Learning For Life is a subsidiary of the Boy Scouts of America and part of its many outreach programs.

-2012-

# Learning For Life Soccer

## Cascade Pacific Council

# PLAYER HANDBOOK

# LFL Soccer

## Players Handbook

Name _____

Team Name _____

School _____

City_____ State _____

Team Yell

_____

_____

_____

_____

_____

Date I Earned:

Leadership _____

Community Service _____

Sportsmanship _____

Dedication _____

Outstanding Player _____

Team Captain _____

Assistant Team Captain _____

Equipment Manager _____

**Code of Conduct**

All Participants of LFL Soccer must agree to the following terms regarding conduct during games practices and activities. Verbal and Physical Abuse will not be tolerated.

**As a Player in the LFL Soccer program, I agree to:**

- Remember that players participate to have fun.
- Never ridicule or yell at players.
- Wear proper safety equipment during games and practices.
- Operate within the rules and spirit of the program
- Handle myself maturely and display control and respect toward all those involved in the program.
- Respect the rights and dignity of all players regardless of their gender, ability, cultural background, or religion
- Strive to be a considerate member of *LFL Soccer*, including and not reserved to other teams or spectators.
- Remember that my behavior represents the team, my school, my family, LFL Soccer, and the Cascade Pacific Council.
- Believe that the referees as well as coaches and players are invested in the program for the betterment of all youth involved.
- Understand that my attitude can influence games and practices.
- Refrain from using any offensive, suggestive or derogatory language.
- Refrain from using Drugs, Tobacco, and Alcohol.

*Failure to adhere to the Code of Conduct will result in expulsion from LFL Soccer.*

Signature X _____ Date ____ / ____ / _____

By signing this Code of Conduct you agree to follow these guidelines as a condition for your involvement in the LFL Soccer program. Please remove and deliver this copy to your coach.

**Coach's Copy**



LEARNING FOR LIFE®
PreK-12 Programs Career Exploring

**Developed and authored**

**by Jason Fillo**

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**Player's Copy**

**Welcome to LFL Soccer!** The fun exciting world of Soccer awaits you, as well as opportunities to challenge yourself on and off the field.

Soccer or Football is the most popular sport in the world. Millions of people the world over support and play Soccer everyday. By participating in Soccer, you have joined that international community.

LFL Soccer will provide you with an opportunity to explore what it means to be part of a community. Friendships you form on your team, the exciting games you play against other teams, the mentorship of your coach, and the interactions you have with your neighbors, help build and grow your relationship with your community.

**LFL Soccer:**

- **Play Soccer**
- **Build Community**
- **Gain Leadership Skills**
- **Challenge Yourself**

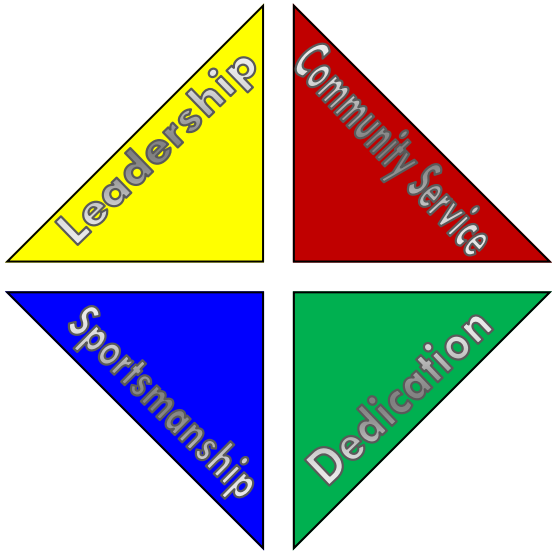
## Advancement

In LFL Soccer you will have the opportunity to earn recognition in four categories of achievement.

- Leadership
- Community Service
- Sportsmanship
- Dedication

If you successfully complete all the requirements for one of the four areas of recognition you will receive a wristband from your coach awarding you for your outstanding achievement.

If you complete all four areas of recognition, you will earn an additional Outstanding Player Recognition. This band is the highest honor in LFL Soccer, and proves to everyone that you are a true MVP.








Notes

**LFL Soccer Uniform**

Required player equipment includes a jersey, shorts, stockings, shin guards and shoes. Shin guards should provide adequate and reasonable protection, be professionally manufactured, age - and size-appropriate, not altered to decrease protection, worn under the stockings, and worn with the bottom edge no higher than 2 inches above the ankle. Equipment shall not be modified from its original manufactured state and shall be worn in the manner the manufacturer intended it to be worn.

**Requirements for uniforms:**

All participants must wear shoes during games. Shoes with soles containing metal (aluminum, magnesium, titanium, etc.), leather, rubber, nylon, or plastic cleats, studs, or bars, whether molded as part of the sole or detachable, are allowed as long as the referee does not consider them dangerous. They may not be altered in any way creating sharp edges thus rendering them unsafe.

Sweatbands may be worn on the head or wrist if made of soft material. Players shall not wear jewelry with the exception of religious or medical medals. A religious medal must be taped and worn under the uniform. A medical alert must be taped and may be visible

Jerseys must correspond to the designated color or pattern as decided by the team and its coach. Tee shirts may be worn as long as they also correspond to the color guidelines laid out by the team and its coach. Uniform numbers are required for proper documentation from Referees





| ☑ | LEADERSHIP RECOGNITION | Coaches Initial and Date |
|---|---|---|
| ☐ | 1. Hold a Leadership position for two weeks, (i.e. Team Captain, Assistant Team Captain, or Equipment Manger) (p.9). | |
| ☐ | 2. Plan a drill or other practice activity and present it to the coach and try it during one of the practices (p.10). | |
| ☐ | 3. Use the EDGE method (p.8) to teach a fellow teammate a new skill. | |
| ☐ | 4. Help create a Team Name and Yell. | |

During your time in LFL Soccer you will have many opportunities to lead. Learning to call plays during games, teaching soccer skills to less experienced players, and helping your Coach during games and practices, will develop your skills as a leader.

If you display exceptional leadership potential your coach may even appoint you to a leadership position and an opportunity to earn Leadership Recognition in your league.

**Complete all the above requirements to earn Leadership Recognition.**

## The EDGE Method

The EDGE method is a four step method for teaching a skill:

- Explain
- Demonstrate
- Guide
- Enable

### Explain

First explain what you will be doing. Tell them the steps involved. Visual aids might be helpful for this step. Use questions to gauge their understanding.

### Demonstrate

Show them how to do the skill. Demonstrate the steps using the actual materials.

Describe what you are doing.

### Guide

Let them practice the skill. Guide and coach them as they try to do it themselves.

**This step will take the most time.**

### Enable

Enable them by letting them do the skill themselves without any intervention.





### Soccer Bucks

Other Teams, Coaches, Field Hands and Referees may award additional Sportsmanship Recognition in the form of redeemable Soccer Bucks. Soccer Bucks can be redeemed at the LFL Soccer Store for prizes at games, and you will be additionally eligible to win Portland Timbers Tickets.

| ☑ | Dedication Recognition | Coaches Initial and Date |
|---|---|---|
| | 1. Participate in all games and practices. | |

### Dedication

Having the discipline to show-up every day, the dedication to participate and give it everything you've got shows character. It shows that you are willing to challenge yourself and improve. Dedication is rewarded, on the Soccer field, at school and in the work place.

| | SPORTSMANSHIP RECOGNITION | Coaches Initial and Date |
|---|---|---|
| ☐ | 1. Practice good Sportsmanship during all games and practices during the season. | |

**Sportsmanship**

Practicing good sportsmanship during games and practices allows everyone to enjoy Soccer. Personal grudges or conflicts should not be brought to the field, they cause anger and ruin games.

Follow these guidelines to practice good sportsmanship:

- Never ridicule or bully other players.
- Leave conflicts on the field and do not hold grudges.
- Never single out another player.
- Respect the referee, they are there to help you.

**In the event of an injury on the field, kneel on the ground until the referee resumes game play.**

**At the end of games shake hands with every member of the other team as a show of goodwill.**

## LEADERSHIP POSITIONS

### Team Captain

The Team Captain assists the coach in the planning of games and practices. On the field the Team Captain is responsible for calling plays and talking to the referee, unless the coach is required to mediate conflicts on the field. Further the Team Captain motivates the team during practice to show-up and participate and supports their Assistant Team Captain and Equipment Manager. After two-weeks the Team Captain steps down to allow the Assistant Team Captain a chance to hold their leadership position.

### Assistant Team Captain

The Assistant Team Captain supports the Team Captain in all of their responsibilities. They are in training to hold the Team Captain position after their two-week term is over.

### Equipment Manager

The Equipment Manager is responsible for making sure that all the equipment needed for games and practices is present on the field, that everyone is wearing proper shin guards , and that the field area is clean after games and practices. After two weeks the Equipment Manager becomes Assistant Team Captain and a new Equipment Manger is appointed by the Team and the Coach.

Colored armbands denote leadership positions.

**Practice Drill Template**

**Create your own soccer drill to try at practice.**

Player Name: _____ Date: _____

Coaches Approval: _____

Activity Description:

_____
_____
_____
_____
_____
_____

Skills Developed:

_____
_____
_____
_____

Notes:

_____
_____
_____
_____

Coach's Suggestions:

_____
_____
_____
_____
_____





**COMMUNITY**

Your community consists of your friends, family, neighbors, and the people you interact with on a daily basis. Anytime you talk to someone on the street or interact with them in a store or park, you are engaging with your community. It is important to strive to leave a positive impact through goodwill and cheerful service.

The impact that we make on parks and fields during games and practices, further impacts our communities. Cleaning up after your games and striving to leave properties better than you found them improves your community, the environment, and builds trust. The relationship of trust we can create with our communities will ensure that there are parks and fields available for Soccer for years to come.

**Complete the following check list at the end of games and practices:**

- General litter sweep
- Store activity materials off-site
- Return all amenities used (i.e. goals, bleachers) to the position and condition they appeared in when you arrived
- Remove any items that are brought by your team its guests, or otherwise that do not belong on the property

## Interview with a Community Leader

elected official, judge, attorney, principal, teacher, law enforcement or fire and rescue officer etc.

Date: _____

Person's name and occupation:_____

Questions you asked:

1. _____
   _____
2. _____
   _____
3. _____
   _____
4. _____
   _____
5. _____
   _____

What the leader suggested you can do for your community:

_____
_____
_____
_____
_____
_____
_____

| ☑ | COMMUNITY SERVICE RECOGNITION | Coaches Initial and Date |
|---|---|---|
| | 1. Participate in a community service project (p.13). | |
| | 2. Interview a civil servant or other public employee/leader in your community (p.14) . | |
| | 3. Participate in field clean-up after games and practices. | |
| | 4. Invite Friends or Family to a game. | |

**Community Service and Citizenship**

On the soccer field you learn what it means to be part of a community, a citizen. You have to work with the other players on your team in order to enact plays and score goals. You have to respect the players on the other team to continue playing, and the referees to make sure that everything is fair and equal. These lessons hold true in your interactions with your friends, family, neighbors, and community.

In LFL Soccer you will have the opportunity to practice the skills you learn on the field in your neighborhoods and communities.





**COMMUNITY SERVICE PROJECT**

A Service Project is an opportunity to help your community build and grow. It is an opportunity to engage with your community and improve the lives around you. Your league will organize a Community Service Project during the season, but you can complete your own service project individually or with your Team.

**Complete the Community Service Project Reflection and present it to your Coach.**

Ideas: Canned Food Drive, Park Clean-up, Clothing Drive, Reading/Book Drive, Skills Clinic for younger players etc.

**Community Service Project Reflection**

Date: _____

My Project: _____

Projects Goal: _____

My Personal Goal: _____

How I achieved my goals:

_____

_____

_____

_____

_____

_____