

# Bellbrook Soccer Association

## Coaching Manual



P.O. Box 182  
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BSA Website [www.bellbrooksoccer.org](http://www.bellbrooksoccer.org)  
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Bellbrook Soccer Association



## **1.0 WELCOME & MISSION STATEMENT**

The Bellbrook Soccer Association (BSA) thanks you for your involvement in the Recreational Soccer League. Your participation enables children to experience the pleasure of playing soccer and encourage their growth as team members and athletes.

Our mission has been to provide youth of all ages with a quality, recreational soccer program that will enhance personal and team skills, a spirit of fair play and sportsmanship, community involvement and foremost, to provide fun and enjoyment for youth soccer players, coaches and referees and community spirit of enthusiasm for organized competition.

BSA is affiliated with the Ohio South Youth Soccer Association (OSYSA). OSYSA is part of the US Youth Soccer Association ([usyouthsoccer.org](http://usyouthsoccer.org)) that provides a strong developmental foundation and framework for the learning and playing of the game of soccer.

Everything within BSA begins with the recreational program, education and the fundamentals of the game, reinforcing the fun and love of the game, and providing a smooth transition for players desiring to participate at the competitive levels. We intend to provide a high quality soccer experience for all children. BSA recreational soccer, in accordance with US Soccer guidelines, emphasizes participation over winning at all costs –EVERYONE PLAYS!

As a coach, we expect you to place emphasis on team participation, fun, teaching of soccer fundamentals and tempering your competitive spirit. Remember in BSA recreational soccer program, we look to create a positive learning experience for all players, winning is not everything. Having fun playing the game of soccer is!

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Thank you for volunteering!

The BSA Board

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OSYSA requires that all coaches attend coaching clinics and should obtain at least a 'YM' license. Ask your Training & Education Coordinator or look at the "Coaches Corner" section of the BSA website for dates of the next clinic.

**Please note that the rules found in this manual override those rules defined in the OSYSA manual.**



## 2.0 Recreational Program Overview

### 2.1 Overview

BSA Recreational offers a recreational soccer program designed to promote skills development along with the enjoyment of the game. The program targets new players, players with recreational league experience and players interested in maintaining and enhancing their skills. In following US Youth Soccer's recommendations we utilize the "Micro Soccer" program. The goal of Micro Soccer is to increase the level of play and fun for the players while becoming physically fit learning of the game of soccer.

### 2.2 Why Micro Soccer?

(The rationale behind small-sided games)

- Players get more involved and become actual "participants" in the game.
- Increased involvement means that the players will be getting more touches on the ball.
- Less standing around and less boredom.
- The players will be required to make decisions for themselves in the game.
- The players will experience repeating game situations with more frequency.
- The players will have more opportunities to score on a small-sided field.
- The players will be involved more in attacking and defending and therefore can take ownership of the game.
- A smaller field means that the players need to be actively involved for a longer period of time.
- In order to play the big game (11v11), players need to be able to conquer the little games and situations that micro soccer provides. In general, people, especially kids, learn by doing. Since soccer is a game that requires players to "think on the go" all of the time, the small sided game will help develop the needed skills. As kids, we didn't always need to have 5 against 5 to play a pick up game of basketball. Usually the smaller the game, the more enjoyable it was because of the repetitions and opportunities that were presented. Most of us just played 1v1, 2v2, 3v3 and so on. When we didn't have enough players for a full-sided baseball game, maybe we closed down right field and if the ball was hit there, it was an out. Nonetheless, we didn't need a full-sided "official" game in order to play and have fun! Many of us

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will remember a pick up game in which we played striker, pitcher or point guard. Because only one person can play those exciting positions, maybe someone didn't enjoy the game as much and be disinterested in playing. Think what an 8 year old feels like when they are right defender on a full size field/team. Often they feel scared to help attack because they may be out of position when the other team is attacking. Possibly they will only get 6-10 touches on the ball during a game. With the small-sided game, now everyone can enjoy the game. Have a chance to be the striker, pitcher or point guard. Small- sided games allow players to take control of their own destiny and attack and defend.

### **2.3 Team Composition**

BSA Recreational soccer league forms teams for its recreational programs of registered players. In the simplest terms, a "recreational" team has players assigned to it by the league instead of by the coaches.

### **2.4 Parents & Spectators Code of Conduct**

Parents and spectators are to:

- Practice good sportsmanship by encouraging and applauding skilled play by both teams.
- Avoid dissent, be a positive influence in the match, and not be a negative or disruptive force, as their child will not understand why they may have to leave the game.
- Sit back and enjoy the game; no matter what the level of play, winning and losing are only part of the game.
- Know the game by becoming informed in the game of soccer through reading, watching, and playing the game.
- Be supportive of all activities, bringing the child to games and practices on time with a ball, water, shin guards and appropriate footwear.
- Refrain from using drugs, alcohol or any tobacco products at all youth soccer events.
- Communicate any safety concerns to a coach, official or administrator of anything that they feel is, or may create, a dangerous situation for anyone attending games or practices.
- Ensure the child has something nutritious to eat before the game but not so much that they feel weighed down while running.



- Communicate with the child recognizing their child's individual performance asking questions such as, "How did you do?" instead of "Did you win?"
- Remind others, when necessary, of the Parent's Code of Ethics politely and with respect.

It shall be against the rules of the Bellbrook Soccer Association for a parent or spectator to threaten, harass, or intimidate soccer officials, coaches, or children in anyway. This includes before, during or after all games sanctioned by BSA. Failure to comply with this rule could mean immediate expulsion from the game and field area (in sight or earshot of the official) and/or loss of game by judgment of the BSA Board. Any physical contact with soccer officials could result in legal action by BSA or others.

**Coaches are responsible for the conduct of their parents and spectators.** Parent or Spectator misconduct may result in the coach receiving a yellow and/or red card. It could also result in the suspension of the game by which the outcome would then be decided by the BSA Board (i.e. game forfeiture, replaying of games less than ½ in duration, declaring a winner of games over ½ in duration).

### **3.0 TEAM MANAGEMENT**

#### **3.1 Coordinate with Parents**

We advise coaches to inform parents or guardians of team selection **within seven (7) days** of receiving the roster. Please confirm the following: child playing, gender and grade/age. Report any discrepancies to your Division Liaison at once. The following should be provided to all parents (see sample schedule and roster below):

- Complete schedule of practice and game times
- Team roster with the telephone numbers of players and their parent's first names
- Snack schedules for games
- Flyer explaining parking at Sackett-Wright

TIP: Get to know the parents and include them in the practice. At your first meeting, enlist the help of parents (phone tree, first aid assistant, team snapshots, shirt lettering, etc.)

Encourage parents to stay at the field for practices and games. Remind them to always have their child bring and take home a ball from both practice and games.



### **3.2 Coordinate with the Division Liaison**

Know who your Division Liaison is (see back panel) and call them with your questions and concerns. The Division Liaison is your primary contact regarding league operations.

### **3.3 Player's Equipment**

Proper equipment is an important part of a player's safety. Inform parents and players that all players will wear game jerseys and socks furnished by BSA along with shorts, shin guards and footwear (provided by parent/guardian). Footwear can be soft-soled shoes or soccer cleats, but soccer cleats are recommended. Cleated baseball or football shoes with a toe cleat or screw-in cleats are **NOT** allowed. Players will also need to bring a water bottle to practice and games.

Regarding pierced ears. **Players cannot play with earrings.** Advise your parents not to pierce their children's ears right before or during the season—when the earrings need to remain in the ears. Refer to law/rules handbook for guidance on other forms of illegal equipment.



## 4.0 GENERAL RULES FOR COACHES

BSA thanks all of those parents and grandparents who have accepted the responsibility of being a coach. We ask that you follow the Coaches Code of Conduct as outlined below.

### 4.1 Coaches Code of Conduct

A quality soccer coach should:

- Know the laws of the game and teach them to players.
- Never be alone with any of your team players ("Times-Two" Rule).
- Exhibit exemplary conduct at games and practices.
- Coach all players equally and allow players more than required minimum playing time. Pre-plan practices and games to avoid player boredom or standing around.
- Stress and expect sportsmanlike play and behavior from players in teaching the concept of team play while discouraging negative remarks by spectators, players, referees, etc.
- Maximize praise and tailor player corrections to the individual with a calm and warm tone of voice while minimizing sideline coaching and yelling.
- Do not use profane or vulgar language.
- NEVER argue with a referee or show disagreement with a referee decision. All referees make mistakes just like coaches.
- If you find yourself in the middle of a confrontation with a referee, coach or parent, walk away and contact your Divisional Liaison or the closest BSA board member for help.
- No tobacco, illegal drugs and alcohol should be used at all practices and games.

The BSA Board Ethics Committee will address violations of this Code of Conduct. Consequences range from a warning to the loss of coaching

### 4.2 Game Protocols

- All children **MUST** play 50% of each and every game. **A child cannot play in the same position for more than half of the game.**
- Substitutions are continuous and may be done at any stoppage of play.
- Coaches are not allowed on the field during the game for Passer, Wings, and Strikers.

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- Coaches are expected to stay within their team's area, between the goal area line and within one yard of the halfway line on their designated side of the field. Referees have the authority to enforce this location.
- In cases where the game is stopped for an injury and coaches enter the field, the player is expected to leave the field. The opposing coach may also substitute one player at this time. (Law III 2. (3.))
- A team may have a maximum of two persons in a coaching capacity for their team and on the sideline at match time, one of which must be at least 21 years of age.
- Field players must switch sides each Half.
- Team/Coaches sidelines are to be opposite from the parent's side of the field.
- Home team is responsible for providing the game ball.
- No guest players may play on your recreational team. Only players that have valid registrations for the current season on file with BSA are permitted to play. Penalty includes forfeiture of all games and coach dismissed from the league.
- In the event of a referee no show, it will be the coach's responsibility to ask for volunteers to referee the game. Referee no shows should be reported to the commissioner.
- Following the game, coaches and players should line up and shake hands. All coaches should sign the referee card (Passer Divisions and above)
- Equipment is turned in to your Divisional Liaison immediately after your last game.

### **4.3 Keeping the Game Fair and Fun**

It's great to win but there is no useful purpose in devastating your opponent. A team substantially ahead (more than three goals) of their opponent should employ the following:

- Ease up on their offensive tactics and use this opportunity to give players with the less ability additional playing time
- Concentrate on developing tactical skills as a team rather than scoring
- Reposition players to less familiar positions.
- Repeated running up of scores may result in coach being sanctioned (Wings/ Strikers)



## 5.0 TEAM SAFETY

### 5.1 Risk Management for All Coaches

All BSA coaches are required to complete the risk management for provided by OSYSA.

- Risk form (ALL COACHES MUST COMPLETE)  
<https://ssl.gcis.net/hhforms/OHSRMDData/RiskUserMainForm.asp>
- OSYSA Risk Management Policy:  
<http://www.osysa.com/risk.html>

### 5.2 Attention to Medical Concerns

Coaches should request contact and medical information at their team meeting prior to the start of the season. This information should include, but is not limited to, phone numbers, cell phone numbers, emergency contact information, medical conditions that may affect the player's health or ability to play. This information is confidential and is not to be copied and distributed. Coaches are responsible for providing your own first aid supplies (band-aids, ice, bee sting ointment). For anything that cannot be treated with the basics, BSA recommends calling 911.

Small devices such as glasses and hearing aids are acceptable wear during play.

### 5.3 Inclement Weather

Safety is Priority One! Please be safe out on the field and follow these guidelines:

- **If 1 hour before the game, ONLY the PRESIDENT & Referee Coordinator may cancel the game.** If the game has started or will start shortly, only the field referee may cancel the game. For non-refereed games, the team coaches may cancel the game after calling their Divisional Commissioner.
- There will be no games or practices if there is standing water on the field or there is lightning. League wide cancellation will be announced on the **BSA Website [www.bellbrooksoccer.org](http://www.bellbrooksoccer.org)** and by the Divisional Commissioners. Cancellation of games must be made after contacting your Divisional Commissioner while coaches may cancel practices on their own.
- If coaches cancel games without consent of Divisional Commissioners, a forfeit of the game shall occur, and no make up game will be scheduled.
- No games or practices will be held if the temperature is under 32 degrees or the wind child is under 32 degrees.

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- League officials and/or league referees will suspend play due to lightening in the immediate vicinity for Passer division on up. Instructional games do not have referees so their coaches must suspend play in case of lightning.
- If thunder is heard in the immediate area or lightning is seen, the referees shall terminate play and request players, coaches and spectators find appropriate shelter. They must wait a full 30 minutes after the last thunder or lightning is heard or seen. If conditions improved after 30 minutes the game will restart.
- In the event of strong downpours or significant rainfall resulting in flooding or standing water on the fields, games may be cancelled for the day, or for a portion of the day. This decision shall be at the discretion of the referee or league official.
- When in doubt as to whether a game is on or not – SHOW UP. Do not assume that because earlier games were cancelled, your game will be too. Determinations to suspend play are made as late as possible, with the intent to play all scheduled games.
- Contact your Divisional Commissioner about rescheduling games.
- If a game is cancelled after the referee reaches the field it is up to the BSA board to determine outcome. If less than half of the game has taken place then no result shall be counted. A replaying of the game shall occur or forfeiture shall be the outcome if no time is allowable for the game to be replayed. If more than half of the game has been played then the result at the time of stoppage shall stand.
- All appeals of game results shall be referred to the Referee Coordinator and the President



## **6.0 BSA REFEREES**

### **6.1 Relationship with the Referee**

All of our referees are BSA certified and many have additional certifications from USSF. Here are just a few of their game responsibilities:

- Maintain safe playing conditions by checking goals, fields and player uniforms.
- Enforcing areas where players, coaches and spectators are expected to stand.
- Discuss CALMLY your concerns with the referee (or an on site adult ref mentor) during a Quarter break or after the game. DO NOT CONFRONT in a criticizing manner. Please contact the Head referee if you feel a Law was not applied correctly, the ref did not promote a safe and fun environment, was not in full uniform, did not hustle, or was not loud enough with the whistle.
- At the end of the game the coaches will be provided "comment cards" that may document the referee's performance.

### **6.2 Games with No Referees (Passer Division through Strikers)**

In the event of a no-show of a referee, each coach shall be responsible for refereeing 1/2 of the game or obtaining a representing to referee 1/2 of the game. The "volunteer" referee may be a coach or a willing parent.



**7.0 PROGRAM DESCRIPTION:**

<b>Division</b>	<b>Game Format</b>	<b>Max. # on team</b>	<b>Coaches on Field?</b>	<b>Goalie?</b>	<b>Referees?</b>	<b>Time</b>	<b>Ball Size</b>	<b>Field Size</b>
<b>Instructional 4 (coed)</b>	4 V 4 (half of each team split on 2 fields simultaneously)	10	Yes	No	No	8 min. quarters (2 min. break between quarters; 5 min. halftime)	3	20 X 25
<b>Instructional 5 (coed)</b>	4 V 4 (half of each team split on 2 fields simultaneously)	10	Yes	No	No	8 min. quarters (2 min. break between quarters; 5 min. halftime)	3	20 X 25
<b>Passers (separate boys and girls league)</b>	5 V 5	8 to 9	No	No	Yes	12 min. quarters (2 min. break between quarters; 5 min. half time)	3	30 X 50

<b>Wings</b> (separate boys and girls league)	6 v 6	8 to 9	No	Yes	Yes	25 min. halves (5 min. halftime)	4	45 X 60
<b>Strikers</b> (coed) At Beavercreek	11 v 11	16 to 18	No	Yes	Yes	25 min. halves (5 min. halftime)	5	50 X 110



## **7.1 Special Rules per Division**

### Instructional through Passers:

- No penalty kicks or direct kicks
- No scores or standings are kept
- Goal kicks taken from any point in the goal box.
- Defending players must be four yards away from ball for goal kicks, free kicks and corner kicks.
- Set up the players in a diamond shape for 4 V 4 or a diamond with a center player for 5 V 5
- Focus on player's individual skills before team play or strategy.
- No slide tackling or jersey pulling

### Wings and Strikers:

- Offsides rules applies
- Substitutions can be made at any stoppage of play with the notification of the referee

## 8.0 COACHES EDUCATION, CLINICS & REFERENCE:

Regardless if you're a first time Coach or a seasoned veteran, the BSA Recreational program encourages you to continue learning about the game! Our Program offers the following opportunities to continue your education.

- Attend and/or volunteer to coach at the Kid's Camp in July. There is a Coach's Clinic offered that will prepare the new coach or refresh the former player/coach.
- Attend coaches training each season before games start.
- BSA also offers, from time-to-time various Coaching module and licensing classes. Take a look at the "Coaches Corner" section of the BSA website for more information.

In addition to the clinics, BSA Recreational recommends the following resources:

- [Guide to Great Soccer Drills: The baffled parents guide by T. Fleck and Ron Quinn](#)
- [Coaching Youth Soccer "An Essential Guide for Parents and Coaches" by Denis Ford](#)
- [Coaching 6, 7 & 8 year olds by Tony Waiters and Bobby Howe](#)
- [Coaching 9, 10 & 11 year olds by Bobby Howe and Tony Waiters](#)
- [FUNdamental Soccer Practice by Karl Dewazien](#)

These web sites also contain useful information:

- <http://www.bellbrooksoccer.org> - Coaches Corner tab
- [www.osysa.com](http://www.osysa.com) Ohio South Youth Soccer Association
- <http://www.usyouthsoccer.org> - Coaches tab
- [www.nscac.com](http://www.nscac.com) National Soccer Coaches of Association of America
- [www.bettersoccermorefun.com](http://www.bettersoccermorefun.com) Dutch Soccer Drills
- [www.soccercoaching.net](http://www.soccercoaching.net) online coaching magazine
- [www.drix.net/jim/](http://www.drix.net/jim/) Ask a Referee



## 9.0 SOCCER PRACTICE ACTIVITIES

### Keys to practice:

- Maximize ball touches
- Games instead of drills
- Get parents involved in the practice.
- Have FUN

### Passing:

2 players with one ball, 3 yards apart, have players back up after awhile; limit touches, instruct part of foot.

### Red Light Green Light:

Players dribble when the light is green, Stop when light is Red. Coach calls out instruction.

### Cone Soccer:

1 on 1 play, 2 cones, each player tries to hit the other cone with the ball. Have a parent supervise each 1 on 1 group. This is a great drill that teaches ball control and action.

### Sharks & Minnows:

Players are inside an area with their balls, one player or coach is the shark who attempts to kick out the others.

A) Players who loses ball retrieves and re-enters the minnows

B) Players who lose ball becomes shark

### Monkey in the Middle:

All players form a circle and choose someone (the "Monkey") to be in its center. The players forming the circle pass one ball among them while the person in the center tries to gain control of the ball. When this happens, the person in the circle who last touched the ball goes to the center. Some level of competitiveness develops but never on an individual basis and the "losers" quickly gets a chance to redeem themselves.

### Tick-Tock:

Teaches: Touch & ball control using inside-of-feet

Set-up: Every player has a ball & starts with the ball between his feet, with knees bent.

The Game: On "Go" each player taps the ball between his feet. Each tap is "one" 1st to reach 20 wins (1st to 40 if U-12). Tip: Keep knees bent & tap ball with the front of the foot (this gives better control than the back of the foot).

### Hit the Coach:

Teaches: Dribbling, kicking & teaches the Coach how to be funny.

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Comment: A simple, fun game for U-6

Set-up: Each player has a ball

The Game: Players stand shoulder-to-shoulder facing Coach who is about 5 steps away. On "Go", the Coach runs slowly away while players dribble to chase him & try to hit him with the ball by shooting at him. They get 1 point each time they hit him. Recruit parents to help & split into 2 games or even 3, so it is less crowded. Stay in a small area & have fun with this game. Play for about 5 minutes. Variation: Before starting, tell the players that if they hit you 5 times (total) you will make the sound of their favorite animal, like a dog or a cow, etc. When you are hit 5 times, stop & let them choose a sound. Then start all over. Try to stop about every 60 seconds. Adjust by changing the number of required hits to 3 or 4.

### Driving School:

Comment: This is a great game & teaches many basic skills. Easy set-up & everyone has a ball.

Teaches: Control dribbling, using bottom of foot to stop, pullbacks, using outside of right foot & left foot.

Set-up: Use disk cones to outline a 20-yard x 20-yard "field". (Smaller or larger, depending on age & numbers of players, but not too small or they will collide. Better for this game to be on the larger size at first).

The Game: "This is Driving School & I'm your Instructor. I'm going to teach you how to drive but you must listen carefully & do exactly what I say."

Each player has a ball & must stay inside the cones. Coach uses a ball to demonstrate what each of the instructions means: "Go" - Start dribbling ("Keep the ball near your feet & look up while you dribble so you don't run into someone"). "Stop" - Put foot on top of ball to stop it. "Slow" - Dribble slow. "Speed Up" - Dribble faster but keep looking up & don't "wreck".

"Turn right" - Use the outside of the right foot to push the ball to the right & then dribble in that direction. (This teaches them to stop & turn the ball using the outside of the foot). Be sure they know which is the right foot.

"Turn left" - Use the outside of the left foot to push the ball to the left & then dribble in that direction. (If U-6 gets confused about which is right & left, it's okay. Don't stop the game). "Pull back & go the other way" - Use the bottom of foot to pull the ball back (i.e., flick it backward) & then turn around & go the other way.

For U-10 & up, include "Step around" when the ball is stopped or going slow. (See "Step around" game for how to do it).

Tell them to be careful & not have a "wreck". As they dribble they must look up to see where they are going. If they intentionally have a wreck or have too many wrecks, they may have to go to Jail (i.e., make them go outside the cones & dribble a lap around the outside of the cone field to practice dribbling; tell them to look up while they dribble this lap & go slow & keep the ball close to their feet).



Time: Do this for 2 minutes & then evaluate & give any driving "tips" needed. Then continue the class for 2 or 3 more minutes & then stop, give "tips" & encouragement (tell them they are really improving & they can all become great drivers), & then another round of 2 - 5 minutes.  
At The End: Tell everyone they did great & if they keep coming to class they will become a good driver.

#### Cops & Robbers:

Have the kids (each with a ball) line up on one side of the field. These guys are the "Robbers". Have 2 more kids (the Cops) facing the Robbers somewhere near halfway to the other side. The object is for the Robbers to dribble to the other side without having a Cop tackle the ball away. If a robber loses his ball to a cop, he goes to jail (designate a small area off to the side or use a Goal structure.) Have the Robbers repeat the crossings until there are only 2 left. Make these guys the new cops, pull everyone out of jail and start over.

#### Numbers:

The exercise is good for 1 vs 1 dribbling skills. It is especially good on a hot day as the kids defending can rest a bit. Divide the kids into 2 groups. If you have ten kids, say, assign each kid a number between one and five. So each team has a number one, a number two, etc. Try to make sure the kids with the same number are evenly matched. Set up two very wide "goals" with pylons. Spread the five kids on each side across each goal line. Call out one or more numbers, and those kids come out to play 1 vs 1, 2 vs 2, etc. and the rest of the kids stay spread across the goal line as defenders. Throw a ball from the sideline into the center and let them play it until a goal is scored, the defenders stop it, or it goes out of bounds.

#### Cone Toss:

Focus of this game is to have the players dribbling with the head up. You will need an area about 10 yards square, marked off with cones or flags. (You can have any number of players). A ball for each player, a few cones (pointed ones work best). In terms of a formation, any number of players can dribble their soccer balls inside the square.

Procedures: Coach stands in the middle of the square with a cone. Players may dribble in any direction. The coach tosses a cone to a player, who must catch it and toss it back to the coach. The penalty for not catching the cone is ten ball touches. Continue tossing the cone ensuring that all have had a chance to participate.

Variations to this game:

1) Coach moves through the square sneaking up behind players who have their heads down.



2) Allow the players to toss the cone to each other. (Make sure they know to toss it to a player and not at them.)

3) Same as above, except add another cone to get the players to look all around the area.

### Scrimmage Games:

Full field or half field games can be played depending on the number of players. This is a great way for players to learn to play. Play with them, but be gentle! You can instruct easily while playing in the game with the players.

**Nothing can replace the fun and learning of the game itself, let 'em play!**

### Egg Hunt:

Have more balls than players. Have the player's line-up across one end of the field. Take their balls and spread them out around the field, these are the eggs. At the other end of the field is a goal called the "basket". Blow the whistle and turn them loose. The object of the game is to get all the "eggs" in the basket as quickly as possible. They are all on the same team, and aren't allowed to take a ball away from another player. Time them to see how fast they can accomplish the task.

The kids really like this game. The more balls (eggs) the better. You should see them score, and turn right around and go back for more balls.

### Circle & Outside-Of-Foot Push:

This drill teaches footwork & use of outside-of-foot to control the ball. Have each player stands behind a ball with feet apart like below:

Have player move the right foot forward & then around the front of the ball so the outside of the right foot is touching the ball where the x is. Then push the ball softly to the right (so it goes only 2 or 3 feet), turn to the right so the ball is again at your feet & do it again

### Shadow Goalkeeping:

On own, use imagination to create the "action" for six different saves, with fast recovery into ready position between each save. With two or more - one person (coach or partner as leader) works on four main types of saves: 1) Collapse for ground shot close to body. 2) Low shot just inside the post. 3) Parallel dive (for shot 2-3 feet high, just inside the post). 4) Top corner of the net. Coaching Points: Fast recovery is critical. Allow just enough time for recovery, but not too much before next shot. Coach or partner "directs" the type of shot by pointing.



## BELLBROOK SOCCER ASSOCIATION SUGGESTION FORM



Any coach, player, parent, grandparent or guardian, or referee, judged by the BSA to be guilty of harassing behavior or abusive conduct towards anyone during a BSA event will be reprimanded in writing, and may result in the member being restricted from any services rendered by the Club including attendance at all soccer activities within the Club. In such cases, as determined by the Discipline Board, a member may be reinstated, upon request after being subject to a review hearing.

<b>Name:</b>		<b>Child's Name</b>	
<b>Phone # :</b>		<b>Date of Incident:</b>	
<b>Name of Involved Parties:</b> (if known)	<b>Individual # 1</b>	<b>Individual # 2</b>	
<b>Address of Parties</b> (if known)			
<b>Nature of Complaint:</b>  Describe the incident, please include teams, age groups, and detail any actions taken at the time (if any).			

<b>Office Use Only:</b>			
<b>BSA Board Member:</b>		<b>Closed Date:</b>	
<b>Action Taken:</b>			

**Please mail to: Bellbrook Soccer Association, Attn: Due Process Committee,  
P.O. Box 182, Bellbrook OH 45305**

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# BELLBROOK SOCCER ASSOCIATION

## Board Member Roster

as of June 2008

POSITION	NAME	EMAIL
President	Stewart Phillips	pres@bellbrooksoccer.com
Vice President	Jim Contestable	vp@bellbrooksoccer.com
Treasurer	Bill Hart	billing@bellbrooksoccer.com
Registrar	Christy Phillips	registration@bellbrooksoccer.com
Referee Coordinator	Paul Smith/ Monica St. Pierre-Smith	referees@bellbrooksoccer.com
Training and Education Coordinator	Jim Woeste	education@bellbrooksoccer.com
Striker Commissioner	VACANT	strikers@bellbrooksoccer.com
U 10 Boys Commissioner (Wings)	Andy Klepacz	wingsboys@bellbrooksoccer.org
U 10 Girls Commissioner (Wings)	Jim Contestable	wingsgirls@bellbrooksoccer.com
U8 Boys Commissioner (Passers)	Chris Crane	passerboys@bellbrooksoccer.com
U8 Girls Commissioner (Passers)	Scott Dunham	passergirls@bellbrooksoccer.com
U 6 Co-ed Commissioner (I5)	Alex Cross	5@bellbrooksoccer.com
U5 Co-ed Commissioner (I4)	Ron Daniels Jr.	4@bellbrooksoccer.com
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