon Soccer League will host over 1500 players in the Spring of 2022.

Our recreational leagues are open to players primarily devoted to the enjoyment and love of the game - without a strong emphasis on competition. Teams are formed based on geographical location, age, school, requests, grade, and need. No player is guaranteed a request for placement on a certain team for any reason. Bend FC Timbers will divide players and create teams with volunteer coaches, mostly parents.

What is recreational soccer? Recreational soccer is a soccer program that is primarily devoted to the enjoyment and development of soccer players without the emphasis on travel or high-level competition. Recreational soccer is about fitness and fun through soccer.

What is my role as a parent?

1. Let the coach be the coach. Be respectful of their style. Don't criticize. Build them up. Coaches are doing their best and need encouragement.
2. Encourage your child to work on the things they can control: their effort and attitude.
3. Create a positive, supportive atmosphere that encourages your child to maximize their potential
4. Do not coach from the sideline during games. This creates confusion for players and actually stifles their development and decision making. It is not helpful.
5. Model sporting behavior - respect opposition and officials, congratulate good play by both teams. This sets an example for players and other parents
6. Keep it FUN!
7. Respect the coaches, referees, opponents, and league administrators
8. Communication. Make sure you communicate with your coach if your child will miss a practice or game.

GRADE	GENDER	# ON FIELD	# ON ROSTER	GAME LENGTH	FIELD	GOALKEEPER	REFS	BALL SIZE	GOAL SIZE
Pre-K & K	Boys	4	6	4 x 10 min	20 x 30 yards	No	0	3	Pugg
Pre-K & K	Girls	4	6	4 x 10 min	20 x 30 yards	No	0	3	Pugg
1st & 2nd	Boys	4	6-8	2 x 20 min	20 x 30 yards	No	1	3	4.5 x 9
1st & 2nd	Girls	4	6-8	2 x 20 min	20 x 30 yards	No	1	3	4.5 x 9
3rd & 4th	Boys	7	12	2 x 25 min	45 x 65 yards	Yes	1	4	6 x 18
3rd & 4th	Girls	7	12	2 x 25 min	45 x 65 yards	Yes	1	4	6 x 18
5th & 6th	Boys	9	16	2 x 30 min	55 x 80 yards	Yes	1	4	6 x 18
5th & 6th	Girls	9	16	2 x 30 min	55 x 80 yards	Yes	1	4	6 x 18
7th & 8th	Boys	9	16	2 x 30 min	55 x 80 yards	Yes	1	4	6 x 18
7th & 8th	Girls	9	16	2 x 30 min	55 x 80 yards	Yes	1	4	6 x 18