

West Coast Soccer Club

<http://www.westcoastsoccerclub.com>
For The Love Of The Game ...



2016 West Coast Recreational Program Overview

Dates

The WCS recreational ("rec") program runs from August through November. Practices will begin in early August with Saturday games beginning on August 20 and ending on October 29. The season-ending All-Star game is tentatively scheduled for Friday November 18. All practices and games will be held in Mountain House.

Goals

The WCS rec program is designed around the following goals:

- Create a positive environment for players and families
- Develop and improve player abilities – soccer skills and game understanding, physical and psychological attributes – in an age-appropriate manner, per US Soccer Federation guidelines
- Instill West Coast player development and style-of-play philosophy
- Provide pathways to higher-level soccer opportunities within West Coast Soccer

New in 2016

In order to improve the quality of the player development experience, WCS has made some changes to the rec program for 2016.

Age group divisions

The US Soccer Federation (USSF) is mandating that starting in 2016, age groupings are based on birth years. For example, all players born in 2012 will be placed in the Under-5 (U-5) age group.

The WCS age group divisions for 2016 are as follows:

- Coed Under-5 (birth year 2012)
- Coed Under-6 (birth year 2011)

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- Boys Under-7/8 (birth years 2009/2010)
- Girls Under-7/8 (birth years 2009/2010)
- Boys Under-9/10 (birth years 2007/2008)
- Girls Under-9/10 (birth years 2007/2008)
- Coed Under-11/12 (birth years 2005/2006)
- Coed Under-13/15 (birth years 2002/2003/2004)

Academy practice sessions

All WCS teams will have access to professionally coached academy training sessions. The session format will be based on USSF and WCS curriculum. The sessions will be held in at Wicklund Park and will last 1 hour:

- Age groups Under-5 through Under-9/10 – once per week
- Age groups Under-11/12 and Under-13/15 – once every other week

Academy sessions will start the week of August 15 and run through the week of October 24.

Smaller-sided games

For 2016, USSF has instructed clubs to have smaller-sided games at younger ages – in order to encourage player development, get players more touches on the ball – in short, to have more fun in games. Here are the game sizes for this season:

- Under-5 through Under-7/8 – 4 versus 4 (4v4), no goalie, 7/8 runs dual games
- Under 9/10 – 7v7
- Under-11/12 – 9v9
- Under-13/15 – 11v11

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Restrictions on heading the ball

In 2016, USSF released a set of implementation guidelines surrounding heading of the ball in games and practices. WCS supports these guidelines as follows:

- Players in programs Under-5 through Under-11/12 will not engage in heading the ball, either in practice or games. The referees and coaches will be instructed that if a player heads the ball in a Saturday game, play will be stopped, the player will be reminded of the heading restriction, and the game will restart with an indirect free kick.
- Players in the Under-13/15 program will be limited to a maximum of 30 minutes of header training per week with no more than 15-20 headers per player per week.
- If a player is suspected of having suffered a head injury, he/she will be substituted immediately and evaluated prior to returning to the game.

Friday night drop-ins

WCS will continue its tradition of hosting Friday night drop-in sessions for all recreational players. Sessions will be held at Wicklund Park and will be run by the WCS competitive professional coachings staff

Season schedule

Practices will begin in early August, once rosters have been finalized and players have been contacted. Here are some key dates:

- Early August – practices begin, once rosters have been finalized and players/parents have been contacted
- August 19 – opening night, player parade
- August 20 – season begins, games are held each Saturday through October 29
- September 3 – Labor Day weekend, no games
- September 9 – Friday night drop-ins begin, running through October 21
- November 4 – All-star game at Mountain House High School

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