

AYSO 8U Official Course

West Side Soccer League Referee Training

Section 3 - Area A - Region 611

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U-8 Official Course Objectives

- **Get you on to the field for your first game**
- **Understand what AYSO expects of you**
- **Understand the players you will be working with**
- **Explain basic game management**
- **Understand how to keep the players (and you) safe**
- **Understand stopping and starting play**
- **Provide a “taste of refereeing”**

What we want you to do

- If you haven't done so
 - Please make sure your background check is done
- Use the online scheduler to sign up to referee your games
- Get on the field (as a Referee)
- Solicit feedback and ask for help
- RINSE and REPEAT – the kids need Refs every weekend!
- **HAVE FUN**

Web Sites That You Should Visit

- **wssl.org**: Our league's official web site, with schedules, division rules, links to sign up to referee games, etc.
- **ETrainU**: Now the new and official training site for AYSO, with links to sign up for different types of classes (such as this one) and access to tons of other useful material. Can be accessed via wssl.org,

After This Class: Learn How to Sign up Online for Games in WSSL

- Go to wssl.org,
- Click on authorized users; log in
- Follow directions found at.....
 - <https://www.wssl.org/volunteers/referees/referee-scheduler/>
 - “Using The Referee Scheduler”
 - pages 23-28 of the Referee Survival Kit
- 6U-8U – only two referees needed per game slot

AYSO PHILOSOPHIES

- Everyone Plays
- Balanced Teams
- Open Registration
- Positive Coaching
- Sportsmanship (Good!)
- Player Development

EBOPSP for those who like mnemonics

ALL VOLUNTEERS SHOULD BE:

- Positive
- Instructional
- Encouraging

**Hint for Exam:
Particularly when
coaching**



Understanding Younger Players

Younger players:

- **Expect fairness**
- **Are literal**
- **Have short attention spans**
- **Will give you their best if you expect it**
- **Don't understand their physical abilities and limitations**
- **Lack judgment regarding own safety/abilities**
- **Ask lots of questions**

Understanding Younger Players



Implications for how
we officiate the
games



Laws of the Game

Three simple words:

Safe,
Fair,
Fun!



Philosophy of Refereeing

In the 8U games, the Referee is much more of a friendly guide than a rule enforcer

**The referee's job is to keep the players safe and happy.
Stop unsafe, unfair behavior. They'll have fun**

Young players that commit technical errors (like improperly taking a throw-in), in general, should be given a second chance

Young players should never be subjected to public humiliation

How do I get started?

We will cover....

- **During the week before the game....**
- **The night before the game....**
- **At least ½ hour before the game starts....**
- **As the whistle for the previous game blows....**
- **Half-way through the game....**
- **At the end of the game....**

How do I get started?

During the week before the game....

**Sign up for the game that fits your
schedule....**

www.wssl.org

Referee's menu (drop down)

- **Self-scheduler**

Teen Referees

Additional support and resources are available for Teen Referees

In the week before game, contact John Drayton if you would like him to arrange mentoring, provide additional support or feed-back.

John's email: drayts@aol.com

How do I get started?

The night before the game.....

- Refresh your memory of what size game you are going to referee, and where it will be played
- Public site: www.wssl.org
- Division Rules: where & when will division play
- Schedules: time slot for game and coaches' names.
- Pack your bag with the gear you will receive.

Randall's Island Shuttle Bus

- Randall's Island/Kantor Fields Bus Schedule available on www.wssl.org
- Bus leaves from West 96th, then stops at East 96th
- Take the Shuttle Bus Schedule into account when self-scheduling for games if you will be taking the bus – it's great, but it does take a bit of time

How do I get started?

At least 20 minutes before the game starts....

- **Arrive early, to inspect the fields, find the coaches and inspect the players' equipment**
- **Check time slot & division rules: U-6, U-7 and U-8 games are preceded by a practice period. You must know length of practice and game, so you can start the game on time**
- **Talk to coaches about the schedule, so that no game time is wasted**
- **Find how many players the coaches are expecting**

Pre-game :

Proper Uniform.....



Pre-game Duties and Activities

Introduce yourself to the Coaches

Learn their names

Be friendly



Pre-game: Referee Gear



**Cards
Not
used
below
U-12**

Pre-game: Check Field and Equipment

- **Weather**
- **Field Inspection – what do we look for?**
 - **Holes, glass, rocks, debris, etc.**
 - **Goal Posts (properly secured)**
 - **Nets (secured, no holes or gaps)**

Pre-game Duties and Activities

The Ball

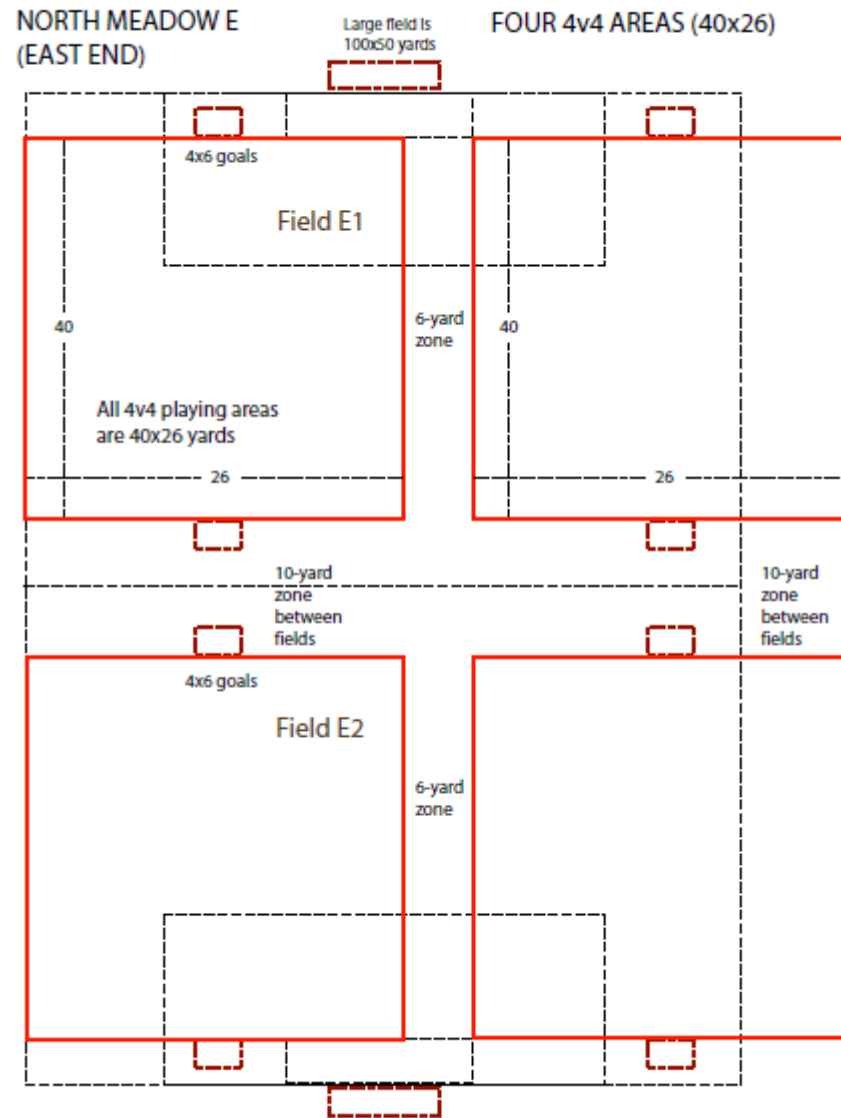
- Spherical and safe (not torn)
- Firm, but yields $\frac{1}{4}$ inch to thumb pressure
- Size 3 for 6U and 8U



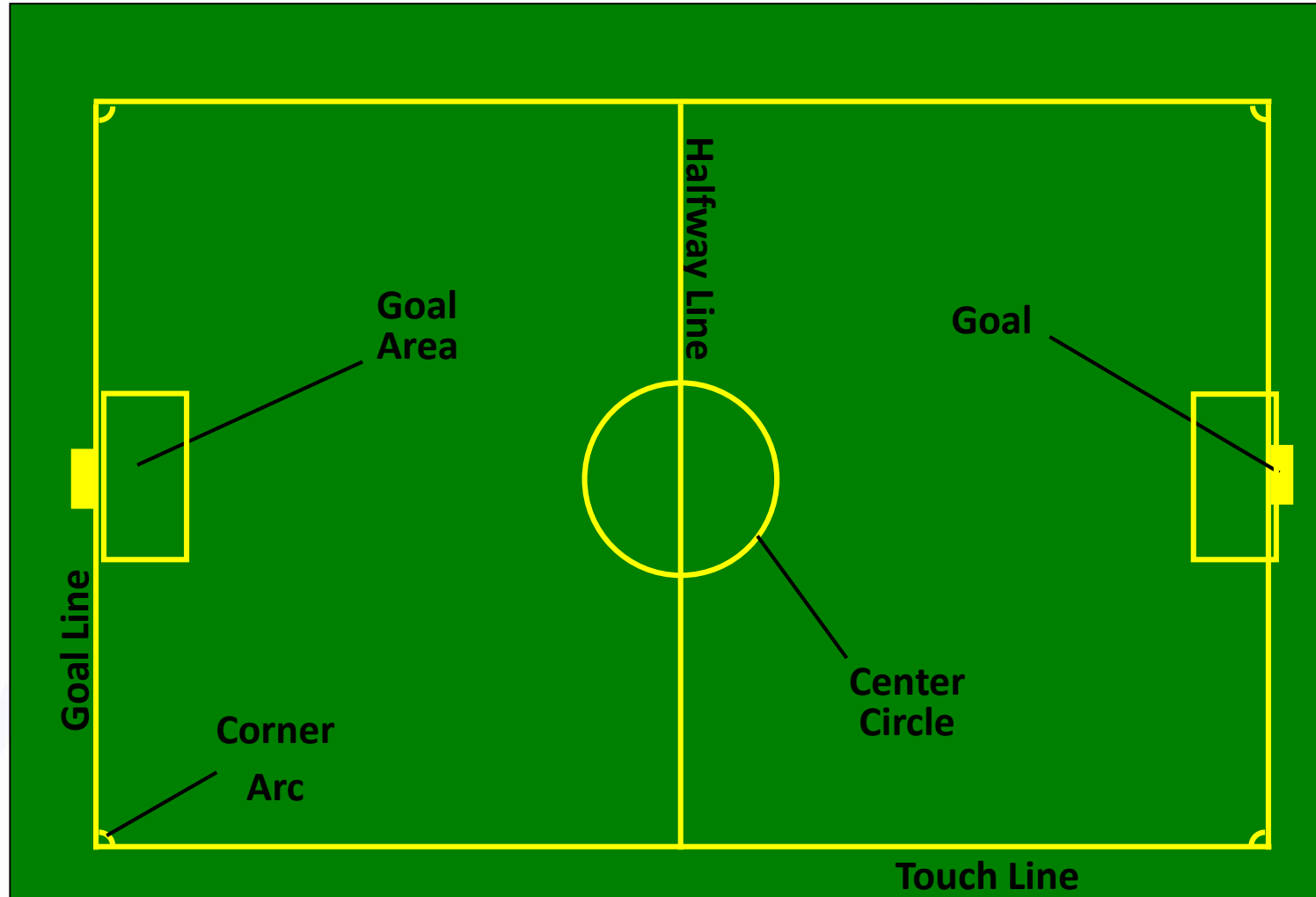
Pre-game:

- **Key Field Size details for U-6, U-7 & U8**
 - **Full field divided into quarters**
 - **Coaches and players in between the split games.**
 - **Parents and spectators outside the field.**
 - **Water bottles and other gear a player might need with the player, not the parent.**

U8 field lay out -



Field of Play for U-8 Games
Size – up to ¼ of a full field.
Goal Area – 6 yards x 12 yards



Pre-game:

Uneven Number of Players....

- Coaches work this out, referees encourage
- **No player should sit out, if by doing so they will not get to play $\frac{3}{4}$ of the game. Roster size = $\frac{3}{4}$ match!**
- Players and teams should not be “penalized” for having good attendance
- “Borrowed” players must be AYSO registered
- “Borrowed” players should not play if a scheduled player must sit out to accommodate them
- “Borrowed” players must be same age or younger
- Lending players between teams is permissible
- *Use the opportunity to teach sportsmanship*

Pre-game:

Check Players Equipment- “Five Ss”

- **S**hin guards (mandatory)
- **S**ocks, covering the shin guards
- **S**hirt, as the outermost layer
- **S**horts
- **S**hoes

Turf Shoes (Left) vs. Cleats (Right)



Turf Shoes (good on all WSSL fields)



Cleats (only on select fields)

Pre-game:

Check Players Equipment

- Nothing dangerous, in your opinion
- No jewelry, watches, earrings, bracelets, including friendship bracelets
- **THE ONLY EXCEPTION:** Medical alert bracelets may be worn, but must be secured to the player with tape, cloth wristband or something similar that is safe. The information must remain visible
- No casts or splints (even if padded)
- No hats with visors (soft hats and head-bands are OK)
- Knee braces are OK, provided it is padded and safe to all players, in your opinion

How do I get started?

Before the previous game ends....

- You should have completed your team inspections by now
- During the practice session, check with coaches for late arrivals and inspect those players' equipment

5-10 minutes before practice ends....

- Ask coaches to send a captain to you. Conduct the coin toss.
- **Important 2019 Change in the LOTG!!** The team that wins the coin toss decide which goal to attack OR to take the kickoff to start the first half
- Make sure everyone knows which goal they will defend first

How do I get started?

3-4 minutes before scheduled start of game

- **Place the ball on the center spot**
- **Encourage coaches to get their players on the field**
- **Start your watch (just before you blow the whistle)**
- **Two side-by-side games – try to start them together, or as close as possible (talk to other Ref)**
- **Blow your whistle and have fun!**

How do I get started?

Halftime:

- **Just 5 minutes!**
- **Do not waste game time**
- **Keep an eye on your watch!**
- **Warn them at 3 minutes, to get ready for H2**
- **Encourage coaches and players to move quickly into position**

How do I get started?

At the end of the game....

- Return game ball
- Collect your flags
- Seek feed-back
- Build camaraderie with coaches and fellow refs
- Give praise
- Recruit parents to take referee classes!

Kick-Off

**Verify the correct number of
players on the field**

U-6 - 3v3 No goalkeeper

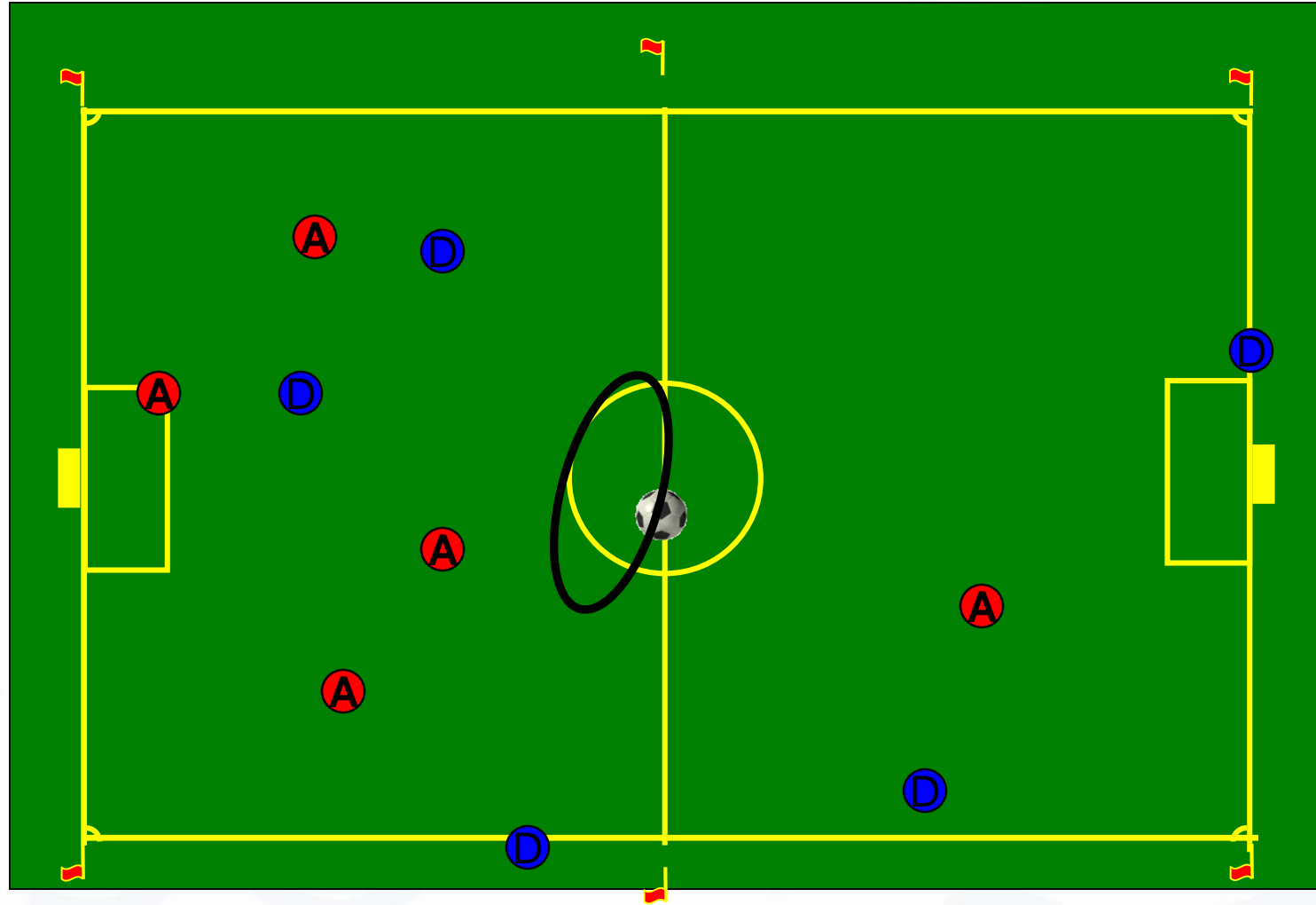
U-7 - 4v4 No goalkeeper

U-8 - 4v4 No goalkeeper

**May play with fewer, but never
with more**



In a U-8 game, defenders must be six yards from the ball



Kick-Off

- The ball is stationary in the center of the field
- Referee blows whistle to start play
- Ball is in play when it has been kicked in any direction by attacking team, *including backward*
- No second touch by player putting it in play
- Goal *may* be scored directly from kickoff

Keeping Time per the LOTG

- Time starts when the ball has been put into play by the kickoff (kicked and moves in any direction)
- The match consists of two equal periods
- Time is added to the clock for excessive time lost due to substitutions, time wasting or unusual delays
- The amount of time added (if any) is determined by the Referee

Time in WSSL Games

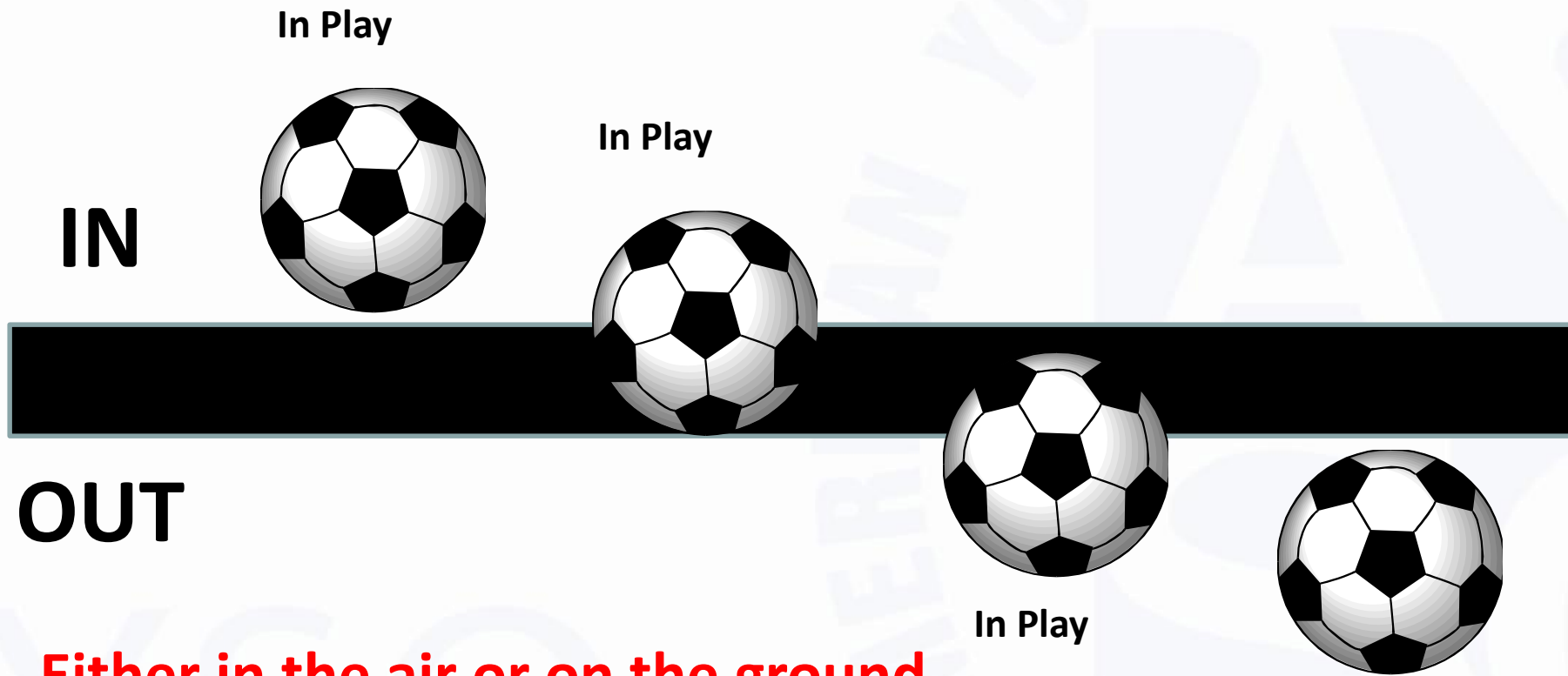
- Is it okay to let your game run late?
- Can I ask the next game to wait for us?
Especially if we had to start late?
- How long should a substitution break be?
 - (more details coming later)
- Can I wait till the previous game finishes before conducting inspection?

Stopping the Game

Seven reasons to stop play - overview

1. Ball goes out of play (Referee stays on the field!)
2. Goal is scored
3. Foul is committed (by one or more players)
4. Injury
5. Halftime / end of game
6. Substitution breaks TWO times per half in WSSL games
7. The Referee deems it necessary

1. The lines of the field are part of the area they delineate



Either in the air or on the ground
Line has two sides – ball must clear the “far” side!

**1. The ball's position determines
whether it is in or out of play**

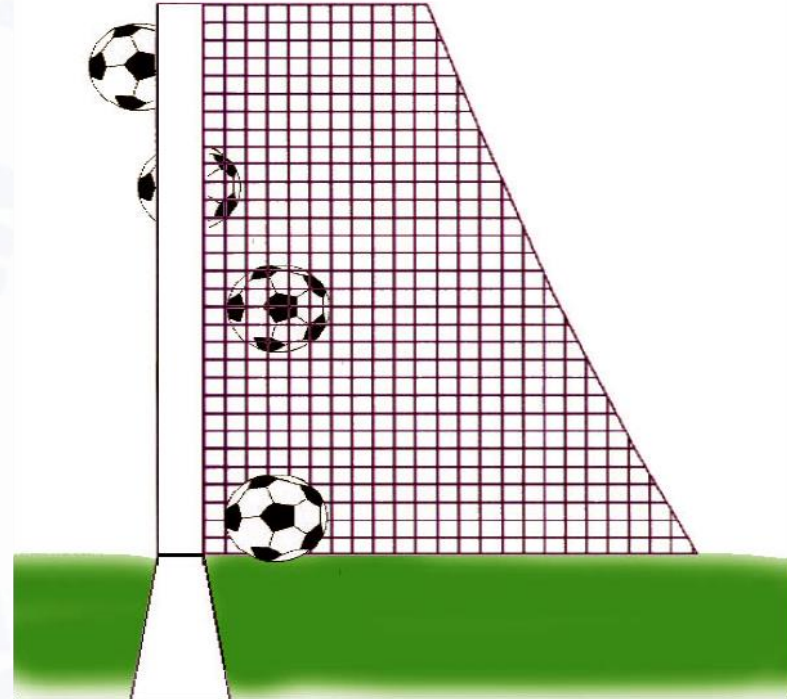
Not the player's position



2. Play is stopped when a goal is scored

When the ball crosses entirely over the goal line, between the goalposts and beneath the crossbar

It does not matter which team put the ball there



3. Play is stopped when a FOUL is committed



A foul is something that is unfair or unsafe or lessens the enjoyment of the players



It is a teachable moment for all players on the field.

3. Fouls: Kicks, Trips, Pushes.....

- **Kicking and tripping, or attempts to kick or trip, often happen when a defender is beaten and “reaches around” instead of hustling to regain position.**
- **Can also happen in a “scrum”**
- **Stop play, remind players to play the ball rather than each other.**
- **Pushing often happens when a ball carrier attempts to clear a path.**

3. Fouls: Unfair Charging

- Looks like a collision. Sometimes hard to tell “who started it”.
- “If it looks too hard, it probably is”.
- Stop play, remind players that they should play the ball, not the opponent!
- Restart with a dropped ball if you can’t figure out whose fault it is.
- A charge from behind is almost certainly a foul, and very dangerous.

3. Fouls: Deliberate handling of the ball

- Only “deliberate” if the hand plays the ball, not the other way around
- Hands down at the side are where they should be
- A good faith effort to protect the face or chest is not deliberate handling of the ball, particularly with younger players

3. Fouls: Plays in a dangerous manner

Common fouls in younger games

- Catch-all call when no contact occurs but one player's action unfairly causes an opponent to retreat from play

Dangerous to the Player

- Attempts to kick the ball while on the ground when an opponent is near
- Falls on a ball and deliberately keeps it trapped
- **DELIBERATELY HEADS THE BALL! NEW-ish RULE! (technically not a "foul")**

Or Dangerous to an Opponent

- High kick (above waist level)
- Baseball style slide-tackle with cleats up

3. Fouls: Slide-Tackles

- Part of the game, but must be done correctly – and WSSL is strict
- Should be at least a foot of distance between the ball carrier and the ball. Better if it's two feet.
- Slide-tackles from the front or behind can be very dangerous
 - Front tackles angle towards the opponent's ankle
 - Rear tackles put the opponent at high risk of serious injury
- Encourage younger players to “Stay on your feet!”

Safety Rule

Players at 11U
and below may
not deliberately
head the ball



The restart is a Free Kick

4. Play is stopped for injuries

Immediately! Always err on the side of caution with younger players

Blood:

- On clothing must be neutralized – ideally change garment
- On the body must be removed (coach's responsibility)



5. Play is stopped at the end of the first half and at the end of the game



6. Play is stopped for substitutions

What are the opportunities for substitutions in WSSL Games?

- 1. Injury**
- 2. Scheduled substitution breaks each half- usually will be two per half.**
- 3. Halftime**

6. How do I handle breaks for substitutions?

- Know when approximately one-third through the half and two-thirds through the half are on your watch.
- Within 30 seconds of that time (more or less)
 - a) if there is a natural stoppage in play – ball out of play over touch line, goal scored, foul committed – blow your whistle.
 - b) If there is no natural stoppage in play, blow your whistle any how, as long as the ball is not right around the goal.
- Call for substitutions. Remind the players to jog off and jog on. Coaches should not stop play for strategy sessions.
- On a hot day, okay to allow a water break, but each players' water should be easily accessible (i.e., not at the other end of the field with Mom & Dad).
- Restart with.....
 - a) the proper restart if there was a natural stoppage in play
 - b) A dropped ball otherwise.

6. Note on Injury Substitutions

- **WSSL – maximize playing time for each player while retaining control of field – allow injured player to leave, get treated, and come back to game**
- **All entering and leaving the field only on stoppage in play and with Referee permission**
- **No changing on the fly – it doesn't exist in Soccer at any level**

7. Play is stopped when the Referee deems it necessary

Sometimes there are outside influences that make it necessary to stop play



7. Play is stopped when the Referee deems it necessary

Including but not limited to...

- Behavior which is not “safe, fair and fun”, whether or not it falls neatly into one of the foul categories (see “what to do if a player is having a bad day”)
- Stray ball, dog, younger sibling, clueless tourist...
- Fouls by both sides at the same time
- Thunder or lightning
- The Referee makes a mistake
- Coach/spectator issues

7. Play is stopped when the Referee deems it necessary – Young Players

What do I do if a player is having a bad day?

**Who can help you out?
Parents, Coaches?**

As parents, do we have useful experience?

Restarting the Game

**For some reason, the game has been stopped.
(Injury, goal, foul, ball out of play, etc.)**

**How do we
restart play?**



Restarting the Game

Six ways to restart play

1. Throw-in
2. Goal kick
3. Corner kick
4. Free kick
5. Dropped ball
6. Kick off (previously covered)

Useful Questions About Restarts

- Why did play stop?
- Which team touched the ball last?
- Where is the restart taken?
- What distance should be respected?
- When is the ball in play?
- Can the player who took the restart touch it twice?
- Can a goal be scored directly from the restart (“direct”)?

*Last page of the Referee Survival Kit
offers a comprehensive recap!*

Frequent Questions About Restarts

- When the ball goes out of play, who chases it?
 - Players
 - Spectators
 - Coaches
 - Substitute players
 - Siblings
 - Pretty much anyone, but not the Referee

**REF STAYS ON THE FIELD AND
KEEPS WATCHING THE PLAYERS!**

RULE ONLY FOR U-6 IN WSSL

Ball goes out of play over touch line:

- The team that did not touch the ball last takes a kick-in
- Kick-in taken at the spot where the ball went over the touch line
- The ball is placed on the touch line and kicked into the field of play

RULE ONLY FOR U-6 IN WSSL

Ball goes out of play over goal line:

- **The team that did not touch it last puts the ball down on goal line where it went out, but no closer than five yards to goal.**
- **The team kicks the ball into the field of play**

Restarting the Game for U7 and U8

Throw-in

- When the ball goes out of play over a touch line, play is restarted with a Throw-in
- The throw is taken by the opponents of the team that last touched the ball
- The throw is taken from the approximate point on the line where the ball left the field

Kick-In

- The ball is in play as soon as it is kicked and any portion of it is on or over the outside edge of the touchline. The player taking the Kick-In may Dribble-In.
- Opposing players must be at least 2 yards from the point of the Kick-In.
- A goal may not be scored directly from a Kick-In.



Technical points for young players



U-7 and U-8 –Allow a 2nd throw-in if the first attempt is not properly performed, but if the second attempt is not successful, let it go

Keep play moving – try not to let the adults interfere with the restart

Restarting the Game - Throw-in all ages

- All players should be at least two yards away from the thrower
- The ball is in play as soon as released and any portion of it is *on or over the outside edge of the touchline*
- The player putting the ball in play may not touch it a second time before it has touched another player
- A goal may *not* be scored directly from a throw-in (you cannot score with hand)



Proper Throw-in Technique – For older players

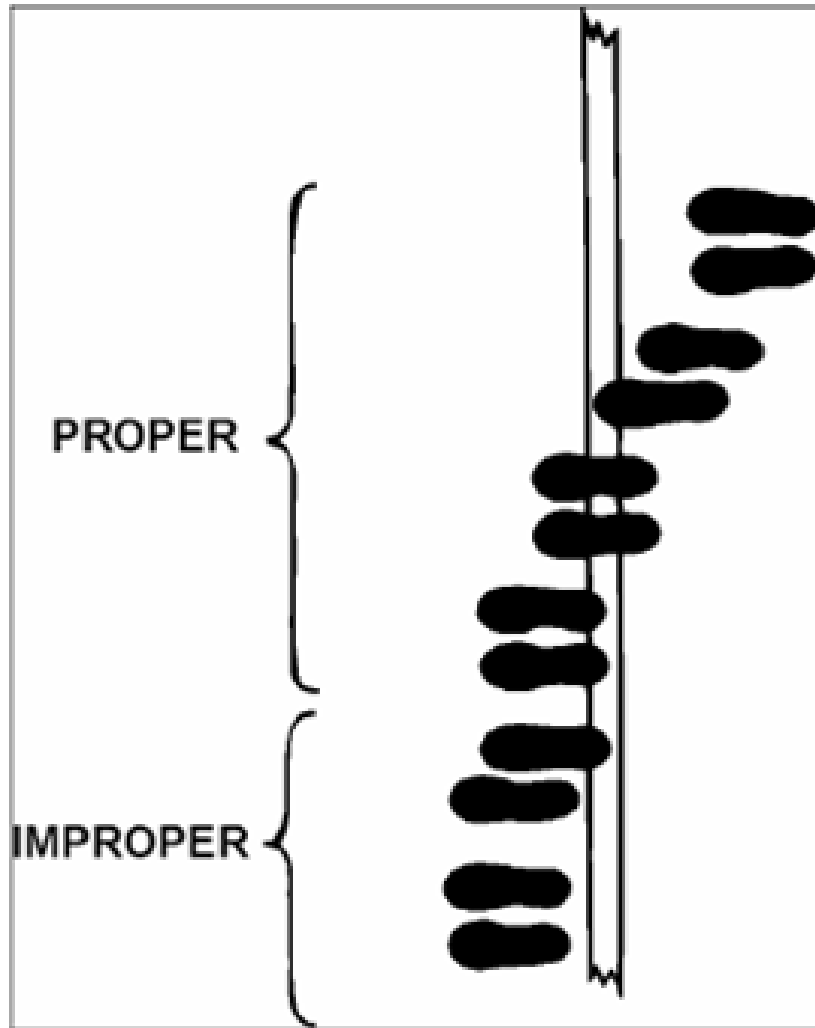
At the exact moment of releasing the ball, the thrower must:

- Face the field of play
- Have part of *each foot* either touching the ground *either on or behind the line* (For a throw-in, the player can “touch the touch line”)
- Use both hands to deliver the ball from behind and over the head



THROW IN – FEET PLACEMENT

(Visual)



It is OK to
“touch the touch
line” on a throw-
in.

Only *improper*
if at least *one*
entire foot in
the field.

Restarting the Game U7-U8

Goal kick

- When the whole ball passes over the goal line (but not a goal), last touched by an **attacker**, play is restarted with a Goal Kick for the defending team
- The ball is placed anywhere in the goal area (extending 6 yards from front to back, 6 yards on either side of goal)
- All opposing players must be at least 6 yards from the ball

Restarting the Game U7 & U8

Goal kick

- **Important Change in the LOTG!! The ball is in play when it is kicked and clearly moves (in any direction)**
- **Once the ball has moved into play, the kicker cannot touch the ball a second time until it is touched by any other player**
- **A goal can be scored directly from a goal kick, but only against the opposing team**

Goal kick

All these balls are legally placed within the goal area, except....



Restarting the Game U7 U8

Corner kick

When the whole ball passes over the goal line (but is not a goal), and is last touched by a defender, play is restarted with a Corner Kick for the attacking team

The ball is placed *anywhere* within the corner arc area



Corner kick

- All players from the opposing team must be at least six yards from the ball
- The ball is in play when it is kicked (with a kicking motion) and moves
- The ball does not have to leave the corner arc area
- The kicker may not
 - move the corner flag or cone
 - touch the ball a second time until another player has touched it
- A goal may be scored directly from a corner kick

Restarting the Game

Corner kick

All these
balls are
legally
placed



Restarting the Game – Free Kicks

A Free Kick is a way to restart play when the Referee has stopped play *because of a foul*

The free kick is taken from the location of the foul, but no closer than six yards from the opposing team's goal



Free kicks – U6, U7 & U8

- All opponents must be at least six yards from the ball
- The ball is in play once it is kicked (with a kicking motion) and moves in any direction
- The kicker may not touch the ball a second time until it has been touched by another player
- A goal may be scored directly from a free kick
- All free kicks in U-6, U-7, and U-8 are DIRECT



Restarting the Game U6 U7 U8

Dropped ball

Default manner to restart play for an unusual but neutral reason

- Injury
- Dog on field
- Spectator Issues
- Or, whenever the Referee stops play and there is not another prescribed restart



Dropped Ball - Where

The Referee drops the ball where it was when play was stopped

Important 2019 Change to the LOTG!!

- There are no longer any “contested” dropped balls
- The ball is dropped to a player on the team that last touched the ball.

Dropped Ball - How

- The ball is dropped from the player's waist height (which could be quite different from the referee's waist height!)
- The ball is in play when it hits the ground
- Thus, if a player kicks the ball before it hits the ground, the ball is dropped again
- After the ball hits the ground, a player may play the ball a second time before another player touches it
- A goal *may not* be scored directly from a dropped ball (2012 FIFA rule change)

Post-game Duties

Collect the game ball and return to owner.

**Supervise team handshake (If we are having team handshakes.
Another Covid-19 issue.)**

Congratulate Referee team and seek feedback.



WSSL Helpful Information



AYSO Role Models



The messages we send by our behavior to impressionable young players are important.

Players emulate the behavior of adults at sporting events and develop long lasting attitudes and values based on what they see.

We are role models and we must do our best to set proper examples.

Dealing with Coaches/Spectators

Our expectations are that everyone (coaches, referees and spectators) will cooperate, to make the match FAIR, SAFE AND FUN.

**99.9% of the time,
that is exactly
what happens.**

**But what about
that .1%? How do
we handle those
situations?**



Dealing with Coaches/Spectators

- **Use the AYSO Team**
- **Keep adults focused on creating an enjoyable experience for the players**
- **Remain calm and professional**
- **Intervene early to prevent escalation. A smile can defuse a bad situation**
- **Always look to defuse the tension and de-escalate the situation**
- **Remind them about why we (all of us!) are here- to make the game fair, safe and fun FOR THE KIDS**

“The Laws of the Game are your Friends”

“The Laws of the Game Are Not Optional”


The Laws of the Game and WSSL policies are intended to keep players safe – physically and emotionally.

They protect volunteers also!

AYSO Incident Report

An Incident Report is required whenever there is a serious incident involving AYSO participants, activities, facilities, or property including:

- Injuries
- Threats of bodily harm
- Fighting
- Property damage
- Hospitalizations
- Law Enforcement



The image shows a detailed AYSO Incident Report Form. At the top, it says 'AYSO INCIDENT REPORT FORM' and 'Return the completed form to the regional commissioner, area director, safety director or tournament director.' Below this, it says '*Note: Forward copy of completed form to NSTC, Attn: Risk Mgmt.' The form is divided into several sections: 'AFFECTED PARTY' (Player, Official, Coach, Spectator, Volunteer, Other), 'GUARDIAN/PARENT (if affected party is a minor)', 'INCIDENT INFO' (Date of Incident, Age Division, Sex, Time of Incident, APY/PM), 'Team Involved' (Team Involved #1, Coach Name, Region #), 'BODY PART INJURED' (Head, Neck, Face, etc.), 'PRIMARY INJURY' (Sprain, Dislocation, etc.), 'LOCATION' (Field, Sideline, etc.), 'INCIDENT' (Collision, Fall, etc.), 'DISPOSITION' (First Aid, Hospital, etc.), 'FIELD SURFACE' (Grass, Hard, etc.), 'CLASSIFICATION' (Non-Injury, Injury, etc.), 'POLICE REPORT FILED' (Yes/No), and 'WITNESS INFORMATION - Confidential'. The form also includes a section for 'Person/Volunteer completing/submitting this form' with fields for Name, Position Title, Signature, and Date.

Alcohol Tobacco and Drugs

- **AYSO does not permit alcohol, tobacco or drugs at any venue.**
- **It is illegal for minors to possess, control or use alcohol, tobacco products or prescription-only drugs without authority and may subject them to prosecution.**
- **Any adult who knowingly provides such substances to a minor is subject to criminal prosecution.**
- **AYSO rules forbid, and The Volunteer Protection Act does not protect, adults who violate alcohol, tobacco and drug laws.**

AYSO REGISTRATION FOR PLAYERS – A MUST

- Only AYSO –registered players may play in a WSSL game OR practice.
- Insurance coverage for all depends on following this rule.

REMINDER – Emergency Medical Actions:

- **Safety first: Remove a player from game immediately if you suspect a medical issue.**
- **Encourage parents to take player to emergency room or other medical service if concussion or other injury is suspected.**
- **Follow up with parents if possible.**
- **Referee and coach must file incident report with CVPA in order to activate AYSO backup insurance policy.**

Environmental Hazards Summary:

- Recognize when something bad is happening or about to happen.
- Take appropriate action
- There will always be another day for soccer.
- Reread the Safe Haven material later in order to internalize it.

Safety Takeaways

- Thunder and/or lightning – *game stops immediately, seek shelter immediately (WSSL games end)*
- Hot days – refs and coaches should communicate to manage situation and watch for players in distress, Heat Exhaustion or Heat Stroke
- Field conditions – do not play on unsafe fields, but clean up glass, reconfigure or shrink fields, or move games, to get the kids their playing time
- Do not let players or others play with or hang on goals. **KIDS HAVE DIED AS A RESULT OF HANGING ON GOALS!!!**

Coaches, Refs, Parents, and Players must follow WSSL Rules...

- Games should start and *must* end on time
- All players must play at least 3 quarters of the game, if they arrive on time
- Substitutions at breaks and only at breaks. No changing on the fly
- Dogs and bicycles must stay outside the fence

And these WSSL / AYSO Safety rules

- **No jewelry except medical alert bracelets.**
- **No wristbands.**
- **No casts or splints**
- **No hats with brims.**
- **Socks completely covering shin-guards.**
- **No cleats on grass fields.**

Do not hesitate to ask the WSSL TEAM for help

- Fellow Coaches, Referees, Parents**
- Division head (listed on WSSL website)**
- Division chief referee (listed on WSSL website)**
- Regional Coach and Referee Administrators (listed on WSSL website)**
- CVPA (Child and Volunteer Protection Advocate – listed on Website)**
- Parks Department / 911**
- “We’re all in this together.....”**

Checking for Learning

How many Philosophies does AYSO have?

Six

Name them.

Everyone Plays,
Balanced Teams,
Open Registration,
Positive Coaching,
Sportsmanship, Good,
Player Development

Checking for Learning

What acronym is used to describe how coaches are to behave with their players?

PIE

What does it stand for?

Positive

Instructional

Encouraging

AYSO Team



Remember: It's for the Kids



and Great Soccer Starts Here!

EVERYONE PLAYS®

BALANCED TEAMS

OPEN REGISTRATION

POSITIVE COACHING

GOOD SPORTSMANSHIP

PLAYER DEVELOPMENT

