

# HAWKWOOD COMMUNITY ASSOCIATION

## (U4/U6/U8) 2010 SOCCER PROGRAM

### 1. GENERAL OUTLINE

#### A. PURPOSE OF THE PROGRAM:

- Have Fun and Play Safe.
- Provide an entry level soccer program which will expose the kids to a controlled team sport environment to foster sportsmanship, teamwork and friendship.
- Develop agile, healthy bodies and positive attitudes.
- Develop basic skills of passing, shooting, and dribbling, promote sportsmanship and fair play, and reinforce the rules and regulations of soccer.

#### B. PROGRAM FORMAT:

- Hawkwood House League is for both girls and boys born  
(U4) born in 2006-2007  
(U6) born in 2004-2005  
(U8) born in 2003 and 2002
- Teams will consist of 8-10 players.
- Outdoor practices/games will commence as weather permits.
- League play will begin **April 19, 2010** and end **June 26, 2010**.
- Games will be from  
(U4) 6:00pm - 6:45 on Mondays  
(U6) 6:30pm - 7:30pm on Mondays  
(U8) 6:15pm – 7:30pm on Tuesdays and Thursdays
- All games will be played at Hawkstone Drive field.
- Team shirts/jerseys will be supplied for each player, which they will keep.
- A Wrap-Up picnic will be organized for Saturday, **June 26, 2010**.
- Team Pictures will be taken on **May 5th** at Uplands Rec. Centre (**5:00pm start**).
- It is highly recommended that a healthy post game snack break be provided for the kids. The snack seems to provide added incentive to participate. Coaches are asked to ensure that all players' food allergies are understood. Parents should be made responsible for the snack on a revolving basis as scheduled by the Team Manager.
- A guardian (parent or designated representative) for each player **must** be present at all times.
- **Rain-Outs/snow outs must be confirmed with the opposing coach. Cancellation of the game will be decided by 5:30 pm game day and each Coach must alert their team to a cancelation/or rescheduled game due to poor weather.**

#### C. GAME FORMAT:

- Soccer outing will be  
(U4) 45 minutes- The outing will begin with a 15 minute skills/drills session by each team followed by a game. The game should start around 6:15 and will consist of two halves 10 minutes each  
(U6) 60 minutes- The outing will begin with a 20 minute skills/drills session by each team followed by a game. The game should start around 6:50 and will consist of two halves 15 minutes each  
(U8) 75 minutes in duration- The outing will begin with 20-25 minute skills/drills session by each team followed by a game. The game should start around 6:40 and will consist of two halves 20 minutes each.
- A juice/snack break of 10 minutes should be taken between halves or at the end of the game. We suggest U4 and U6 have the snack at the end of the game to avoid loss of interest in the game.
- Team play will be "micro-soccer" with 4-5 players per side including 1 goalie. A stoppage in play by way of a whistle will occur every 3 minutes to change players. The teams will not change sides at half-time.

- **U8 (optional U6)** the Team Manager will create a Goalie sheet to assign a player to be goalie for the game and practice for a specific date. Each player has an option to not be on the goalie list but try to encourage all to attempt. Take all the scheduled games and set up a rotation that will work for everyone.
- Shin pads are mandatory **ALL AGES**. Please know that the child will be asked to leave the field if they are not wearing their shin pads. Soccer cleats are optional.

**D. CODE OF ETHICS FOR PARENTS AND PLAYERS**

---

**Responsibilities and Expectations**

---

From the book "Coaching 6,7 and 8 Year Olds" by Tony Waiters

---

The Parent

- To make sure the player arrives at practices and games on time.
- To ensure player is properly equipped with shoes, uniform and shin guards.
- To stay at practice and games and to support your player and the team.
- To allow the coach to coach the team.
- To help the coach wherever possible.
- To inform the coach and/or manager if player cannot attend a practice or game.
- To encourage your child and team but not to insult or discourage the opposition.
- To be enthusiastic, yet not critical.
- To acknowledge the opposition's good plays.
- To be sociable with the opposing team's parents.
- To support, and not criticize, the coach.
- To support, and not criticize, the referee.
- To be positive and not let winning and losing change your attitude.
- To be prepared to join a car pool.
- Above all, to let your child be what he or she is - a child.

The Player

- To bring a ball to practice, if required (it's not for Hawkwood).
- To keep soccer shoes clean.
- To perform up to potential - by the player's own standards, not those of the adults.
- To get to practice and games on time (explain to Mom and Dad).

Rights of the Player

- To have equal opportunity - and the chance to score a goal (preferably in opposing net!)
- To enjoy without undue pressure from the coach or parents, the world's Most popular game.

## GAME RULES

### Hawkwood Game Rules (U4//U6/U8 League)

#### 2010 Season

- The Coaches can referee (preferably each Coach taking one half of the game).
- Micro-Soccer Rules of four (4) or five (5) players aside (including the goalie).
- There are no off sides.
- No players (other than the goalie) are allowed in the goal area (marked by a box). Any goal scored from within the box is disallowed and the player should be informed as to the infraction (goal kick - no penalty). This rule is to prevent injuries.
- The goalie may take unlimited steps within the marked goal area and may punt, throw or place kick the ball into play. Goal kicks are place kicks only. The goalie CAN NOT handle the ball outside the goal area. If they do they will receive a warning from the referee. If they infract again, the opposing team will be awarded a free direct kick at the point of hand contact outside the goal area.
- Unintentional (i.e. protecting themselves or accidental) hand balls by players are not considered a penalty but should be pointed out to the child. Intentional hand balls will result in a free direct kick for the opposing team at the point of infraction.
- All opposing players must be at least 10 yards back from the ball on all free kicks. **All opposing players must be on the goal kick line (approximately 7 yards out from goal area) for any goal kick.**
- Referee may blow the play dead at any time where he/she feels that an injury potential exists.
- **The referee will blow the whistle every three (3) minutes for player substitution.**
- If the ball goes out of bounds on either side of the playing field, the opposing team to the team to last touch the ball will be awarded a throw-in. The throw-in should be conducted properly (both feet on the ground behind the line and both arms behind the head). In the event of an illegal throw-in, the referee should blow the play dead, reiterate the throw-in rules and allow the player more chances to his/her discretion.
- If the ball goes out of bound on the defenders end of the playing field, there will be a goal kick if the offensive team was last to touch the ball and a corner kick if the defending team was last to touch the ball.
- **ALL PLAYERS SHOULD HAVE AN EQUAL AMOUNT OF PLAYING TIME IF POSSIBLE.**
- Coaching/Parental discretion should be used at all times.
- If a player is bleeding, they must be removed from the play immediately until the bleeding stops.
- Children should be constantly warned of pushing, shoving or continued rough play.

## SCHEDULE OF EVENTS

### HAWKWOOD SOCCER 2010

| DATE:                                       | TIME:                             | EVENT:                | PLACE:                |
|---|-----------------------------------|-----------------------|-----------------------|
| Jan 15- Feb 26                              |                                   | Registration          | on line               |
| Prior to start date                         |                                   | Equipment pickup      | Hawkstone shed        |
| April 15 <sup>th</sup>                      | 7pm-9pm                           | Coaches meeting       | Uplands Rec Centre    |
| April 17 <sup>th</sup> and 18 <sup>th</sup> | various times<br>See chart below. | Coaches Training      | NW Soccer Centre      |
| April 19                                    | 6:00-6:45 pm                      | U4 League Play Starts | S Hawkstone fields    |
| April 19                                    | 6:30-7:30 pm                      | U6 League Play Starts | N Hawkstone fields    |
| April 20                                    | 6:15-7:30 pm                      | U8 League Play Starts | N Hawkstone fields    |
| May 5                                       | 5:00 - 8:30 pm                    | Pictures              | Uplands Rec Centre    |
| June 26                                     | 11:00 am                          | Wrap-up party         | Hawkstone Field       |
| After last games                            | TBD                               | Equipment Returns     | Hawkstone Field Shed. |

Note the start times for practices/games. These are NOT arrival times but the time practice is to start.  
Thanks for your cooperation.

#### Player:

Shin Guards (**mandatory**)  
Comfortable shoes to run in  
Jacket for rain  
Hoody for cold weather  
Hat for sun  
Toque and mittens for cold  
Layers, for all weather  
Bugspray / Sunscreen  
Water bottle (with water)  
Hand sanitzier  
Parent / Legal Guardian

#### Parent:

Comfortable shoes to practice in with your kids  
Jacket and umbrella for rain  
Hoody (or parka) for cold weather  
Hat for sun  
Toque and mittens for cold  
Layers, for all weather  
Bugspray / Sunscreen  
Chair or blanket to sit on while watching and cheering  
Choice of non-alcoholic beverage (Coffee, tea, hot  
chocolate seem to be best for cold weather

Houses

