



WELCOME COACHES

Weatherford Soccer Association Fall 2024 Season





WSA Board Members

ALL WSA Board Members are VOLUNTEERS

Executive Committee

- Lenny Styer - **President**
- Chris Pool - **Vice President**
- Cherie Long - **Treasurer**
- Jason Callahan - **Coaching Director**
- Amber Nuanez - **Secretary**

Board Members at Large

- Ryan Kuhlmeier
- Clayton Rhine – Field Manager
- David Turner
- Taylor White
- **YOU! – 7 OPEN SPOTS!**

**On Game Days - All Board Members wear a Blue T-shirt that has “Board Member” on the back
We are here to help you!**

WSA Board meetings are held the 2nd TUESDAY of each month @ 6:30pm

As a WSA Coach or Assistant Coach

YOU HAVE A VOTE!!!!!!

We want to know what you think!



WSA Board Members

ALL WSA Board Members are VOLUNTEERS





Benefits of being a Board Member

Drive a Golf Cart around (w/shade)

SWAG – Shirts, Sweatshirts, Tank tops

Directly be a part of change and improvements

Premier Level Parking Space

Rewarding 😊

(1) Free Player Registration

Looks good on resume

Get out of the house!

Board Meetings don't interfere w/ Mon Night Football (Tuesdays)

Excuse to get out of helping a friend/family move





WSA What's Happening

What we have planned or are already doing...

- Opening Ceremonies Friday September 6th
- Fall Festival in October
- Friday evening Pick-up games -or- player skills training in off-season
- WSA Soccer Tournament – currently U8 only

What we would like to do...

- Youth Academy and Competitive soccer leagues
- Adult Soccer league
- North Texas Sanctioned Youth Soccer Tournaments



Opening Ceremonies

- First weekend of Games are Saturday, Sept 7th
- **Opening Ceremonies will be Friday evening, Sept 6th, at 6:30pm**

Please have your teams at fields by 6:00pm

- Parade of teams (have all players wear their Fall 2024 Jerseys and WSA medal from any prior season)
- National Anthem and Color Guard
- Introductions (board, league reps, referees)
- Dedication honoring George Fowler





Communication with WSA

We want to know if you have concerns or problems...

1. FIRST contact your League Rep
2. Coaching Director – Jason Callahan
3. Last contact WSA President – Lenny Styer
or WSA Vice President – Chris Pool

Written communication via email is best for tracking purposes.

weatherfordsoccer@gmail.com

Communication is important to make your association better!



WSA League Reps

- U4 – Cherie Long
(Cheriemlong@gmail.com)
- U5 – Lenny Styer
(Lenny.styer_wsa@protonmail.com)
- U6 – Clayton Rhine
(claytonrhinewsa@gmail.com)
- U7 – Jason Callahan
(jason.callahan76@gmail.com)
- U8 – David Turner
(dttx81@gmail.com)
- U9 Ryan Kuhlmeier
(rkuhlmeierwsa@yahoo.com)
- U10 – Taylor White
(twhite9385@icloud.com)
- U11 – Amber Nuanez
(nuanezam@gmail.com)
- U12 and up – Chris Pool
(chris-pool@att.net)



WSA Communication (GotSport Emails)



-- IMPORTANT --
Please don't block
GotSport Emails.
This is how we
communicate with
you.

GotSport

OPT OUT of all Communications From:

ORGANIZATIONS

- Weatherford SA
- Outlaws
- Cheetahs

Opt out of all communications

Time Zone Name
Central Time (US & Canada)

Phone number
4044299430

Address

PLEASE uncheck
these boxes...
located under
"Account" tab

Please also ASK your parents **to not**
block emails!!!



GotSport Time Zone

- Make sure your Time Zone is Central Time

GotSport

Dashboard Account Events Reporting Team Management Team Scheduling Program Registrations Forms Referee

Account

- Roles
- Rosters
- Registration History
- Roster History
- Tickets
- Emergency Info
- Family
- Documents
- Billing
- Recruiting Profile

Profile Themes Social Media Links

Photo

Avatar

College Recruiting

NCSA

Connect Athlete

Get S

Delete Photo

First Name Middle Name Last Name

Cherie Michelle Long

Preferred First Name Email/UserID Contact Email

cheriemlong@gmail.com cheriemlong@

Gender DOB

Time Zone Name

Central Time (US & Canada)

1. From your GotSport Dashboard
2. Select “Account”
3. Scroll down until you see “Time Zone Name”
4. Make sure this says “Central Time (US & Canada)”

Make sure you parents do this as well



Game Scheduling Conflicts

- [Coaching Blackout Dates Request](#) - fill out this form **IF** you are aware of a date that you cannot coach a game. HEAD COACHES are allowed to request 2 blackout dates. If you request a full weekend, both Saturday and Sunday, those are your 2 blackout dates. We are limited in the number of weekends we (11) have open to schedule games during our season.
- [Coaching Multiple Teams](#) - fill out this form **IF** you coach, or help coach, more than one WSA team.
- Both forms are available on our WSA website under “Resources for Coaches” tab

Form submission due BY MIDNIGHT AUGUST 9th

We try to accomodate all our coach’s schedules BUT due to number of teams we have this is NOT always possible. It is important to have an Assistant Coach designated on your Team Roster just for game scheduling purposes.



Team Roster Updates

PLEASE DO NOT attempt to change your team's name yourself under your GotSport coaching account. We have to change the team's name in several places in GotSport to make sure your team shows up correctly for scheduling.

- [Team Name Change Request](#) - Fill out this form **IF** you would like to request your team name be changed from what is listed on the Team Roster.
- [Request to Add an Assistant Coach to Team](#)— Fill out this form **IF** you would like to request an Assistant Coach be added to your Team Roster.
- Both forms are available on our WSA website under “Resources for Coaches” tab

Form submission due by Friday, August 30th, 2024.



WSA Fall 2024 Season

- **644 players registered**
- **We have 40 (u4-u8) teams ready to go**
- **We have 26 (u9-u19) teams ready to go**
- **We have 83 Head and Assistant coaches signed up**

**We still need some more
Head Coaches to volunteer for
our various aged teams.**



Uniform Designs for Fall 24



U5 –U8



U9 –U19



Coach's Code of Conduct

- Read the Coach's Code of Conduct
 - HINT** - You already signed this during registration
- YOU are responsible for your parent's actions
- Be kind to the referees – zero tolerance for harassing referees
- If you have questions or concerns about a call, ask a board member

Rules change all the time!



WSA will NOT tolerate...

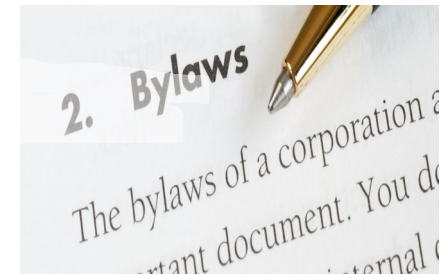
WSA will NOT tolerate the use of foul language by ANYONE.

- Include this in your welcome speech to Parents and Players
- Kids get exposed to foul language all the time - this will not be one of those places
- If the individual cannot control themselves, they will be required to leave the facility!

WSA will NOT tolerate Bullying of any kind!

WSA Bullying Definition -

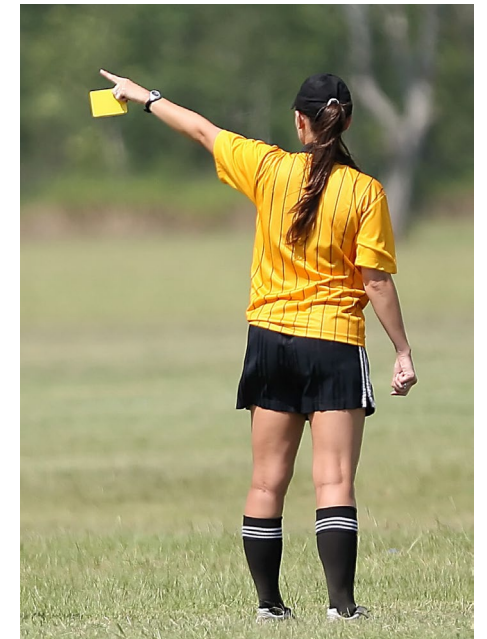
Bullying is defined as conduct, gestures, or comments which are insulting, intimidating, humiliating, hurtful, malicious, degrading, or otherwise offensive to a player, group of players, and/or teammates, and which create a hostile or intimidating environment, or which negatively affects a player's physical and/or emotional well-being. Bullying is any written, verbal, or physical act, or any electronic communication, whether it is a single incident or a series of incidents that results in intentional pain and distress to the victim.





Controlling Your Sideline

- **You, as the Coach, are responsible for your Parents on your sideline!**
 - Make sure you talk about this with parents in the first meeting
 - Have ALL your parents sign the Parent's Code of Conduct and give it back to you for keeping
 - **If the referee gives you a warning, relay that warning to the parents.**
 - The referee has authority to send-off a Coach
 - The referee can not send-off a spectator
 - An Association Board Member can ask a spectator to leave
 - **The same rule applies for Away Games (U9 and up Teams)**
 - Respect others -
 - Referee Crew
 - Other spectators, including spectators from the other team
 - Players, including players from the other team
 - Any representative of the other Association
- Remember at other associations if your parents are on the other side of the field you are still responsible for their actions.**





Controlling Your Sideline

- Remember the Referee and the Assistant Referee have a different view of the Game than you do or your parents
 - If you disagree with how the game is being called, ask a parent or Asst Coach to find an Association Board Member to come watch the game
 - Game Results will stand

Keep in mind that many of our WSA referees are children of other WSA Soccer Coaches, WSA Board Members, or other parents that may be nearby with their other children playing soccer



Be Respectful!



PARENTS



Thanks for being one of those insane parents who makes a children's soccer game worth attending.



**COACHING MY KIDS
FROM THE SIDELINES
HELPS THEM PLAY BETTER!**





Issues with Parents

Parent Code of Conduct

- At your 1st practice review the parent code of conduct and have all parents sign it.
- Explain how a parent's sideline actions affect the Coach and the Team (coach gets kicked out, game gets forfeited, etc.)
- Tell parents you will remind them of the Code of Conduct at games if needed. Let them know that after your warning if their behavior continues, a Board Member will be called to the field, and they could be asked to leave the field until they can cool off.



1st Offense

- If a parent is getting out of line during game, please take a moment to calmly talk to them about how you as the coach will be kicked out if they continue.
- Sometimes parent's emotions get the best of them and just a respectful reminder is all they need to hear.
- If the parent continues and you need assistance, please send your assistant coach to the concession stands to get a board member.
- The Board members will observe the parent and if needed will ask them to stop. This will be done away from the players and in a professional manner.



Repeat Offender

- Contact your League Rep and loop them in on the situation. We cannot help you if we do not know about an issue.
- If you feel comfortable speak to the parent with your assistant coach about their actions being against the parent code of conduct.
- If you do not feel comfortable speaking with the parent, please let your league rep know so they can speak to them and hopefully put an end to the behavior.



WSA Board Intervention

- The Board may take actions to keep our playing environment safe and positive for the youth in our association
- **Warning Issued:** Parents will be sent a formal warning that if their behavior does not cease, they will be banned from attending games for the duration of the season.
- **Formal Notice:** Parents will be issued a formal notice that they are not allowed at games for the duration of the season due to their behavior.
- **Dis-Invite Notice:** The following season if the parent returns and again continues with the same behavior they will be dis-invited, and their player will not be able to register to play for WSA.



No Victory Without Honor

- I will contribute to a positive environment and game experience
- I will treat all game officials with respect and honor
- I will show all my opponents respect
- As a coach or assistant coach, I will abide by the Coach Code of Conduct
- As a coach or assistant coach, I will not be “ejected” from a match for violent conduct or referee abuse
- As a player I will abide by USYSA Player’s Code, and I will not receive a “red card” for violent conduct or referee abuse
- As a parent or team spectator I will abide by the Parent’s Code of Conduct
- As a parent or team spectator I will not be “ejected” from a match due to violent conduct, referee abuse or inappropriate sideline behavior
- As a member of WSA, I understand that any violation could lead to additional action from the WSA Board or WSA A&D Committee inclusive of suspension for a coach, player, parent/spectator, or teams from participating in future games or tournaments
- I hereby pledge that I will honor the WSA Honor Pledge in all my activities and involvement with Weatherford Soccer Association
- I understand that by doing so I am a part of the effort to make the soccer experience enjoyable for everyone and ensure that all practices and games are played in a positive, safe environment for all



Avoid Running up the Score

No Victory Without Honor

No one likes losing... especially 22 to 0.

- Recreational soccer is a learning experience
- What can I do as a coach?*
 - Pull players back to goal box during kickoff or goal kicks
 - Have players focus on passing ball a designated number of times before scoring
 - Have players focus on helping a designated player score
 - Focus on defending your side of field
 - Play down the number of players on the field
 - **Make an attempt that can be seen by the other coach or the referee that you are trying to prevent further scoring. Coaches and referees can tell when attempts are made.**

*These ideas may work better at different ages



50% Playing Rule

No Victory Without Honor

All players are expected to play 50% of the game

NTSSA Bylaws and Rules 3.14.3 #7 - Each recreational player, when present at a game, shall be required to play a minimum of 50% of the time, unless the player's time has been reduced for medical or disciplinary reasons, in which case the coach must notify the player, and the opposing coach prior to the beginning of the game that the minimum time has been reduced

(non-attendance at practice may be cause for disciplinary action).

- For disciplinary reasons, the coach may bench a player
 - Sometimes just not letting the player start the game is enough of a wake up call
- Benching a player should be a LAST resort
 - Talk to the kid first, positive encouragement
 - Talk to the parents second, inform them that if the situation does not improve you will need to bench the player for the next game
- If you have to bench a player:
 - INFORM the parent and the player
 - INFORM the opposing coach
 - INFORM the referee

For persistent player concerns, contact your League Rep



Assistant Coach

- **Why should I have an Assistant Coach?**

- Help with Practices
- Cover games or practices if you cannot make it or get sick

- If a Head Coach is removed during a game by the referee AND there is no Assistant Coach designated on Team Roster (and present at game) -

The Game is Forfeited! The kids will stop playing!!

- AND if a Coach is removed from a game, the coach will have to sit out the following game as well, AND if there is no Assistant Coach designated and present: The Game is Forfeited! The kids will NOT play!!

**ALL Assistant Coaches must have a current Background Check AND SafeSport
to be listed on Team Roster**



Meeting the Parents

Please contact your parents as soon as possible after receiving your Team Roster

Parents are very excited to have their kids start the season!

- **Decide on practice Days/Times/Location**

- As the Coach **YOU** get to designate practice days/times.
- Please be respectful that parents may be shuffling multiple kids to different practices and locations.

If you do not know the answer to a questions, contact your League Rep

Talking to parents –

- Tell them about yourself
- Review “Parental Code of Conduct” with them
 - Have parents sign the form and hand it to you
- Have Parent’s complete Medical Waiver
 - For U9 and up Traveling Teams
- What are your goals and expectations for season
- Discuss Volunteers for Assistant Coach or a Team Parent
- Would you like parental help during practices?
- Answer their questions

Utilize a Team Communication App:

**MOJO
GroupME
InstaTeam**

These are excellent for group communications regarding team practices, games etc.



Practice Equipment

- We have practice soccer equipment available for coaches if needed
 - We hand out equipment by age group – with Coaches for U5 group going first
 - We have a separate table for our U4 Coaches
- Pop-up goals are available based on coach request.
- We ask that you sign the equipment out and return it at the end of the season
 - We hold onto Team Medals/Trophies until soccer equipment is returned
- Do not be afraid to use your own equipment



Practicing at Cartwright Park

- Cartwright Soccer Fields are available for team practice use upon sign-up (day/time)
- **Cartwright Park fields are currently Closed for teams until August 19th.**
- Availability of practice fields will be given in following order...
 1. WSA Board Members/Coaches
 2. WSA Coaches that participate in Field Prep Days and sign up to help line fields on Friday evenings
- ALL coaches using Cartwright Park for practices will be asked to help line fields for games on Friday at least once per season. A sign-up will be provided.

**WSA Field Prep days will be Saturday, August 10th, and
Saturday, August 24th @9am-1pm**



Other Practice Locations

- It is the Coach's responsibility to find a practice location
- Potential Locations – Many are first come, first served
 - Parks (Love Street, Marshall Park, Cherry Park, McGratton Park, Holland Lake, etc.)
 - Public schools (ask permission at High School)
 - Churches (may need to seek permission from Church)
 - Your backyard
- Be respectful and clean up after practice!
 - Let the kids do it!!
- Be Respectful if somebody tells you that you can not use the area

Need practice location ideas, contact your League Rep



Game Day

- Things to remember for Game Day
 - ALL players NEED water
 - **ALL players are wearing shin guards under socks**
 - **No jewelry can be worn** (watches, necklaces, earrings, etc.).
 - NOT EVEN under bandaids.
 - **No hair barrettes with metal** can be worn
- Encourage Players to Arrive Early
- Treat Games as an Event
- Plan some pregame practices to get them warmed up
 - Keep warm-ups exercises positive and easy
 - Be respectful to players, referees, and spectators, including the other team
 - Give positive encouragement to players during the game

COACH REQUIREMENT : ALL COACHES will need to wear their Coach Photo ID for games – Head and Assistant Coaches

NEW COACH REQUIREMENT : **U9 +COACHES** will be required to sign game sheets immediately following their game.



Game Day

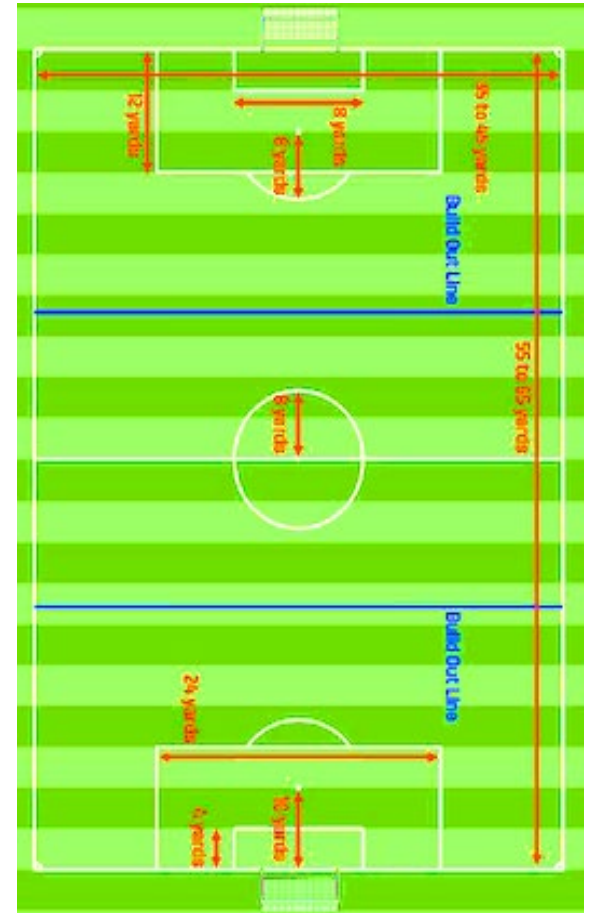
AT CARTWRIGHT FIELDS -

Teams are on **OPPOSITE** sides of the field with their parents and guests

This is not the case for other associations. Please be respectful of other associations if your team and/or parents are asked to move so that teams are on opposite sideline to parents.

Parents are asked to act respectfully to other team parents.

Keep control of your sideline, including when parents may be on the other side of the field.





Coach Photo IDs

- Coach Photo IDs will be checked by referee during team check-in before games
 - **Please take a picture of your Coach ID with your phone in case you forget your badge**
- Only those Coaches listed on Team Roster with their Coach Photo ID will be able to coach on sidelines during games
- This will be in effect for **ALL WSA** games
- **IF you LOSE your Coaching Photo ID** – Contact your League Rep and they can help you

VALID ONLY FOR
US YOUTH SOCCER
RECOGNIZED PURPOSES

MEMBER PASS SSC
Coach Primary: P R/M Approved: 06/03/2022

Association: TXN Age Group: U14
Level: Recreational

Name: Cherie Long
Birthdate: 06/14/1977

Club: Weatherford SA
Team: Outlaws 09
Team I.D.#: 82045
Season: 22/23
I.D.#: 1955401





Bad Weather

- When you think that games might be cancelled

– DO NOT ASSUME GAMES ARE CANCELLED!

- For games at Cartwright park
 - FOLLOW us on Facebook www.facebook.com/WeatherfordSoccer
 - Website: <https://www.weatherfordsoccer.org/>
- For NCSA & FWYSA games
 - Stephenville <http://stephenvillesoccer.com>
 - Granbury <http://granburysoccer.com/>
 - Mineral Wells <http://mwysa.com/>
 - Fort Worth Youth Soccer Association - <https://www.fwyouthsoccer.org/home>
 - Follow each Soccer Association on Facebook

We use WeatherBug App to check for Lightning
In a 10 mile area



WeatherBug®

PLEASE Check these places **BEFORE**
you start calling us!



Cancelled Due to Weather

- Games Cancelled due to weather will be rescheduled for a later date
 - Be aware that any rescheduled games may be scheduled during week on practice evenings
 - How we determine weather cancellations?
- It is your responsibility, as Coach, to keep an eye on the game schedule
- If your team decides not to show up due to the weather and your games not been canceled, you forfeit the game
 - Remember you are also affecting parents, coaches and players on the other team



If it is raining AND the fields are in good shape AND there is NO Lightning -> WE WILL PLAY GAMES



Coaching Concerns

LET US KNOW

- We want to know if you have coaching concerns – parents, players, etc.
- We know you are volunteering your time and energy and want this to be enjoyable experience for you and our players
- We want to help you, BUT we cannot help if we are not aware of your problems or your concerns
- If you have concerns or need help:
 - Let your League Rep know of your concern
 - Send an email with your concern to weatherfordsoccer@gmail.com and include your League Rep on the email for tracking purposes



North Texas Soccer Coaching Education



<https://www.ntxsoccer.org/coaching-resources>

Coaching Resources

Did you just get recruited to coach and not sure where to begin? Click on the links below for your age group to access lesson plans and activities to help you out.

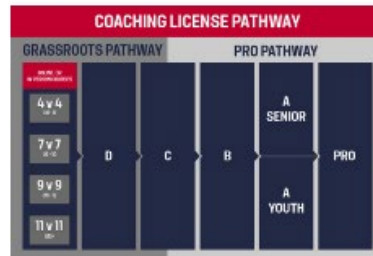
Under-6

Under-8

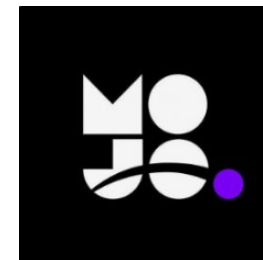
Under-10

Under-12

COACHING
COVID Activity Guide
Coaching Education Program
Grassroots License
USSF D License
USSF C License
USSF B, A, & Pro Licenses
Coaching Resources



- Coaching Education
- Practice Ideas for Coaches
- Coaches Resource Center
- And More including:





What if Coaching is not for you?

- We understand situations at home and work can change
- **Please DO NOT just walk away!!!**
- DO NOT assume another parent will be available to take over
- Every coach must have a completed background check and SafeSport training

Talk to a WSA Board Member

**Let us help you find a new coach for the Team AND
get the new coach setup**



Just a little fun...

I have 2 eyes and can't see, but millions of eyes are on me. What am I?

A Referee

Just kidding Cherie!





WSA Referees

Referee Director - Cherie Long

- Not all Referees or Assistant Referees (AR) will call the games the same way
 - That does not mean the Referee/AR is a bad referee, it is just their style.
 - We are working to **train for consistency**
 - All WSA referees, including AR's are US soccer certified
 - Following the FIFA rules
 - Adjustments are made for age specific games
- What is involved with becoming a Referee
 - Online classes, videos and tests
 - Field classwork and training
 - Certification by US soccer referee instructor



WSA Referees – Bad Calls?

- If you do not agree with the calls the referee is making?
 - Remember, Referees have a different viewpoint of the Game
 - Send a parent to find a representative of the home association
 - Make sure the individual stays calm
 - Have them explain the situation to the home association representative
 - Ask home association if someone can come monitor the game
- **Under NO Circumstances** should you tell the referee or AR they are doing a bad job
- Coaches may be warned, yellow/red carded and may be required to leave the fields; parents may be asked to leave the fields



WSA Referees – Bad Calls?

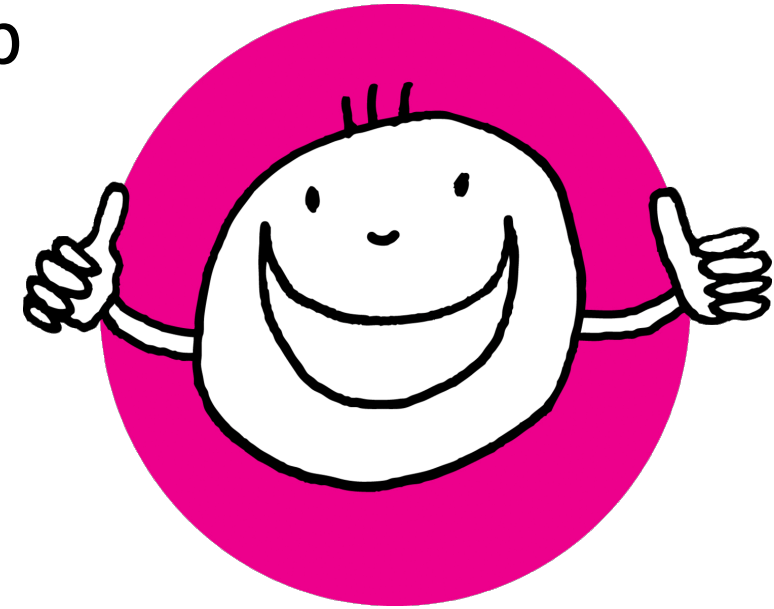
- Many referees are new and still inexperienced (this is REC soccer); do not discourage them from improving
- Younger referees need to build up their self-esteem
- **FIRST, Question Yourself - Am I sure that I understand the soccer rule?**
- Visit a representative of the home association to ask questions about a call





WSA Referees – Good Job!

- **TELL THEM!** Let them know they did a good job
 - Builds their confidence
 - Makes them feel more secure; Insecurity makes them feel like quitting
- Let the home association know
 - We LOVE to hear good things about our referees
 - It lets us know who can handle the job without any further assistance





International Football Association Board (IFAB) Soccer Playing Rules

- Some rules are age specific
 - Number of players to field and game length
 - When to Substitute
 - What are Build-out Lines
- Some are NTSA or US Soccer enforced playing rules
- Some rules are called leniently by Referees in the younger age groups (U4-U6)
 - If we called everything there would be too many game stoppages for kids to get to play
 - The point is to teach the kids the game of soccer and let them have fun

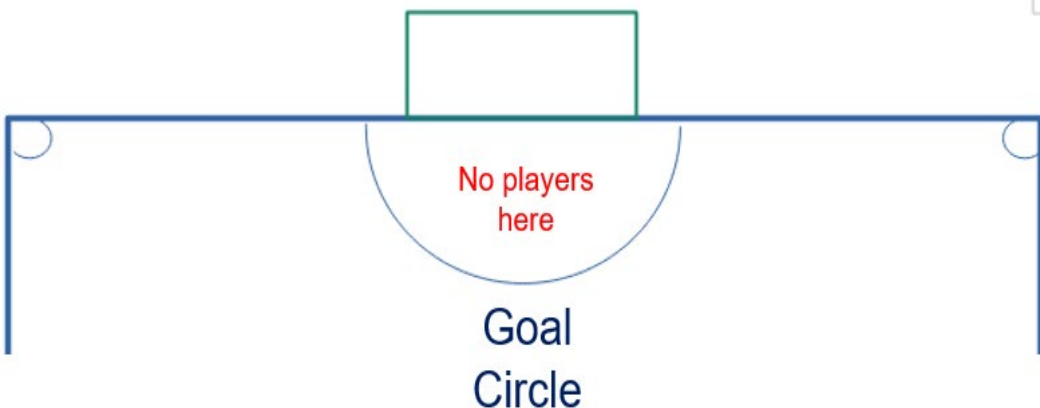
Hint: Download the IFAB App
This is a great resource for Soccer Laws and Rules. It is recommended for ALL Referees.



WSA NEW RULES



**DO NOT TOUCH OR MOVE CORNER FLAGS
PLACED ON FIELD**
**This applies to players, coaches, parents,
refs....EVERYONE**



U5- U7 GOAL ARC AREA

No Players should enter this area AT ALL

If a defensive player enters the ARC area and makes contact with the ball the opposing attacking team will be awarded a GOAL.

If an attacking (offensive) player enters the ARC area and makes contact with the ball the defending team is awarded a goal kick.



U4 to U8 Age Group Playing Rules



U4 Lil Roos Program

Mission: Help prepare children, parents, and new coaches for organized soccer

- One Center Referee
- Ball Size: #3
- 8-week program with practice drills for each week.
 - Do not need to start practice till week of August 26th. Have park playdates instead.
 - 1 weekly practice (30 mins) at location/day/time of Coach's choice
 - 1 game Saturday morning (less than 30 minutes) - 4 quarters (5 minutes each) with short half-time.
- Each quarter starts will start with kick-off from center circle. Teams will alternate who takes kick.
- Substitute: whenever needed
- No Heading allowed; No Offside calls; No Penalty Kicks
- Free Kicks: All Indirect Free kicks
- Coach allowed on the field for **ALL** games, not participating.
- **Parents are discouraged from being on field with players during games.**



Weatherford Soccer Association Lil Roos U4 Soccer Program



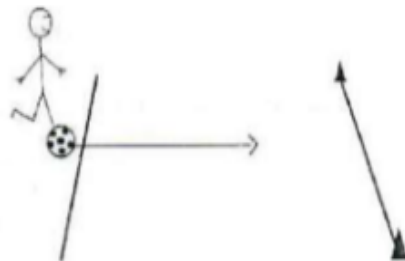
Week 1

Warm-up players – Each practice, circle up your players on your side of the field. Introduce yourself as their coach and ask them if they are ready to have fun playing soccer. Do a fun quick ice breaker to get them engaged by letting them say their name or asking them a simple question (i.e. what their favorite food or color is) or ask them to show you how hard they can kick the soccer ball at the goal. Ask for parent volunteers based off the practice drill needs.

Drill #1 – Kicking the ball on the ground for distance (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

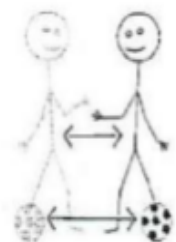
Mark 2 lines, 15 feet apart. Have the children line up along one line and kick the ball so that the ball travels along the ground and rolls past the other marked line. When the child can successfully kick balls beyond the line, encourage him/her to take 2-3 steps backwards before striking the ball. Practice kicking ball alternating feet each time (one time use right foot, the next time use left foot).



Drill #2 – Stationary Dribbling (Soccer Boxing) (5 minutes)

Equipment Needed: Size 3 soccer ball

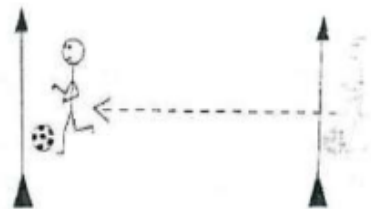
Have each child stand in one spot tapping (boxing) the ball between both feet, alternating feet. The ball should be tapped with the inside of the foot, beginning with the right foot. When the child has touched the ball with each foot five times, have him/her do as many touches as possible in fifteen (15) seconds. As the child improves have the child practice moving forward while still boxing the ball back and forth between their feet. **ADVANCED** – have the child practice moving backward while boxing the ball back and forth between their feet.



Drill #3 – Dribbling while walking (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

Set up cones 15 steps apart. Have the child tap the soccer ball between both feet, alternating feet while walking in straight line between two cones. As the child improves have him/her increase his/her speed, but always emphasize ball control. By ball control, we mean keeping the ball close to the child's feet. As the child increases speed, let him/her use any part of the foot to dribble the ball.



Weatherford Soccer Association Lil Roos U4 Soccer Program



Drill #4 – Stopping a rolling ball with the sole of the shoe (5 minutes)

Equipment Needed: Size 3 soccer ball

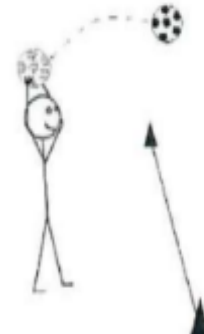
The parent rolls the soccer ball on the ground to the child. The child stops (traps) the ball using the bottom of the foot (sole of shoe). The child then kicks the ball back to the parent and repeats the exercise. As the child improves have the child alternate the feet used to stop the ball and kick the ball back to parent (one time use right foot, the next time use left foot).



Drill #5 – Throw in technique (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

Mark line with cones and have the child stand behind it. Have each child take the soccer ball with both hands and bring it back behind their head. The child keeps both feet on the ground and brings their arms forward, using both arms equally. The child lets go of the ball as it passes over their head, both feet still on the ground, throwing the ball towards the parent. After the ball has left the thrower's hands, the thrower can move their feet and should cross over the line. An alternative stance is to have the child cross their legs while throwing the ball in to help prevent them from jumping. **ADVANCED** – make a game out of hitting the cone to allow child to learn to aim throw.

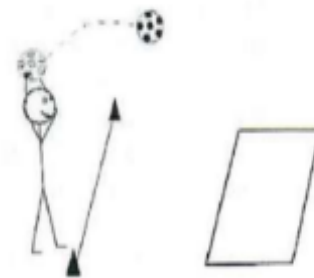


Drill #6 – Throw in to target (5 minutes)

Equipment Needed: Size 3 soccer ball and cones

Mark line with cones and have the child stand behind it. Have the child throw a soccer ball to at the large target areas that is 6 feet away and 6 feet in diameter. After throwing the ball, the child steps toward the target. As the child improves, increase the distance away from target by 5 feet.

REMEMBER – both feet have to stay on ground while ball is being thrown. Ball has to be thrown from behind the child's head and directly over their head.



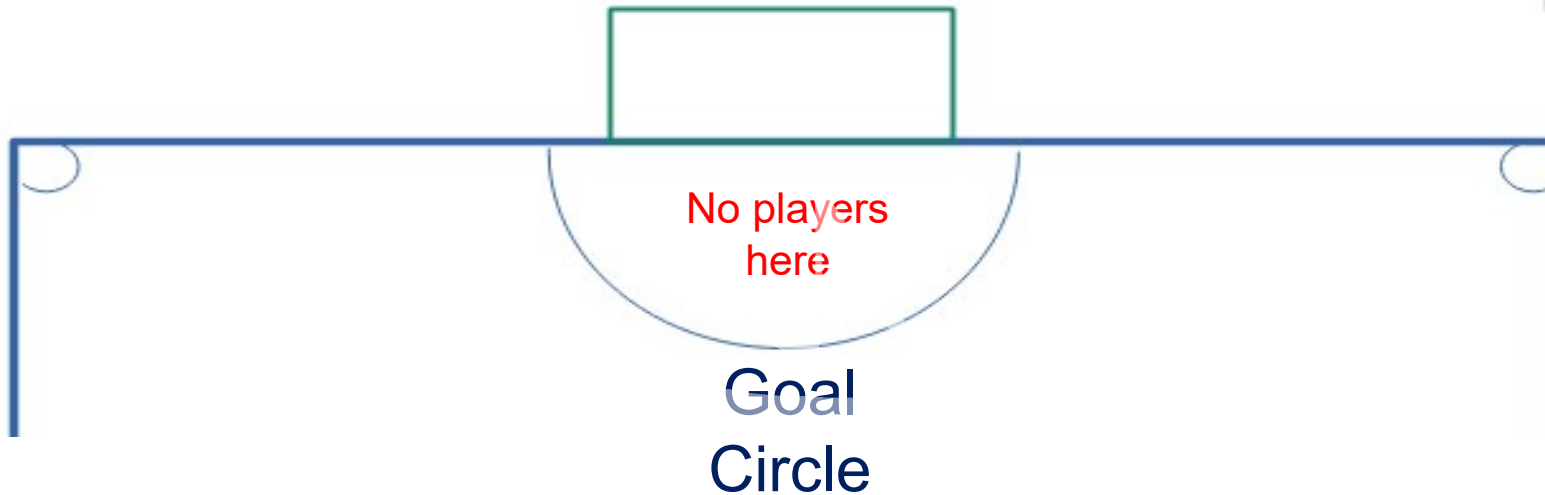


Playing Rules U5 to U7 ages

• Goal Circle

- ALL players need to stay outside of the Goal Circle – No players are allowed to defend inside or attack inside the goal circle.
- Player can take Goal Kick from anywhere on Goal Circle.
- Attacking players need to give room for defending player to kick ball into play on goal kick
- On corner kick, defense can be ON Goal Circle; attacking players should be outside Goal Circle

Have
attacking
players
kick from
outside
circle



Have
attacking
players
kick from
outside
circle



U5 League

Playing Rules

- One Center Referee
- Ball Size: #3
- Number of players: 4 v 4
- No Goal Keeper
- 4 quarters of 10 minutes each
- Substitute: own throw-in, either team's goal kick or after a goal is scored
- No Heading allowed
- No Offside calls
- No Penalty Kicks
- Free Kicks: All Indirect Free kicks (must touch another player prior to going in goal)
- **1 Coach per team CAN be on the field for all games to direct players.**



U6 League

Playing Rules

- One Center Referee
- Ball Size: #3
- Number of players: 4 v 4
- No Goal Keeper
- 4 quarters of 10 minutes each
- Substitute: own throw-in, either team's goal kick or after a goal is scored
- No Heading allowed
- No Offside calls
- No Penalty Kicks
- Free Kicks: All Indirect Free kicks
- 1 Coach per team can be on field for **first 3 game weekends**, not participating.

Center Referee must give permission before Substitutions can be made.



U7 League

Playing Rules

- One Center Referee
- Ball Size: #3
- Number of players: 4 v 4
- No Goal Keeper
- 4 quarters of 10 minutes each
- Substitute: own throw-in, either team's goal kick or after a goal is scored
- No Heading allowed
- No Offside calls
- No Penalty Kicks
- Free Kicks: All Indirect Free kicks
- Coach can NOT be on the field during games.

Center Referee must give permission before Substitutions can be made.



U8 League

NEW Playing Rules

- One Center Referee
- Ball Size: #3
- Number of players: 7v7
- Goal Keeper
- 2 halves of 20 minutes each
- Substitute: own throw-in, either team's goal kick or after a goal is scored
- No Heading allowed
- No Offside calls
- **RED Build-out line on U8 field** – Opposing players should be behind line on goal kicks & when goalie has the ball.
Refer to slides under U9/U10 for how to use Build-out lines.
- Penalty Kicks per FIFA guidelines
- Free Kicks per FIFA guidelines
- Coach can NOT be on the field during games.

Center Referee must give permission before Substitutions can be made.



WSA U4-U8 Rule Clarifications

- **Teams and Parents are on opposite sidelines as a courtesy to both teams.**
Sideline choice is based on first come first serve.
- Players are NOT ALLOWED to act as a goalie during games. **(Except in U8)**
 - **Goalies use more than just their hands when protecting the goal (body, feet, & hands).**
- **Players are NOT ALLOWED to be inside the Goal Circle at any time. (U4-U7)**
 - Please station them outside Goal Circle or further up in field to act as defensive player and not a Goalie.
- **Slide tackles are NOT ALLOWED.**
- **Coaches, or parents, are NOT ALLOWED to stand behind or beside goals during games.**
- **Shin guards MUST be worn under socks – please tell your parents this.**
- **Soccer Cleats are required for all players age group U5 and up.**



U9 and up Age Group Playing Rules

You know you're a soccer mom when someone asks you how old your kids are, and you reply "U12".





Travel Teams

U9 and up



North Central Soccer Alliance

- Weatherford Soccer Association
- Granbury Soccer Association
- Stephenville Soccer Association
- Mineral Wells Soccer Association



The Northern Mid-Cities Soccer League



Fort Worth Soccer Association



Communication

NCSA problems

- We want to know of your problems at/with other associations
 - We have had significant issues with North Central Soccer Alliance (NCSA) associations.
 - Some of our own coaches have caused issues at other associations
 - We are working with NCSA to get all Associations on the same page.
- Contact your League Rep
- Follow-up with email: weatherfordsoccer@gmail.com
 - It's hearsay unless it's in writing!
 - We can't do anything without documentation.



U9 & U10 League

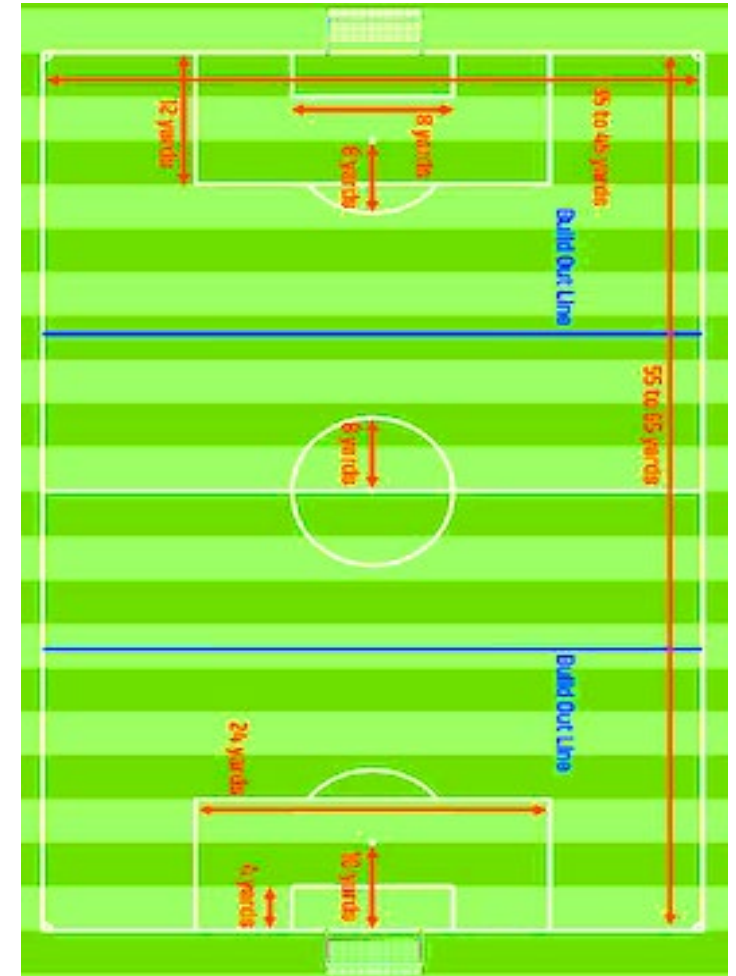
Playing Rules

- 1 Center Ref and 2 Assistant Referees
- Ball Size: #4
- Number of players: 7 v 7, Max Roster Size 12
- Goal Keeper, no drop kicks or punting allowed
- 2 halves of 25 minutes each
- Substitute: own throw-in, either team's goal kick or after a goal is scored
- No Heading allowed
- Offside calls between build-out line and defending goal line (using FIFA guidelines).
- Penalty Kicks per FIFA guidelines
- Free Kicks per FIFA guidelines
- Coach can NOT be on the field



Build-Out Lines (U9-U10)

- The opposing team **MUST**, at least attempt to, move behind the build-out line
 - The defensive team does not have to move behind the build-out line
- The opposing team **MUST** be behind the build-out line on goal kicks; The opposing team may move once the ball is kicked
 - The team taking the goal kick **DOES NOT** have to be behind the build-out line
- Attacking team players can **ONLY** be penalized for an offside offense between the build-out line and goal line
 - Please **DO NOT** push your defense all the way up to the half as an attacking team player can stand right in front of build-out line the whole game to receive long passes

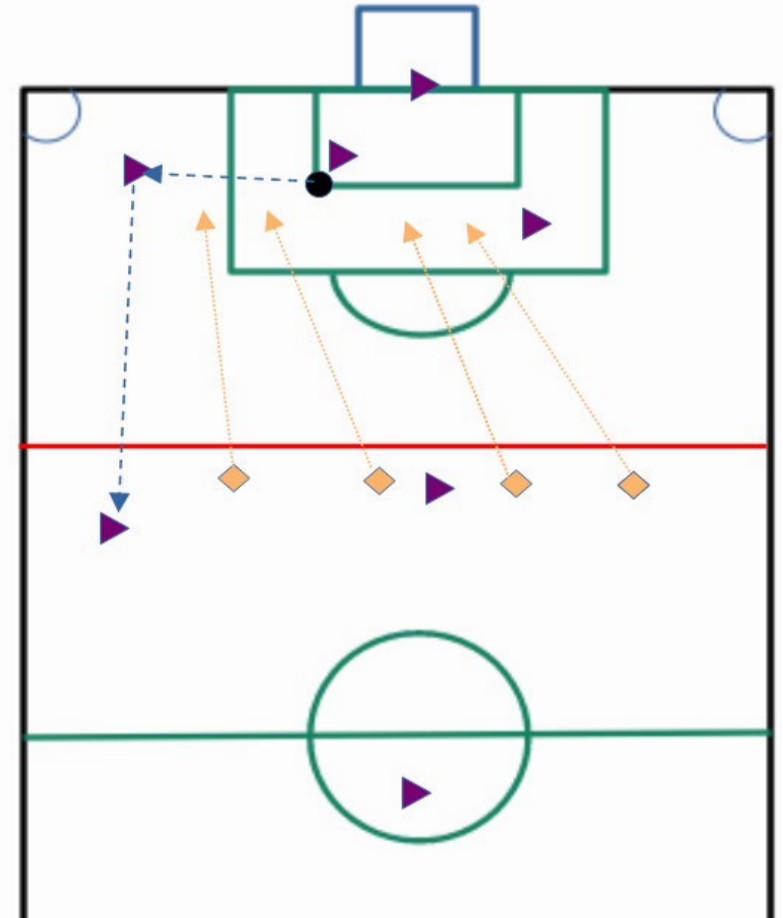




Build-Out Lines (U9-U10)

How to use them

- **Build from the back** - means to have the goalie to pass out the ball to the sides and then allow the teammates to play the ball up field by passing it to an open teammate.
- If your goalie throws the ball out beyond the build-out line you are taking away the advantage you get with the build-out line to set up a play from the back.
- The build out line removes the pressure from the goalie. **The goalie can wait to play the ball out and allow the opponent team players time to move back behind build-out line.**
- The ball does NOT have to leave the penalty box on a goal kick. The ball does have to move. The kicker can be pass out the ball to a teammate (inside or outside the penalty box) who either then dribbles the ball forward or passes it to an open teammate further up field once they are attacked by opponent player.





U11 & U12 League

Playing Rules

- One Center Referee and 2 Assistant Referees
- Ball Size: #4
- Number of players: 9 v 9 , Max Roster size 16
- Goal Keeper , drop kicks or punting allowed
- 2 halves of 30 minutes each
- Substitute: own throw-in, either team's goal kick or after a goal is scored
- No Heading allowed
- Offside calls per FIFA guidelines
- Penalty Kicks per FIFA guidelines
- Free Kicks per FIFA guidelines
- Coach can NOT be on the field



U13-14 League

Playing Rules

- One Center Referee and 2 Assistant Referees
- Ball Size: #5
- Number of players: 11 v 11, Max Roster size 18
- Goal Keeper, drop kicks or punting allowed
- 2 halves of 35 minutes each
- Substitute: own throw-in, either team's goal kick or after a goal is scored
- Heading allowed
- Offside calls per FIFA guidelines
- Penalty Kicks per FIFA guidelines
- Free Kicks per FIFA guidelines
- Coach can NOT be on the field



U19 League

Playing Rules

- One Center Referee and 2 Assistant Referees
- Ball Size: #5
- Number of players: 11v11, Max Roster size 18
- Goal Keeper, drop kicks or punting allowed
- 2 halves of 45 minutes each
- Substitute: own throw-in, either team's goal kick or after a goal is scored
- Heading allowed
- Offside calls per FIFA guidelines
- Penalty Kicks per FIFA guidelines
- Free Kicks per FIFA guidelines
- Coach can NOT be on the field



Questions?

Thank you!

