

WATERTOWN PARKS AND RECREATION

SOCCER PROGRAM



PROGRAM PHILOSOPHY FOR YOUTH SOCCER

1. The game of soccer belongs to the players.
2. The game of soccer is the teacher.
3. The game of soccer is to be fun.
4. The game of soccer is to be player fairly.

GUIDEBOOK FOR COACHERS

OF

7V7 MOD SOCCER TEAMS

7v7 Coaching Manual

Portrait of a Player

For parents and coaches of Watertown Parks and Rec Micro Soccer Program players

“Introducing the Role of the Goalkeeper”

A brief Portrait of the 3rd/4th Gr. Soccer Player:

In general, a third or fourth grader is gradually becoming more influenced by his or her teacher. The schoolyard is a quite common play area, and visits to a friend’s home and yard are frequent. A fourth grader often plays with a group of friends. A size 4 soccer ball is ideal for practice at home. A soccer field set up at the schoolyard will get a lot of enthusiastic use.

With these general premises in mind, the fourth grade soccer player will benefit from a soccer program that has medium sized teams, parent coaches, trained referees, short games and brief practices.

Practice seasons that make use of groups or mini-teams are especially valuable and are easily organized when teams are properly sized. Skills such as dribbling, passing and controlling, and shooting should be advancing quite rapidly. Heading the ball as a skill should be progressing. The coach will also introduce games designed to increase speed. Stretching before and after workouts will improve the players’ flexibility. In the Saturday games, most teams will begin to use the principles of attacking and defending quite well if they have developed progressively in micro soccer. Fourth graders have fully entered the “golden age” of soccer development. Their enjoyment of a fun activity may soon grow into a desire to consciously develop into a competitive soccer player.

Our mod. soccer program for third and fourth graders will move up to a 7v7 game with the role of “goalkeeper” added to the field of play.

The soccer playing field will be fully lined with a penalty area and a goal area so that the keeper’s special playing is clearly marked.

Goals with a cross bar will also be available to fully define the goal scoring area.

Goalkeeping is a specialized skill that can make a huge difference for the team with a well-trained keeper. Too often, goal keepers have to develop of their own without knowledgeable coaching advice or adequate practice time with the team. Our soccer program was developed with the idea of many players sharing sweeper/keeper duties throughout their micro soccer days, and then when the players moved up to mod. Soccer, a smaller group of players would be trained for goalkeeper. Hopefully, this is a group of players who want to advance in their goalkeeping skills and again, hopefully, their coaches will advance their own knowledge through clinics and study. Our micro coaches and coaches of older age divisions will be encouraged to set aside specific amounts of time at each practice to help their keepers’ skill development.

In addition to the role of the goalkeeper, 7V7 mod soccer also is the point at which the offside rule becomes part of the game. There is a section in this guidebook devoted to this rule as well as other rules related to penalty kicks, and goalkeeper restrictions.

OUR PHILOSOPHY REGARDING YOUTH SOCCER

1. The game of soccer belongs to the players.
2. The game of soccer is the teacher.
3. The game of soccer is to be fun.
4. The game of soccer is to be played fairly.
5. Skill development over winning.

So...You're the Coach

For parents and coaches of Watertown Parks and Rec Micro Soccer Program Players

OKAY, SO YOU'RE THE COACH!

Thanks for volunteering your time and energies.

You'll be glad that you did, and so will your child.

Here's what we expect of our 7v7 micro soccer coaches:

1. Attend the coaches meeting.
2. Call all the players on your roster and invite them to the first practice session. One nice benefit of being the coach: You get to choose the practice time! Everyone else has to adjust to the times you are available. We've included a calendar planner for September and October. After settling on your times and dates, make copies for distribution to your team.
3. Throughout the season, try to hold one or two 50 minute practice sessions per week. Schedule an hour block of time, but plan out only a 50 minute practice session. The extra 10 minutes can be used to set up your practice area, talk to players and parents, etc. Be sure to call Watertown Parks and Rec. each week to reserve a practice site. The Parks and Rec. Phone number is 262-8080.
4. Your team will have a game each Saturday during the season, unless there is a bye scheduled. Make copies of the game schedule to give to your players. Ask your team to arrive 15-20 minutes before the schedules starting time of your game.
5. If you have time, try to attend an additional coaching clinic which may be held during the soccer season. You can talk to other coaches,

have concerns addressed, and get questions answered.

6. Ask the families what is the best way to contact them, email or text, when practices and games are canceled.

THE GOALS OF OUR PROGRAM

1. Teach youngsters the skills of soccer. (We'll help you learn the skills at our clinics.)
2. Help kids have fun and enjoy playing soccer. Smiles, laughs and good feelings are important for our soccer children.
3. Teach teamwork and cooperation on and off the field.
4. Develop positive attitudes about fair play. Players learn to respect their teammates, opponents, officials and themselves.
5. Stress the skill: Development over winning.

COACHING DEVELOPMENT INFO

Some micro soccer coaches may have an interest in gaining additional knowledge about coaching, especially if they anticipate their child playing in the Watertown Soccer Club or at the high school level.

The Watertown Public Library has a growing collection of books and videos to help coaches add to their knowledge.

Go to www.wysa.or or www.maysa.org to find information about times and dates of coaching clinics.

The Team Parent

For parents and coaches of Watertown Parks and Rec Micro Soccer Program Player

THE ROLE OF THE TEAM PARENT

The team parent is a very welcome help for the coach of a micro soccer team. Your volunteer help will spread out some of the jobs that go with a youth soccer team. Here are some ideas of what a team parent can do to help:

1. Make a list of the players with their addresses and phone numbers to hand out to the parents on your team. This will help to arrange carpools when needed.
2. Call the team members when practices are canceled or when special events are coming up soon, such as pre-season meetings or end-of-season parties. A great way to end the season is to have a picnic and a parent-child game of soccer.
3. Coordinate the bringing of snacks and drinks for the end of each game. This is often the highlight of the game day for the players. Experience has shown that nutritious and not-too-sugary items are better.
4. Announce a team picture day and arrange for someone to grind a camera.
5. Help out at practice by keeping one group busy while the coach is with another player or group of players.
6. Bring your tennis shoes and play in the scrimmage at practice. It's fun and the players can benefit from adults who keep things organized. You will also find out that some parts of soccer are not as easy as they look. Don't worry if you catch the soccer fever. It's supposed to be contagious in all age groups and is very good for your health!
7. Parents must sit on opposite side of the players.

OTHER WAYS TO HELP

A team parent can also help in other ways such as modeling behaviors at games that are sporting and helpful to players.

For instance, suppose a well-meaning parent from your child's team is yelling out onto the field. It might go something like this...

"Sarah, pass the ball to Michele now!"

Or

"Sidney, get back by the goal!"

Or

"C'mon, ref, call it both ways!"

Each of these instances involves a behavior that is discouraged by the soccer community. Calling players by name to get them to do something sets the players up for failure.

In the first instance, Sarah will be too late with her pass by the time she hears her parent yell the instructions. If she passes anyway, the other team will probably get the ball.

In the second instance, the coach may have been encouraging the players to move away from the goal so that more attacking play can develop at midfield.

In the third instance, players may decide to show dissent to the referee if the parents are leading the way with unsporting comments.

As a team parent, you can help the coach by talking in a "neighborly" way with the offending parent. You can also model correct behaviors such as cheering the players without instructing them or praising them for sporting behavior when shaking hands with the other team at the end of the game.

Simplified Soccer Rules

For parents and coaches of Watertown Parks and Rec Micro Soccer Program Players

Mod Soccer Rules for 7v7 Games

Law 1 – The Field

The 7v7 mod soccer field is 70 yards x 50 yards. We use lines, cones and flags to mark the field.

Law 2 – The Ball

Players use a size 4 ball for 7v7 games.

Law 3 – The Number of Players

Each team shall have no more than 14 players on the roster. The maximum number of players on the field for each team shall be no more than 7, **one of whom must be a sweeper/keeper with a different color pinny or jersey.**

Each player must play at least half of the game.

Substitutions may be made during a team's own throw-in, during either team's goal kicks, after a goal is scored, during an injury stoppage, or at half-time.

Substitutes must enter the field at the half-way line when the referee signals his permission to enter.

Law 4 – The Players' Equipment

Each player must wear a jersey, shorts, shoes, shinguards and socks. Shinguards are required for practice sessions and games. Socks should cover the shinguards. No jewelry or watches are permitted.

Law 5 – The referee

The Park and Rec. department will assign a referee.

Law 6 – The Assistant Referee

For training purposes, there may be assistant referees assigned on occasion for 7v7 mod soccer. Only one referee with a whistle is to be on the field.

Law 7 – The Length of the Game

The game lasts two equal periods of 25 minutes. The half-time interval shall be 5 minutes.

Law 8 – The Start of Play

A coin toss determines which team kicks off to start the game. Note carefully: the loser of the coin toss automatically kicks off in the first half. The winner of the coin toss gets to choose which goal it will attack in the first half of the game.

The team which wins the coin toss takes the kick-off to start the second half of the game.

The kick-off is used at the beginning of each half and after a goal is scored. The team that is scored against gets to take the kick-off.

A kick-off is properly taken when each team starts in its own half of the field with the defensive team at least five yards from the ball. After the referee blows his whistle or gives some other signal, the ball is in play when it is kicked and moves forward. If the ball is kicked backwards, retake the kick.

The kicker may not touch the ball a second time until it has touched another player. If this happens, the other team gets a free kick from the spot where the ball was touched a second time.

In 7v7 mod soccer, a **goal can be scored directly from a kick-off.**

Law 9 – The Ball In and Out of Play

The ball is out of play when the whole ball crosses a boundary whether on the ground or in the air. The ball is also out of play when the game is stopped by the referee.

The ball is in play at all other times.

Law 10 – The Method of Scoring

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar.

Law 11 – Offside

The offside rule is used in mod soccer. (See the Offside Law page for more explanation.)

Law 12 – Fouls

A direct free kick is awarded if a player is guilty of:

1. Kicking an opponent
2. Tripping an opponent
3. Jumping at an opponent
4. Charging an opponent
5. Striking an opponent
6. Pushing an opponent
7. Tackles an opponent, making contact with the opponent before touching the ball
8. Holding an opponent
9. Spitting on an opponent
10. Handling the ball deliberately (except for the Goalkeeper within his own penalty area)

A penalty kick is awarded if any of the above 10 fouls are committed by a player inside his own penalty area.

An indirect free kick is awarded if a player is guilty of:

1. Playing in a dangerous manner
2. Impeding the progress of an opponent
3. Preventing the goalkeeper from releasing the ball from his hands.
4. (Goalkeeper restrictions – see Goalkeeper page)

Law 13 – Free Kicks

Free kicks in mod soccer are either Direct Free Kicks or Indirect Free Kicks. Direct Free Kicks = when the ball is put into play, it may be kicked directly into the opponent's goal. Indirect Free Kicks = when the ball is put into play it must touch another player (teammate or opponent) before a goal may be scored.

Law 14 – The Penalty Kick

Penalty kick are awarded in mod soccer.

Law 15 – The Throw-In

A throw-in is awarded when the whole ball crosses the sideline and goes out of play. The throw-in taken within one step of where the ball went out of play.

If an improper throw-in occurs, the referee explains the correct method, and lets the offender retake the throw-in. The referee can decide whether or not to correct a second foul throw-in or award the ball to the other team.

Law 16 – The Goal Kick

A goal kick is awarded when the whole of the ball, having last touched a player of the attacking team, crosses over the goal line outside of the goal.

The goal kick may be taken from any spot within the goal area. Opponents must be outside the area and at least five yards from the ball. They must remain outside the area until the ball is played and leaves the goal area.

The kicker may not touch the ball a second time until it has touched another player. A free kick is awarded to the other team if there is a second touch infraction.

If the ball is kicked and does not leave the goal area, the kick is retaken.

Law 17 – The Corner Kick

A corner kick is awarded when the whole of the ball, having last touched a player of the defending team, crosses over the goal line outside of the goal.

The ball is placed one step from the corner flag. The ball is in play when it is kicked and moves. Defensive players must be at least five yards from the ball.

The kicker may not touch the ball a second time until it has touched another player. A free kick is awarded to the other team if there is a second touch infraction.

For Goalkeepers

For parents and coaches of Watertown Parks and Rec Micro Soccer Program Players

RESTRICTIONS ON THE GOALKEEPER

An indirect free kick is awarded to the opposing team if the goalkeeper, inside his own penalty area, commits any of the following offenses:

- Takes more than six seconds to distribute a ball with his hands.
- Touches the ball again with his hands after it has been released from his possession and has not touches any other player.
- Touches the ball with his hands after it has been deliberately kicked to him by a team-mate.
- Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate.

GOALKEEPER SAFETY

Goalkeeping is a specialize position that adds excitement and fun to a soccer game. There is also added risk to the player who takes on the role of goalkeeper. Coaches and players are expected to follow these safety guidelines:

- The goalkeeper shall wear different color jersey of pinny so that the referee and the other players can readily identify him.
- The goalkeeper shall be judge to be in “possession” of the ball when she has her hands, part of her hands or even a finger on the ball. Players shall not charge the keeper when she is in possession of the ball.
- Coaches should train their goalkeepers to kick the ball with their feet when challenged by another player in a 50-50 situation.
- If a goalkeeper dives sideways to make a save, the correct technique is to land on her side, not on her back or stomach. After making the save, the player should roll over to their stomach.

Offside Explained

For parents and coaches of Watertown Parks and Rec Micro Soccer Program Players

Explanation & Interpretation

The First Key to Understanding this Rule:

The referee's call of "off-side" is based upon the attacking players' **position on the field** at the **moment** the ball is played.

The Second Key to Understanding:

It is permissible for a player to be "In an off-side position", but it is not permissible for that player to then receive the ball from a team mate or actively interfere with the play or an opponent.

When is a player judged to be guilty of being "off-side"?

1. The player must be ahead of the ball as it moves toward the opponent's goal line.
2. He must be in the opponent's half of the field.
3. He must have less than two opposing players between himself and the opponent's goal-line. (Generally the keeper and one defender.)
4. He must have the ball passed directly to him by a team mate or interfere in the play at the moment the ball is played and the 3 conditions above are met.

Then the player shall be guilty of an "off-side infraction", which is different from being in an "off-side position." The referee shall award an indirect free-kick to the opposing team. (A clear shot on goal is not a pass; therefore a player cannot be judged off-side at such a time. It is

up to the goal-keeper to concentrate on the ball, not on a player in a non-interfering off-side position.)

THE OFF-SIDE LAW IS BASED ON ...

A. POSITION

Key Question: Is the player ahead of the ball?

A player cannot possibly be offside unless he is...

Closer to his Opponent's Goal-line than the Ball.

(Note: A player who is even with or behind the ball is not off-side. A player who is even with or behind the second-last defender is not off-side).

B. TIME:

Key Question: When is a player in an off-side position?

At the Moment the Ball is played by a Team-mate.

It is the position of the player at the moment when the ball is played by a teammate that must be judged, not his position at the time he receives the ball. A player who is on-side at the moment a member of his team passes the ball to him does not become off-side if he goes forward during the flight of the ball.

C. PARTICIPATION:

Key Question: Does the Player Participate?

A player is an off-side position who, in the referee's opinion, does not:

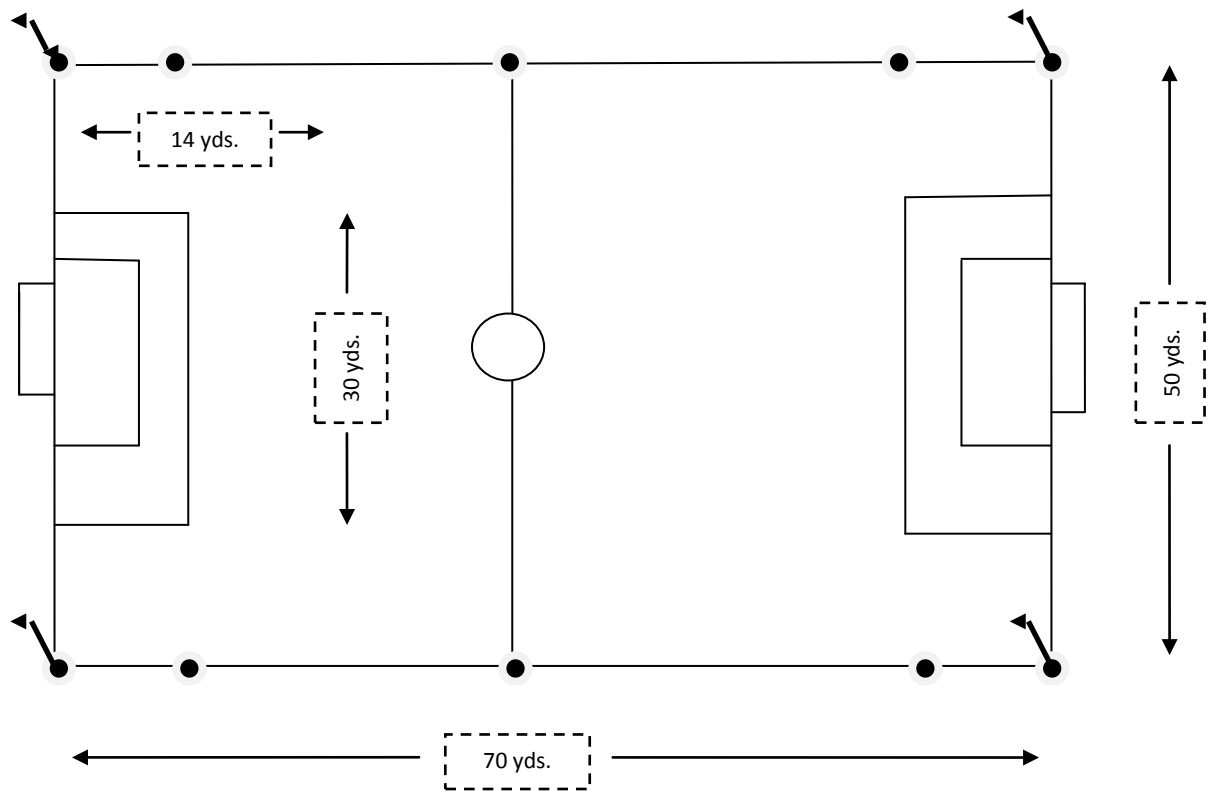
- Participate in play
- Interfere with an opponent
- Try to take advantage of that off-side position

SHOULD NOT BE PENALIZED!

Are there any exceptions to the "off-side" rule?

There are no off-side penalties from goal-kicks, corner-kicks, throw-ins, or drop balls. Players will not be judged to be off-side at the moment the ball is played on these restarts.

THE MOD SOCCER FIELD FOR 7V7 GAMES



The goal is 6' x 12' (Brandt/Quirk Park or Riverside MS) or 6.5' x 18' (Clark Park)

The field is approximately 70 yds x 50 yds.

The goal area is 4 x 14 yds.

The penalty area is 30 x 14 yds.

Corner flags are used to mark the corner arcs.

Cones are used to mark the boundary lines.

Modified Rules for Each Division – Fall 2003

	Watertown Parks & Recreation Soccer Program					Watertown Soccer Club	
	Kinder Boys	1 st Boys	2 nd Boys	3 rd /4 th Boys	Striker	U – 12	U - 14
Field Size	30 x 20	45 x 33	50 x 40	70 x50	100 x 55	100 x 55	115 x 70
Goal Area	6 x 20	6 x 33	6 x 40	4 x 18	FIFA	FIFA	FIFA
Penalty Area	None	None	None	14 x 36	FIFA	FIFA	FIFA
Goal Size	9 ft.	12 ft.	15 ft.	6.5' x 18'	8' x 24'	8' x 24'	8' x 24'
Ball Size	3	3	3	4	4	4	5
# of Players on Field	3v3	4v4	5v5	7v7	9v9	11v11	11v11
Maximum Roster Size	6	8	10	14	15	18	18
Min. # if Players to Start	3	4	4	5	6	7	7
Game Length	2 x 20	2 x 20	2 x 20	2 x 25	2 x 30	2 x 30	2 x 35
Off-Side Called	No	No	No	Yes	Yes	Yes	Yes
Fouls	ALL IFK	ALL IFK	ALL IFK	FIFA	FIFA	FIFA	FIFA
Free Kick Distances	5 yds.	5 yds.	5 yds.	5 yds.	FIFA	FIFA	FIFA
Penalty Kicks	None	None	None	FIFA	FIFA	FIFA	FIFA
Throw-In Attempts	2	2	2	FIFA	FIFA	FIFA	FIFA
Referees	Coach or Parent	Coach or Parent	Coach or Parent	Yes	Yes	Yes	Yes
Goalkeepers	No	No	Yes	Yes	Yes	Yes	Yes
	Kinder Girls	1st/2nd Girls		3rd/4th / Girls			
Field Size	30 x 20	45 x 33		70 x 50			
Goal Area	6 x 20	6 x 33		4 x 18			
Penalty Area	None	None		14 x 36			
Goal Size	9 ft.	12 ft.		6' x 12'			
Ball Size	3	3		4			
# of Players on Field	3v3	5v5		7v7			
Maximum Roster Size	6	10		14			
Min. # of Players to Start	3	4		5			
Game Length	2 x 20	2 x 20		2 x 25			
Off-Side Called	No	No		Yes			
Fouls	ALL IFK	ALL IFK		FIFA			
Free Kick Distances	5 yds.	5 yds.		5 yds.			
Penalty Kicks	None	None		FIFA			
Throw-In Attempts	2	3		FIFA			
Referees	Coach or Parent	Coach or Parent		Yes			
Goalkeepers	No	No		Yes			

Sample Practice Session

For parents and coaches of Watertown Parks and Rec Micro Soccer Program Players

AT HOME:

Decide what one skill you want to emphasize at practice. Spend 15-20 minutes jotting down ideas from your coaching book and notes. Good plans rarely materialize in the car on the way to practice, so plan ahead, leave early, and relax, play and have fun! Today let's choose passing skills for our session.

5 MINUTE WARMUP: (In the middle of the field, set up a 15x15 square with cones)

Call your players together and introduce the practice theme. Make sure each player has a ball. "Today, team, we're going to practice passing. Let's get warmed up by playing a quick game or two of SHARKS AND MINNOWS (see Practice Games page). In between games, have the players stretch their muscles to help increase their flexibility.

15 MINUTE SKILL DEVELOPMENT WITH INDIVIDUAL INSTRUCTION:

Demonstrate quickly how to

15 MINUTE SKILLS PRACTICE (WITHIN A GAME):

"Okay, team, now we're going to play.

(After 15 minutes, call out a drink break for the players, and set up the next phase while they are busy on the sideline. When you're ready, call them over.)

20 MINUTE 7V7 MOD SOCCER GAME: (Did you set up your field ahead of time?)

Tell the team to dribble their balls over to the side of the field, while you pick up the extra cones on the field. Choose sides for a 7v7 mod soccer game and get it started as quickly as possible. Rolling a ball out and shouting, "Ball's in Play!" works great. During the game, take note of players who make a pass and compliment them. Also, help players who are struggling. "Nice try, Anton! Take a look around before you pass so that defenders can't intercept."

Be sure to play yourself and invite a parent to play on the other team. Rotate with the players so everyone gets a chance to rest and watch.

5 MINUTE COOL-DOWN AND PRACTICE SUMMARY:

"Okay, everyone go to a cone...and stretch...bring the cones and balls in. Our game is on Saturday at 10 o'clock. Be there at 9:30. See ya."

Fun Games for Practice

For parents and coaches of Watertown Parks and Rec Micro Soccer Program Players

SOCCER QUIDDITCH

(Develops all skills in an imaginary game.)

Game Space: Use a 50 x 40 yd. soccer field. Make three 9-foot goals from cones or flags at each end of the field.

Object: Make two even teams. A team can score in any of the three goals with the Quaffle (ball). If a ball goes outside the field, restart with a throw-in.

Option A: If a player gets hit with a Bludger (a different color ball) below the waist, she has to run to the coach and do a push-up before reentering the game. Only players wearing a pinny can kick the Bludger.

Option B: Near the end of the game, throw a tennis ball or other small ball into the field. Whichever team scores the Snitch wins the game even if they were behind in points.

Game Length: Play up to 8-10 goals or until Madam Hooch is tired.

THE NUMBERS GAME

(Develops dribbling and shooting skills.)

Game Space: Use a 50 x 40 yd. soccer field with a 9-foot goal at each end of the field.

Object: Make two even teams. The coach stands on the sideline near the center of the field with all the balls at his feet. The two teams of players stand in a line on either side of the coach. Each player on each team has a number (1, 2, 3...7) given by the coach. When the coach calls out, "One!", then a player from each team (the two 1's) race in opposite directions around the field to his goal and runs onto the field. In the meantime, the coach has kicked or thrown a ball into the middle of the field. The two players, running from opposite ends of the field, try to control the ball first and score in the other team's goal. The 1's play until a goal is scored or the ball goes out of play. Then the coach calls out another random number, such as "Three!" or "Five and Six!" and throws a new ball into the center of the field.

Game Length: Play until everyone has had a chance to race three to four times or until everyone is tired.

SHARKS AND MINNOWS

(Develops passing and shielding skills.)

Game Space: In a rectangle about the size of the goal kick area.

Object: Players are divided into pairs. Each pair of "minnows" has a ball. One pair of "sharks" are the chasers without a ball. The minnows must pass the ball back and forth between them while the sharks chase the minnows and try to kick their ball out of the area. Once the ball goes out, the minnows sit down. Last pair remaining wins. Develops passing and keeping the head up to look for danger.

Game Length: Play 2-3 rounds. Choose new sharks each time.

NO MAN'S LAND

(Develops passing and shooting skills.)

Game Space: In the middle of a large area, place 4 cones in a square. This is the goal.

Object: Play 3 vs. 3, or 4 vs. 4. Players score by passing the ball through the goal below knee level. You can score a goal by passing through the cones from any direction. The team that scores keeps the ball. Defenders cannot plant themselves within the goal. That's a neutral zone (no man's land) to keep players from goal-guarding. A player who gets fouled, gets a free kick at the goal at the spot where the offense occurred. No defense is allowed.

Game Length: Play up to 8-10 goals or until the players are tired.

CIRCLE KEEP AWAY

Game Space: Circle of players with radius of 5-8 yds. Play 4v1 or 5v2.

Object: The players around the outside of the circle must now allow the defender(s) to touch the ball. If a defender touches the ball or forces a bad pass to go out of the circle, he replaces the offensive player who made the mistake.

CIRCLE THROW-IN GAME

(Develops throw-in skills and shooting)

Game Space: Use a center circle on a big field or make a circle of cones 10 yds. in diameter. Make four 9-foot goals from cones at the top, bottom, and sides of the circle.

Object: Make two even teams. A team can score in any of the four goals. If a ball goes outside the circle, restart with a throw-in.

Game Length: Play up to 8-10 goals or until the players are tired.

CLEAN UP YOUR SIDE

(Develops passing and free kick skills.)

Game Space: Use the entire field. Each player has a ball. Divide into two teams.

Object: When the coach shouts "Go!", each player kicks a ball to the other team's half of the field. The object is to clean all the balls off your side onto the other team's side. No hands are allowed. Play the right foot, or left foot, or both feet.

Game Length: Play for about 1 minute. Freeze everyone and count how many balls are on each side. The side with the fewest balls wins. The losing side gets to do push-ups, or some kind of exercise (but no laps, please).

SWITCH SOCCER

Game Space: 30 x 20 yd. soccer field with flags for goals. 12 players or more.

Object: Three players on each team link arms at the elbows and stand on the goal line in the goal. They are the "keeper" and must stay linked and each must keep at least one foot on the goal line at all times. The rest of the players on the field play normal soccer until the coach calls "Switch!" Then three new players race to the goal line and become the keeper while the first "keeper" breaks up and plays the field. Players stay fresh on hot days, yet stay involved in the game at all times.

CIRCLE SOCCER QUIDDITCH

(Develops throw-in skills and shooting)

Game Space: Use a center circle on a big field or make a circle of cones 10 yds. in diameter. Make a four 9-foot goals from cones at the top, bottom, and sides of the circle.

Object: Make two even teams. A team can score in any of the four goals with the Quaffle (ball). If a ball goes outside the circle, restart with a throw-in.

Option A: If a player gets hit with a Bludger (a different color ball) below the waist, she has to run around the outside of the circle one time before reentering the game. Only players wearing a pinny can kick the Bludger.

Option B: Near the end of the game, throw a tennis ball or other small ball into the field. Whichever team scores the Snitch wins the game even if they were behind in points.

Game Length: Play up to 8-10 goals or until Madam Hooch is tired.

FREE ZONE

(Develops passing and attacking tactics)

Game Space: Use the entire field. Divide into two teams for a scrimmage. Along both sidelines, place enough cones on the field to make two 2-3 yd. zones that run the entire length of the field.

Object: Play a 5v5 scrimmage, but make use of the "free zone rule" that any player who has the ball in the free zone cannot be defended, that is, defenders are not allowed to go into the free zone when an attacker has the ball inside the zone. This rule encourages attackers to use the width of the field when attacking instead of always going up the middle of the field. Attackers are not allowed to stop in the free zone but must keep the ball moving by dribbling or passing.

Game Length: Play for 15-20 minutes.

Soccer First Aid

For parents and coaches of Watertown Parks and Rec Micro Soccer Program Players

SOCCER SAFETY & FIRST AID

Rarely are there any serious injuries or dangerous safety situation in youth soccer, but still a few minutes of preparation are necessary.

If a child gets kicked in the knee or blasted by a ball in the stomach, calmly walk over and ask what happened. This accomplishes two things: you get to double-check that no serious injury has occurred and the child gets to report what happened (for some reason, this speeds the recovery process). Tell the child to sit quietly off to the side until he/she is ready to play again.

If the above scenario should happen in a game, wait until the referee has stopped the game and signaled for you to come onto the field before you walk out there.

Scrapped knees and elbows, broken scabs, and bloody noses will pop up from time to time. In the “old days” the coach simply attended to the player. In these days of blood-born diseases (not so much AIDS as hepatitis), a different approach is necessary. You can supply the band-aids and such, but let the child or the child’s parent attend to any blood or body fluids. Your first aid kit supplied by Watertown Parks and Recreation should also contain a blood spill kit with latex gloves in case you need to attend to a player yourself.

Twisted ankles and swollen knees as well as deep bruises require a specific but easy treatment plan called RICE. Bring ice or cold packs to each practice and game to help ease a

player’s pain and also to hasten the healing process.

The concession stand at Brandt/Quirk Park will have first aid kits available each Saturday morning in the fall season.

RICE...

...is an acronym for a four part treatment plan:

R = Rest:

Do not allow a player with a twisted ankle to “walk it off.” Have the player sit down so that you can examine the injury area yourself and determine if there is any swelling or tenderness.

I = Ice

Apply ice packs or cold packs to areas where swelling has occurred. The time formula is 20 minutes with ice and 40 minutes without. Repeat often for a couple days until the swelling and tenderness has subsided.

C = Compression:

Wrapping the injured area with an elastic “ace” bandage so that it fits snugly without constricting helps to keep fluids from accumulating in the injury area and causing increased discomfort or further tissue damage.

E = Elevation:

Keep an injured limb raised so that the amount of swelling around an injury is kept to a minimum.

Coaching Resources

For parents and coaches of Watertown Parks and Rec Micro Soccer Program Players

RESOURCES AT THE WATERTOWN PUBLIC LIBRARY

There are over 35 soccer coaching books on the shelves. Here are a few of the titles:

Coaching Soccer Successfully
The Official USYSA Coaching Manual
Practice Games for Winning Soccer
Youth Soccer Drills
Coaching Girls' Soccer
Soccer Fundamentals
Winning Soccer for Girls

Here are some of the videos at the library:

404 Great Goals
Individual Defending
Kicking (Vogelsinger Series)
Ball Control (Vogelsinger Series)
Coaching Goalkeepers

Free books by Tony Waiters that are on-line:
(Use a search engine for "Tony Waiters")

Coaching Six, Seven and Eight Year Olds
Coaching Nine, Ten, and Eleven Year Olds
Coaching The Goalkeeper
Coaching the Team & Coaching the Team Player

OTHER RESOURCES

SOCCER MAGAZINE FOR YOUTH PLAYERS &
COACHES:

SOCCER JR.

Published bi-monthly by Triplepoint, Inc.

Send check for \$16.97 for annual subscription

27 Unquowa Road

Fairfield, CT 06430-5015

Or call (203) 259-5766

SOCCER NOW

Published quarterly by the American Youth

Soccer Organization

Send check for \$7.50 for annual subscription

P.O. Box 5045

Hawthorne, CA 90251-5045

Or call (310) 643-6455

INTERNET SITES:

www.strongsoccer.com

www.successinsoccer.com

www.womensoccer.com

www.girlsoccerworld.com

www.soccerdivas.com

www.nsga.com

www.saysoccer.com

www.usysa.org

www.us-soccer.com

www.soccer.org

www.wysa.org

www.maysa.org

Local Soccer Programs

For parents and coaches of Watertown Parks and Rec Micro Soccer Program Players

The Watertown area offers three separate but closely coordinated soccer programs for various ages of players:

The first is the Parks and Rec Soccer Program which offers fall and spring leagues for the following group of players:

Kindergarten Girls (3v3)	Kindergarten Boys (3v3)	
1 st /2 nd Grade Girls (5v5)	1 st Grade Boys (4v4)	
3 rd /4 th Grade Girls (7v7)	2 nd Grade Boys (5v5)	
	3 rd /4 th Grade Boys (7v7)	
		5 th /6 th Coed (9v9)

Teams are remixed each year in the fall and stay together for the spring season if possible. Teams play six games each season

The second soccer program is organized by the Watertown Soccer Club. This is a group of parent volunteers who organize the following groups of players for the Fall 2011 season:

U-11 Girls Rec Team (5 th Gr.)	U-12 Boys Rec Team (5 th /6 th Gr.)
U-12 Girls Rec Team (5 th Gr.)	U-14 Boys Rec Team (7 th /8 th Gr.)
U-14 Girls Classic (6 th /7 th Gr.)	
U-16 Girls Rec Team (9 th /10 th Gr.)	
U-19 Girls Rec Team (11 th /12 th Gr.)	

The Watertown Soccer Club (WSC) has experienced a growth spurt in the last 18 months and expects to organize up to 12 teams per season in the neat future.

WSC teams play in the Madison Area Youth Soccer Association (MAYSA) leagues with 4 home games and 4 away games each season. Recreational teams tend to play other teams in eastern Dane County while Classic-level teams travel further to match up with more competitive teams.

The Watertown Soccer Club was formed so that local players could join traveling teams that participate in the MAYSA leagues which have over 12,000 players. This means that local teams can find excellent competition at a variety of levels ranging from recreational leagues to classic leagues for more competitive teams.

The WSC following the national model of player development from the United States Youth Soccer Association and therefore believes that very young players should play locally. The WSC is a strong supporter of the Parks and Rec program financially and philosophically, meaning that it waits until players are in the 5th grade before introducing players to competitive leagues and traveling leagues.

The WSC has an excellent program for the development of players, coaches and referees. The club even reimburses volunteers for coaching and referee course expenses.

The third area soccer program is organized by the Watertown High School. The school offers teams at the freshman, junior varsity and varsity levels. Boys play in fall and girls in the spring. In the off-season, many players participate in MAYSA leagues through the Watertown Soccer Club or play indoor soccer.

All three soccer programs exist for the enjoyment of our youth as they grow up in our community.