



O.P.S.L

Outdoor Soccer

**Put Your
Name**



Child's

On their Ball!!!!

Parent / Player MANUAL



Welcome to the O.P.S.L (Ontario Provincial Soccer League)

About Us

Established in North Brampton in 2001 as Central West Soccer, we are now one of the largest Private Recreational Soccer Clubs in Canada. Expanding our programs across Ontario under the Ontario Provincial Soccer Leagues (O.P.S.L.), we now facilitate and operate indoor and outdoor soccer programs for Youth ages 3 -18 as well as Men's and Women's Adult Soccer Leagues, providing the communities of Brampton, Barrie, Bolton, Caledon, Mississauga, New Tecumseth including Alliston, Beeton, Tottenham, Shelburne and surrounding areas with a first rate soccer experience.

We are dedicated to the development of grass roots soccer in Ontario. We strive to teach, develop and implement the basic skills of soccer, while creating a fun and enjoyable experience for players, parents, coaches, referees and volunteers alike.

Our emphasis is on the three "P's"; Possession, Passing & Power. By working on developing individual skills in each of these areas, through simple, proper techniques and game development, we can instill a strong foundation of the basics of soccer allowing for further and future success.

Like most sports organization we rely on the enthusiasm and involvement of parents and community to volunteer as coaches, assistants and helpers. Working closely to ensure that they are not alone, we are involved every step of the way to make certain that quality of programming and fun for all participants are always present. We have created a very structured program whereby the implementation of soccer skills are introduced on a weekly basis through target skills and drills. Each coach, with the help from a trained referee and/or head coach, are given a specific skill and practice, a common curriculum, before each game. This guarantees the quality of soccer education is the same for all who participate.

At the O.P.S.L. we are obligated to making your soccer experience positive, exciting and rewarding, through good programming, organization and excellent customer service.

WELCOME TO A GREAT SOCCER EXPERIENCE !



SOCCER HOMEWORK: It will be the responsibility of the player and parent to further their soccer education by going to our web site at www.register4soccer.ca and view the online development programs and Skill of the Week prior to each game night. We encourage players to practice the upcoming skills as well as their previous skills a minimum of 3 times per week for at least 20 minutes each time. As with anything, repetition and practice are the keys to developing a good foundation and good skill.

Coaching: Recreational Youth Soccer teams at the O.P.S.L. / Central West Soccer are coached by parent volunteers. In this way we can provide children an opportunity to play and participate at an affordable cost. Coaching Volunteers are always needed and welcome.

Training Manuals and a pre-season coaching clinic have been provided to help coaches get started, as well as our online program found on our web site at www.register4soccer.ca Each week, we provide the 'Skill of the Week' with excellent drills and tips for each practice. Our referees and staff will assist every step of the way. Enthusiasm and encouragement is the only experience necessary to becoming a good coach.

Sometimes a coach is unable to fulfill their commitment to coach the team. This may be due to changes in their personal life or their work schedule. It is then up to the parents, of the players on the team, to step up and help out. Two or three parents, working together, results in a successful season for all of the kids and often a fun and rewarding experience for themselves. Team work is what we want to promote and instill in our children.

It is not necessary to have a strong soccer background to coach recreational house league teams. The best coaches are those who are encouraging, put the kids first and understand that the children sign up to participate and have fun.

Rain Days: In the event of rain, you are expected to show up at the field at your scheduled time. The decision to cancel games due to weather conditions or field conditions is made by the Referee and/or Field Manager **at the time of the game**. A "Rain Delay" will be called if there is any sign of lightning, or heavy rain fall or any unsafe weather condition. Teams will be asked to wait for 15 minutes to see if the weather improves as does many times. If weather persists, the game will be abandoned by the Referee. Games are not rescheduled unless there are more than 3 games cancelled over the season due to weather. Any rescheduled games will most likely be played on Friday evening or on weekends.

Heat & Smog Alerts

The last few years there have been many heat alerts and concerns about heat related issues. These alerts usually come out in the afternoon and by game time the air is cooler.

Heat and smog also affect people differently.

- 1 Some parents and coaches want the games cancelled
- 2 Other parents and coaches want the games played

If any parent feels that weather or road conditions are unsafe for **their** child then they should keep their child at home. It's just a game and not worth risking your child's health and safety.

Game Day



Please check your specific schedule for dates & times. You should arrive 10 minutes prior to the scheduled time dressed and ready to play.

- Players and Parents are responsible for their equipment. **Please put your child's name in permanent marker on their ball. You must bring your ball to every game and practice.** If you forget your ball and need to borrow one, a \$5.00 deposit will be required and returned once the borrowed ball is returned.
- **Players must wear shin guards at all times** or they will not be permitted to play.
- Players must have appropriate footwear and be in full uniform for each game.
- Players should not wear jewelry of any kind or watches. Please leave them at home.
- Any defects in balls or uniforms will be replaced free of charge.
- Replacement for lost or stolen equipment is as follows:
 - Balls \$ 5.00
 - Socks \$ 5.00
 - Short \$ 5.00
 - Shirts \$ 15.00

Mini Soccer: Game day will consist of a 20 minute set practice followed by a 47 minute, which will consist of 6 equal 7 minutes shifts and a 5 minute half time break between shifts 3 & 4. To ensure equal play for all, full line switches will be done after each 7 minute shift. Switching of players will only be allowed during this time unless in the case of injury. After each shift play will begin back at center. We encourage players to try and play all positions and take turns playing in goal.

Full Field Games:

- Substitution of players may be made on
 1. Your own team's throw-ins,
 2. Goal kicks,
 3. After a goal has been scored,
 4. At half time or in cases of injury.

You must signal to the Referee that you wish to make a change and wait for his approval.



It is important to warm up before your game. If you arrive early please begin by light jogging around the field followed by stretching exercises.

Game Day - Early Arrivals

Ideally, the coach should arrive before the players. However, in the real world coaches are volunteers who come to the game after working all day and many players arrive at the field before the coach is ready to begin. This is an opportunity for players to work on individual skills, keep-ups (juggling) and fancy moves.

Keep-ups

Keep-ups will help a player to relax with the ball, gain confidence and gain ball control.

Beginners: start with one bounce in between-use thighs & feet

Intermediate: no bounces in between – use any part of the body except the hands or arms

Advanced: once players can do over 25 keep-ups with no bounce they can try “tricks”

Set goals for the players which are attainable.

Start with 3, then 5, 8, 10, 15, 25, 50, 100



Hints on keep-ups:

Don't panic & keep control of the ball

If you are losing control of the ball let it fall and start over. Stretching out or kicking wildly in order to add one more to your score will prevent you from advancing to the next level. The key is to remain calm and maintain control.

Soccer Moves

Parents and coaches should encourage players to practice and learn new moves.

Please visit our website at www.register4soccer.ca for skills and drills that players can learn and practice both at home and on the field before the coach arrives.

Practice Begins

The referees, assistant coaches and parents arriving early can help with the warm-ups so that the coach can focus on getting organized for the game and practice.

Warm-up – led by a team captain, assistant or parent

The players should do one or 2 laps of the field (or across the field) and back followed by light stretching.

All players should be on the field, dressed, warmed up and ready to practice on time. Please check your schedule for the official start time.

Each week the teams should do 5-10 minutes of dribbling followed by the skill of the week.

Game Days – Warm-up, dribbling in a confined area & Skill of the Week

All teams will work on the same skill or set play each week. Coaches are expected to follow the scheduled practice for the skill of the week.

Each week the "Skill of the Week" will be posted on our web site at www.register4soccer.ca –Please encourage all players to view and practice each skill prior to practice/game night.

Skill of the Week:

- Game Week 1 Running with the ball & turning
- Game Week 2 Throw-ins
- Game Week 3 Receiving & Passing (2 touches on the ground)
- Game Week 4 Kicking with the instep (shoe laces)
- Game Week 5 Goal Kicks
- Game Week 6 Corner Kicks
- Game Week 7 Volleying
- Game Week 8 Defending - jockeying
- Game Week 9 Receiving bouncing balls
- Game Week 10 Crossing
- Game Week 11 Give and Go
- Game Week 12 Coaches' choice



Zero Tolerance Policy: Harassment of referee, coaches, players and staff will not be tolerated by anyone. All of our referees are trained and for some this will be their first season; they are also learning so be patient. If continual problems persist please report it to the League Director or send an email to info@centralwestindoor.com with your concerns. Under no circumstance should you approach the referees, coaches or players yourself. Reports of such incidences may be cause for expulsion from the League, the Club and its facilities. In such cases No refunds will be granted.

It is important to remember that we are a recreational soccer club and are here to have fun, teach good sportsmanship, soccer skills and team spirit. We do our best to equally balance teams based on past evaluations and level of skill provided by the parents on the registration form. It may be necessary for us to move players within the first few weeks to balance teams correctly, however there will always be a winner and a loser. Losing is often a part of life and how we, as parents, choose to handle the experience will reflect on our children, so please, lets teach our children good life lessons.

If you have any concerns throughout the season please do not hesitate or wait to bring them to our attention. If we are not aware of a problem or concern we can not address it nor fix it.

Contacts: www.register4soccer.ca - go to contacts to send an email or call the office.

**We thank you for your cooperation
and hope you have a great summer soccer season !**