



# Fall Soccer Skills Training Program

## Information and Instructions

### INTRODUCTION

Welcome to new and improved OISC's Fall Soccer Skills Training program for 2010. The purpose of this document is to provide you with the details for your age and gender group as well as instructions on various requirements for a successful program. Please read it carefully.

### ALL AGE GROUPS

#### Equipment

Players are to wear appropriate cleats, socks and shin guards. Players who do not wear shin guards will not be permitted to participate in any scrimmages or drills where there may be contact.

#### Ball

**Each player is to bring their own ball** of the proper regulation size and correctly inflated. Coaches will have a very limited number of balls, if any. A player without their own soccer ball will not be permitted to share with other players during drills where the player is required to work individually, e.g. juggling or foot skill drills. Many touches on the ball are crucial to this type of training and it is not fair to ask other players to give up their time on the ball.

#### Clothing

Players are required to wear an appropriate soccer kit while training. Primarily this means soccer shorts and tee-shirt along with soccer cleats, shin guards and socks. Basketball shorts, tank tops, tight shirts and short tops leaving the stomach exposed are not proper clothing for soccer training. Players will only be advised once if their attire is not appropriate.

Given the season, sweat shirts, tights/leggings or long sports pants may be worn when appropriate. Players should bring rain gear as required.

For safety reasons, the same provisions on jewelry that apply for league matches will be followed for the training.

## **Drop-off and Pick-up**

**Drop-off:** We ask that all participants be at the field 5 to 10 minutes before the start of the session. Players who come late may not enter the session until the Lead Trainer is confident the player is properly prepared.

**Pick-up:** Players U15 and under must be picked-up by an appropriate person. As players can not be left at the field alone and, if not picked up at the appropriate time, two coaches or adults must remain with the player, it is imperative *that the end of session time be respected.*

## **Session Cancellation**

In theory, only lightening and snow so deep that the ball won't roll are reasons to cancel the session. A combination of rain and very cold temperatures may result in cancellation; such a decision will be made at the field at 9:00 am by the program coordinator.

## **Conduct**

Participants are expected to demonstrate respect for trainers and for other participants by paying close attention to instructions, moving quickly when asked and putting full effort into all drills.

## **Field Location – Weekend Skill Training**

All the weekend skill training takes place at the Ottawa Business Park Fields. For the individual age and gender groups, please consult the map below.

## **Other Issues**

Please inform the Lead Trainer if there are any specific issues – severe allergies, medical conditions, etc. – that may have an impact at any time.

## **Showcase Experience Trip (selected boys and girls ages)**

Information on this component will be sent by separate cover.