

WSA SOCCER ASSOCIATION

Fall U5 Starting Sept. 13th < 9 week program to run on Sundays >
Start: U6 Starting Sept. 13th

Finish: Nov. 8th

Location: U5 @ Mullen Field
U6 @ Mullen Field **Mullen Turf Field @ Galvin Middle school**
closest to Main St.

Time: U5 -- 11:00 to 12:00 4 v 4 games
U6 -- 12:15 to 1:15 4 v 4 games

Field
Equipment:* 1. Bow Nets *will be provided by Wakefield Soccer
2. Pinnies
3. Cones
4. First Aid Kits
5. Soccer Balls

Kids
Equipment: Soccer cleats, shin pads, water bottle

Activities
Breakdown:

1. Warm-up 10-15min.
2. Soccer activity - Provided by Michael Caine (Director of Coaching) (10-15min minimum)
2. Soccer activity - Provided by Michael Caine (Director of Coaching) (10-15min minimum)
4. Game
U5 / U6 --15 to 20min -- 3v3 split fields width wise (no goal keepers) and Pugg Nets

Michael, our Director of Coaching, will guide you to specific activities/games to print out from the Wakefield Soccer website

Prior to each practice there will be a brief 20 minute coaches gathering down at the field to dicuss the days activities

Rain Delay: Coaches will to go to wakefieldsoccer.org to view any updates concerning delays as well as cancellations
Advise players/parents to look for field closures

Cori Form: **ALL COACHES (new or returning) are required to have a license on file along with an e-mail address on file**
*****Be aware that if not completed you will NOT be coaching for the fall season**
For set up contact Mike Kilkelly at mkilkelly@aol.com

Coaches Guidance:

Performed at the fields by WSA Director of Coaching, Michael Caine
View "Coaches Corner" and "Coaches" (intramural) tab on wakefieldsoccer.org

Contact: Michael Caine at coachcainesoccer@gmail.com

Thank You:

The desire of the Wakefield Soccer Association is to put together a quality program to shine for today and to prosper for the future.

I wish to extend my appreciation from the Board to one and all, for your participation, because without you the soccer program would not exist.

Chris Smith
WSA Intramural Director
Michael Caine
WSA Coaching Director

WSA SOCCER ASSOCIATION

Fall
Start: U7 Boys and Girls --Starting Sept. 9th-Revolution Academy Program
Sept. 13th-games

U8 Boys and Girls --Starting Sept. 9th-Revolution Academy Program
Sept. 13th-games

Finish: U7 - Nov. 8th **The game schedule for the U7 kids will be posted on the WSA website**
U8 - Nov. 8th **The game schedule for the U8 kids will be posted on the WSA website**

Game
Time: U7 Boys and Girls co-ed-- 1:30 to 2:30 **Mullen Turf Field @ Galvin Middle school**
(closet to Main St.)

U8 Boys and Girls co-ed-- 2:45 to 3:45 **Mullen Turf Field @ Galvin Middle school**
(closet to Main St.)

U8 teams will play a 5 V 5 format
Coaches are allowed on field of play
4 x 12 minute quarters with four minute breaks

Practice
Schedule: U7 Boys and Girls Walton Field
Revolution Academy 6:15-7:15
U8 Boys and Girls Walton Field
Revolution Academy 7:15-8:15

U8 Boys and Girls -- Also will have access to the Mapleway field to set up
one other practice per week, determined by head coach (day and time)
Set up for time and day with "Sign up Genius"
Location: Mapleway--set up a 4 v 4 small sided game to finish practice

Practice
Breakdown: For U8 only

1. Warm-up 15min.
2. Soccer activity - From Wakefield soccer web site "Coaches Corner" or coaches own plans
3. Soccer activity - From Wakefield soccer web site "Coaches Corner" or coaches own plans
4. Game - finish with a 4 v 4
Coaches should have a practice session on hand to run an organized
and complete practice

Field
Equipment: * 1. Pinnies * provided by Wakefield Soccer
2. Cones **Corner flags: U8 group**
3. First Aid Kits
4. Corner Flags First team on game day schedule will set up
5. Soccer Balls Last team will pick up corner flags and return

Kids
Equipment: Soccer cleats, shin pads, water bottle

Rain Delay:

Coaches can go to wakefieldsoccer.org to view any updates concerning delays as well as cancellations
Advise your players/parents to look for field closures

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WSA Intramural Director
Sheri Lanzarone
Boys League Director
Michael Caine
WSA Coaching Director

WSA SOCCER ASSOCIATION

Fall
Start: U10 Boys Starting Sept. 13th
U10 Girls Starting Sept. 13th

U12/14 Boys-- Starting Sept. 13th
U12/14 Girls-- Starting Sept. 13th

Finish: Nov. 8th

Location: U10--Boys and Girls **Mapleway Field**
U12/14--Boys and Girls **Walton "1" Field-North Ave.**

Game **Time:** U10 Boys and Girls co-ed-- 3:00 to 4:00 or 4:15-5:15 ****All games are played on Sundays****
6 v 6 format 2 halves @ 25min. with 5 min. halftime

U12/14 Boys -- 12:15 to 1:30
U12/14 Girls --1:45 to 3:15 8 v 8 format 2 halves @ 35min. with 5 min. halftime

The game schedule will be posted on the WSA website

Practice
Schedule: U10 and U12/14 Boys and Girls -- one per week - day and time determined by head coach
Set up for time and day with "Sign up Genius"

Location: **See above: Nasella and Mapleway**

Practice
Breakdown: 1. Warm-up 15min.
2. Soccer activity - From Wakefield soccer web site "Coaches Corner" or coaches own plans
3. Soccer activity - From Wakefield soccer web site "Coaches Corner" or coaches own plans
4. Small sided Game

Equipment:* 1. Pinnies * provided by Wakefield Soccer
2. Cones
3. First Aid Kits **Corner flags:**
4. Corner Flags First team on game day schedule will set up
5. Soccer Balls Last team will pick up corner flags and return

Kids
Equipment: Soccer cleats, shin pads, water bottle

Rain
Delay: Coaches will to go to wakefieldsoccer.org to view any updates concerning delays

or cancellations

Also advise your team to check website for any field closures

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