



Owasso Soccer Club Grassroots Recreational Program

[Guidelines for Coaching a Team, or against a Team that is short on players](#) [Guidelines for not Running Up the Game Score](#)

These are guidelines for all OSC teams that are either low on players or who is opposing a team that is low on players. As well as, what to do when the game score becomes too wide spread. OSC promotes these as "guidelines" however, you are expected that if approached by an opposing coach that you do in fact work with the other coach by implementing these guidelines into your game. Any team can be impacted on any weekend, with having a low team turn out. Family vacation, illnesses and injuries may even affect a team with a full roster, causing them to have low numbers for a single weekend. The following guidelines are here **to help serve all of the children who are playing** so that the sport of soccer continues to be fun for everyone!

[Playing Teams Short on Players](#) - Please read through as to help you better understand what Owasso Soccer Club is doing to help assist coaches and teams that are low rostered or when a team is short on players due to illness etc. Here are some suggestions as OSC does not want players that are playing to the point of exhaustion or dehydration. Safety is extremely important to us!

Coaches, by implementing these guidelines you are not punishing your players, but you are rather showing them first-hand what good sportsmanship is all about, helping others. Please take a moment to explain to your players & parents that you / they have the opportunity to help another OSC team that is in need of assistance by sharing players. You will be surprised how many children will embrace helping someone out. This is also an opportunity for them to have additional play time and sometimes it is fun for the kids to play while opposing their own teammates.

What to do when your team is short on players:

- A) Talk with the referee and opposing coach, prior to the game starting, about borrowing players for your team. Coaches need to explain to the parents and team that players are being borrowed to the opposing team and that this is an opportunity to show good sportsmanship and for players to receive extra play time.
- B) Talk with the referee and opposing coach, prior to the game starting, about both teams playing down a player.
- C) Talk to the referee, prior to the game starting, to arrange for water breaks or other special circumstances.

**It is not safe for non-registered players to play on your team, because they are not covered by our liability insurance and if an accident occurred they would not be covered.

Not Running Up the Game Score:

OSC is requesting that when the score of the games is becoming wide spread (i.e.: more than a 4 point spread) that you make a few changes. Having your team implement these ideas will help build up individual and team skills and give everyone an opportunity to be in the game. Here are a few suggestions:

- A) Change your player positions, i.e.: Move forwards to defense and defense to forward positions. Give every child the opportunity to experience each position.
- B) Require 4 to 6 passes, in a row, prior to shooting on goal.
- C) Work your players on possession and passing.
- D) Street Soccer Method, where the team is working together to play and the coach and parents are hands off and silent. This helps the players to develop the "on field" mental game.
- E) Have the team try to get one player (not the best player) the ball for them to shoot.

- F) Have the best player play midfield or goalie play some new position, and get everyone else on the team one goal, except them.
- G) Pass the ball back to the goalie and then build out of the back to try to score.
- H) Pull a player or two off the field and play shorthanded. This will certainly make it more challenging and cause them to pass the ball.
- I) Limit the amount of touches the team can play with (i.e. each player has a maximum of 2-3 touches to solve the soccer problem)
- J) Players can only shoot with their “non-preferred” foot.

Because the OSC recreational league is about team & individual player development and more importantly creating a fun filled environment, we want to remind everyone that good sportsmanship is reflected in many different ways & in many different forms. (i.e.: voice, body language, eye contact). As a coach of a recreational team your focus needs to be on encouraging all players and creating opportunities of fun and development.

- When a team is losing 0-4+ the morale of the team tends to become down harden. This is no longer fun for the losing team and it can become a struggle for them to play with enthusiasm.
- When a team is **winning** 0-4+ the confidence of the team is strong, however the challenge of learning is diminished, as the players become focused on the ease of play (or scoring) rather than the development of their individual & team abilities.

It is very much appreciated that the OSC Coaches, parents and players show good sportsmanship in all situations. Part of developing the total player is teaching a player to win, or losing a game, with strength and dignity. Coaches are vital players in the development of every child on the field (regardless of the team that they are on). We ask that all coaches apply the above suggestions to your team, should your team be dominating in a game. Remember we are all on the OSC soccer team together!

Thank you for taking the time to read through these guideline and implementing them into your games,

Adam C. Kenes
 Director of Coaching & Player Development
 OSC Grassroots/Recreational Programs



Owasso Soccer Club

PRIDE

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