

THE COACH'S VIEW

Sunday, November 2nd friendly games in the Muslim Youth League.

8 years & under:

Our team scored 2 goals against STEMS school and conceded one goal. Our team finally won the game: 2-1

10 years & under:

The final result of the game was 5-0 in the favor of Alazhar team.

12 years & under:

The result ended in a 5-1 in the favor of Alazhar team.

14 years & under:

The final result was 2-1 in the favor of GSA against STEMS girls under 14 years old.



Assalamo Alaikom parents,

I would like to take this opportunity to thank all the parent who brought their children to the Muslim league; I also would like to thank brother Saed and Mounir for helping us coach and manage the teams of GSA.

We still have to work on our technical skills during our practices and at home if we want to be able to compete with the other schools.

It was a fact that our teams won two games and lost two games. It was also a fact that a total of 6 of our talented players were absent and could not attend the games on Sunday. Those six talented players could have made a difference insha Allah in the outcome of the games of Sunday. But insha Allah, next Sunday, we may have everyone available, especially in 10 and 12 and under teams that struggled last Sunday.

The new additions to our 8 and under coed and 14 and under girls teams played a big role in our wins on Sunday. Both games were exciting to watch, and GSA won with a very small margin: 2-1. Our talented player in 14 and under girls, and who joined our team recently, scored a fabulous goal from a long distance shot.

In sum, our teams played to their abilities but we still have to work on different technical and tactical skills gradually. Therefore, on Wednesday, during practice, we will try to work on basic skills again. Every helping coach will get the copy of the drills insha'Allah, and that way the children can take home some ideas of the soccer skills they need to work on.

Again, Jazakomo Allabo Khayran for your support.



During the Wednesday training sessions for the following two weeks, we will be working on trapping the ball and shooting and passing the ball. I encourage you to print these coaching tips of shooting, passing or trapping the soccer ball, and give them to your children to learn and to practice.



Coaching Tips of shooting:

- 1) Non kicking foot alongside the ball and pointed to target
- 2) Use the instep
- 3) Ankle firm and locked
- 4) Step into the ball
- 5) Strike through the mid line of the ball
- 6) Head down and steady
- 7) Follow through to target
- 8) Keep the ball down

Coaching Tips of Trapping the “rolling” ball:

Using the inside of the foot technique:

- 1) The planted foot alongside the ball and pointed towards the ball
- 2) Use the inside of the foot to trap the ball
- 3) Soft touch of the ball to trap the ball
- 4) Relax the foot that is trapping the ball and move it slightly to the back to absorb the shock of the ball
- 5) Deaden the ball and slightly stop it half a yard or a yard in front of you
- 6) Slightly bend the planted foot to keep balance
- 7) Use your arms to shield the ball and to keep balance

Using the sole of the foot:

- 1) Simply step on the ball to stop it
- 2) The planted foot half a yard from the ball
- 3) Use your arms to protect the shield the ball and to provide balance
- 4) Bend the planted foot slightly
- 5) Firmly step on the ball and think where you want to go with the ball



Any questions contact Coach Abderrahmane at abderrahmane@assahaba.org



Muslim Youth Sports League

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DATE: 11-04-2014

2014-2015 Regular Season Schedule

SUN. NOV./ 9/ 2014

AGE BRACKET	Visiting Team		Home Team	GAME LENGTH	FIELD #	GAME TIME
U8 CO-ED	STEMS	VS.	ALAZHAR	40 MIN GAME 10MIN BRK BETWEEN HALFS	1	9:00 AM
	IMOF	VS.	GSA		1	10:00AM
U10 CO-ED	GSA	VS.	STEMS	40 MIN GAME 10MIN BRK BETWEEN HALFS	1	11:00 AM
	ALAZHAR	VS.	IMOF		1	12:00PM
U13 BOYS	IMOF	VS.	ALAZHAR	50 MIN GAME 10MIN BRK BETWEEN HALFS	3	12:00PM
	ISOM	VS.	GSA		2	12:00PM
U14 GIRLS	STEMS	VS.	IMOF	40 MIN GAME 10MIN BRK BETWEEN HALFS	1	1:00 PM
	GSA	VS.	ALAZHAR		2	1:00 PM

NOTE: AGE GROUP , 14, 15, & 16 boys WILL HAVE THEIR FIRST GAME NEXT WEEK SUN. THE 16th. OF NOV.

AGE ELIGIBILITY , VERIFICATION , ROSTER , & OTHER RULES:

- 1- PLAYER BECOMES ELIGIBLE TO PLAY UNDER THEIR AGE GROUP PROVIDING HE OR SHE WAS STILL UNDER THAT AGE BY OCT. 12 -2014.
- 2- EACH DIRECTOR MUST PROVIDE MYSL ID'S ,OR PROVIDE PROOF OF AGE , WITH COLOR PHOTO FOR EACH PLAYER NO LATER THAN NOVEMBER 2ND 2014
COLOR PHOTOS , & PROOF OF AGE CAN BE E-MAILED TO MYSL@ATT.NET (ID'S USED LAST YEAR ARE STILL VALID FOR THIS YEAR, NEW ID'S COST \$3 EACH FOR PLAYERS, COACHES ID'S ARE FREE. COACHES NEED TO PROVIDE PHOTO , FIRST & LAST NAME ONLY)
- 3- THE LAST DAY TO TURN IN YOUR ROSTER IS NOV. 2ND 2014.
- 4- STARTING NOV. 9th 2014 YOU MUST SWAP PLAYER ID'S WITH OTHER COACHES FOR EACH GAME BEFORE KICK OFF. ID'S MUST BE RETURNED TO THEIR COACH BY THE END OF EACH GAME.
- 5- EACH TEAM MUST BE READY TO PLAY AT THE START OF EACH GAME WITH MINIMUM OF 6 PLAYERS INCLUDING GOAL KEEPER, OR MAXIMUM OF 8 PLAYERS.
- 6- SUBSTITUTION: UNLIMITED NUMBER OF SUBSTITUTION ; HOWEVER GAME MUST BE STOPPED , & REFEREE MUST BE FULLY AWARE OF PLAYERS GOING IN & OUT OF THE GAME ONCE PLAYER IS SUBSTITUTED THEY CAN NOT RETURN TO THE GAME AGAIN. TO MAKE YOUR SUBSTITUTION YOU MUST HAND IN PLAYER ID TO GAME'S REFEREE.
- 7- EACH SCHOOL MUST PROVIDE AT LEAST ONE KNOWLEDGEABLE REFEREE READY TO REFEREE OTHER GAMES EVERY SUNDAY .REFEREE MUST HAVE A WHISTLE, RED & YELLOW CARDS
- 8- FORFEIT RULES : 10 MINUTES LATE WILL RESULT IN A FORFEIT FOR THE PRESENT TEAM & THE WIN WILL BE RECORDED AS 1-0
- 9- MAKE UP GAMES IN CASE OF BAD WEATHER WILL BE AGREED UP ON BETWEEN THE TWO COACHES , GAME COULD BE PLAYED ON SAT, OR EARLY THE FOLLOWING WEEKEND.
- 10- REFEREE'S DECISION IN THE FIELD ARE FINAL , NO ALTERCATION, ARGUMENT, STOPPING OF THE GAME BY ANY COACH, OR PARENTS NO MATTER WHAT THE CALL IS; EVERY ONE MUST ACCEPT THE REFEREE'S DECISION REGARDLESS OF THE OUTCOME , OR CIRCUMSTANCES, ANY COACH CONTESTING REFEREE'S DECISION WILL RESULT IN EJECTION OF THE COACH IMMEDIATELY FROM THE BENCH .
- 11- NO COMMUNICATION WILL BE ALLOWED BY PARENTS FANS TO REFEREES , COACHES CAN ONLY ASK REFEREES FOR SUBSTITUTION DURING GAME.
- 12- PARENTS MUST NOT LINE UP WITH COACHING STAFF DURING GAMES, & MUST NOT VISIT THE BENCH AT ANY GIVING TIME UNTIL THE GAME IS OVER; FURTHERMORE COACHES & STAFF MUST REMAIN ON THE SIDELINE UNTIL THEY ARE CALLED BY REFEREES.
- 13- COACHES MUST WEAR THEIR ID'S AT ALL TIME DURING THE GAMES , ANY COACH WITHOUT AN ID WILL BE ASKED TO LEAVE THE BENCH IMMEDIATELY.
- 14- COACHES MUST HELP MAINTAIN THE SIDELINE FOR COACHES & PLAYERS ONLY; NO VISITS BY ANY ONE DURING GAME , COACHES MUST ASK PARENTS , OR VICTORS TO LEAVE PLAYERS AREA IMMEDIATELY.
- 15- ALL PLAYERS MUST WEAR THE PROPER ATTIRE FOR GAMES ; INCLUDING CLEATS, SHINGAURD, UNIFORMS WITH NUMBERS. NO DUPLICATE NUMBERS WILL BE ALLOWED ON THE FIELD.
- 17- IN CASE OF INJURY TO PLAYERS ; COACHES MUST ASK THEIR PLAYERS TO KNEELED DOWN UNTIL INJURED PLAYER IS ATTENDED.
- 18- ALL TEAMS MUST BE IN THE FIELD READY TO PLAY 15 MINUTES BEFORE THE START OF GAME.
- 19- NOTE: ANY FALSIFICATION OF AGE , OR DISCOVERY OF MISHANDLING OF VERIFICATION FOR ONE PLAYER AGE WILL RESULT IN FORFEIT OF GAME TO THE OPPOSING TEAM.
- 20- ALL PLAYERS MUST HAVE MEDICAL INSURANCE VERIFIED BY THE COACH BEFORE ENTERING THIS TOURNAMENT.
- 21- ORGANIZATION , SCHOOL , OR TEAM MUST BE FULLY RESPONSIBLE FOR ANY MEDICAL BILLS RESULT FROM ANY INJURIES TO NAY PLAYER DURING GAMES , OR PREPARATION ON THE FIELD BEFORE & AFTER GAMES.