



Welcome to Oilfields Minor Soccer 2018

Oilfields Sports Association (OSA) is a volunteer organization and welcomes all children and youth under 16 to participate in our soccer program. Our league provides a fun and safe environment for young soccer players. It focuses on participation and encouragement over winning, and is committed to helping players develop their soccer skills and teamwork through games against other teams within our home league and The High Country League.

U4 Mixed League

- The season is late April/early May (weather pending) to third week of June 2018.
- Children born in 2015/2014 are eligible and **parent attendance is required at all practices/games.**
- Practice/games are played in Black Diamond by the Water Tower.
- Two practice/games per week: Wednesday 6:00pm-6:45pm & Saturday 9:15am – 10:00am
- Snack/Water break (each child brings their own) between skills and mini game each session.
- Small sided soccer, 3-4 players per side (3v3 or 4v4). No goal keepers. Size 3 ball.
- Registration fee includes a team jersey, team photo and medal/trophy.
- Appropriate running shoes are required (shin pads recommended).
- Wind-Up party to be held at end of season.
- Opportunity to take part in Black Diamond Parade.

Expectations at the U4 Level

- *The following skills will be developed at the U4 age group:*
- Teach them which direction to go to score or defend their net
- How to stop the ball
- Introduce how to pass and shoot the ball
- A coach from each team will be on the field coaching/directing the players
- Parents provide encouragement from the sidelines-they may come on the field with their child if necessary but **ONLY** children may have contact with the ball.
- Parents can space themselves around the playing field and if the ball is headed out of bounds they can gently redirect it back in to play.
- 2, 15-minute halves with a 10-minute water/snack break between
- Short shifts of approx. 2 minutes - at the coaches' discretion.
- Each team can be split into 2 shifts (usually based on age and temperament of players). Coaches discuss with other team beforehand how they are dividing their shifts.
- No score keeping
- Lots of positive encouragement and just have fun!



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U6 Mixed League

- The season is late April/early May (weather pending) to third week of June 2018.
- Children born in 2013/2012 are eligible.
- Practice/games are played in Black Diamond by the Water Tower.
- Two practice/games per week: Tuesday 6:00pm-7:00pm & Saturday 10:15am-11:15am.
- Snack/Water break (each child brings their own) between skills and mini game each session.
- Small sided soccer, 3-4 players per side (3v3 or 4v4). No goal keepers. Size 3 ball.
- Registration fee includes a team jersey, team photo and medal/trophy.
- Appropriate running shoes are required (shin pads recommended).
- Sportsmanship rules apply.
- Wind-Up party to be held at end of season.
- Opportunity to take part in Black Diamond Parade.

Expectations at the U6 Level

- *The following skills will be developed at the U6 age group:*
- Teach them which way to go – how to move with the ball, how to dribble the ball
- Teach how to stop the ball using bottom, inside and outside of the foot
- Teach how to pass with inside and outside of foot
- Introduce how to shoot the ball
- A coach from each team will be on the field coaching/directing the players
- Parents provide encouragement from the sidelines-they may come on the field with their child if necessary but **ONLY** children may have contact with the ball.
- 2, 15-20-minute halves with a 10-minute water/snack break between
- Short shifts of approximately 2 minutes - at the coaches' discretion.
- Each team can be split into 2 shifts (usually based on age and temperament of players). Coaches discuss with other team beforehand how they are dividing their shifts.
- No score keeping
- Lots of positive encouragement and just have fun!



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U8 Mixed League

- The season is late April/early May (weather pending) to third week of June 2018.
- Children born 2011/2010 are eligible.
- Practice/games are played in Black Diamond by the Water Tower.
- Two practice/games per week: Monday 6:00pm-7:00pm & Saturday 11:30am-12:30pm.
- Snack/Water break (each child brings their own) between skills and mini game each session.
- Small sided soccer, 5-6 players per side (5v5 or 6v6). Keepers optional. Size 3 ball.
- Registration fee includes a team jersey, team photo and medal/trophy.
- Shin pads, and appropriate running shoes are required (soccer cleats recommended).
- Sportsmanship rules apply.
- Wind-up party to be held at end of season.
- Opportunity to take part in Black Diamond Parade.

Expectations at the U8 Level

- *The following skills will be developed at the U8 age group:*
- Teach how to dribble the ball
- Teach how to stop the ball using the bottom, inside and outside of the foot.
- Teach how to pass using the inside and outside of the foot.
- Introduce how to shoot the ball and a proper throw in technique
- Teach the basic rules of the game
- Introduction to offside rule
- A coach from each team will be on the field both coaching/directing and refereeing the players.
- 2, 20-minute halves with a 10-minute break for water and snack.
- Run 2-3-minute shifts with both teams changing at the same time.
- Recommend 4-6 vs. 4-6 plus goalies however depending on team size, teams may be split into 2 shifts with equal number of players on each team. Discuss with other coach before the game to decide format.
- Coaches designate a goalie and rotate to give opportunity to all players that wish to try.
- To start play each team gets the kick off for one of the halves.
- No hands except for the goalie.
- Ball out of bounds - throw in - player opposite the team who last touched the ball makes a 2 handed throw in, overhead with feet flat on ground. Players from opposing team move back at least 5 yards.
- Corner kick – if the defending player last touches the ball that passes over the goal line, an offending player takes the corner kick. The opposing players must be 5 yards away.
- Free kick is given for handling, pushing, shoving, tripping etc. The opposing players must be 5 yards away. A goal may not be scored directly from a free kick. The ball must be passed to another player first.
- Goal kick – ball must be out of the penalty area and touched by a teammate before a goal can be scored.
- Parents may encourage from the sidelines but, leave the “coaching” and “refereeing” up to the coaches.



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U10 Mixed League

- The season is the end of April to the third week of June 2018. Practices may commence earlier
- Children born 2009/2008 are eligible.
- **TRAVEL IS REQUIRED.** (Including Vulcan, Nanton, Red Deer Lake, High River, Millarville, & Okotoks) Home games/practices are played at C. Ian McLaren in Black Diamond.
- 2 games per week and 1 optional practice at the discretion of coach/team. Monday and Wednesday evenings each week (excluding optional practice & any rescheduling).
- Game Kick-off generally at 7:00pm (refer to team schedule). Game length: 2 x 25-minute halves.
- Seven players per side (7v7) with a designated keeper. Size 4 ball.
- Registration fee includes team jersey (deposit required), team photo, and medal/trophy.
- **Shin pads and appropriate soccer shoes (cleats) are required.**
- Wind-up party to be held at end of season.
- Opportunity to take part in Black Diamond Parade.
- Part of High Country League and follows The High Country League Code of Conduct.

Expectations at the U10 Level

- *The following Skills will be developed at the U10 age group:*
- Teach how to dribble the ball (changes of speed and direction)
- Teach how to stop the ball (bottom, inside and outside of the foot)
- Teach how to pass with inside and outside of foot - introduce how to shoot the ball and a proper throw-in
- Teach 1-4 Feint moves to lose a defender (will be taught at coaches' clinic)
- Introduce the "proper technique" for how to head a soccer ball
- Teach how to shield a ball
- Introduce how to cross a soccer ball
- Introduce how to properly defend
- Continue to teach the basic rules of the game
- Introduction to offside rule, which includes "cherry picking" (i.e. hanging out at the goal waiting for the ball)
- Offside will be called
- Throw-ins – if it is done wrong, explain what needs to be corrected and do it again
- Corner/goal kicks – referee (or coach) explains it to the player
- Referees will be provided – coaches may also be on the field to help instruct players in the case where there is no outside referee, one coach from each team is on the field refereeing/coaching/directing players
- Parents encourage from the sidelines – leave the coaching/directing to the coaches and referees



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U12 Mixed League

- The season is end of April to third week of June 2018. Practices may commence earlier.
- Children born 2007/2006 are eligible.
- **TRAVEL IS REQUIRED.** (Including Vulcan, Nanton, Red Deer Lake, High River, Millarville & Okotoks) Home games/practices are played in Turner Valley, field behind former town office.
- 2 games per week and 1 optional practice at the discretion of coach/team. Tuesday and Thursday evenings each week (excluding optional practice & any rescheduling).
- Game kick-off generally at 7:00pm (refer to team schedule). Game length: 2 x 30-minute halves.
- Eight players per side (8v8) with a designated keeper. Size 4 ball.
- Registration fee includes team jersey (deposit required) & team photo.
- **Shin pads and appropriate soccer shoes (cleats) are required.**
- Wind-up party to be held at end of season.
- Opportunity to take part in Black Diamond Parade.
- Part of the High Country League and follows The High Country League Code of Conduct.

Expectations at the U12 age Group

- Continue techniques for dribbling (speeds and direction); ball stopping (bottom, inside and outside of the foot); passing with inside and outside of foot
- Continue development of shooting the ball and a proper throw-in
- Teach positions
- Work on the "proper technique" for how to head a soccer ball
- Teach how to shield a ball
- Continue how to cross a soccer ball
- Continue working on how to properly defend and transitioning between offense and defense
- Introduce positioning for corner kicks (both offense and defense)
- Introduce proper goal kicks
- Continue basic rules of the game
- Teach 1-4 Feint moves to lose a defender (will be taught at coaches' clinic)
- Introduction to offside rule, which includes "cherry picking" (i.e. hanging out at the goal waiting for the ball)
- Parents encourage from the sidelines – leave the coaching/directing to the coaches and referees



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U14 Mixed League

- The season is end of April to the third week of June 2018. Practices may commence earlier.
- Children born 2005/2004 are eligible.
- **TRAVEL IS REQUIRED.** (Including Vulcan, Nanton, High River, Red Deer Lake, & Millarville) Home games/practices are played in Black Diamond at Oilfields High School.
- 2 games per week and 1 optional practice at the discretion of coach/team. Monday and Friday evenings each week (excluding optional practice & any rescheduling)
- Game kick-off generally at 7:00pm (refer to team schedule). Game length: 2 x 40 minute halves.
- Eleven players per side (11v11) with a designated keeper. Size 5 ball.
- Registration fee includes team jersey (deposit required) & team photo.
- **Shin pads and appropriate soccer shoes(cleats) are required.**
- Wind-up party to be held at end of season.
- Opportunity to take part in Black Diamond Parade.
- Part of the High Country League and follows The High Country League Code of Conduct

Expectation at the U14 age group

- Continue techniques for dribbling (speeds and direction); ball stopping (bottom, inside and outside of the foot); passing with inside and outside of foot
- Continue development of shooting the ball and a proper throw-in
- Teach positions
- Work on the "proper technique" for how to head a soccer ball
- Teach how to shield a ball
- Continue how to cross a soccer ball
- Continue working on how to properly defend and transitioning between offense and defense
- Introduce positioning for corner kicks (both offense and defense)
- Introduce proper goal kicks
- Continue basic rules of the game
- Teach 1-4 Feint moves to lose a defender (will be taught at coaches' clinic)
- Introduction to offside rule, which includes "cherry picking" (i.e. hanging out at the goal waiting for the ball)
- Parents encourage from the sidelines – leave the coaching/directing to the coaches and referees



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U16 Mixed League

- The season is end of April to the third week of June 2018. Practices may commence earlier.
- Children born 2003/2002 are eligible.
- **TRAVEL IS REQUIRED.** (Including Vulcan, Nanton, High River, Red Deer Lake, & Millarville) Home games/practices are played in Black Diamond at Oilfields High School.
- 2 games per week and 1 optional practice at the discretion of coach/team. Monday and Friday evenings each week (excluding optional practice & any rescheduling).
- Game kick-off generally at 7:00pm (refer to team schedule). Game length: 2 x 45 minute halves.
- Eleven players per side (11v11) with a designated keeper. Size 5 ball.
- Registration fee includes team Jersey (deposit required) & team photo.
- **Shin pads and appropriate soccer shoes (cleats) are required.**
- Wind-up party to be held at end of season.
- Opportunity to take part in Black Diamond Parade.
- Part of the High Country League and follows The High Country Code of Conduct.

Expectation at the U16 Age group

- Continue techniques for dribbling (speeds and direction); ball stopping (bottom, inside and outside of the foot); passing with inside and outside of foot
- Continue development of shooting the ball and a proper throw-in
- Teach positions
- Work on the "proper technique" for how to head a soccer ball
- Teach how to shield a ball
- Continue how to cross a soccer ball
- Continue working on how to properly defend and transitioning between offense and defense
- Introduce positioning for corner kicks (both offense and defense)
- Introduce proper goal kicks
- Continue basic rules of the game
- Teach 1-4 Feint moves to lose a defender (will be taught at coaches' clinic)
- Introduction to offside rule, which includes "cherry picking" (i.e. hanging out at the goal waiting for the ball)
- Parents encourage from the sidelines – leave the coaching/directing to the coaches and referees