



Ohio Premier Eagles U8/9/10

Handbook

A guide for parents

June 2009

Dear Players and Parents,

We would like to thank each of you for choosing the Ohio Premier Eagles Soccer Club as the place for your child to play soccer. It is a privilege to have the opportunity to make a positive impact on your child's life through the game of soccer. At Ohio Premier Eagles your child will experience many of life's first experiences' that will shape their outlook as a person and on the game of soccer. Our program strives to develop the character of the player in order to develop the right attitude within the child. We are sure you will find our professional training staff to be excellent in providing your child with a rewarding experience in soccer. On behalf of all at the Ohio Premier Eagles Soccer Club, we look forward to a great journey with you as we aim to develop your son/daughter on a ball and into a developing youth soccer player.

Sincerely,

The Ohio Premier Eagles Staff

Description overview of the Ohio Premier Eagles Soccer Club

A true soccer club in which teams get to know and support each other, both on and off the field.

A single, club-wide playing philosophy and style, which is defined by the Directors of Coaching, and rigorously implemented by all members of the club coaching staff (we do *not* operate as a group of loosely connected teams following separate and individual agendas). This helps to create a consistent learning environment throughout the program for all of our players

Primary focus is to develop technique and skills in a fun and challenging environment.

Professional training staff oversees all aspects of development with an established training curriculum.

Compete in MOSSL in Fall and Spring league play and compete in tournaments against other Club teams.

Fall and Spring season commitment expected, approx. three months each season.

Goals of Ohio Premier Eagles U8/9/10s

Enjoy the game - most importantly we want the players to have fun and to enjoy playing the game of soccer.

Live the game - we want the players to have the desire to play on their own, watch soccer on the TV, attend live soccer games and develop a soccer lifestyle.

Emphasize Individual Player Development - once a player has learned to take the responsibility for their own development they have found the key to success.

Encourage good sportsmanship from fellow players, coaches, officials and parents at all times

Maximize ball contact to develop comfort with the ball at feet.

Motivate Players to Play - we strive for our players to continue playing the game long after they graduate from Ohio Premier Eagles.

Objectives of Ohio Premier Eagles

- To have fun learning how to play soccer.
- To develop the five core ball skills: - dribbling, passing, shooting, heading, receiving / turning.
- To develop physical coordination and spatial awareness.
- To encourage creative play and the development of creative thinking. Encourage the girls to try things in games, don't be afraid to make mistakes
- To develop self confidence and self esteem.
- To develop communication and interpersonal skills.
- To encourage players to 'compete' against others and respond to various competitive environments.
- To encourage players to set and achieve 'goals' for themselves.
- To create opportunities for success, regardless of ability.
- To develop passion for the ball, the game and for the Club. The values of respect, discipline, commitment, effort, pride, trust, unity, and developing a true love of the game are vital to the long-term success of our players and our club

Training Goals

Overall, provide a competitive training/playing environment that will challenge each player to be the best that they can be both on and off the field.

1) Technique:-

Mastery of the ball with all parts of the body in all directions. We will work on the development of basic technique through the following:-

- 1 v 1 Attacking and Defending
- Receiving and Turning
- Passing
- Shooting
- Heading
- Juggling

2) Tactics:-

Ability to read the game, think ahead and create solutions. We will work to develop game sense and understanding through the following:-

- 1 v1 to 6 v 6 situations
- Team Shape on:- Goal Kick, Corner Kick, Ball in GK Hands, Direct / Indirect Free Kick, Throw In
- Principles of Attacking and Defending

3) Physical:-

Ability to control the ball according to the different demands of the game. We will work to develop the following:-

- Balance
- Coordination
- Power
- Speed and Agility
- Stamina

4) *Personality:-*

Players must develop and display the right attitude to perform at their ultimate level. We will work to develop the following: Positive attitude and effort to get things done. Confidence through mental and physical preparation. Believe in yourself and the team.

Philosophy on...

...Winning

For U8/9/10 teams we believe that winning is to give your best on the training field and game field. To have fun learning in a challenging environment and to see the signs of development and maturity. To play soccer in a creative and skillful manner. To compete every inch of the way through each training session and each game.

Winning every game is not our primary objective and will NOT be how we measure our success. However, there are times when winning a particular game may be beneficial for a particular age group/team or the club in general. The club coaching staff will determine which games, if any, will take on this importance and may, at their sole discretion, field what they determine to be the most effective team in certain games (league playoffs, certain tournament games, etc.) where a positive result could help push the entire age group/team or the club to another

level of play. Every effort will be made to balance the good of the individual player versus the good of the entire age group/team and the club in general

...Playing Positions

Throughout the U8/9/10 experience players will play every position on the field and learn to play Attack and Defense in each position. In order to maximize individual and team development we believe that players should understand their Offensive and Defensive considerations in all areas of the field and put their technique and decision making to test in each position.

...Equal Playing Time

We work on the notion of doing our best to provide each player with at least 50% playing time. The U8/9/10 age is a developmental program and players earn 'extra' playing time based on ability, effort in training and performance in games.

Answers to frequently asked questions....

Please visit our website at www.opsoccer.com and team link for valuable information.

- All players expected to attend all training sessions and games, and to be on time
- Parents are welcome to watch training, but not from the sideline (no distractions)
- Parents should not shout instructions, coach, or attempt to contact their children during a training session except in the case of an emergency
- Arrive at the games minimum of 30 minutes prior to the game(check with coach)
- Shirts always tucked in, socks pulled up for all training and games
- Training shirts are to be worn at all training sessions
- All players should have a size 4 ball....make sure it is pumped up

- Every player should bring sufficient water to every game and training
- Coaching staff is available to provide club members with feedback regarding their personal progress within the program and to highlight specific areas that need improvement
- Typical uniform colors for games are:

Professional Coached teams:

Home- White Shirt, Black shorts, White Socks

Away- Black Shirt, White Shorts, Black Socks

Professionally Assisted teams:

Home- White Shirts, Black Shorts and Socks

Away- Black Shirts, Shorts, and Socks

- Role of the PA and the coaches and the staff of OP Eagles. PA will assist in the administration of the team only. Coaches deal with the daily soccer activities and decisions. Ask questions at a parent meeting as to whom you should contact if an issue needs to be resolved.
- Maps/directions for all the various practice fields used by OP Eagles (like the one MOSSL has for all the fields that are used for league games). Maps can be found at mossll.net and opsoccer.com
- Players need to bring to games their ball, shin guards, **uniform including the alternate uniform top in case they need to change colors** and water. PA will let you know ahead of time the colors to wear for the game. BWB usually means black top, white shorts, and black socks.
- Players should always have extra tissues in their bags. Bloody noses happen and are easily stopped. The damage comes from stains on the uniforms or coaches overlays if nothing is available. Pack uniforms in a re-sealable bag. It is a preventative measure from snags especially on the Velcro of shin guards.

- Parents should keep a list of all other parents phone numbers with them at all times. It is especially important in cases of emergency or being lost going to a game to have numbers where you can get information. Most teams have this information on a laminated card stock the size of a credit card.
- Staff will stay with your children if you are late picking them up. We truly frown upon having kids walk home on their own especially when it starts getting dark early. **Staff members are not to drive players home.** Please inform the staff member if you will be late.
- Sometimes there will be a reason to move practices inside due to weather and our winter training is indoors. Both will be held at one of our two own indoor training facilities, The Ohio Premier Eagles Sports Complex. One is located in Plain City and one is located in Dublin. See the website (www.opsoccer.com) for specific locations.
- Potential tournaments: Tournament Schedule will be distributed by your coaches.
- The league most teams play in is known as The Mid Ohio Select Soccer League, MOSSL (mossll.net).
- Professional Coaches will substitute for each other on occasion: It provides the opportunity for other coaches to see your daughters and offer different information. Several coaches have more than one team and this allows us to keep a small but very talented coaching staff. It is one of the items that make OP Eagles a special place to play.
- Communicate to your coach any potential conflicts ahead of time. Winter is always a difficult time to get everyone to the same place at the same time. If your daughters are involved in other winter activities, it is important your coach knows as soon as possible. We are a busy group and players miss events. Please let the coach know ahead of time including training session's conflicts.

Parent's Code

- Children have more need of example than criticism.
- Make soccer participation for your child and others a positive experience.
- Attempt to relieve the pressure of competition, not to increase it. A child is easily affected by outside influences.
- Be kind to your child's coach and to the officials.
- The opponents are necessary and friends. Without them, your child could not participate.
- Applaud good plays by your team and by members of the opposing team. Remember that the *parents from the other team* are equally enthusiastic about their team's success. Be a gracious competitor.
- Parents should be cheerleaders.
- If we lose a game, *adopt a positive attitude*. Compliment the children for the good plays and ignore the mistakes. The child will be happy you noticed the good qualities. The coaching staff will work on the mistakes with the players at training. Place the emotional and physical well being of all players ahead of any personal desire to win.
- The parents must remain on the opposite side of the field until the coach releases the players
- *Do not* shout instructions to your child or attempt to coach your child during games. This will cause confusion and may result in erroneous play on your child's part. The coaching staff has instructed your child on how to play. If you shout instructions, your child will probably try to please you and the coach at the same time. In trying to do two things at once, the child will fail at both. Furthermore, your instructions may directly conflict with the goals and objectives that the coaching staff has established for that particular game.

- **Do** cheer for your child when she successfully plays the ball. However, remember that your child is a member of a team. Let the other players know you support them as well. Refrain from disparaging or degrading remarks.
- . Remember -- ***Your child will forget about today's game***. Next week she will probably have forgotten the score. However, both of you will always remember if you had a good time playing & watching the most popular sport in the world.
- Between the exuberance of the winner and the disappointment of the loser, we find a person called the referee. All of them follow the same creed to watch every move of every player and to call the game to the best of their ability. Do not openly question their judgment and never their honesty. They are a symbol of fair play, integrity, and sportsmanship.
- Accept the results of each game. Encourage the child to be graceful in victory and to turn defeat to a victory by working towards improvement.

Parents Role

The 6 Things Parents Should Say to Their Player

A lot of parents with good intentions give a 30 minute lecture, covering all the players supposed deficiencies and giving playing advice, in the car on the way to each match. The kids arrive far off their optimal mental state, and dreading the critique they are likely to hear, whether they want it or not, on the way home. Kids who are massaged in this way tend not to play badly, they just tend to not play, possibly to avoid making mistakes.

For best results, parents should memorize and use the following:

Before the Match

1. I love you
2. Good luck
3. Have fun

After the Match

1. I love you
2. It was great to see you play
3. What would you like to eat?

TIPS FOR PARENTS:

Soccer parents should:

- **BE POSITIVE WITH YOUR CHILD.** This means letting your child know they are accomplishing something, simply by being a part of a team – whether they are a starter or reserve.
- **DO NOT OFFER EXCUSES FOR YOUR CHILD.** Do not offer excuses for your child if she is not starting or starting. Instead, encourage your child to work hard and to do her best.
- **ENCOURAGE YOUR CHILD TO PLAY BECAUSE SHE LOVES SOCCER.** Your child must have a passion and love for soccer in order to succeed at this competitive level of play. You should not be playing for a scholarship, they are rare and hard to earn.
- **INSIST THAT SCHOOLWORK COME FIRST.** Do not let your child say they are “too tired” to do homework. Instead, help them learn how to organize their time more efficiently.
- **HELP YOUR CHILD TO IMPROVE THEIR SELF-IMAGE.** Do not compare and contrast players with other family members. Treat each child as an individual.
- **CHEER POSITIVELY.** Your child’s teammates and opponents are young amateurs, not professionals. Treat them accordingly.
- **ENCOURAGE YOUR CHILD TO FOLLOW THE RULES.** This means setting a good example on and off the field.
- **DO NOT PUT DOWN COACHES, REFEREES, OR OTHER PLAYERS.** To berate the coach is to undermine an important adult role model. Remember, what you say your child will believe.
- **HAVE FUN.** Remember that your child is playing to have fun. We will try and challenge your child to reach past their “comfort level” and improve themselves as a player, and thus, a person.