

PLAYERS' PRESEASON GUIDE

Welcome to Team _____! We are looking forward to a great soccer season – developing individual skills, learning team play, and having fun! Here are a few tips to help players and parents.

Practice Guidelines

Practice is very important for the development of each player and for the unity of the entire team. Please make every effort to attend practices – and try to practice at home during the week. Just a few minutes a day can greatly improve your ball skills -- juggling, dribbling, trapping, and short passing. Learn to use both feet – spend twice as much time with your weaker foot. Did you know that good soccer players touch the ball 2000 times a day? (How many touches can you make in 10 minutes?)

- Train like an athlete. It is important to eat properly before practice -- a healthy snack (granola bar/apple/sandwich, etc.) before an afternoon/evening practice or cereal/toast/bagel before a morning practice will do wonders for your energy level. And, make sure you get proper rest.
- Be on time for practice and be ready when you arrive – wearing your equipment – so that no field time is wasted. It is your responsibility to have all of your equipment – shoes (tied), shinguards, water bottle, etc. Develop a routine for yourself – put your things away properly when you get home so that you can get them when you need them.
- If you get to the practice field early, use the time well. Don't stand around just shooting penalty shots → do something more realistic – dribble, pass, then shoot -- always keep the ball moving!
- Always practice the skills the right way. Many players manage to *get by* with poor techniques, and may become unwilling to try something new because they are afraid they will not do it properly. You must constantly work at the proper techniques to improve your abilities and break bad habits.

Practice "Rules"

- If you cannot attend practice, please call Coach _____.
- Dress for the weather – on cool days, wear layers (T-shirt, turtleneck, sweatshirt). If it rains, check the OBSL Website – be prepared to get wet, and muddy (sorry, Mom!).
 - Shinguards are required.
 - Soccer shoes (rubber cleats only) are recommended for better play. You need traction on slippery grass.
 - Bring 2 shirts – 1 white and 1 dark color – for scrimmage play.
 - Bring a water bottle.
- Pay attention during practice – let's have fun playing soccer – save non-soccer fun for non-soccer time.
- If you do not understand something, please ask one of the coaches for an explanation.
- Try your best during practice – don't be afraid to make a mistake when trying to make the right play.

Team _____ Roster

Players			Mother	Father

Coach – Mr./ Mrs. H- () _____

Asst. – Mr./ Mrs. H () _____

Practice Schedule

Day

Time

Place

Game Schedule -- tbd

Uniforms and game schedules will be available the prior week.

You can improve your skills by learning more about soccer -- read a book, watch a game (high school or college), or check out the internet:

OBSL Website -- *www.obsl.com*