



SSA Recreation Player Manual – Fall 2008

As of August 15, 2008

Description

Fall Rec starts August 11 and runs through September 27th. The format for this year's fall rec is Monday night and Saturday morning small sided games led by the parent volunteer coaches. We will have a season ending tournament on the last day of fall rec - Saturday, September 27. Training for coaches will be held at the coaches meeting on August 6th. Participants in the rec program will also be able to attend SSA nights at the Shakopee High School soccer games and assist the Sabers as ball boys and girls.

Age groups

For the Rec league we use the standard Minnesota Youth Soccer Association (MYSA) group age guidelines. The groups are called U9, U10, etc. where U means equal to or under that age as of July 31. The MYSA soccer year runs from Aug 1 to July 31. Example: if your daughter is 9 years old when the Rec season starts in Aug but will be 10 before July 31 of the following summer she is a U10 player. It's a little confusing but if you play MYSA soccer you will get used to it. MYSA has a [Birth year Guidelines](#) web page that might help you.

Who is the Rec league for?

- Grades 3-6 for 2008/2009 school year (ages 7-12).
- Boys and girls. This is a co-ed Rec league, boys and girls play on the same team

Registration

- Register online via the SSA web site.
- Registration starts in mid June and ends July 23rd.
- There will be a walk-in registration July 19th from 6:00 pm – 8:00 pm at the 17ty Avenue Soccer Complex
- Cost is \$65 (includes a T-Shirt). Fee is required at the time of registration.

Schedule for 2008

- 7 weeks long, Aug 11 through Sept 27
- 2 sessions per week. Mon evenings & Sat mornings. No soccer on Labor Day weekend (Saturday Aug 30 and Monday Sept 1).
- Sessions are 1 hour long. Times based on age of player and gender. NOTE: ages are based on MYSA 'U ages' as described above.

Practice sessions

Train with your team, sessions to be conducted by parent coaches

Games

- No scores or standings kept.
- Teams are formed by randomly assigning players to a team before the first night.
- Coaches
 - Parent volunteers are used for coaching. If we run short the SSA board members can fill in.
 - At least one parent coach per team.
 - Primary duties primarily involve supervising the team while they play, substitutions, and passing on any soccer knowledge they may have.

- If you can't make it to your night of coaching then try to find a replacement. If you can't find a replacement on your own let the Rec Coordinator know as far in advance as possible so he can line up a replacement.
- Complete a disclosure and consent form each year of coaching. Form is valid Aug 1 – July 31

Game format

- We play a 6v6 (including keeper) format for all age groups.
 - If a team is short then borrow a player from the other team.
 - If both teams are short then play with smaller teams (5v5, 4v4, etc.)
- There are a couple of team formations you can use:
 - 2-2-1 where you have 2 defenders, 2 midfielders, and 1 forward.
 - 2-3 where you have 2 defenders and 3 midfielders
- The one hour game nights are divided up as follows: first 15 minutes warm up drills (passing, practice skills learned on training night, etc.). Then play two 20 minute halves with a 5 minute half time break.
- Playing time:
 - If you have more than 6 players that night you will need to substitute players.
 - Make sure you play an equal number of boys and girls most of the time.
 - Make sure everyone gets equal minutes
 - Make sure everyone gets to play the different positions (keeper, defense, midfield, forward)
- Rules: Basic rules, except no offsides.
- Parents will coach and referee the games.
- SSA board members will be roaming the fields providing assistance where needed.

Fall rec tournament

There will a one day, season ending tournament where each team will play 3 games.

Saber Kickoff Clinic

On Aug 23 the Shakopee High School soccer varsity players (both the boys and girls teams) will be conducting a one hour clinic for the fall rec players.

Saber Soccer Support Nights

On August 23rd, 25th, 29th and September 25th, 27th, and 30th – any Fall Rec Player who comes to a Shakopee Sabers varsity soccer game (for either the boys team or the girls team) wearing their Shakopee Fall Rec soccer t-shirt will get into the game for free.

Players in the Fall Rec program will be selected to be a ball boy or ball girl for a varsity soccer game for either the Shakopee Sabers boys or girls game.

Equipment

The players need a water bottle, ball (size 4), shirt for practice, shorts (black preferably), shin guards, socks that cover the shin guards, and shoes. Shoes can be tennis shoes or soccer cleats. We will hand out the SSA soccer shirts, wear them to games nights.

Location

All games and training are at the 17th avenue soccer complex. We use the 4 mid size fields 6A-6D.

Weather cancellations

The SSA club will make a call on whether to play the games or cancel due to bad weather by 4:00 PM (8:00 AM for morning games) of the day of play. Check the home page of SSA web site and look for the status – as shown by a picture. If the nights are on, the picture will be sunny. If the nights are cancelled due to weather it will have a cloud and lightening bolt.

SSA web site

<http://www.shakopeesoccerclub.org/>