

7th and 8th Grade Girls Soccer

This handbook will be a guide to coaches and players of the Wilson soccer program. The handbook will help new soccer players understand the game and vocabulary specific to the game of soccer. As a season progresses, we may alter strategies to best fit the team. Ultimately we strive to see individual improvement in players through a season through smart play and hard work. Practice is where the individuals learn to work together. It is important for players to make it to practices! Eleven individuals will not succeed if they don't work on these items in the handbook with their team. We enjoy soccer and hope to make soccer enjoyable for you, to grow and improve your game. I hope to make soccer enjoyable for you, to grow and improve your game.

- Practices will be from 3:05-4:30. We will not have practices on Fridays.
- You must have a current physical and concussion form on file in the clinic to participate.
- Regular prompt attendance will be required. **3 unexcused absences will result in removal from the team.**
- Transportation will be provided to away contests and return trips to Wilson will also be provided. Athletes may ride home with their parents from away contests **only** if the parents provide a written permission to do so.
- Poor behavior that results with a student being sent to the office may result in the student missing a meet. Parents will be contacted by Administration if this happens.
- Athletes will need to have a t-shirt, gym shorts, stockings, shin guards, and footwear to practice.

We will:

Care for Each Other, Play Hard, and Play Fair!

4x4 points of soccer PSMS

1. **Physical** - Running, Agility, Balance, Strength
2. **Skills** - Passing, Dribbling, Shooting, Shielding
3. **Mental** - Decision making, Anticipation, Evaluating, Toughness
4. **Social** - Communication, Encouragement, Teamwork, Celebration

Defensive Strategies- Defend as a team- take pride in protecting the house!

1. First defender, second, and third.
2. Force them out of the middle
3. Delay and Wait for their mistake
4. Take away "threats"

Offensive Strategies - Create opportunities for your team, have Fun!

1. Up and in "cross"
2. Runs, angles, overlapping, splits, wide.
3. Pass and move to support make their defense work.
4. Create and be quick inside the box. Pull the trigger and rebound.