



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Fall Outdoor Soccer Leagues Practice Schedule

Downer Fields

September 5 - October 13, 2023

Mondays: *NO GAMES FIRST WEEK OF PRACTICE

* No practice Labor Day 9/4 - makeup practice on Wed 9/6 at regular scheduled practice time

Mini Field 1:

Mini Field 2:

Mini Field 3:

4:00-4:45 pm: Team 1 5:00-5:45 pm: Team 2 5:50-6:35pm: Team 4	4:00-4:45 pm: Team A 5:00-5:45 pm: Team 3 5:50-6:35pm: Team 5	4:00-4:45 pm: 5:00-5:45 pm: Team C 5:50-6:35pm: Team E
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Mini Field 4:

Mini Field 5:

4:00-4:45 pm: 5:00-5:45 pm: Team D 5:50-6:35pm: Team 10	4:00-4:45 pm: 5:00-5:45 pm: 5:50-6:35pm: Team 11
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Tuesdays:

Mini Field 1:

Mini Field 2:

Mini Field 3:

4:00-4:45 pm: Team 6 5:00-5:45 pm: Team 7 5:50-6:35pm:	4:00-4:45 pm: Team G 5:00-5:45 pm: Team H 5:50-6:35pm:	4:00-4:45 pm: 5:00-5:45 pm: Team 9 5:50-6:35pm: Team 12
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Mini Field 4:

4:00-4:45 pm: 5:00-5:45 pm: 5:50-6:35pm: Team 13



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Fall Outdoor Soccer League Coaches

Downer Fields

September 5 - October 12, 2023

<u>Team</u>	<u>League</u>	<u>Coaches</u>	<u>Practice Time</u>
1 - Blue	3-4 yrs	Adrienne Haskell & Ashee Dawson	Mon 4:00-4:45 pm
2 - Green	3-4 yrs	Kevin Probasco & Traci Pantuso/Steven Wodzicki	Mon 5:00-5:45 pm
3 - Navy	3-4 yrs	Tim Huddleston & Aaron Kirk	Mon 5:00-5:45 pm
4 - Red	3-4 yrs	Amanda Ager & Savannah Dowe	Mon 5:50-6:35 pm
5 - Grey	3-4 yrs	Stephanie Short & Jessica Raymond	Mon 5:50-6:35pm
6 - Yellow	3-4 yrs	Hannah Cano & Caitlin Ford	Tues 4:00-4:45 pm
7 - Orange	3-4 yrs	Mike Cocchiarella & Brandon Longwell	Tues 5:00-5:45 pm
9 - Purple	3-4 yrs	John Hughson & Caitlin Ueda-Valente	Tues 5:00-5:45 pm
A - Purple	5-6 yrs	Rose/Maya Hunt & Emma Clark	Mon 4:00-4:45 pm
C - Green	5-6 yrs	Marty Ayres & Ashlee Dawson	Mon 5:00-5:45 pm
D - Navy	5-6 yrs	Tom Bertagnolli & Brian Jones/Paige Adriance	Mon 5:00-5:45 pm
E - Red	5-6 yrs	Jennifer Keizer-Hoback & Mike Pelela	Mon 5:50-6:35pm
G - Grey	5-6 yrs	Dora Harangozo & Kylie Watson	Tues 4:00-4:45 pm
H - Orange	5-6 yrs	Cooper Lock & Scott Holliday	Tues 5:00-5:45 pm
10 - Purple	7-10 yrs	Andrew Darby & Kirsten Richie	Mon 5:50-6:35pm
11 - Green	7-10 yrs	Kelly Haugsven/Lyle Haugsven	Mon 5:50-6:35pm
12 - Navy	7-10 yrs	Hunter Woodley and Melody Reed	Tues 5:50-6:35pm
13- Red	7-10 yrs	Erica Kairis	Tues 5:50-6:35pm



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Fall Outdoor Soccer League Game Schedule 2023

Downer Fields

September 5 - October 12, 2023

**Note no games first week of practice*

Wednesday 9/13		
3-4yrs		
5:00pm	5 v 3	Field 1
5:00pm	4 v 9	Field 2
5-6yrs		
6:00pm	C v E	Field 1
7-10yrs		
6:00pm	10 v 12	Field 2

Thursday 9/14		
3-4yrs		
5:00pm	1 v 2	Field 2
5:00pm	6 v 7	Field 1
5-6yrs		
6:00pm	A v D	Field 2
6:00pm	G v H	Field 1
7-10yrs		
6:00pm	11 v 13	Field 3

Wednesday 9/20		
3-4yrs		
5:00pm	1 v 9	Field 2
5:00pm	2 v 3	Field 1
5-6yrs		
6:00pm	A v E	Field 1

Thursday 9/21		
3-4yrs		
5:00pm	4 v 6	Field 2
5:00pm	5 v 7	Field 1
5-6yrs		
5:00pm	D v H	Field 3
6:00pm	C v G	Field 1
7-10yrs		
6:00pm	10 v 11	Field 2
6:00pm	12 v 13	Field 3



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Wednesday 9/27

3-4yrs

5:00pm	1 v 5	Field 3
5:00pm	3 v 9	Field 1

5-6yrs

5:00pm	A v H	Field 2
6:00pm	C v D	Field 2

Thursday 9/28

3-4yrs

5:00pm	2 v 6	Field 2
5:00pm	4 v 7	Field 1

5-6yrs

6:00pm	E v G	Field 1
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7-10yrs

5:00pm	11 v 12	Field 3
6:00pm	10 v 13	Field 3

Wednesday 10/4

3-4yrs

5:00pm	3 v 7	Field 1
6:00pm	1 v 6	Field 1

7-10yrs

6:00pm	10 v 12	Field 2
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Thursday 10/5

3-4yrs

5:00pm	2 v 4	Field 1
5:00pm	5 v 9	Field 2

5-6yrs

5:00pm	C v H	Field 3
6:00pm	A v G	Field 2
6:00pm	E v D	Field 3

7-10yrs

6:00pm	11 v 13	Field 1
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Wednesday 10/11		
3-4yrs		
5:00pm	3 v 4	Field 2
5:00pm	1 v 7	Field 1
5-6yrs		
6:00pm	A v C	Field 1
7-10yrs		
6:00pm	10 v 11	Field 2

Thursday 10/12		
3-4yrs		
5:00pm	2 v 9	Field 3
5:00pm	5 v 6	Field 1
5-6yrs		
6:00pm	D v G	Field 2
6:00pm	E v H	Field 3
7-10yrs		
5:00pm	12 v 13	Field 2

- Games and practices are held at Downer Fields located by Arne Hanna. Check signage or game schedule upon arrival for field assignment.
- Please bring your own water bottles.



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Fall Outdoor Soccer League Core Values

September 5 - October 12, 2023

At the YMCA we believe sports are a tool to help develop life skills and character. Each week of our season coaches will introduce a different life skill with their team and will talk about how it relates to their sport and to the rest of their life. Ask kids to come up with their own examples of what these values mean. At the end of each week coaches will pick a player who demonstrated that life skill the best to receive a certificate.

Week 1: Respect & Caring (Sept. 5 - 7)

Respect our teammates, coaches, equipment. Care for our teammates, coaches and opponents.

Week 2: Perseverance (Sept. 11 - 14)

Learning sports is hard but it's important to keep trying, have patience, and work hard to reach goals.

Week 3: Responsibility (Sept. 18 - 21)

Responsible for our actions, bodies, and belongings.

Week 4: Teamwork (Sept. 25 - 28)

Every player plays an important role together to reach a common goal.

Week 5: Honesty (Oct. 2 - 5)

Telling the truth but also about being real with yourself and others about who you are. Essential for creating trust within your team.

Week 6: Sportsmanship (Oct. 9 - 12)

The combination of respect, caring, responsibility, teamwork, honesty and perseverance. The result of good character throughout competition.



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Fall Outdoor Soccer League Rules

Equipment

- Cleats and shin guards recommended but not required.
- No jewelry is to be worn: watches, rings, necklaces, and bracelets. Protective pads may be worn.

Team

- Each 3-4 year old team consists of 3 players. Each 5-6 year old team consists of four players: 3 forwards and one goalie. The 7-8 year old teams will consist of six players: five forwards and one goalie. Players can use any part of their body, except their arms and hands. The goalie may use his hands near the goal (no off sides in Y soccer).

Timing and Substitutions

- The game consists of two eighteen minute halves with three substitutions per half. (Play until end of scheduled time)
- Halftime is five minutes.
- The clock continuously runs except for an injured player or coaches' timeout.
- Substitutes may enter the game during a dead ball.

The Goalie

- The goalie may touch the ball with his hands only when near the goal
- The goalie may: drop kick the ball, place the ball on the ground and kick it, or roll/throw the ball to teammates.
- The goalie is to be left alone if: close to the goal or is in possession of the ball.

Restarting Play

- Goalie throw: awarded if the ball gets stuck behind the net.
- Throw in: awarded if the ball is unplayable at sidelines or out of bounds.

Personal Fouls

- Pushing or tripping others, striking or swinging out of control, kicking others deliberately, or holding onto others.
- Hand balls. Deliberately touching the ball with the arm or hands is a foul; using arms or hands to protect oneself from the ball is not a foul.
- Free kick is awarded to the opposite team in the event of a foul. A free kick should be at the location where the offense occurred, and the play does not restart until the ball clearly moves (*7-10 only).
- A corner kick is awarded when the ball goes out of play at either end of the soccer field after being last touched by a player from the defending team (*5-6 and 7-10yr only).

Team Fouls

- Dangerous play or obstructing the path of others..
- Misconduct.

No score will be kept in the YMCA's Soccer League.