

Woodbridge



Soccer Club

Coach Handbook

Woodbridge Soccer Club Coach Handbook

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Woodbridge Soccer Club Coach Handbook.

Program Overview

Woodridge Recreational Soccer is divided into 3 age groups the Kindergarten program open to pre-school and kindergarten children that are 4 and older, the G1-2 program for children attending 1st and 2nd grade and the G3-5 group for 3rd, 4th and 5th graders.

Kindergarten Program

The objective of the kindergarten program is to act as an introduction to the game of soccer for both the children and their parents. The players are divided into small groups, with one or more parents from each group to participate in the program as a team parent. A professional coach will be assigned for every team. The coaches will set up activities and provide instruction to both players and parents. Professional coaches should try to get as many parents as possible involved with the activities.

G1-2 and G3-5 Program

For the G1-2 program for 1st and 2nd grade children and the G3-5 program for grade 3 through 5 children, separate boys and girls teams are provided. The spring and fall programs also differ, with the spring program reduced to one day to encourage the participation in other spring sports in addition to soccer.

Spring Program

The spring program consists of one session each week. The session will provide skill training as well as a game. The players are divided into small teams. One or more parents from each group will be assigned as a parent coach to participate in the program. A professional head coach will be assigned for every two teams. The head coach will move back and forth between the two teams setting up activities and providing instruction to both players and parent coaches. During the game portion of the session the head coach will referee and control the game. The parent coaches will handle the substitution of their team's players to ensure everyone get equal playing time, promote good sportsmanship, team spirit and provide positive reinforcement. During the G3-5 program games coaches are not allowed on the field when the ball is in play.

Fall Program G1-2

In the fall we provide a two day program - one 1.5 hour training session during the week and a game at the weekend. As with the spring, teams are assigned parent coaches. For the weekday training session a professional head coach will be provided for every two teams. The professional coach will move back and forth between the teams assisting the parent coaches and providing instruction to the player and coaching instruction to the parent coaches. For the weekend game session the parent coaches are to organize and control the games, handle the substitution of their team's players to ensure everyone gets equal playing time, promote good sportsmanship, team spirit and provide positive reinforcement..

Fall Program G3-5

The G3-5 program differs from the G1-2 program in that certified referees are provided to control each game. Coaches are not allowed on the field when the ball is in play.

The Games

G1-2 Program Games

Games are played 4v4 with no goalie. Under some circumstances 5v5 with no goalie will be allowed. If 5v5 is allowed the group coordinator will inform the coaches. In the spring, four ten minute quarters are played with a 5 minute half time and breaks at the quarter's kept as short as possible, two minutes should be sufficient. In the fall the quarter can be increased to twelve minutes. If a team is unable to field 4 players, coaches should when ever possible get together and combine players to make a game possible.

G3-5 Program Games

Games are played 7v7 Maximum including the goalie. If a team is unable to field 5 players, coaches should when ever possible get together and combine players to make a game possible. In the fall, the game duration is two 25 minute half's with a 5 minute half time. In the spring, when game and practice sessions are combined a rotational system may be used .For example: Team A will play Team B for a 25 minute game, Team A will then complete a training session for 25 minutes and then play another 25 minute game against Team C. The group coordinator will design the schedule and inform the coaches.

Kindergarten Program Games

No formal games are played in this program

Substitutions

Substitutions are only to be made during a stoppage in the game such as throw-ins, goal kicks, corner kicks, free kicks and stoppages due to injuries. In the G3-5 programs coaches may only make substitutions at a stoppage with the permission of the referee.

The Five goal rule

Coaches must do their utmost to ensure that they do not beat a team by more than 5 goals. The best way to avoid this is to act early do not wait until you are five goals up. Strategies to use: Adjust player positions, play a player short, require players to have completed x passes without losing possession before they can shoot on goal.

Playing time Rule

It is the coach's responsibility to ensure that each player plays a Minimum of fifty percent of the game.

Spectators G1-2 & G3-5 programs

Coaches need to establish one side of the field for themselves and their players. All spectators must be located on the opposite side line. Players should remain with the coach when not participating in the game and at game breaks. Parents should only be allowed on the side of the coach and players in the event of an injury requiring their assistance.

Coaches must insure that spectators do not occupy areas behind the goals. The coaches also have a responsibility to monitor the conduct of the spectators. Spectators should be discouraged from coaching during the games and should only be voicing positive encouragement. Smoking and the consumption of alcohol is strictly forbidden. Any spectator verbally abusing a player or referee must be addressed immediately. If there are persistent problems with a spectator please inform your group coordinator who will then inform the WSC board so appropriate action can be taken. Please note it is not the referee's job to control the spectators.

Coaches Responsibilities

- At games and practices the coach must have in their possession the provided first aid kit, parent contact information and medical contact information.
- Read and abide by the Woodbridge Soccer Club Code of Conduct. (see page 16)
- Read and understand the WSC Simplified Laws of the Game (see page 9)
- Cooperate with your opponent coach to ensure the 'Five Goal Rule' is complied with.
- Cooperate with your opponent coach to establish viable teams in the event of a low turn out.
- Monitor the conduct of the spectators.
- One week each season there will be a "Silent Sidelines" game (see page 18). Your group coordinator will inform you when this is. Inform parents and enforce the silent sidelines rules.
- Make your best effort to comply with the "Playing Time Rule".
- Avoid being too competitive. We do not keep Score. Emphasize effort not results. Do your best to keep the game score close. Remember the best possible game result for all participants is a tie.
- Never contest the decision of the referee. The referee provided in the Fall G3-5 program are Certified by U.S. Soccer and have completed some 18 hours of training and passed the required exams. Some will however be more experienced than others; it may even be their first game. Part of the role of Woodbridge Soccer Club is to develop referees and these recreational games are the ideal environment for young referees to gain experience. Top professional referees make mistake so no doubt mistakes will be made by our young refs. Many young refs give up due to badgering from coaches and parents; let's not let this happen to our kids.
- In association with the professional coaches complete the Player Evaluation Form and return it to the coordinator by end of the 5th week of the season.
- Report any professional coach misconduct, absence or tardiness to your group coordinator.

- Do not leave children unattended at the fields.
- Ensure your team does not leave any litter at the field.
- Ensure your players are properly equipped with shin guards worn under long socks.
- Encourage parents to get involved with the team. If they wish to actively participate in the practice or games you will however need to provide their name and date of birth to your group coordinator prior to May 1st (spring) or October 1st (fall) in order to have them covered by our insurance.
- There is a tendency for parent coaches to emphasis team strategy. Apart from basic instruction on the mechanics of set plays such as the kick off, throw-in, goal and corner kicks, training should be concentrated on ball skills. The professional coaches will provide you with appropriate activities to improve the players' skills.
- Parent coaches may not accept registration forms for players. All registrations must be made either on-line or via mail. No unregistered player may participate.

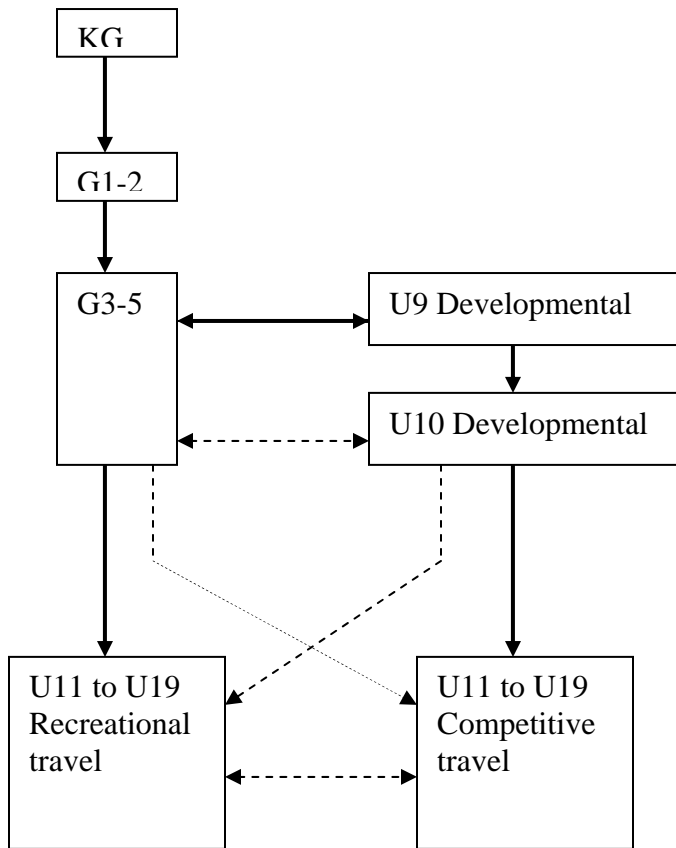
Developmental Soccer

In addition to the recreational program, a development program is also offered. This program is designed for the child that is interested in playing the game competitively when older. It consists of two training session and one game a week. The games are played with neighboring towns that also have development programs. No scores are kept and all players are guaranteed 50% playing time. Boys and girls teams are offered in two age groups - under 9 and under 10. These teams are established in June when we hold two evaluation sessions to form teams for the following year. **All players wishing to play are accepted.** The evaluation is to determine the overall ability of the teams so as to match them with other programs of the same level.

Travel and Recreational Travel

Older children are offered soccer in a competitive travel and recreational travel program run in conjunction with Orange Soccer Association. As with the development program, these teams are established in June when we hold two evaluation sessions to form teams for the following year. The evaluations are used to place the players on appropriate level teams. **All players wishing to play are accepted.**

Structure and progression of youth soccer



Notes:

Players participating in the developmental program are also encouraged to participate in the G3-5 program in the fall.

Bold lines show the most common player progression.

Simplified Soccer Rules for Woodbridge Soccer Club Recreational games

The Uniform

Shirts must be tucked into the shorts. Shin guards must be worn and fully covered by the socks. Cleats must be of the molded sole type. Metal or screw-in cleats are not allowed. No jewelry may be worn.

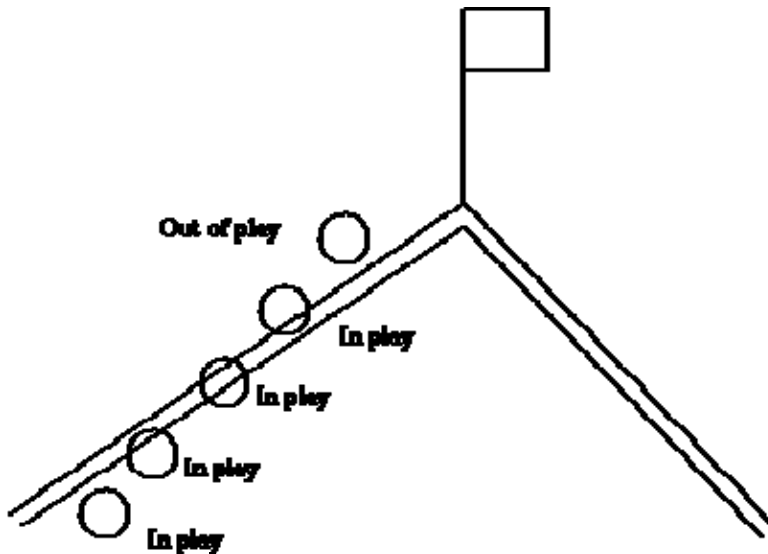
Start and Restart of the game

A kick-off begins each half of the game and restarts the game after a goal. The kick-off is taken at center field.

Prior to the start of the game a coin is tossed and the team which wins the toss decides which goal to attack in the first half of the game. The other team takes the kick-off to start the game. The team which won the toss takes the kick-off for the start of the second half. In the second half of the game the teams change ends and attack the opposite goals.

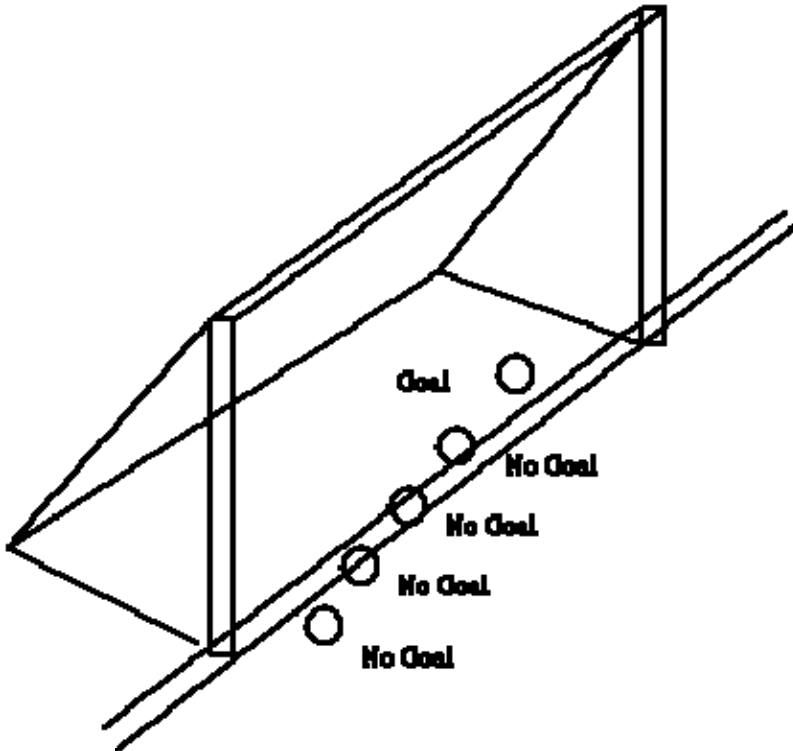
For a kick-off all players are in their own half of the field. The opponents of the team taking the K.O. must be outside the center circle. On the referee's signal the ball is kicked forward a minimum of one revolution. The ball is now in play. The kicker may not touch the ball again until it has been touched by another player. When a goal is scored the kick-off is taken by the conceding team.

Ball in or out of play



Goal

A score occurs if the ball passes under the crossbar, between the goal posts, and all of the ball passes completely over the outside edge of the goal line.



Throw-in

If all of the ball passes completely over the outside edge of the touchline (sideline), the restart is a throw-in. The throw-in is taken by the team that did not last touch the ball. To take a throw-in the player must face the field, have part of each foot either on the touch line or on the ground outside the touch line, use both hands and deliver the ball from behind and over the head. The thrower may not touch the ball again until it has touched another player. All opposing players must stand no less than 2 yards from the point at which the throw in is taken. An improper throw-in or a throw-in taken from the wrong spot results in a throw-in for the opposing team.

Note: Referees for Woodbridge soccer recreational play are allowed the option to give the player a second chance to throw in the ball after instructing the player how to do so.

Goal Kick

If all of the ball passes over the goal line, it was last touched by an attacking player, and a valid goal was not scored, the restart is a goal kick. The ball is placed in the goal area and kicked by a member of the defending team. All attacking players must remain outside the penalty area until the ball leaves the penalty area.

Corner Kick

If all of the ball passes over the goal line, it was last touched by a defensive player, and a valid goal was not scored, the restart is a corner kick. The ball is placed in the corner arc and kicked by an attacking player. Defending players must be no less than 10 yards from the ball.

Note: For Woodbridge Soccer G1-2 recreational games the distance of 10 yards may be reduced to 6 yards due to the size of the field.

Drop Ball

When the game is stopped while the ball is in play, for reasons other than an infraction of the rules (for example, player injury), the game is restarted with a drop ball. The referee drops the ball at the place it was located when play was stopped. Play restarts when the ball contacts the ground.

Note: For Woodbridge Soccer recreational play, in the event of play being stopped for reason other than an infraction of the rules and it is clear which team was in possession of the ball when the play was stopped, we encourage the referee and coaches to instruct the team which was not in possession to receive the ball from the drop kick uncontested and to pass the ball to an opposing player as an act of good sportsmanship.

Penal Fouls (fouls resulting in a direct or penalty kick)

For the complete working and understanding of these infractions you must read the actual laws of the game. This is an overview of the infractions that result in a direct kick.

A direct free kick is awarded to the opposing team if a player commits any of the following six offenses in a manner considered by the referee to be careless, reckless or using excessive force.

1. Kicking or attempting to kick an opponent
2. Tripping or attempts to trip an opponent
3. Jumping at an opponent
4. Charges an opponent
5. Striking or attempting to strike an opponent

6. Pushing an opponent

A direct free kick is also awarded for the following 4 offenses

7. Tackles an opponent making contact with opponent before contacting the ball
8. Holding an opponent
9. Spitting at an opponent
10. Deliberately handling the ball (except by goal-keeper in penalty area)

If one of the ten penal fouls is committed by the defense in their own penalty area, the sanction awarded to the attacking team is a penalty kick.

Non-Penal Foul

An indirect free kick is the sanction awarded at the point of infraction for any non-penal foul. Again, this is an overview. The law book must be consulted for a complete working and understanding.

1. Dangerous play
2. Obstruction, impeding progress of an opponent and not playing the ball
3. prevents the goal-keeper from releasing the ball from his hands
4. Off-sides

An indirect free kick is awarded if the goal keeper within his/her own penalty area

5. Takes more than six seconds while controlling the ball with his/her hands.
6. Touches the ball with his hands once it has been released from his/her hand before it is touched by another player.
7. Touches the ball with his/her hands after it has been deliberately kicked to him/her by a team mate.
8. Touches the ball with his/her hands after he/she has received it directly from a throw in taken by a team mate.

Note. For Woodbridge Soccer recreational play the referees are instructed to show leniency with regard to the goal keeper offences and to educate the players on the laws.

Free Kicks

The kick is taken from the point of the infraction. Defending players must be no less than 10 yards back from the ball unless they are on their own goal line when the kick is taken.

Note: there are times when the kick is not taken from the point of infraction when the infraction occurs in the goal area (six yard box). See the FIFA laws of the game for more information.

Note: Due to the reduced size of the field and size of players in the G1-2 program, the Referees in Woodbridge Soccer recreational games may reduce this distance to 6 yards at their discretion.

Direct Free Kick

On a direct free kick, the ball may be kicked directly into the opponent's goal.

Indirect Free Kick

On an indirect free kick, the ball must touch another player in addition to the kicker prior to a goal being scored. The referee signals an indirect free kick by holding a hand in the air until the ball is played or touched by another player or goes out of bounds.

Note: For Woodbridge Soccer recreational games the referees are instructed to verbally inform the players that it is an indirect free kick.

Penalty Kick

The ball is placed on the penalty mark, the kicker is identified, the goal-keeper is positioned on the goal-line and all other players must remain outside the penalty area and penalty arc and not closer to the goal-line than the penalty mark until the ball has been kicked. Once the ball is kicked it is in play but may not be touched again by the kicker until the ball has been touched by another player.

Advantage

The referee applies the advantage clause to allow play to continue if, in the opinion of the referee, the fouled team would lose their advantage by stopping play to award them a free kick. If the referee applies the advantage clause and the advantage that was anticipated does not develop at that time, the referee shall penalize the original offense.

Off-side

A player is in an off-side position if he or she is nearer to the opponents' goal-line than both the ball and the second last opponent (usually the goal keeper and last defender) unless the player is in his or her half of the field, or receives the ball directly from a throw in, goal kick or corner kick. It is not an offense in itself to be in an off-side position. A player shall only be penalized for being in an off-side position if, at the moment the ball touches or is played by a teammate, he or she is, *in the opinion of the referee*, involved in the play by:

- interfering with play
- interfering with an opponent
- gaining an advantage by being in that position

A player shall not be declared off-side by the referee merely because of being in an off-side position. If a player is declared off-side, the referee shall award an indirect free kick, which shall be taken by a player of the opposing team from the place where the infringement occurred, unless the offense is committed by a player in the opponents' goal area, in which case the free kick shall be taken from any point within the goal area.

Note: Off-sides will not be enforced in Kindergarten and Grade 1 & 2 Games.

Note: Off-sides is one of the least understood laws of the game. To learn more see **Further Reading** for a link to the complete laws of the game. Under FIFA laws a player with any part of his/her body head or feet closer to the opponents' goal line than the ball and the second to last defender, is in an offside position. Referees for Woodbridge recreational leagues are instructed to be more lenient and only call when they consider players are involved in the play and clearly in an off-sides position.

Misconduct Resulting in a Caution (Yellow card)

1. Dissent with the referee's decision
2. Unsportsmanlike conduct
3. Persistent infringement of the Laws of the Game
4. Entering or leaving the field of play without the referee's permission

Misconduct Resulting in a Send-Off (Red card)

1. Serious foul play
2. Violent conduct
3. Abusive or foul language
4. Spitting at an opponent or any other person
5. Denies the opposing team a goal or obvious goal scoring opportunity by intentionally handling the ball (with exception of the goalie) or a foul punishable by a free or penalty kick.
6. Guilty of a second cautionable offense after having already received a caution

Normally when a player is sent off the team must play a player down for the remainder of the game. In Woodbridge recreational leagues teams do not have to play a player down. The offending player is however out for the game.

Substitutions

For Woodbridge recreational games substitutions are unlimited. Substitutions may be made at any stoppage of play with the referee's permission.

Further Reading

A complete copy of the FIFA laws of the game may be downloaded from the Web at <http://images.ussoccer.com/Documents/cms/ussf/2006Laws.pdf>

Also FIFA advice for referees explains many of the laws in detail and is available on the web at <http://images.ussoccer.com/Documents/cms/ussf/AdvicetoRef06.pdf>

Both are available via a link from our website WoodbridgeCTsoccer.org.

A copy of this the simplified soccer rules for Woodbridge Soccer recreational games may be found at our web site WoodbridgeCTsoccer.org

Code of Conduct

THE PLAYER'S BILL OF RIGHTS

Through TEAM PLAY we will:
Have FUN in both practice and games.
Create a positive experience even when losing.
Foster self worth.
Show team spirit and foster a sense of belonging.
Provide equal playing time for each child.
Show respect to all participants.
Promote sportsmanship.
Teach the game and joy of soccer.

THE PARENT'S COMMITMENT

Make sure your child attends both practices and games. Attendance and timeliness teach responsibility and foster team spirit. Provide the necessary equipment so your child may play safely. Get involved. Volunteer to assist the coach when and where you can. Understand each child's athletic ability is different and will be different as they grow. Try not to compare. Let your coach discuss calls with the referees. Attempt to relieve the pressure of competition...not to increase it. Applaud good plays by BOTH teams. Accept the results of the game. Encourage your child to be gracious in victory and turn defeat into victory by working toward improvement. Follow the rules of the field. Exemplify good behavior.

THE COACHES

A coach can be many things to different people. A coach is a teacher, a mentor, and a role model, sometimes a friend and confidant. Most of all, a coach must be positive. The traits of a positive coach are:

Puts players first. A positive coach wants to win but understands that he/she is first and foremost an educator with the development of his/her players as his/her top priority. He/She understands that children go through developmental stages and uses age-appropriate coaching strategies. The coach values the long-term welfare of the players more than looking good as a coach. The coach avoids the trap of thinking the game is about him/her rather than for players. Where winning is in conflict with the long-term benefit of the children, a positive coach has an unwavering commitment to what is best for the athletes.

Develops character as well as skills. A positive coach uses the crucible of competition as a virtual classroom. The coach seizes upon victory and defeat as teachable moments - opportunities to build on his/her athletes' self-confidence and positive character traits such as determination, courage, empathy and commitment. The coach wants to win, but even more, wants to transmit lessons

that will carry over into the rest of the athletes "lives". The coach is loyal to players and reluctant to "give up" on them, especially "at-risk" athletes who have the most to gain from participating in sports.

Coaches for mastery. A positive coach coaches for mastery rather than victory, which the coach sees as a by-product of the pursuit of excellence. The coach focuses on effort rather than outcome, learning rather than comparison to others and recognizes that mistakes are an important and inevitable part of learning and encourages an environment in which players are willing to risk making a mistake. The coach is committed to becoming the best coach possible and continually seeks to improve his/her own effectiveness.

Refuses to motivate through fear, intimidation, or shame.

A positive coach establishes order and discipline in a positive manner. Many coaches are positive when things are going well and the team is winning. A positive coach works to remain positive even through losing streaks. A coach recognizes that it is often when things go wrong that a coach can have the most positive impact and teach the most important lessons. Regardless of the adversity, the coach refuses to demean oneself or the players by resorting to fear, intimidation or shame. The coach always treats athletes with respect regardless of how well they perform.

Creates a partnership with players. A positive coach resists an authoritarian role in which player are conditioned to please the coach. The coach involves the team members in determining team rules. The coach recognizes that communication is the lifeblood of effective relationships and works hard to establish clear and effective two-way communication with the players. The coach seeks to win the cooperation of the players through encouragement and treats them as partners working together to achieve mutual goals.

Honors the game. A positive coach feels an obligation to the sport being coached. The coach loves the sport and shares that love and enjoyment with the players. The coach feels privileged to be able to take part in the sport. The coach respects the opponent, recognizing that a worthy opponent will push the coach and team to do their best. The coach understands the important role that officials play and strives to show them respect even when he/she disagrees with their decisions. He/She values the rich tradition of the sport and works to honor the spirit as well as the letter of its rules. A positive coach demonstrates personal integrity and would rather lose than win by dishonoring the game.

THE REFEREES

Between the exuberance of the winner and the disappointment of the loser, we find a person called a referee. They try to watch every move on every player and call the game to the best of their ability. They are only one person. They will make mistakes. They are often our own children who have grown up playing in the Woodbridge Soccer Club, so please treat them as you neighbor - because they are!

THE FIELDS

Coaches and players from both teams will be on one side of the field while spectators will take a position on the opposite side. Coaches, players and spectators must not be permitted behind the goal line during the game. Smoking is NEVER permitted. Pets are NEVER permitted. Foul language, physical violence or the threat of physical violence by any participant will not be permitted or tolerated and will result in immediate expulsion from the field. Please keep the field clean. We are privileged to use and maintain the fields our town (you) own.

Silent Side Lines

The Spring Silent Sidelines weekend will be the third weekend of May and the Fall Silent Sidelines will be the third weekend of October. The goals of Silent Sidelines Weekend are to:

- Develop our players to make decisions on the field without sideline intervention.
- Improve the players' communication on the field by reducing the outside noise level.
- Support our youth referees by eliminating dissension from the sidelines.

This rule was drafted and passed at the request of a CJSA player. We need to help our players develop without the continued interference from the sidelines. The objective is to promote greater awareness of this development by coaches and parents as well as the players and referees.

We are requesting that all spectators remain silent on these weekends. For the sake of our kids, we are asking for one weekend where we stand back and just let the players play. We would like to provide each player at least one game of their season that is free of the distractions caused by spectators screaming and yelling at them.

This program was first sponsored by Ct Junior Soccer Association in September 2000 and was successful. Many players stated they enjoyed the opportunity to communicate with their teammates and be heard. One player, Tommy Schanzer, enjoyed the experience so much that he spearheaded a movement to bring back Silent Sidelines each season.

The guidelines are simple. Spectators are to be quiet, talking in a normal tone to the person next to them. What is to be avoided are comments that can be heard by players, referees or opponents. Applause is permitted and encouraged.

Coach Pre Season Check List

- Attend Coach Meeting held by your group coordinator at this meeting you will receive the following
 - Uniforms
 - Balls (Fall Season)
 - Team Roster and contact information
 - Medical contact information
 - First Aid Kit
 - Player Evaluation Form
 - Game/Practice Schedule
 - Copies of the Player/Parent responsibility information sheet
 - Copies of Code of conduct and Silent sideline information sheets
- Contact your players as soon as you have the contact information
- Make copies of the team roster, team schedule, for distribution to the parents.
- Arrange to meet with the players and parents prior to your first practice or game whichever is sooner. If this is to be directly before the first game/practice allow at least 30minutes. Distribute Uniforms, balls (fall only), and team schedules, team roster, WSC Code of Conduct, Silent sideline information and Parent / Player responsibilities information sheet.
- Confirm with the parents that the information you have on the Medical contact information sheet is correct.
- If possible get another parent to organize the snack schedule for you
- If possible arrange for another parent to also hold a copy of the medical contact information sheet just incase.
- Remind parents that cancellations will be posted on the website Woodbridgesoccer.org and that we will not necessarily cancel practices or games due to rain.
- Reinforce the need for players to arrive at least 10 minutes before games start.
- Take the time to fully read the [Woodbridge soccer club coach handbook](#)

WSC Parents/Player Responsibilities

Woodbridgesoccer.org

- Ensure that your child arrives on time and brings his/her Shirt, ball, shin guards and water bottle for every practice and game. Shin guards should be worn under long socks.
- Let the coach know if your child can't make a game or practice.
- Check website for cancellation and monitor e-mails. Just because it is raining does not mean we will not play, soccer is an all weather sport. Cancellations will be post by one hour before the session starts.
- Encourage your child to play the best of their ability while not sacrificing sportsmanship. Encourage fair play. We do not keep score.
- Encourage your child to keep an open dialogue with the coach so that teamwork and sportsmanship can be fostered.
- Be both positive and quiet at games. Constructive cheering and encouragement of a players' performance is welcomed. Please refrain from calling out instructions or coaching from the sidelines. This confuses players and distracts them from listening to their coach.
- Support the referee's decision. Refrain from verbally criticizing the judgment of a referee, or you may be asked to leave the field AND your child will not play the remainder of the game.
- Questions, input, and positive suggestions should be voiced to the coach, team manager, or the club in an adult atmosphere – youth players should not be present. Serious complaints should be emailed to WSC, go to the web site and click on 'contact us' Your email will then be addressed by the WSC board in confidence.
- Be respectful and encourage your children to be respectful.
- Remember your snack day and if you have a conflict make alternative arrangements
- There is no smoking or consumption of alcohol at the field. Dogs are also not allowed.
- All spectators must be located on the opposite side line to the coach and players. Players should remain with the coach when not participating in the game and at game breaks. Parents are only allowed on the side of the

coach and players in the event of an injury requiring their assistance. Spectators must not occupy areas behind the goals.

- Parents must pick up their players promptly at the end of practices and games.
- Parents wishing to get actively involved with the team or club should approach their coach or group coordinator.
- For more information on the WSC program we recommend you go to the Web site and download the 'WSC Coaches Manual.'