



Ottawa Internationals Girls U13 L4 (Premier) Team

Welcome to the start of 2010 season. The coaching staff (Alisdair McLean and Soren Laursen) is looking forward to an excellent year that will build off successes from the 2009 season:

- Gold medal: Coliseum Indoor League (2008/09)
- Gold medal: Lac St. Louis Tournament
- League play: tied for 1st for fewest losses, tied for 2nd for "GA", tied for 3rd for "GF".
- Had three players in league's top 10 goal scorers and a keeper tied for 1st for shutouts

Evaluations of Players (Evaluation coordinator is Perry Robinson robinson.perry@gmail.com)

The G13 L4 team will hold try-outs independently of the L5 (Division 1 team). Any eligible player who has an interest in playing on the L4 team is invited to try-out. Players will be evaluated based on their skills, abilities and attributes. The assessing team will include the coaching staff and independent assessors supplied by the Club. The try-out schedule is as follows:

March 4: 6pm-7pm	Gloucester Dome 1	(15 min skill drills; 40 min scrimmage)
6pm-7pm	Gloucester Dome 2	(15 min skill drills; 40 min scrimmage)
March 6: 8am-9am	Lansdowne Dome	(15 min skill drills; 40 min scrimmage)
9am-10am	Lansdowne Dome	(15 min skill drills; 40 min scrimmage)

An assessment will be made after two sessions to select 22 players for the third session:

March 7: 8am-9am Lansdowne Dome (60 min scrimmage on 2/3 field)

The sessions will start promptly, so it is important that the players arrive early to sign-in, receive a bib, warm-up and be ready to play on-time.

All players who try-out, but are not offered a position are invited to the L5, (Division 1) team tryouts that will be held later in March.

Eligibility

Players must be registered with the club to participate in the try-outs. The evaluations are open to all players who were born in 1997. Players born in 1998 may "play-up" if they meet the club's criteria for doing so.

Cost

The cost to participate in the L4 tryouts is \$35. This fee is additional to the Club fee, which includes a try-out fee. The L4 try-out fee will be collected at the first session.

Offer of a Position

If your daughter is offered a spot on the L4 team it will include a designated position (eg defender, mid-field, striker). Your daughter should expect that this is the position she will play most of the time.

Registration

Register with the club. Instructions are at <http://www.ottawasoccer.com/reg-youthcompgirls.php> E-mail Perry Robinson to notify him that you have registered and that your daughter will try-out for the L4 team. 3) At the first session, March 4, bring the \$35 try-out fee.



G13L4 Team Expectations

League

The team will play in the Eastern Regional Soccer League's U13 Level 4 league. The other teams in the league are as follows: Goulbourn (not confirmed yet), Ottawa Royals, West Carleton, Kanata, OSU Power, Carleton Place and Almonte (offered).

Coaching

The coaching staff will be the same as last year: Alisdair McLean and Soren Laursen.

Coaching will focus on the following:

- Fitness, especially during pre-season
- Skill development using "Key Factor Coaching" promoted by the OSA (Ontario Soccer Association)
- Combination play for creative, attacking soccer

Key Factors:

1. receiving the ball
2. dribbling, passing, shooting
3. defending and support
4. defensive heading, attacking heading, goalkeeping

Practices

Practices are where the girls will improve. This is where they will learn new skills, improve existing skills and where they can take risks and experiment. The practices will be lively and fun. There will be lots of touches of the ball and small-sided games. Small-sided games (eg. 1 vs 1, 3 vs 3) recreate the "games within a game" that make up a soccer match. In addition a portion of all practices will be set aside for one on one coaching.

The expectation is that the girls will attend at least 80% of the practices. Practices will start promptly, so the girls need to be ready to play on-time. In return, they will finish promptly. Practices will typically be 2 hours long.

Parental Engagement

A successful season requires help from many. Roles include: coach, assistant coach, team manager, trainer, treasurer, social convener, equipment organizer, practice helper, Ice Breaker contact.

Encouragement from parents not criticism is the rule. Coaching from parents on the sidelines is confusing for the players. The players must have no fear of failure.



Schedule and Field

The pre-season runs from early March to the third week of May. Team events will be a combination of gym time, exhibition games on the turf and outdoor practices.

During the regular season, the team will play games on Wednesdays and will practice twice a week. A home field for games and a practice field will be assigned before the season starts.

Tournaments and Camps

The team will play in four tournaments, including the Icebreaker (late May). At least one tournament will be out of town.

The team may participate in a two-day camp for competitive teams in May. Details will follow.

Playing Time

All players are guaranteed half a game, unless otherwise approved by the Club Head Coach. The remainder of the playing time is at the discretion of the coaching staff. Variables such as attendance, effort at practice, quality of play, and game situation will influence decisions.

Team Administration

The team's administration will be in two halves:

"On-the-field" which includes practices, games, assistant coaches, trainer and statistician are the responsibility of the coach.

"Off-the-field", which is everything else (game sheets, cards, money, logistics, social events, tournaments, equipment set-up and take-down) is the responsibility of the team manager. Frank Fahey will return as manager. Of course, Frank will need help from the team's parents. Help would include the following: Icebreaker volunteer, social events, equipment manager, MOD squad, out-of-town tournament logistics

Money

There will be costs in addition to the registration fees for tournament fees, for soccer camps and for travel and accommodation costs for an out-of-town tournament.

Open Communication

Please ask questions during the try-out period. Please also speak with the team "staff" about any issues or concerns that you have. The coaches and the players can only benefit from such communication.

The VP of girls competitive is also available (contact information on the OISC website) if you wish to communicate directly with the Club.