



COACHING CLINIC

Coaching Clinic Agenda

Welcome and Introduction

- **Time:** 10:00 AM - 10:05 AM
- **Description:** Brief welcome and overview of the clinic.
- **Notes:** "We will make this as quick and painless as possible. Bring your running shoes so you can participate!"
- **All resources and more can be found online at ascunited.ca in the Coach's Corner tab - Take the time to browse!**

Coaches' Responsibilities

- **Time:** 10:05 AM - 10:10 AM
- **Description:** Discuss the roles and expectations of a coach.

Key Points:

- Preparing for practices and games
- Communication with players and parents
- Ensuring player safety and well-being

Of Players on the Field

- **Time:** 10:10 AM - 10:20AM
- **Description:** Each year we determine the # of players on the field using the fields size and # of players on a team in the specific division.

Shifts and Timing

- Read over the timing and the shift changes for your game.
- It is essential to be prepared for the shift change before the change arrives - know who will be going on, staying on and their positions. **You will only have 30 seconds to make the shift change!**
- Everyone must play equally.

Mini Soccer Rules

- **Time:** 10:20 AM - 10:30 AM
- **Description:** Overview of the rules specific to mini soccer.

Key Points:

- Game structure (field size, number of players)
- Key rule differences from standard soccer
- Emphasis on player development and fun

One Pass Rule , Hand Balls and Fouls Explained

- **Time:** 10:30 AM - 10:45AM

One Pass Rule

- **One Pass Rule Description:** Explanation and implementation of the one pass rule.

Key Points:

- Ensuring team play and involvement of all players
- Demonstrating the rule through practice drills

Hand Ball

Description: Explanation of the difference between hand to ball and ball to hand

Key Points:

- Ensure the understanding of a hand ball and what it results in
- Demonstrating the rule through examples

Fouls:

- A Foul occurs when a player breaks a rule. This could be things like kicking another player, tripping them, or pushing them, using their hands (except for the goalkeeper) and unsportsmanlike conduct.
- When a foul happens, the other team gets a indirect free kick or penalty kick, depending on where the foul occurred.
- Fouls are at the sole desertion of the referee.

Sportsmanship

- **Time:** 10:45 AM - 10:55AM
- **Description:** Importance of promoting sportsmanship among players.

Key Points:

- Encouraging respect for opponents, officials, and teammates
- Teaching players to handle winning and losing gracefully
- Role modeling positive behavior

Rowan's Law - A detailed explanation can be found in the Coach's Corner on our website

- **Time:** 10:55 AM - 11:00 AM
- **Description:** Understanding Rowan's Law and its importance in youth sports.
 - **Key Points:**
- Recognizing signs and symptoms of concussion
- Protocols for managing suspected concussions

Online Resources & Additional Practice Time

- **Time:** 11:00 AM - 11:10 PM
- **Description:** Practices are optional but we highly and encourage you to hold them. Fields are available for practices Mondays, Fridays, Saturdays and Sundays
- **Online Resources:** We have extensive video tutorials, practice drills and games available to you to help you design and implement your practices. And we are adding to it all the time.
- **Other Sources:** Using the **CLUB HUB**

Q&A

- **Time:** 11:10 AM - 11:20 PM
- **Description:** Open floor for questions and final thoughts.
- **Notes:** Recap key takeaways and encourage ongoing communication and use of the Club Hub and online Resources found in the Coach's Corner

Skill of the Week - Practice & Demo - A detailed video & printable instruction for each Skill of the Week can be viewed on the Club website - take the time to review and encourage players and parents to do the same!

What is the Skill of the Week?

The skill of the week is an important part of our soccer program that focuses on helping children learn and improve their basic soccer skills. It is a common curriculum that all teams and divisions participate in. Each week, we introduce a new skill in a 15-minute practice session prior to each game. This ensures that all participants have the opportunity to learn and practice the skill before putting it into play during the game.

The purpose of the Skill of the Week is to show participants the proper technique and way to perform each skill. It is then up to the player to practice the skill and continue to do so consistently at home with the guidance from the online video tutorials. As the saying goes, "practice makes perfect", and this is especially true when it comes to improving soccer skills.

- **Time:** 11:20 AM - 12:00 PM
- **Description:** Demonstrating and **practicing** the key points of the selected skill.
- **Activity:** Participants will practice the skill in a **hands-on session**.
- **Notes:** Make sure to bring your running shoes!

Clinic Adjournment

- **Time:** 12:00 PM
- **Description:** Thank You for attending !
- Follow up, Support and League Contacts:
 - Convenor and On Field Manager: Cindy Johansen 705-516-0246
 - Club President: Diane Sasek: 437-488-7860
 - Director : Martin Sasek 705-938-4698

Club email: info@ascunited.ca Club website: ascunited.ca



COACHING Manual

Unlock Your Coaching Potential
Your Essential Guide to Success

Welcome to your comprehensive coaching resource manual! Created to support you on your coaching journey, this manual is packed with the soccer basics, techniques, and strategies to help you excel in guiding individuals and teams towards their goals. Explore this manual to discover a wealth of information, and access additional resources on our website to further enhance your coaching skills. Let's embark on this journey of growth and empowerment together!"



As we eagerly anticipate the start of another thrilling season, We wanted to take a moment to express our heartfelt gratitude to you for generously volunteering your time to enhance the soccer experience for all involved.

Your passion for the game and for the children, and your dedication to nurturing the talents and character of our players truly set the stage for an incredible journey ahead. We, are thrilled to embark on this new season with you at the helm, knowing that your guidance, enthusiasm, and unwavering support will make it a truly memorable one.

The impact you have on our players extends far beyond the soccer field, shaping them into confident, resilient individuals who are ready to take on any challenge. Your commitment to fostering a positive and inclusive environment where every player feels valued and supported is greatly appreciated.

Thank you once again for your dedication and for sharing your passion for the game with our soccer community. We can't wait to kick off the season with you and make it one to remember!

With great anticipation,

Coach's Responsibilities





VOLUNTEER COACHES & HELPERS

We want to take a moment to express our sincere appreciation for the **parent volunteers** who selflessly give their time and effort to coach their child's team. Without their dedication and commitment, we wouldn't be able to offer affordable recreational soccer programs. At BNSC and ASCU, **all of our coaches are parent volunteers** who have different levels of soccer experience, but they share a passion for providing a positive and fun learning experience for the kids. So, we ask that you respect and appreciate their time and sacrifice.

We believe that there is no better way to bond with your child than to get involved in their interests and activities. That's why we encourage all parents to consider volunteering as a coach or assistant coach for their child's team.

We understand that everyone has a busy schedule, and that's why we provide a common curriculum called the "Skill of the Week," which ensures that all teams work on the same basic skill each week. In our house league, we prioritize the development of all players, coaches, and referees.

Thank you to all our parent volunteers who have made a positive impact on our soccer community.

ROLE OF A VOLUNTEER COACH / HELPER

As a volunteer parent soccer coach, you are responsible for providing a safe and enjoyable learning environment for the players on your team. Your duties may include:

- Coaching during games: During games, you will be responsible for coaching your team, making strategic decisions, and encouraging good sportsmanship, and organizing line changes.
- Being aware of and helping your team learn and execute the skill of the week prior to each game.
- Planning and leading team practices: You will be responsible for planning and



leading your team's practices, ensuring that they are fun, challenging, and age appropriate. (We have online support that can help make this easy)

- Communicating with parents: You will be responsible for communicating regularly with parents, providing updates on games and practices, and addressing any concerns they may have.
- And most importantly, setting a positive example: As a coach, you will be a role model for your players. You will be expected to set a positive example by demonstrating good sportsmanship, treating all players, other coaches, and referees with respect, and following the rules of the game.

We recognize that being a volunteer parent soccer coach is a big commitment, and we are here to support you every step of the way. Our trained staff and referees are always available to assist you with coaching techniques, skill of the week drills, and game strategies. We appreciate your dedication to helping keep the cost of soccer affordable and for providing your time and energy to help your child's team succeed.

Thank you again for being an essential part of our soccer community!

Conflict Resolution

While coaching, should a disagreement arise with a referee's call, or a conflict with another coach, or a parent, we ask that you handle the situation calmly and professionally. It is important to remember that the game is about the children and their enjoyment and development in the sport. As a coach, it is your responsibility to set a positive example for the players and to maintain a respectful and sportsmanlike environment. We encourage you to communicate respectfully and constructively to resolve any issues and seek assistance from the appropriate channels if necessary, such as the league or organization's leadership (our Field Supervisor), to ensure a positive experience for all involved.

Please remember everyone has a different vantage point and everyone is learning and doing their best. Recreational House League is where EVERYONE learns!

of Players On the Field AND Shifts & Timing



Number of Players



The number of players on the field for each division is carefully determined each year based on several factors, including the size of the playing field and the number of players on each team.

Our priority is to ensure that each player has ample playing time and opportunities for rest and hydration.

2024 # of Players

Tuesday 6:00 - 5/6 Division - Mini Field - 6 plus a goalie

Tuesday 7:30 - 9/10 Division - Intermediate Field - 6 plus a goalie

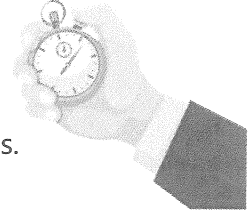
Wednesday 6:00 Tots 3/4 Division - Tot Fields - TBA at Each game.

Thursday 7/8 Division - Mini Field - 6 plus a goalie

Thursday 11 & Up Division - Intermediate Field - 5 plus a goalie



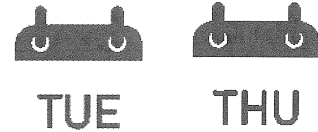
Shifts and Timing



Referees will do their best to adhere to the timing of the shifts.

It is important that we remain on time!

Only 30 seconds is allowed for shift changes!



Tuesdays and Thursdays: 6:00 GAME

First Game:

6:00 – 6:15 pm	Warm up and Skill of the Week practice
6:15 pm	Whistle will sound informing teams that game will begin in 5 minutes
6:20 pm	Start the game – First Shift
6:27 pm	Second Shift
6:34 pm	Third Shift
6:41 pm	½ Time
6:44 pm	Whistle sounds to line up to begin second half
6:45 pm	Start First Shift of Second half
6:52 pm	Second shift of second half
6: 59 pm	Third shift of second half
7:06 pm	End of game (<i>no game should run past 7:13 pm</i>)

Shake hands and Collect Pinnies and hand to Referee – Referee will Fill out Games Sheets and Coaches sign completed game sheet. You as a coach are signing that you agree that what the referee has written on the game sheet. Please look at it carefully as this is what is used to enter scores and player stats into the system.

Please Note: When we post scored in the system, we only post a 3-goal difference, so for example if the score at the end of the game was 6 to 1 the game would be posted as 4 to 1. Goal scorers however will get credit for their goals as we keep track of top goal scorers in the divisions.

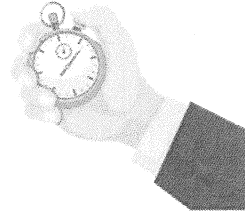
7:30



TUE



THU



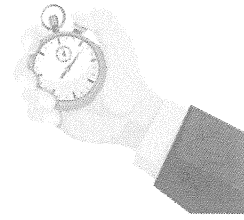
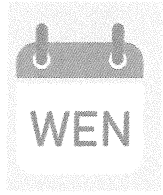
Tuesdays & Thursdays :

Second Game:

- 7:30 – 7:45 pm Warm up and Skill of the Week practice
- 7:45 pm Whistle will sound informing teams that game will begin in 5 minutes
- 7:50 pm Start the game – First Shift
- 7:57 pm Second Shift
- 8:04 pm Third Shift
- 8:11 pm ½ Time
- 8:14 pm Whistle sounds to line up to begin second half
- 8:15 pm Start First Shift of Second half
- 8:22 pm Second shift of second half
- 8: 31 pm Third shift of second half
- 8:38 pm End of game (***no game should run past 8:45 pm***)

Shake hands and Collect Pinnies and hand to Referee – Referee will Fill out Games Sheets and Coaches sign completed game sheet. You as a coach are signing that you agree that what the referee has written on the game sheet. Please look at it carefully as this is what is used to enter scores and player stats into the system.

Please Note: When we post scored in the system, we only post a 3-goal difference, so for example if the score at the end of the game was 6 to 1 the game would be posted as 4 to 1. Goal scorers however will get credit for their goals as we keep track of top goal scorers in the divisions.



Wednesday – Tot Shots 6:00 Games

- | | |
|--------------------|---|
| 6:00 pm – 6:10 pm | Four Corner Warm Up and Stretching |
| 6:10 pm – 6:15 pm | Who is the referee and What does the Whistle mean? |
| 6:15 pm to 6:30 pm | Drill for the week |
| 6:30 pm | Water break, clear away skill and get ready for games. |
| 6:35 – 6:55 pm | Games - make switches ever 3 minutes or so (try to keep the ball in play as much as possible by not allowing the ball to cross sidelines every time). |
| 6:55 pm | Games over – Shake hands and then gather in circle both teams for Cool down stretches. |
| 7:00 pm | Send home, give your attendance game sheets to the referee. (games should not go past 7:05 pm) |

Please Note: that no standings, scores, or player stats are recording at this age group.

THE RULES OF SOCCER

 **SOCCER**

**RULES &
REGULATIONS**

EXPLAINED





SOCCER RULES (OUTDOOR)

MINI FIELD RULES

Field of Play: The field should be rectangular, with goals at either end. The length and width of the field will be determined by the age group.

Number of Players: Teams can have between 5 and 7 players per team, including the goalkeeper in total on the field at a time, depending on the age group. Club will determine the number of players for each age group prior to the start of the season.

- **Minimum # of Player to Play:** - 4 players must be present at the start of the game for the game to proceed and count in the standings. If a team has less than 4 players at the start of the game the game will be forfeited, points awarded to the opposing team and an exhibition game will be played.
- **Please note:** that it is the sole discretion of the opposing teams coach playing against the shorthanded team to play an equal amount of players or he/she can field a full line up on the field. (We encourage as a show of sportsmanship and good form to match the number of players to the shorthanded team)

Duration of Game: The game consists of two halves; each half will consist of four 6 - minute shifts which will be called by the referee. Half time break will be 3 to 4 minutes.

Fair Play & Shift Changes: All children must play the same amount of time; therefore, all substitutions and shift changes will be called by the referee. Teams will be given only 30 seconds to make the shift change before play resumes. All players on the bench must go on the field while all players on the field come off. Once all players who were off are on the field if more players are needed then the coach can select from those that came off.

Kick-off: The game begins with a kick-off from the center of the field. The ball must be touched by a player from **each team** before it is considered in play. A goal cannot be scored from the kick off.



Throw Ins: In soccer, a throw-in is a method of restarting play when the ball has gone out of bounds over the side touchline. The rules for a throw-in are as follows:

- The throw-in must be taken from the point where the ball crossed the touchline.
- The player taking the throw-in must have both feet on the ground and outside the touchline.
- The player taking the throw-in must use both hands to throw the ball, and it must be thrown from behind and over the head and released at or above eye level.
- The ball is in play once it has left the thrower's hands and has been touched by another player.
- If the throw-in is not taken correctly, the referee may award a throw-in to the opposing team.
- If the thrower touches the ball again before it has been touched by another player, an indirect free kick is awarded to the opposing team.

Offside: There is no offside rule in mini soccer.

Fouls: All standard soccer fouls apply, such as tripping, pushing, and handball. If a foul is committed, the opposing team is awarded a free kick. All free kicks are indirect meaning it must touch another player before a goal can be scored. As per our ONE PASS RULE this means that it must be passed to a teammate before scoring.

Corner Kicks: Corner kicks are taken from the corner of the field when the defending team kicks the ball across the back line (end line or goal line) The ball is awarded to the opposing team and must be kicked back into play from the corner of the side that the ball exited the field.

Goal Kicks: Goal kicks are awarded when the ball goes out of play off the opposing team beyond the goal line (end line, back line). The kick can be taken by the goalie or player of the defending team from inside the penalty area. The ball must be kicked from the ground. The ball is considered in play once the ball moves outside the penalty area.



Goal Kick After A Save: A goalie may drop-kick or throw the ball back into play if he/she has saved the ball. He/she can come to the edge of the penalty area but may not cross the line with the ball in his/her hands. If he/she places it on the ground to kick it, this is considered a live ball and the opposing team could steal the ball.

Penalty Kicks: Penalty kicks are awarded when a foul is committed inside the penalty area. The ball is placed on the penalty spot, (two paces from the top of the penalty area and the player taking the kick must shoot the ball directly into the goal. Goalie must remain on the line until the kicker commits to striking the ball. The remaining players must remain behind the kicker until the kicker has committed to the kick as well.

Hand Ball: A hand ball is an infraction that occurs when a player touches the ball with their hand or arm. The hand ball rule is designed to prevent players from gaining an unfair advantage by using their hands or arms to control the ball. According to the Laws of the Game set by FIFA (the international governing body of soccer), a hand ball occurs when:

- A player deliberately touches the ball with their hand or arm, including moving their hand or arm towards the ball.
- A player touches the ball with their hand or arm when it is in an unnatural position, such as above their shoulder or extended away from their body.
- A player touches the ball with their hand or arm when they are trying to make their body bigger to block a shot or pass.

If a hand ball occurs, the opposing team is awarded a free kick or penalty kick, depending on where the infraction occurred on the field and the severity of the offense. However, accidental hand balls that occur during the normal course of play are generally not considered infractions and are the discretion of the Referee.



ONE PASS RULE: The one pass rule is a teaching methodology used in soccer programs to develop skills related to possession and passing. The basic idea behind this rule is that when a player receives the ball, they must pass it to a teammate before taking any further action.

In other words, the player cannot dribble the ball or take a shot until they have made a pass to a teammate. This rule is intended to encourage players to maintain possession of the ball by passing it to teammates instead of attempting to take on defenders or shoot from difficult positions.

The one pass rule has several benefits for player development. First, it helps players learn how to maintain possession of the ball by passing it to teammates, which is an essential skill in soccer. Second, it encourages players to communicate with each other on the field, as they must be aware of where their teammates are in order to make a successful pass.

Finally, the one pass rule can be used to teach players about the importance of teamwork and cooperation. By requiring players to pass the ball to teammates, coaches can emphasize the idea that soccer is a team sport, and that success is dependent on everyone working together towards a common goal.

Overall, the one pass rule is an effective teaching tool for developing skills related to possession and passing in soccer. It encourages players to work together, communicate effectively, and maintain possession of the ball, all of which are crucial skills for success on the soccer field. The One Pass Rule applies only to Regular season play not to Playoff games.

Yellow and Red Cards: Referees may issue, at their discretion, yellow and red cards for unsportsmanlike conduct and fouls, with a yellow card indicating a warning and a red card resulting in a player's ejection from the game.

- Yellow and Red cards can also be issued to coaches or spectators.



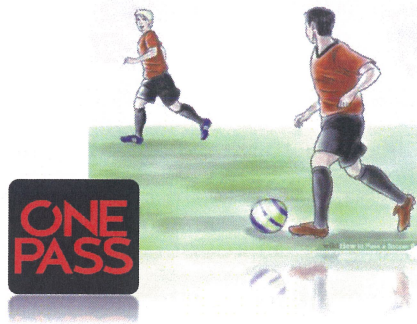
Zero Tolerance Policy

- **Harassment of referee, coaches, players, and staff will not be tolerated by anyone.**
- All our Coaches are parent volunteers that come with a range of experience from beginner to advanced.
- Our Referees are trained and for some this will be their first season.
- Recreational House League is where everyone learns including players, coaches and referees so please be patient.

If you have concerns or if continual problems persist, please report it to the **Field Manager** or send an email to info@bramptonnorthsoccer.com with your concerns. **Under no circumstance should you approach the referees, coaches, or players yourself. Reports of such incidents may be cause for expulsion from the League, the Club, and its facilities. In such cases NO refunds will be granted.**



ONE PASS RULE EXPLAINED



The one pass rule is a teaching methodology used in soccer programs to develop skills related to possession and passing. The basic idea behind this rule is that when a player receives the ball, they must pass it to a teammate before taking any further action. This rule encourages players to focus on maintaining possession of the ball and working together as a team.

To apply the one pass rule, the following guidelines are followed:

- 1. Initial Possession:** When a team gains control of the ball, they must make at least one pass before attempting to score on the opponent's net.
- 2. Loss of Possession:** If the ball is intercepted or possession is otherwise lost to the opposing team, the one pass rule resets. The team must again make at least one pass before attempting to score if they regain possession.
- 3. Deflected Passes:** If the team in possession attempts a pass and the pass is deflected or an interception is attempted by the opposing team but the opposing team does not gain control of the ball, and the original team immediately regains possession, it is considered that no loss of control occurred. The attempted pass is still counted as completed, even though the ball was touched or deflected by the opposing team.



4. Maintaining Control: The one pass rule emphasizes maintaining or losing complete control of the ball. As long as the team maintains possession after a deflection or an interception attempt, they do not need to reset their pass count.

5. Shooting and Goalkeeper Saves: If a one pass is completed and the team then shoots on the net, and the goalkeeper makes a save but does not maintain control (e.g., the ball is deflected back to the team), the team can immediately shoot and score. However, if the team shoots, and the goalkeeper saves and puts the ball back into play to the opposing team, the opposing team must make at least one pass before attempting to score.

6. Referee Discretion: Sometimes, the interpretation of possession and control can be subjective. In these cases, it is up to the referee's discretion to determine whether the one pass rule has been correctly followed. The referee's decision will stand in such situations.

In summary, the one pass rule is designed to emphasize the importance of teamwork, communication, and maintaining possession in soccer. It requires teams to work together to keep control of the ball and make strategic passes before attempting to score. This rule helps players develop essential skills and understand the dynamics of effective team play.

Hand Ball - Lets break it down!

What is a Hand Ball in Soccer?

In soccer, a "hand ball" is when a player touches the ball with their hand or arm. This is usually against the rules and results in a penalty.

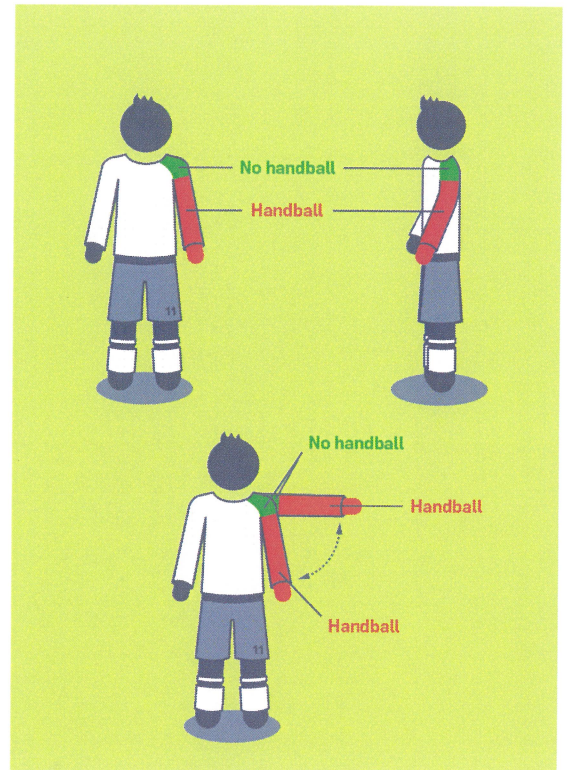
Hand to Ball vs. Ball to Hand

1. **Hand to Ball:** This happens when a player moves their hand or arm toward the ball on purpose. This is almost always considered a hand ball because the player is trying to control, direct or block the ball with their hand or arm.

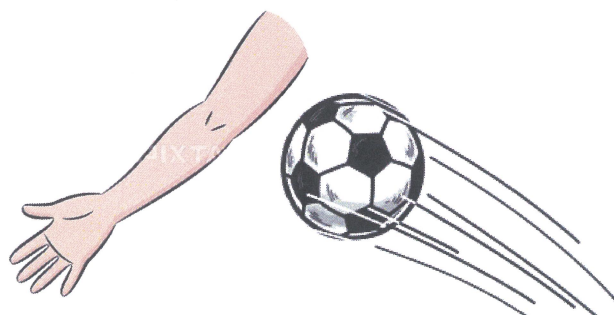
2. **Ball to Hand:** This happens when the ball accidentally hits a player's hand or arm. If the player didn't mean to touch the ball and their hand was in a natural position, held close to the body and not purposefully trying to direct or block the ball from going forward, it might not be considered a hand ball.

What Counts as a Hand Ball

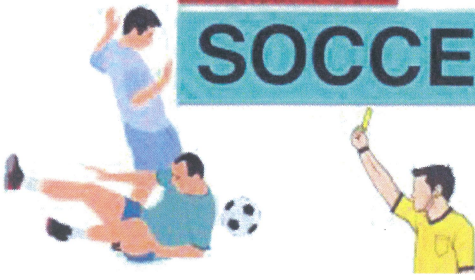
- The "hand ball" rule covers the entire arm, from the tips of the fingers up to just below the shoulder. So, if the ball hits any part of the arm, it can be considered a hand ball, not just the hand.



In summary, a hand ball in soccer is when the ball touches any part of a player's arm (from shoulder to hand). It's judged differently based on whether the player moved their hand to the ball (intentional) or the ball hit their hand by accident and is the sole discretion of the referee.



FOULS IN SOCCER



A **warning** is usually informal and given by the referee to let a player know they're close to getting a yellow card. It's like a caution to behave better and avoid getting penalized. If a player continues to commit fouls after a warning, they're likely to receive a yellow card. Fouls in mini soccer will result in an indirect free kick unless the foul occurs by the opposing team with in their goal box - In this case a penalty kick will be awarded

A **yellow card** is given for more serious fouls, like dangerous tackles or unsporting behavior. It's a warning to the player to be more careful. If a player gets two yellow cards in one game, they're sent off the field.

A **red card** is for very serious fouls, like violent conduct or deliberately hurting another player. When a player gets a red card, they're immediately sent off the field, and their team plays with one less player for the rest of the game.

Examples of the common Minor Offences - Warnings / Yellow Card

<p>Kicking (or attempt)</p>	<p>Pushing</p>	<p>Tackling</p>
<p>Charging</p>	<p>Tripping (or attempt)</p>	<p>Fails to Respect Distance</p> <ol style="list-style-type: none"> 1. Free Kick – 10 yards 2. Corner Kick – 10 yards 3. Throw-in – 2 yards

Examples of the some Major Red Card Offences

<p>Serious Foul Play</p> <ul style="list-style-type: none"> o Serious Foul Play o Meets four criteria for foul o Challenging for ball o Excessive force – well beyond "norm" <p>Any tackle that endangers the safety of an opponent MUST be sanctioned as serious foul play.</p>	<p>VC</p> <ul style="list-style-type: none"> o Violent conduct o Excessive force or brutality against any other person o Ball in or out of play o On or off field 	<p>Dangerous Play</p>	<p>Denying an obvious goal scoring opportunity by use of the hand</p> <ul style="list-style-type: none"> o Denying goal scoring opportunity with hand o Does not apply to goalkeeper within own penalty area
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skating friendly compete
losing contest expression
competition
sporty win forgive
league gymnast
handshake
activity opponents yoga strength leisure
handshakes lifestyle box **action** basketball
boxing skill disappointment fair
friendship
courage aim players sad aerobics handshaking
equity **fair-play** team
psychology sports energetic lose reliability
sportsmanship
victory partner **match** stadium goal **athletic**
pedestal
teammate **good form** athlete
determination cheering practicing weightlifting timer professional
fitness persistence run practice friend
virtue **aspiration** championship
bowling active
spirit **exercise** sportive
hobby congratulation congratulate friends
sportsman struggling sporting rugby footballer
soccer shake
feelings teamwork trust sportspersonship gym
hockey **fairness** baseball
award
tennis badminton ethnic fight medal
rules **football** philosophy stopwatch battle
leader apologize gymnastic
ethos shaking hands boxer help
will to win **fellowship**
motion happy
training **rivalry** poor
together forgiveness honorable emotion
good sport playing
race moto disappointed
oppositions competitive loser partners treatment **honesty**
play
bad **respect**
group billiards
ethics **game**
encouragement dynamic
player **winner**
self-control



LIFE LEARNING THROUGH SOCCER SPORTSMANSHIP, RESPECT & INTEGRITY

Sportsmanlike conduct, respect, and integrity are essential values in house league soccer because they promote positive behavior and create a safe, fair, and enjoyable environment for all participants. When players, coaches, and parents demonstrate these values, they contribute to building a positive team culture that emphasizes fair play, good sportsmanship, and teamwork.

Teaching these values to young players is critical because the lessons they learn on the field can impact their lives for years to come. In soccer, as in life, there are ups and downs, successes and failures, and the ability to handle both with grace and dignity is crucial. Through sports, players learn valuable life skills such as teamwork, communication, and leadership, but also how to handle adversity, failure, and disappointment.

By emphasizing respect, integrity, and sportsmanlike conduct, players are taught to treat others with kindness and respect, regardless of the situation or outcome of the game. They learn to accept the outcome of the game graciously, and to congratulate the opposing team on their success. These lessons prepare them for future challenges they will face in life and help them become responsible, well-rounded individuals who can handle both successes and failures with grace and dignity.

In summary, the lessons learned through sportsmanlike conduct, respect, and integrity on the soccer field will impact the players' lives for years to come. These values are essential to building a positive team culture that emphasizes fair play, good sportsmanship, and teamwork. It prepares young players to handle adversity, failure, and disappointment in a positive way, and prepares them for future ups and downs in life.



There are many valuable life lessons that can be learned through team sports like soccer. Here are some examples:

- **Teamwork:** Team sports require players to work together to achieve a common goal. Learning to work effectively with others is a valuable skill that can be applied in many areas of life, including school, work, and personal relationships.
- **Responsibility:** Being part of a team means that players have a responsibility to show up on time, be prepared, and do their best. Learning to take responsibility for one's actions is an important life skill that can lead to success in many areas of life.
- **Perseverance:** Team sports can be challenging and require players to push through difficult situations. Learning to persevere in the face of adversity is a valuable life lesson that can help individuals overcome obstacles in all areas of life.
- **Respect:** Team sports require players to respect their teammates, coaches, opponents, and officials. Learning to treat others with respect is an important life lesson that can lead to positive relationships and success in many areas of life.
- **Sportsmanship:** Good sportsmanship is an important aspect of team sports. Learning to win and lose with grace and dignity can help players develop a strong sense of character and integrity.
- **Communication:** Team sports require effective communication between players, coaches, and officials. Learning to communicate effectively is a valuable life skill that can help individuals in all areas of life.
- **Goal setting:** Team sports provide players with opportunities to set goals and work towards achieving them. Learning to set and achieve goals is an important life skill that can lead to success in many areas of life.

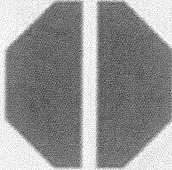
Overall, team sports like soccer can provide individuals with valuable life lessons that can help them develop into successful, well-rounded individuals.



ROWAN'S LAW DAY

Honouring Rowan Stringer
and Raising Awareness About
Concussion Management

**HIT.
STOP.
SIT.**



**ROWAN'S
LAW**

Coaching Resources

ascunited.ca

We want to ensure that you have all the tools necessary to lead your teams to success this season. As such, we're excited to remind you of the wealth of resources available to you online. From video tutorials to informative articles, our Coach's Corner Tab on the ascunite.ca website is your go-to hub for guidance and inspiration.

Whether you're looking to enhance individual skills or foster better teamwork, our collection of skills and drills is at your disposal. These resources are designed to assist you in crafting engaging and effective practice sessions that will propel your team's development forward.

Furthermore, we're committed to continually enriching your coaching experience. Keep an eye on the "Drills For Practice" tab, as we'll be consistently adding new material to keep your practices fresh and dynamic.



Team Practices

While additional team practices are optional, we highly encourage you to consider them as valuable opportunities to foster team spirit and skill development. These extra sessions not only strengthen bonds among teammates but also provide a platform for honing collective skills and strategies. Ultimately, the more time spent practicing together, the stronger and more cohesive the team becomes, leading to improved performance on the field.

Regarding practice locations, the Utopia fields will be available on Mondays, Fridays, Saturdays, and Sundays for your convenience. However, if you prefer an alternate venue, feel free to explore other options as long as you ensure the field's availability.

To ensure a safe environment for everyone involved, we kindly remind coaches to avoid being left alone with any child. Parents are required to be present at all times during practice sessions.

Thank you for your dedication and commitment to coaching. Together, let's make this season unforgettable for our players.



This document provides an overview of the tools and features available for use in the PowerUp Connect mobile app for Team Officials.

Click on the appropriate area to jump directly to it.

Team Officials

[Coach Hub](#)

[Next Event](#)

[Team Roster](#)

[Schedule](#)

[Adding New Events](#)

[Modifying Events](#)

[Attendance](#)

[Check In](#)

[Assignments](#)

[Mass Emailer](#)

[Team Tracking](#)

[Resource Hub](#)

[Team Chat](#)

[Club Contacts](#)

[Club Hub](#)

Frequently Asked Questions

How To Use
PowerUp Connect

NOTE:

The features and content available in the PowerUp Connect app are managed entirely, and at the discretion of your home club, including release dates for rosters, games, etc..


If you don't see a particular feature described below – check with your home club!

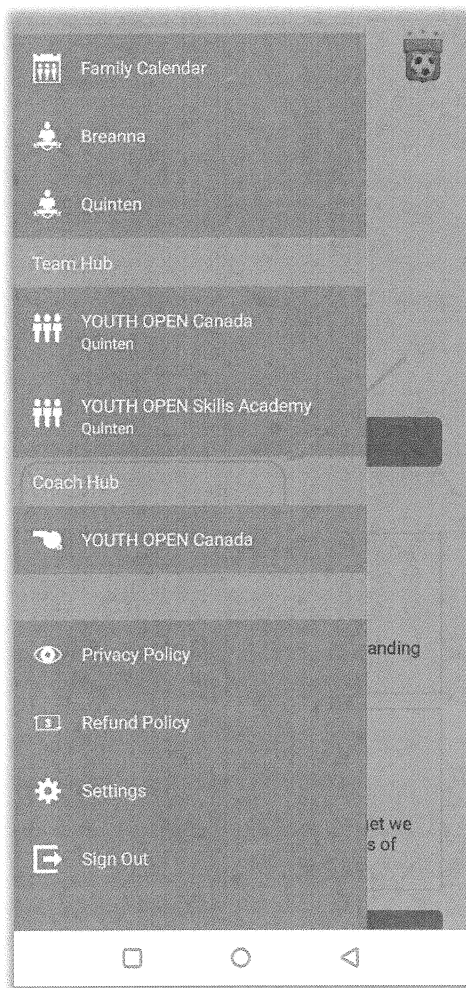
Team Officials

Depending on how your club operates, as a team official you may have access to a number of features, which are outlined below.

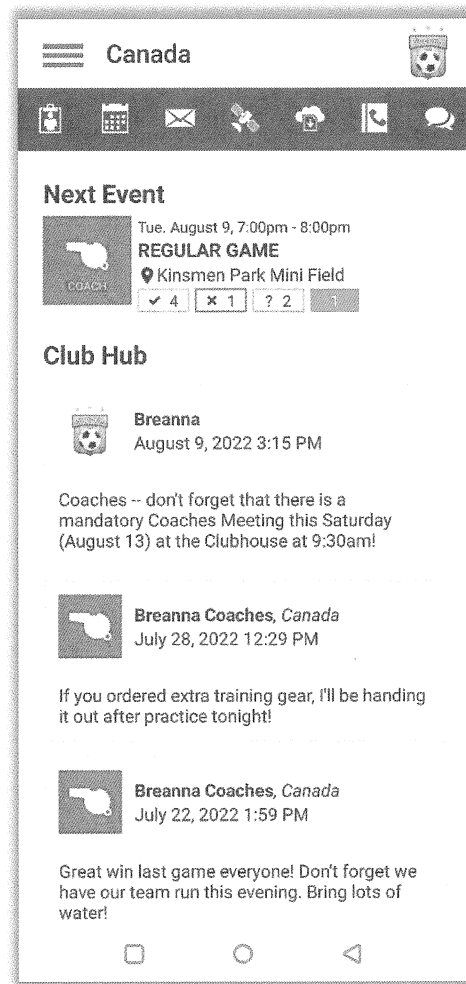
Coach Hub

Tools and features related to team management for team officials are available in **Coach Hub**. From here you'll be able to access your Team Roster, Team Schedule, Attendance, Mass Emailer, Team Tracking, and Club Contacts.

To access **Coach Hub** for one of your teams, open the menu using the  icon in the upper left, scroll down to the **Coach Hub** section, and select your desired team. For those who are a Team Official on more than one team in a season, each team will be listed in the **Coach Hub** section.



Coach Hub Section in the menu



View of Coach Hub for a team

Next Event

Next Event will show the details for the next scheduled event for your active team, as well as the attendance summary (attending, not attending, maybe, not yet indicated).

Next Event

Tue. August 9, 7:00pm - 8:00pm

REGULAR GAME

📍 Kinsmen Park Mini Field

✓ 4

✗ 1

? 2

1

Team Roster

To view your team roster, click the Roster icon. Here you will be presented with your team details (Team Name, Category, and Division), the players on your team, and team officials or volunteers assigned to the team.

☰ Team Roster

Canada (Red/White) team

YOUTH OPEN category

Grassroots Youth division

Julie Ackerston

DOB: July 20, 2010

sam.a@test.com

(123) 456-1234

PLAYER

Sarah Ackerston

DOB: July 20, 2010

sam.a@test.com

(123) 456-1234

PLAYER

Quinten Coaches (He/Him)

DOB: July 1, 2009

breannacoaches@outlook.com

quintencoaches@outlook.com

(111) 222-3333

PLAYER

Nicholas Hill

DOB: January 31, 2005

(111) 222-3333

PLAYER

Anastasia Lanchester

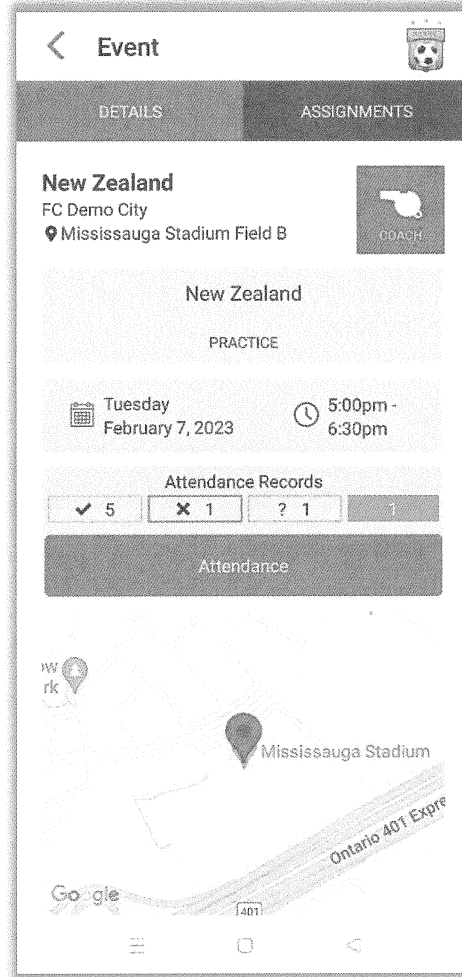
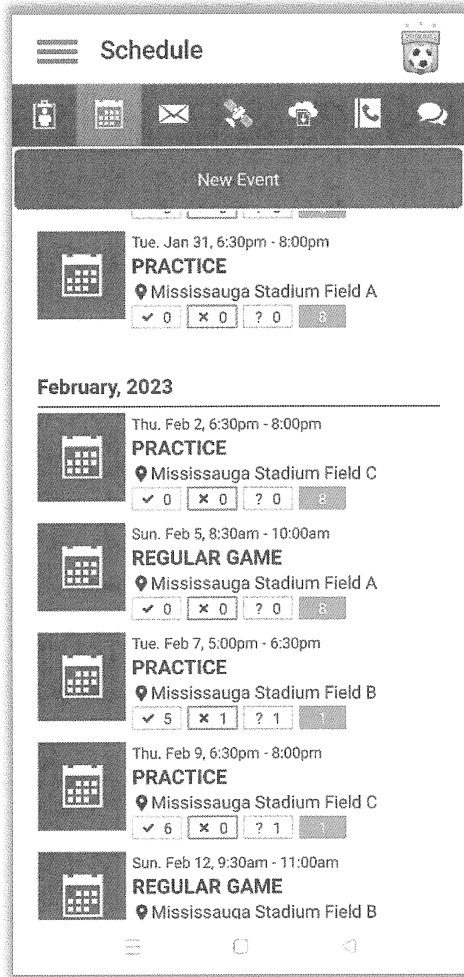
DOB: October 28, 2011

PLAYER

Schedule

To view your team’s schedule, select the Schedule  icon. Here you will be presented with the list of your team’s events.

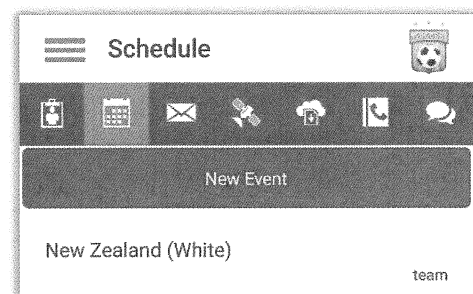
Selecting any of the events will bring you to the Event Details, which may include the date, time, location, opponent (for games), attendance, and map.



Adding New Events

As a team official, you can create new events for your team. To do this, on the Schedule page, select the New Event button at the top.

Enter the event type and event details. Select the team(s) to which it should apply, select whether attendance should be tracked, set the Event Status to Active, and then click Save (top right).



Upon completion, you will be presented with a Confirmation page. Select Continue to return to the Schedule page.

Notifications will be sent through the app to team members when Team Officials create a new event.

New Event Creation

Confirmation of New Event

NOTE:

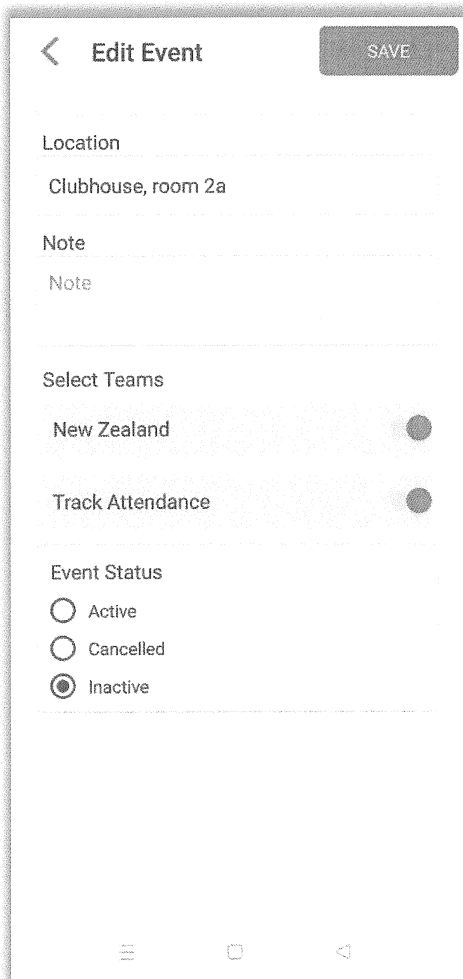
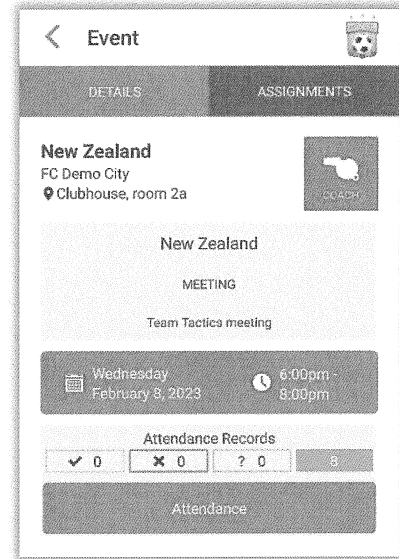
Android devices will have dropdowns as shown above, however Apple devices will instead utilize a slider/scroll for the event type and start/end times.

Modifying Events

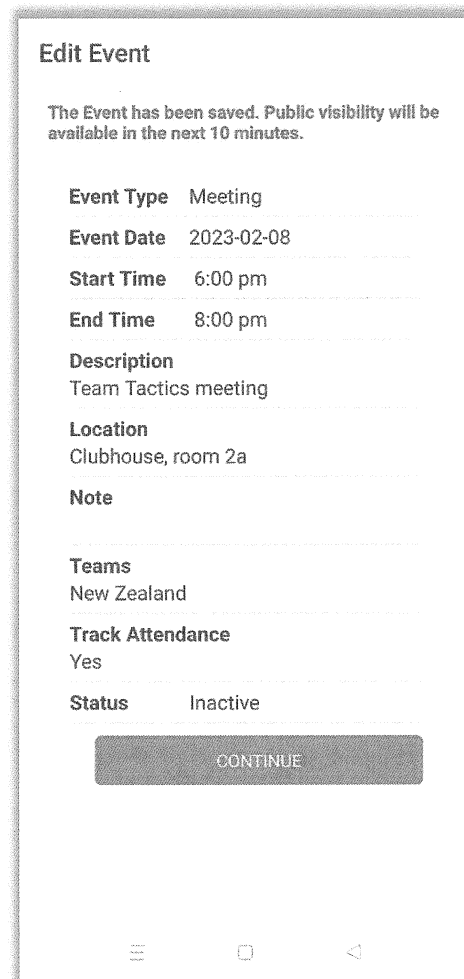
As a team official, you can modify or deactivate Events that you (or another Team Official) have created. Any events created by the club will not be able to be modified by a Team Official.

To modify an event created by a Team Official:

- Navigate to the specific event via the Schedule page
- If you can edit it, the date and time section will appear in blue – select it to open the Event details
- Update the details; or update the Event Status
 - o Events set to Cancelled will appear with a CANCELLED banner in your team’s schedule
 - o Events set to Inactive will disappear from your team’s schedule (including your own)
- Select Save at the top right
- Select Continue to go back to the Schedule page



Event Details

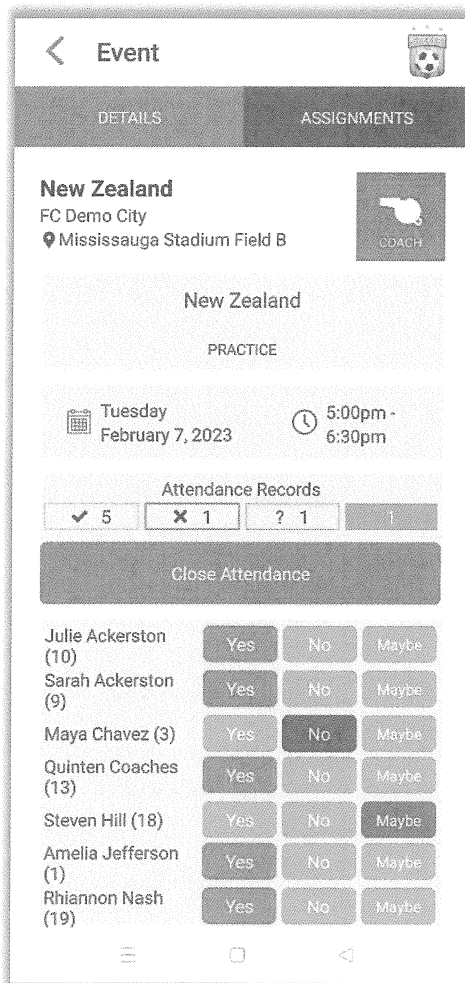


Successful edit of an event

Attendance

Depending on your club's settings, players/parents may be restricted from adjusting their attendance by a certain deadline (e.g. 4 hours, 12 hours, 1 day, 2 days, or 3 days prior to the event start).

Players/parents are restricted from updating their attendance to previous events – but team officials can record attendance for any in progress or completed event by selecting the 'Attendance' button.



Attendance for an upcoming event



Attendance for a past event

NOTE:


Team officials cannot update a player's attendance on their behalf prior to the event, they can only record actual attendance once the event has begun.

Check In

As a Team Official, you can complete your own check in to an event by navigating to it through your Family Calendar, your individual calendar, or through the team’s calendar under Coach Hub.

You are also able to complete the screening question(s) for members and spectators of their team. This includes players, fellow team officials, and any spectators (registered guardians or siblings).

To complete the screening for an individual:

- Navigate to the appropriate team under Coach Hub in the menu and select the Schedule  icon
- Find the event for which Check In needs to be completed and select it
- Select **Check In** at the top of the Event Details
- Select the individual to be checked in
- Complete the question(s) and select Submit.

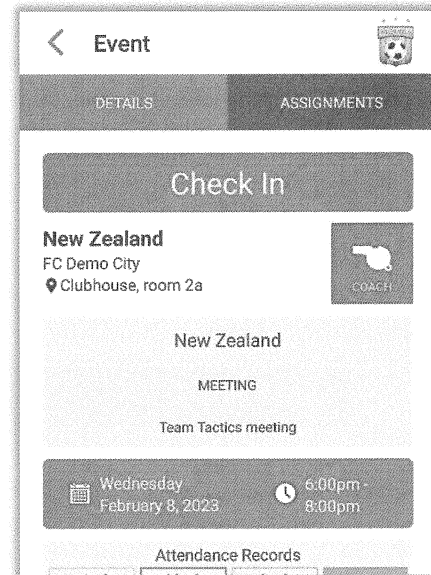
You can review the status of the check in process for your team by navigating to the event through the Calendar in Coach Hub. The list view will display icons indicating whether check was successful (green), failure (orange), or has not yet been completed (grey). Selecting an individual with a completed check in (pass or fail) will present the full notification.

If need be, Team Officials can reset someone’s completed check in (pass or fail) so they can complete it again:

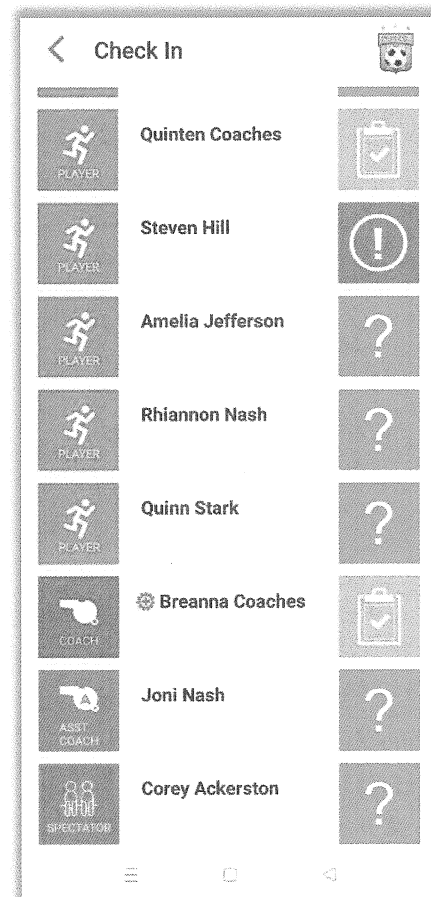
- Select the individual from the Check In list
- Select the ‘Reset Check In’ button
- Select ‘Yes’ when prompted by the ‘Are you sure you wish to reset this check in?’ question

NOTE:

Team Officials can access the Check In button for in progress, upcoming (on that day), and past events; however, check in can only be completed for in progress or upcoming (on that day) events.



View of Check In on the Event Details

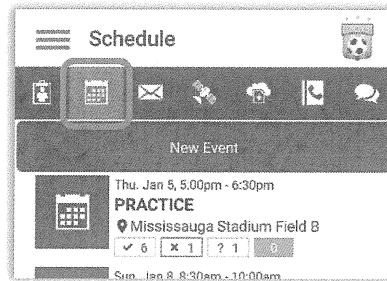


Team Official view of check in status for a team’s players, team officials, and spectators

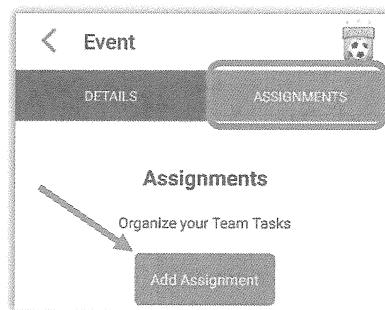
Assignments

Adding a New Assignment

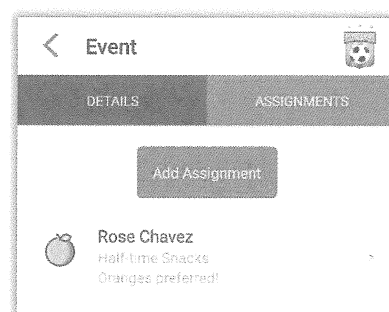
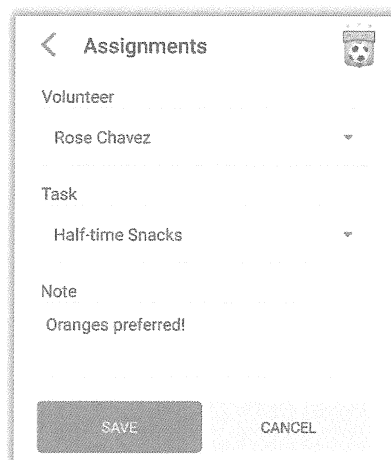
1. Navigate to the appropriate team under the “Coach Hub” section of the menu
2. Select the calendar icon in the navigation bar
3. Find the desired event and select it



4. Click “Assignments” in the navigation bar
5. Click the “Add Assignment” button

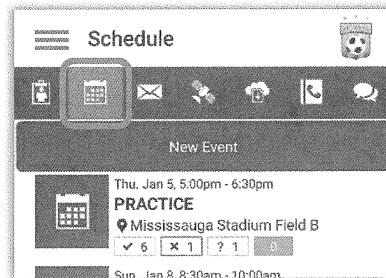


6. Select:
 - a. The volunteer to be assigned or leave as *OPEN *
 - b. The task
7. Add a note (optional)
8. Click the Save button

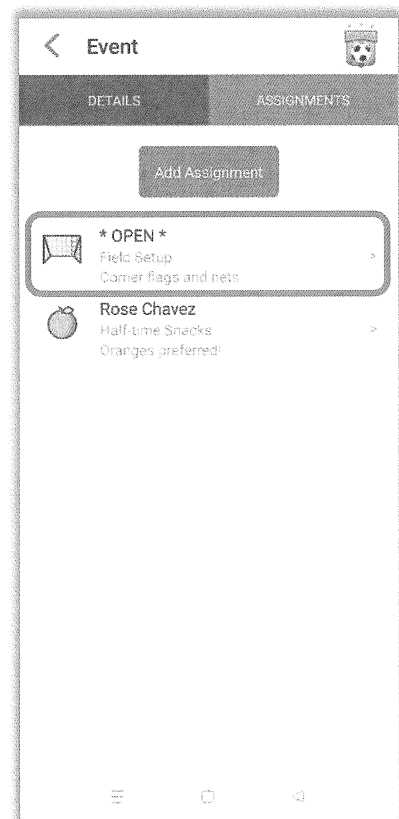
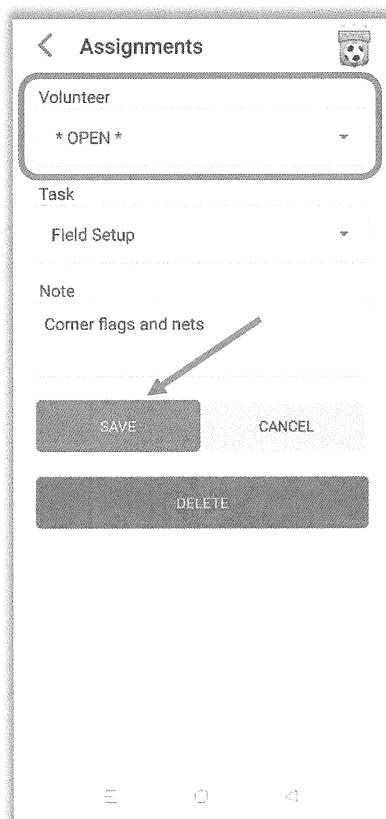
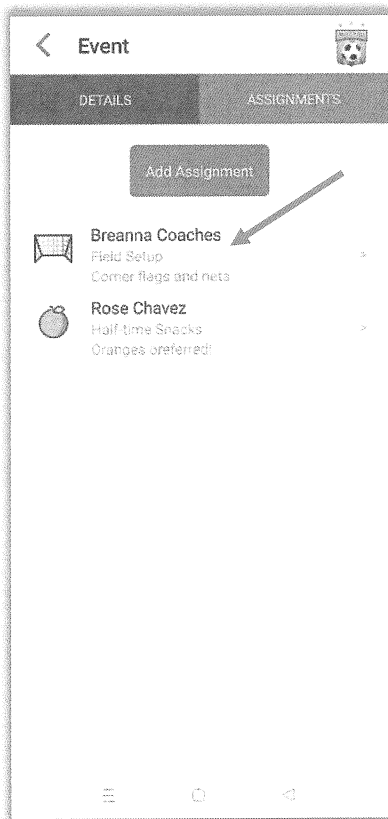


Editing an Assignment

1. Navigate to the appropriate team under the “Coach Hub” section of the menu
2. Select the calendar icon in the navigation bar
3. Find the desired event and select it

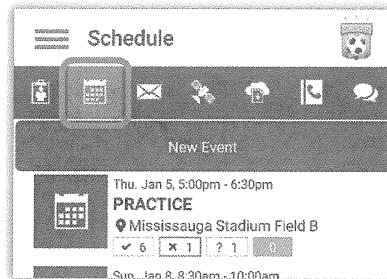


4. Click “Assignments” in the navigation bar
5. Select the desired assignment from the list
 - a. Update the volunteer (or set back to * OPEN *) and any other details (e.g. note)
6. Click the Save button



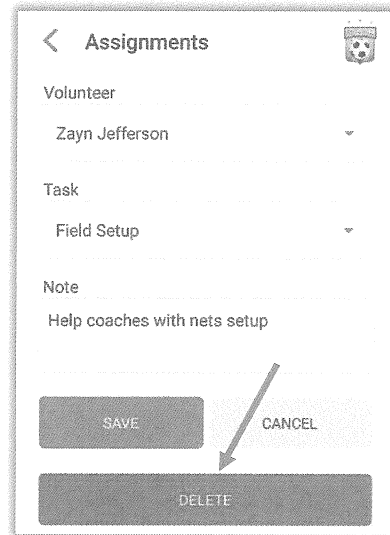
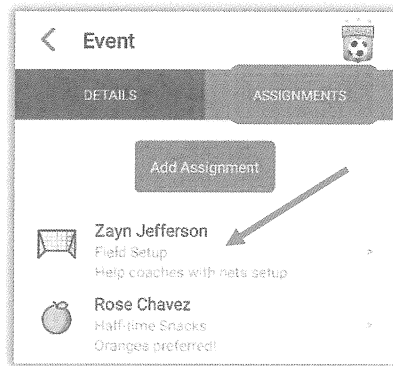
Deleting an Assignment

1. Navigate to the appropriate team under the “Coach Hub” section of the menu
2. Select the calendar icon in the navigation bar
3. Find the desired event and select it



4. Click “Assignments” in the navigation bar
5. Select the desired assignment from the list


Use the “Delete” button at the bottom. This will remove the task from the list for that

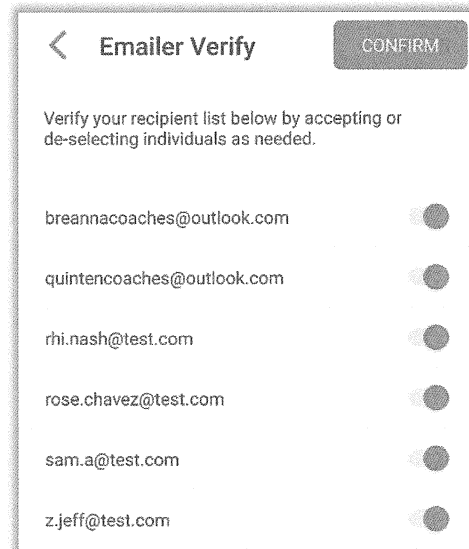
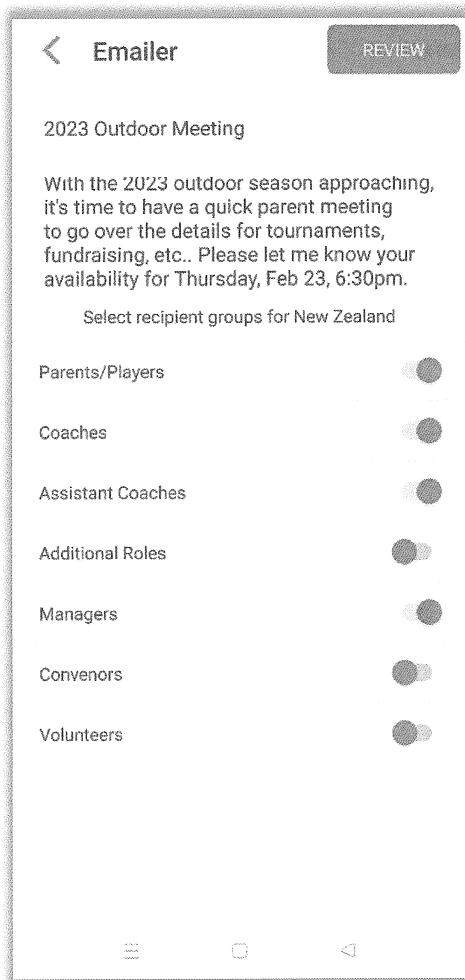


NOTE: If you need to instead revert an assignment back to an “Open” one, simply change the assigned volunteer back to * OPEN * and save.

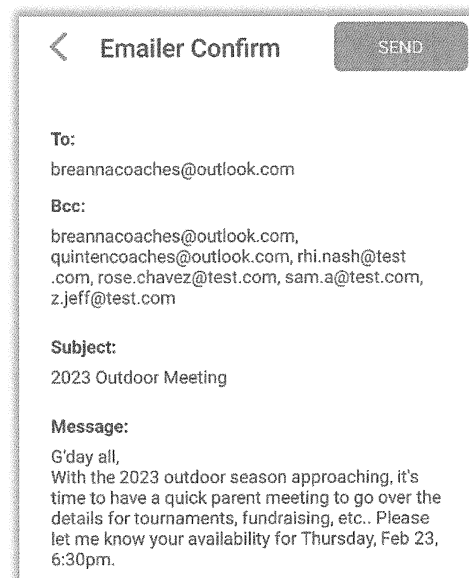
Mass Emailer

Team Officials can send Mass Emails to their team(s) via the app. To do so:

- Select the Mass Emailer  icon.
- Enter the subject and compose the message.
- Identify the recipients and click review.
- You can then review the list of recipients and de-select any if necessary. Click Confirm.
- Review your message and click Send when ready.



Recipient List Verification




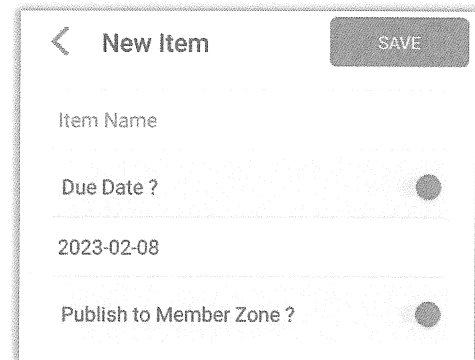
Emailer Confirmation

Team Tracking

Team Officials can set up items that may need to be tracked – such as Team Fees, collection of Uniforms, or collection of extra fees. These items can be set up with a deadline and can be marked as complete (or not required) by Team Officials.

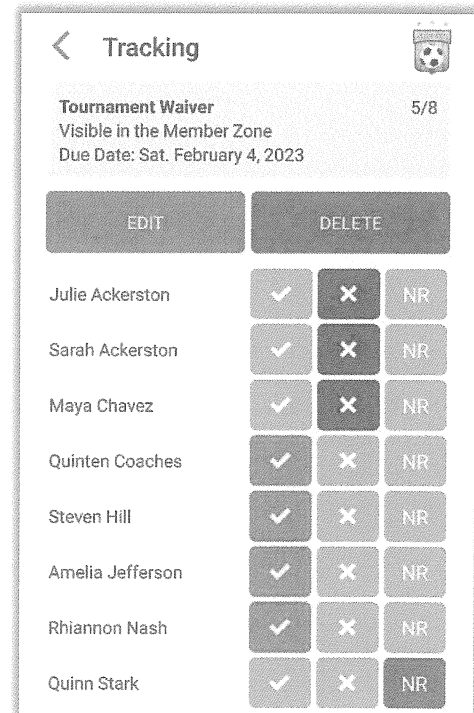
To create a Trackable Item:

- Select the Tracking  icon
- Select 'New Trackable Item' button
- Enter the details for the item, including the name, the due date (if applicable) and whether you would like it to publish to your players' Member Zones
- Save



To mark a Trackable Item as Complete or Not Required:

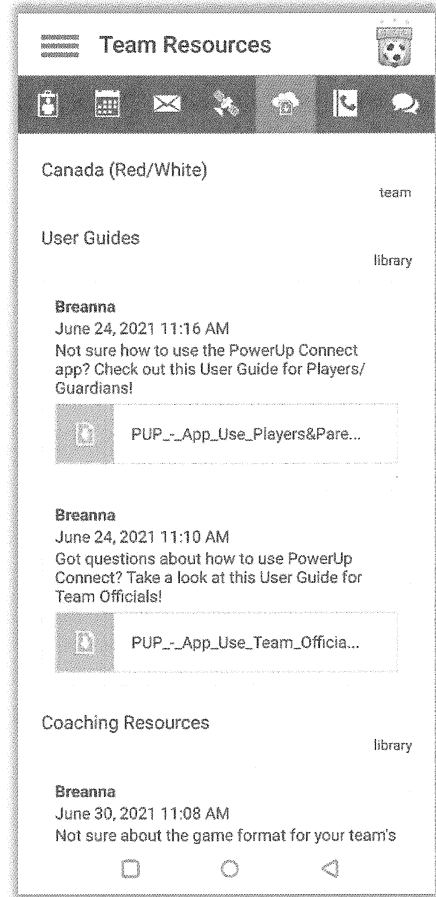
- Select the Tracking Icon
- Select the Trackable Item you would like to update
- Select the checkmark to mark as complete, or NR to mark as not required.



Individual Tracking Item View

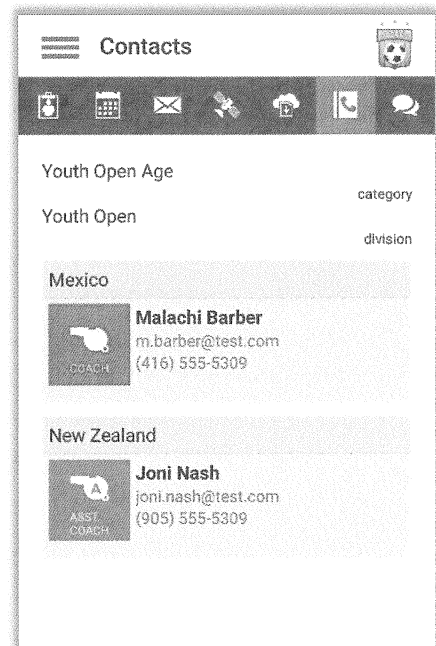
Resource Hub

The Resource Hub allows clubs to create libraries of role-specific content to be shared with team officials. To access and view the resources assigned to your role select the Resource Hub icon.




Club Contacts

Where enabled, Team Officials can view the contact information of fellow Team Officials within the club. To access this, select the Club Contacts icon.



Team Chat

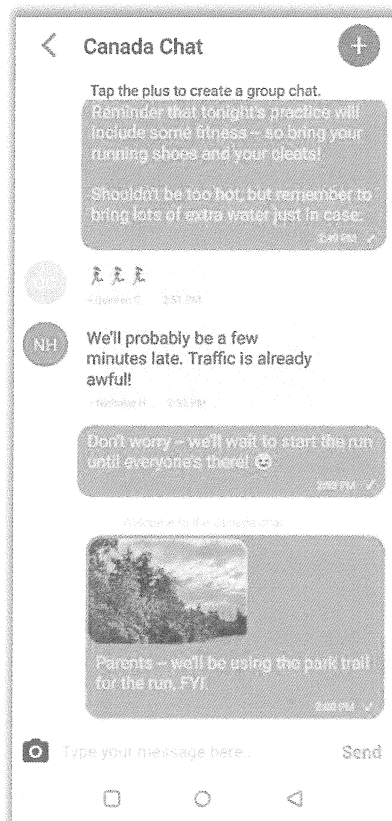
Where enabled, team members can access the Team Chat to view and send messages to the rest of the team (team officials and parents/players).

Selecting the Team Chat  icon will open the team’s chat, which includes all team members. If the feature has been enabled by the club, separate group chats can be created using the + icon in the upper right.

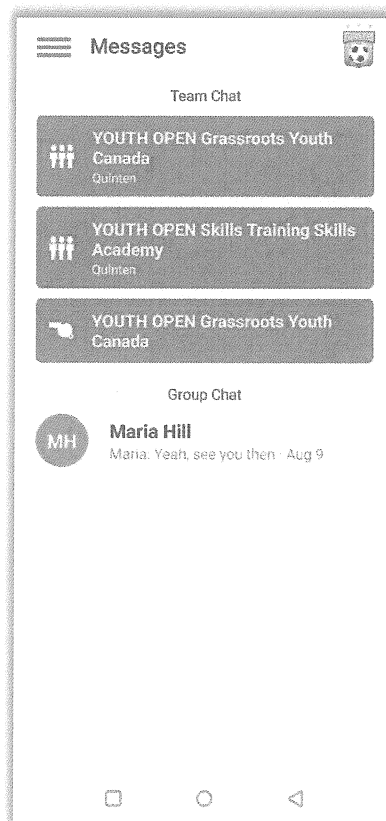
Team Chat can also be accessed in the menu, using the ‘Messages’ menu item. If you’re a team official on more than one team, all your teams will be listed here. Any separate group chats you’re a part of will be listed here as well. You can leave a separate group chat by pressing and holding it in the list under Messages.

NOTE:

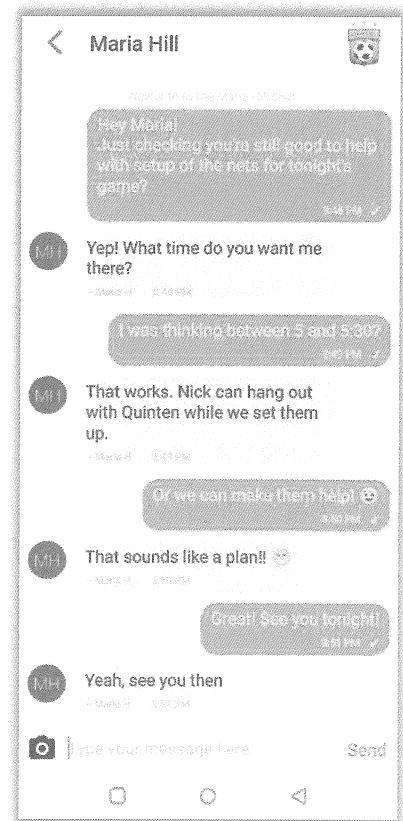
If you are both a team official and a parent on a team, the team will be listed twice – the one with the whistle icon will allow you to participate as the team official.



Team Chat



View of Messages, accessed via the menu

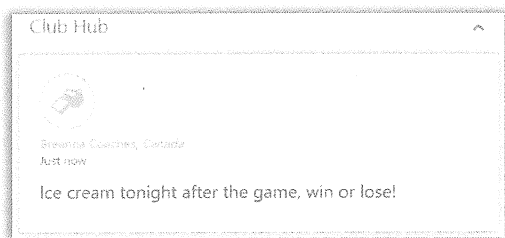
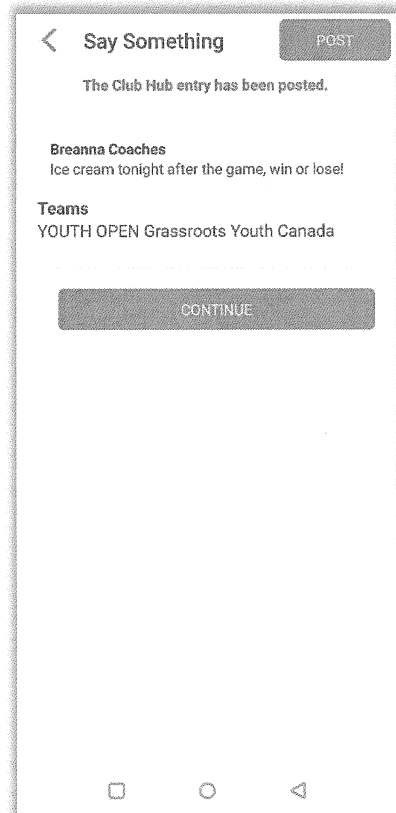
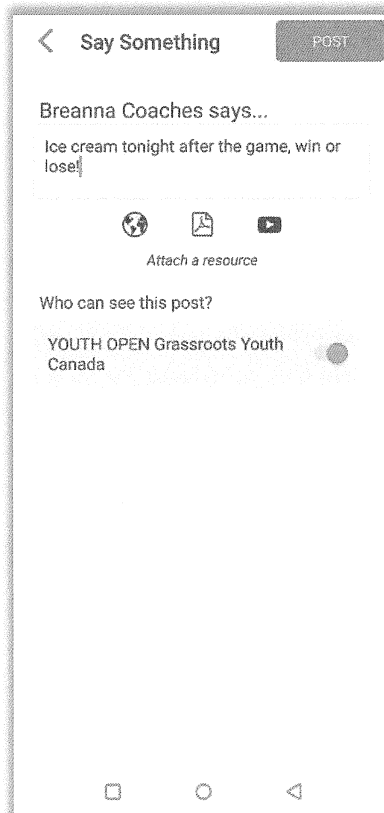
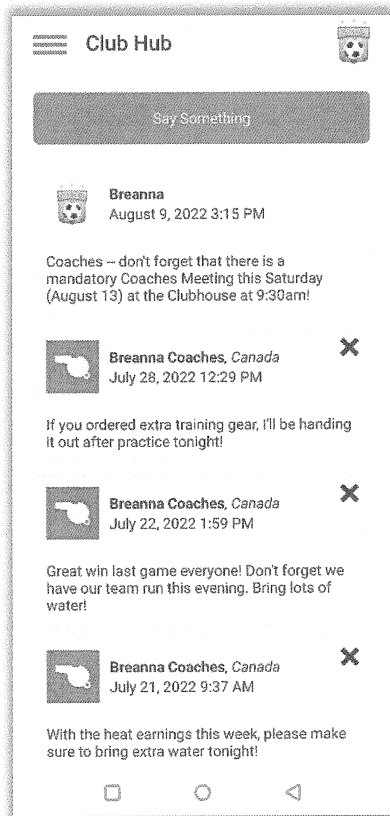


Separate group chat

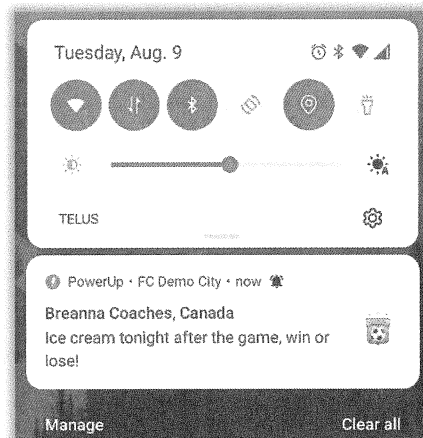
Club Hub

Team Officials can post entries on Club Hub which are visible to their teams. To do so:

1. Navigate to 'Club Hub' in the menu.
2. Click 'Say Something' at the top.
3. Enter your desired message (and attach a resource if desired) and select to which team(s) the entry should be posted.
4. Click Post. This message will now be visible to your team when they log into their profile in the Member Zone. It also triggers a notification for anyone on your team using the PowerUp Connect mobile app.



A Club Hub post in the Member Zone



Push Notification for the app

Frequently Asked Questions

Can I reset my password in the app?

Yes – use the ‘Reset Password’ button that displays under the ‘Sign In’ button when you first open the app.

Can I register in the app?

Sorry, no. Presently you must register on your computer, tablet, or on your phone within the web browser.

Can I add a player to my profile in the app?

Sorry, no. Presently adding players to a profile must be done via your club’s Member Zone.

Can I get notifications for events?

Yes – members can select how far in advance that the app will notify them. This is available in the Settings menu, under Notifications.

I have a Smart Phone, but not iOS or Android.

Members with smart phones that cannot run the available apps can still check on their schedules at the mobile version of the PowerUp Member Zone at <https://m.powerupsports.com>.

I’m a member at more than one club that uses PowerUp – can I still use the app?

Yes. Members can switch between their clubs using ‘Switch Club’ in the menu.

Why don’t I see a particular feature (e.g. tracked items, attendance, etc.)?

The features and content available in the PowerUp Connect app are managed entirely, and at the discretion of your home club, including release dates for rosters, games, etc.. If you believe you should be seeing a feature but aren’t – contact your home club.



SKILL

OF THE

WEEK!



WHAT IS THE SKILL OF THE WEEK

The skill of the week is an important part of our soccer program that focuses on helping children learn and improve their basic soccer skills. It is a common curriculum that all teams and divisions participate in. Each week, we introduce a new skill in a 20-minute practice session prior to each game. This ensures that all participants have the opportunity to learn and practice the skill before putting it into play during the game.

To further support children and parents in practicing these skills at home, we have provided online videos demonstrating the proper technique and execution of each skill. It is important to note that becoming proficient in these skills takes practice and repetition. Children will not learn the skill in one night or perfect it over one season.

The purpose of the skill of the week is to show participants the proper technique and way to perform each skill. It is then up to the player to practice the skill and continue to do so consistently. As the saying goes, "practice makes perfect", and this is especially true when it comes to improving soccer skills.

By implementing the skill of the week in our program, we are providing children with the foundational skills they need to become successful soccer players. We encourage parents to support their children in practicing these skills at home, as it will only further enhance their development and enjoyment of the sport.

We hope that you and your child enjoy the Skill of the Week curriculum, and we look forward to seeing the progress of our players throughout the season.



SKILL OF THE WEEK BY WEEK

Please refer to our website for the online video demonstration for ALL “Skill of the Week” skills listed below.

WEEK 1: Switching – Managing Player Shifts on the Field: The rotation of players during a game can significantly impact its outcome, and proper bench organization is crucial for success. Therefore, we have developed an efficient and streamlined approach to managing player substitutions. In recreational soccer, all players pay the same fee and deserve equal playing time. Thus, no player should sit out for two consecutive shifts.

Each team can have up to two full lines, including a goalkeeper position. Once the referee signals for substitution, teams have **only 30 seconds** to switch players before play resume; ready or not. To ensure a seamless substitution process, players should know their positions before the shift change. The players waiting on the bench should be positioned on the left side of the coach and instructed to enter the field when signaled. The players coming off the field should exit the field at centre field and to the right side of the coach. When the whistle blows, all players on the field should exit at centre field and go to the right side of the coach on the sideline, and all bench players should take their pre-assigned positions on the field. Play will resume where the play left off.

If a team does not have enough players for a full two lines, coaches may fill the field with players who have just come off. However, coaches must keep track of the number of shifts each player has played to ensure that playing time is distributed equally among all team members. Additionally, in the beginning, all players should be given the opportunity to try different positions until they find their strengths. Goalies must be rotated, and no player should play the goalkeeper position for more than two shifts per half. Finally, all players should have the opportunity to play the goalkeeper position throughout the season. **LINK: <https://youtu.be/cgjx0BnQZ94?t=4>**



WEEK 2 – THROW INS

In soccer, a throw-in is a method of restarting play after the ball has gone out of bounds over the side touchline. The proper technique for a throw-in involves several key steps:

- The ball must be thrown from behind the touchline and with both hands.
- The player performing the throw-in must keep both feet on the ground and may not jump or lift a foot until the ball has been released.
- The ball must be thrown with a smooth, continuous motion and released from both hands simultaneously.
- The throw-in must be taken by the team that did NOT touch the ball last before it went out of bounds.
- If the player taking the throw-in steps on or over the touchline, the opposing team is awarded a throw-in.
- If the player taking the throw-in does not release the ball properly, the opposing team is awarded a throw-in.
- The player taking the throw may not touch the ball until another player has touched it first.
- The ball is considered in play as soon as it enters the field of play and is touched by another player.
- The opposing team may not interfere with the throw-in and must remain at least 6 feet away from the throw-in until the ball has been released.
- The player taking the throw-in should aim to throw the ball towards a teammate who is in a good position to receive the ball and maintain possession.

Remember that a throw-in is a valuable opportunity to restart play and move the ball up the field. Proper technique and accuracy are essential to ensure that the ball is thrown to a teammate and stays in play. Practice and proper form can help to improve your throw-in skills and benefit your team during games.

LINK: https://youtu.be/erb_KFjPU08?t=5



WEEK 3 – PASSING

A proper soccer pass requires good technique, accuracy, and timing. Here are the steps to perform a proper soccer pass:

- Approach the ball with your non-dominant foot placed next to the ball and your dominant foot slightly behind.
- Plant your non-dominant foot firmly next to the ball and use the inside of your dominant foot to pass the ball.
- As you make contact with the ball, use the inside of your foot to direct it towards your intended target.
- Keep your body over the ball, and your hips and shoulders facing your target to ensure accuracy and control.
- Use the appropriate amount of power depending on the distance of the pass and the position of your target.
- Follow through with your kicking foot, extending your leg towards the direction of your target.
- Anticipate the movement of your teammates and aim the pass where they will be when the ball arrives.
- Be aware of defenders and obstacles in the way and adjust your pass accordingly to avoid interception.
- Communicate with your teammates, using verbal cues or hand signals to indicate where you are passing the ball.

Remember that practicing your passing technique is key to becoming a proficient passer. You can practice passing with a teammate, a wall, or by yourself using cones as targets. Good passing skills are essential to maintaining possession, creating scoring opportunities, and winning games.

LINK: <https://youtu.be/yOXrf0Tlphg>



WEEK 4 – DRIBBLING

Dribbling a soccer ball is a fundamental skill that involves moving the ball with your feet while maintaining control of it. Here are the key steps to dribbling a soccer ball:

- Start with your feet shoulder-width apart, and your knees slightly bent.
- Use the inside of your dominant foot to make small touches on the ball, keeping it close to your body.
- Keep your head up and your eyes on the ball and your surroundings to anticipate the movement of your teammates and defenders.
- Then do the same with the other foot, again keeping the ball close and the touches quick and light.
- As you get comfortable with dribbling, alternate between using the inside and outside of your feet and maintain control.
- Use the outside of your feet to dribble the ball when changing direction or making sharp turns.
- Use quick and light touches with both feet to control the ball and maintain a fast pace.
- Use the sole of your foot to stop the ball or to change the direction of the ball quickly.
- Practice different moves and feints, such as step overs, fake shots, or body feints, to deceive defenders and create space.
- Be unpredictable and keep the ball moving, changing direction and speed, to make it difficult for defenders to anticipate your movements.
- Maintain a good pace while dribbling to keep the pressure on the defense and create opportunities for your team.

Remember that practice is key to improving your dribbling skills. You can practice dribbling with cones or other obstacles, in small spaces, or with a partner or teammates. The more you practice, the better you will become at dribbling the ball and controlling it in game situations. **LINK: <https://youtu.be/oooHAiDlao4?t=28>**



WEEK 5 – 10 DRIBBLING MOVES TO BEAT A DEFENDER

Dribbling to beat a defender and maneuver the ball involves using different techniques to deceive the defender and create space to move the ball forward. Here are some key steps to dribble to beat a defender:

- Approach the defender at an angle, rather than head-on, to make it more difficult for the defender to anticipate your movements.
- Use quick and light touches with the ball, alternating between using the inside and outside of your feet to change direction and maintain control.
- Be unpredictable and keep the ball moving, changing direction and speed, to make it difficult for the defender to anticipate your movements.
- Maintain a good pace while dribbling to keep the pressure on the defense and create opportunities for your team.
- Use body feints, such as a fake shot or a shoulder drop, to deceive the defender and create space to move the ball forward.
- Use a step-over move, in which you fake moving the ball with one foot and instead move it with the other foot, to trick the defender.
- Use a scissors move, in which you step over the ball with one foot and then move it with the other foot, to create space.
- Use a drag-back move, in which you stop the ball with the sole of your foot and then move it back behind you, to change direction.
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Watch the video and practice these techniques and moves to improve your dribbling skills and ability to beat defenders. With practice and experience, you will become more confident in your ability to maneuver the ball and beat defenders.

LINK: <https://youtu.be/uuqsGCiM9I?t=56>



WEEK 6 – GIVE AND GO

A give and go in soccer, also known as a one-two pass, is a passing sequence between two players in which one player passes the ball to a teammate and then immediately runs forward to receive the ball back from the teammate in a different position. The idea is to create space by passing the ball to a teammate and then quickly moving into a better position to receive the ball back and continue the attack.

The give and go is a quick and effective way to move the ball up the field and bypass defenders, as it requires good timing, coordination, and communication between the two players involved. It is often used in fast-paced situations, such as counterattacks, to catch the opposition off-guard and create scoring opportunities.

To execute a give and go, the player with the ball passes the ball to a teammate who is running into space ahead of them. As the teammate receives the ball, the first player continues their forward run, looking to receive the ball back from the teammate in a better position. The second player then passes the ball back to the first player, who can continue the attack with more space and time to make a play.

The give and go is a common tactic in soccer and is used at all levels of the game, from youth to professional. It requires good communication, timing, and coordination between the two players involved, as well as an understanding of each other's movements and tendencies on the field.

LINK: <https://youtu.be/S4EDBmx-lb4>



WEEK 7 – SHOOTING TECHNIQUES

Shooting is one of the most important skills in soccer, and there are several techniques that players can use to improve their accuracy and power. Here are some key shooting techniques in soccer:

- **POWER UP:** This is the most common type of shot in soccer. To perform this shot, approach the ball at an angle, plant your non-shooting foot beside the ball, and strike the ball with the inside of your foot using the instep (the part of your foot where your laces are). Follow through with your kicking leg to generate power and accuracy.
- **OUTSIDE CURVE SHOT:** An outside curve shot is a shooting technique in soccer where the ball is struck with the outside of the foot, causing it to spin and curve away from the player's body. This type of shot is often used to bend the ball around a defender or to place the ball into the far corner of the goal. To execute an outside curve shot, the player should approach the ball at an angle and strike it with the outside of their foot, using the side of their foot to generate spin on the ball. The player should aim to strike the ball with the correct amount of power and direction to create the desired curve, while also keeping their body balanced and maintaining good form throughout the shot.
- **CURVE SHOT:** A curve shot in soccer is a technique where the ball is struck in a way that causes it to spin and curve in the air. This technique can be used to bend the ball around defenders, to hit the ball into the top corner of the net, or to change the direction of the ball mid-flight. To execute a curve shot, the player must strike the ball with a specific part of their foot and at a specific angle. Using the inside of the foot, the player will apply spin to the ball, causing it to bend in the air. The direction and degree of curve will depend on the angle of approach, the power of the shot, and the amount of spin applied.



- **INSIDE SHOT:** An inside foot shot in soccer is a shooting technique where the player strikes the ball with the inside of their foot. This technique is commonly used to shoot the ball accurately and with power, while also maintaining control and keeping the ball low to the ground. To execute an inside foot shot, the player approaches the ball with their non-dominant foot placed next to the ball and their dominant foot slightly behind it. They then strike the ball with the inside of their dominant foot, using the inside of their foot to create the desired amount of power and accuracy.
- **LOB OR CHIP SHOT:** A lob or chip shot is used to lift the ball over the goalkeeper or defenders. To perform this shot, approach the ball with a slight angle, plant your non-shooting foot beside the ball, and strike the bottom of the ball with the middle of your foot. This will create a backspin that lifts the ball over the goalkeeper.

Each shooting technique requires different skills and techniques, and the choice of which technique to use will depend on the situation and the player's strengths and weaknesses. With practice and experience, players can become proficient in several shooting techniques and use them effectively in game situations.

LINK: <https://youtu.be/UXwUQmVLzik?t=12>



WEEK 8 – CONER KICKS

A corner kick is awarded to a team when the defending team last touched the ball before it went out of bounds over the endline. The attacking team then has the opportunity to put the ball back into play from the corner of the field by taking a corner kick.

To take a corner kick, the attacking player must place the ball within the corner arc on the side of the field where the ball went out of bounds. They can then kick the ball into the penalty area, where their teammates can attempt to score a goal.

The advantages of a corner kick are that there is no offside and the kick is a direct kick meaning that the kicker may score directly from the corner. It provides the attacking team with a set-piece opportunity to create a scoring chance. The ball is placed close to the goal and typically in a dangerous area, making it more difficult for the defending team to clear the ball out of danger. Additionally, the attacking team can use different tactics and strategies, such as having players make runs into the penalty area or positioning players to take advantage of any rebounds or deflections.

It's important to note that corner kicks can be a double-edged sword. If the attacking team fails to convert the corner kick into a goal, the defending team may be able to quickly counterattack and create their own scoring opportunity. Therefore, it's important for the attacking team to be organized and prepared defensively in case the corner kick doesn't result in a goal.

LINKS: <https://youtu.be/efdxdNxqBQI?t=12>



WEEK 9 – PENALTY KICKS

A penalty kick in soccer is a direct free kick that is awarded to a team when a foul or handball occurs inside the penalty area by a player from the opposing team. It is a one-on-one opportunity for the attacking team's designated penalty taker to attempt to score a goal against the opposing team's goalkeeper from the penalty spot with no interference from any other players.

To take a penalty kick, the designated player stands at the penalty spot and waits for the referee's signal. The goalkeeper must remain on the goal line until the ball is kicked. Once the referee blows the whistle, the player kicks the ball towards the goal in an attempt to score.

The goalkeeper's objective is to make a save and prevent the ball from going into the goal. The goalkeeper can move horizontally along the goal line, but they cannot move forward until the ball is kicked. If the goalkeeper moves off the goal line prematurely and the penalty kick results in a goal, the kick may be retaken.

Here are the basic steps for taking a penalty kick in soccer:

- **Choose your spot:** Before taking the penalty kick, decide where you want to aim the ball. Some players prefer to aim for the corners of the net, while others prefer to shoot down the middle.
- **Approach the ball:** Stand a few metres behind the ball and take a few deep breaths to calm your nerves. Start your run-up towards the ball and aim to strike the ball with the inside of your foot.
- **Strike the ball:** Aim for your chosen spot and hit the ball with power and accuracy. Keep your head down and your eyes on the ball as you strike it.
- **Follow through:** After striking the ball, follow through with your kicking foot and land on your non-kicking foot. This will help you maintain balance and accuracy.



- **Watch the ball:** After you've taken the penalty kick, watch the ball to see if it goes in the net. If it does, celebrate with your teammates!

It's important to note that penalty kicks are a high-pressure situation, so it's important to stay calm and focused. Practice your technique regularly and try to simulate game-like scenarios in training so that you're prepared when the time comes to take a penalty kick in a match.

Watch the video to see different Penalty Taking Techniques and find your style:

- Technique #1: Watch the Goalie
- Technique #2: Panenka
- Technique #3: Bottom Corners
- Technique #4: Top Corners
- Technique #5: Smash down the middle

LINK: <https://youtu.be/YrH-Hky1WI0?t=13>

WEEK 10, 11 & 12 - Coaches' Practice