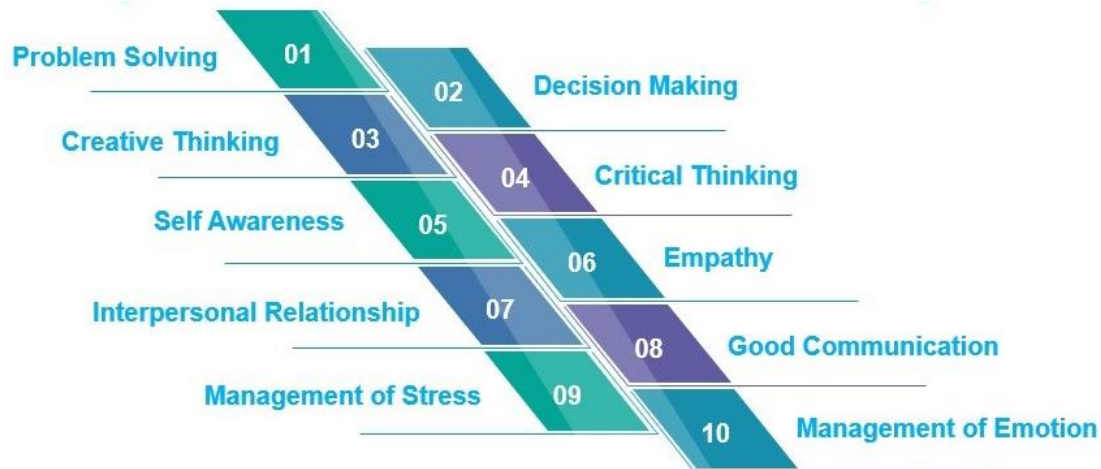


U14 & 18 Format (Boys and Girls) – Life Skills

- Life Skills take precedence over soccer development for the house league.
- Mix of small sided and full sided games, e.g., 11v11 every 2 weeks (3 SSGs)
- Small sided: 7v7 half field, cross field
- Games only (no practice)
- 25-minute halves (5-minute half time)
- Players vote whether they want standings/playoffs or not (majority rules)
- Social activity after the games once a month, e.g., pizza/BBQ (if permitted)



- Focusing on ~6 key life skills: **problem solving; communication; decision making; creative & critical thinking;** and **interpersonal relationships**. Providing our players experience in these areas is of utmost importance for life outside of and after soccer.

U14/U18 Coaches

- Not much of a change from what I've seen from U18 coaches in the past but giving more impetus to every individual to have a leadership opportunity.
- Facilitate a positive, encouraging environment for the players to lead themselves. Help team captain as much as they need.
- Start of season: determine a rota for who will be team captain each game (max. 3 players per game)
 - o Captain role: team set up (formation, starting players, team talks)
 - o Coach helps keep order so that the team captains can perform their role & help as much as they need to
 - o Ask questions and make the players think so they can come up with their own solutions.
- Coach to help with subs during the game (timings, players etc.)
- Coach to offer feedback during team talks as well.
- During the game, take a step back and let them play. Give feedback only when absolutely necessary. Allow players to make decisions on the field.

- In 11v11 games, coaches take on a bit more of a leadership role when teams are mixed but encourage the players to work together. Any consistently disruptive players should be brought to the attention of Oliver & WLYSA discipline chair.
- Keep track of all equipment and teach the players to respect it. All equipment will need to be returned at the end of the season.
- Adjust teams during the season if required, we want even games. Share/trade players as needed.

U12 Format (Boys and Girls)

- Mix of soccer development and introduction to life skills.
- Small-sided games: 5v5
- 25-minute halves (5-minute half time)
- 1 practice mid-week; 1 game on a Saturday
- No league statistics kept.

U12 Coaches

- Facilitate a positive, encouraging environment for the players.
- Lead practices in a collaborative setting with other team coaches of the same age. We aren't just working with one team, work together to coach the whole age group.
- Coach the team during games; allow the players to make decisions and help them with the decision-making process. Not constantly instructing. Overall, let them play and give instructions as needed.
- Coach to control subs during the game (timings, players etc.)
- Coach to give feedback during team talks related to what they have been learning in practice. If a player hasn't learned it during practice, they probably won't understand it during a game.
- Also asking players for their ideas during the games to start to develop the same life skills that we are working on in the older age groups and encouraging critical thinking.
- Keep track of all equipment and teach the players to respect it. All equipment will need to be returned at the end of the season.
- Adjust teams during the season if required, we want even games. Share/trade players as needed.