

OAKVILLE SOCCER CLUB WINTER CHAMPIONS LEAGUE CUP



Tuesday December 18th, 2018

Pine Glen Soccer Centre (1520 Pine Glen Road, Oakville)
Tournament Coordinators: Matthew Aslett & Gareth Davies

Team Number	Team Name
1	St. Nicholas
2	Anne J. MacArthur
3	St. John Paul II Gold
4	St. Dominic
5	Ecole Forest Trail
6	St. Joan of Arc
7	Escarpment View
8	St. John Paul II Blue

Time	Field C	Field D
8:00am	1 v 2	3 v 8
8:30am	4 v 7	5 v 6
9:00am	1 v 7	3 v 4
9:30am	2 v 5	6 v 8
10:00am	2 v 6	7 v 8
10:30am	1 v 4	3 v 5
11:00am	5 v 7	4 v 8
11:30am	2 v 3	1 v 6
12:00pm	1 v 3	2 v 4
12:30pm	5 v 8	6 v 7
1:00pm	4 v 5	1 v 8
1:30pm	2 v 7	3 v 6
2:00pm	1 v 5	2 v 8
2:30pm	3 v 7	4 v 6
3:05pm	Championship Match (1st vs 2nd)	

Group Stage games are 20 minutes straight. Playoff game is 2 x 25 minute halves.
Please be on time for all games. Failure to arrive within 3 minutes may be a forfeit.

Teams are encouraged to bring up to 14 players each.
The games are shorter to allow players to rest and eat food.

Tiebreakers for standings:

- 1) Head to head record
- 2) Highest goal differential (maximum +5 per game)
- 3) Highest skills and spirit competition team ranking
- 4) 3 kicks from the penalty mark

Last Updated: November 21 @ 9am

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Competition Rules:

This tournament will follow the FIFA Laws of the Game with the following exceptions:

- **Law 1 (Field of Play):** games will take place on a 1/4 indoor turf field at Pine Glen.
- **Law 3 (Players):** games will be 7 v 7 including goalkeepers. Each team must have 3 male outfield players and 3 female outfield players on the field at all times. All players except the team goalkeeper are outfield players.
- **Law 5 (Substitutions):** outfield player substitutions will be permitted on the fly. The player leaving the field must exit at the halfway line on the bench side. When the exiting player is within 1 metre of the touch line, the new player is permitted to enter the field. A team may change their goalkeeper only at a stoppage in play with the permission of the referee.
- **Law 7 (Duration of Match):** group stage games are 20 minutes straight. The championship match consists of 2 x 25 minute halves.
- **Law 10 (Outcome of the Match):** win = 3 points, tie = 1 point, and loss = 0 points. If a playoff game is tied, 3 kicks from the penalty mark are used. Only players on the field at the end of the game can kick and each player must kick once before a player can kick again.
- **Law 11 (Offside):** not enforced.
- **Law 13 (Free Kicks):** any direct and indirect offences committed outside the penalty area, or indirect offences committed inside the penalty area, will be indirect. Players from the opposing team must retreat 5 metres from the ball.
- **Law 14 (Penalty Kick):** for all direct offences committed inside the penalty area.
- **Law 15 (Kick-in):** if the ball crosses a touchline, the restart is a kick-in and not a throw-in. The player who takes the kick-in may not touch the ball again until it is touched by another player.

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Skills & Spirit Competition:

All teams will compete in 1 spirit challenge and 6 skills challenges to earn points for their school. These will take place when a team is not scheduled for a game. The judge will be Gareth Davies. A trophy will be presented to the team that is declared the “**Skills & Spirit Competition Winner**”. Please refer to the accompanying diagrams for detail and the point scale below will be used.

Point Allocations:

For each Skills Challenge, each school will select 1 male player and 1 female player to participate. A player is only allowed to participate in up to 2 challenges. The points will be distributed for **each challenge in each gender** as follows:

- 1st place = 5 points
- 2nd place = 4 points
- 3rd place = 3 points
- 4th place = 2 points
- 5th place = 1 point
- 6th, 7th, 8th place = 0 points

Thus, 6 skills challenges x 2 genders x 5 maximum points = 60 points.

The 1 spirit challenge will be worth 15 additional points for a total of 75 points.

Spirit Challenge #1: Social Media Engagement (no later than Monday December 17 at 5:00pm)

- **Task:** Post a team picture on your school Twitter account and tag @oakville_soccer. In your message, mention that you are participating in the “OSC Winter Champions League 2018”.
- **Goal:** OSC will retweet your post. The task is for completion. Please post after December 10.

Skills Challenge #1: Dribbling (8:00 AM – 9:00 AM)

- **Task:** Players will dribble through a figure eight obstacle course of poles.
- **Goal:** Complete the course in the quickest amount of time (2 attempts, best score is used).

Skills Challenge #2: Control (9:00 AM – 10:00 AM)

- **Task:** Players will use keep-ups to move the ball back and forth over a set distance without allowing the ball to touch the ground.
- **Goal:** Travel the farthest distance before the ball touches the ground (2 attempts, best score is used, maximum of 1 minute per attempt).

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Skills Challenge #3: Short Passing (10:00 AM – 11:00 AM)

- **Task:** Players will run to 4 different stations and have 1 attempt at each to complete a short driven pass into an empty mini goal.
- **Goal:** Complete the highest number of short passes correctly. If teams are timed, the winner will be the one that completes the circuit in the least amount of time (1 attempt).

Skills Challenge #4: Long Passing (11:00 AM – 12:00 PM)

- **Task:** Players will kick 3 lofted passes over a longer distance towards a target. The location where the ball first touches the ground and its proximity to the target will be recorded.
- **Goal:** Earn the highest cumulative score for landing closest to the target after 3 passes.

Skills Challenge #5: Shooting Power (12:00 PM – 1:00 PM)

- **Task:** Players will kick 3 balls into an empty net and a radar device will calculate the kick speed.
- **Goal:** Kick the hardest in km/hr (3 attempts, best score used).

Skills Challenge #6: Speed (1:00 PM – 2:00 PM)

- **Task:** Players will sprint as fast as possible over a determined distance without the ball.
- **Goal:** Complete the race in the least amount of time (2 attempts, best score used).



Skills Challenges

Category: Warm-ups

Difficulty: Beginner

Am-Club: Oakville Soccer Club
Gareth Davies, Oakville, Canada

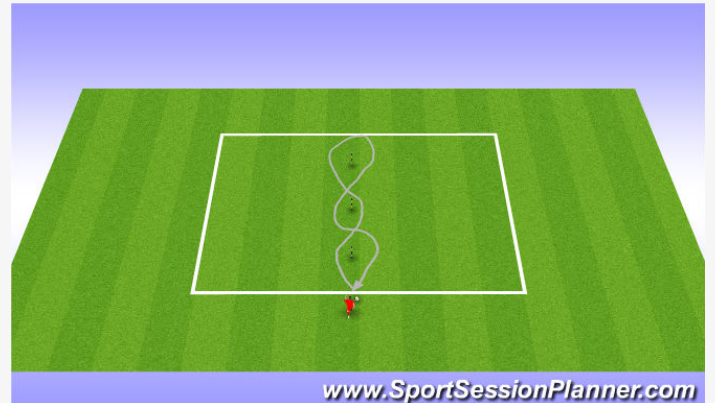
Dribbling Challenge

Organization

- 3 Poles in line at 10 yards apart
- Player starts at cone 10 yards from first pole

Challenge

- The player has to dribble in a figure 8 through the poles and back to the starting point with the ball under their control.
- The player who can complete the course in the quickest time will gain 3 points for their team, 2nd place will get 2 points, 3rd will get 1.



Keep Up Challenge

Organization

- Cones are layed out either side of the starting point in 8 yard increments.
- The player starts with the ball on the floor

Challenge

- The player must attempt to keep the ball up as far as possible, gaining 1 point for each cone they are able to go past
- If they are able to get to teh furthest cone they gain 5 points for their team.
- Players must have a minimum of 4 touches between each set of cones



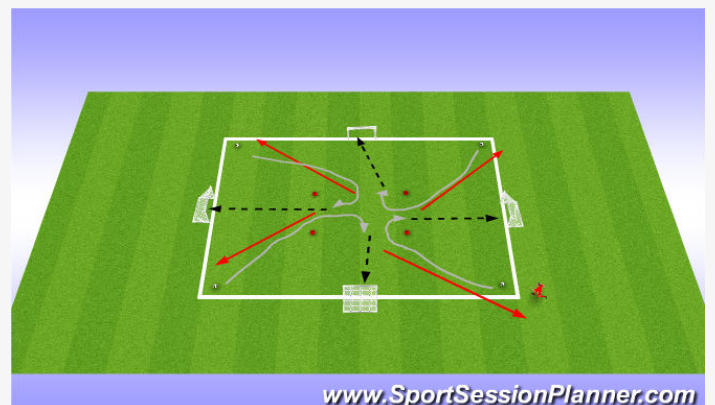
Short Passing Challenge

Organization

- A square of 25 x 25 is set out using flat disks
- A goal is placed in the centre of each line of the outside square
- A 10x10 square is placed in the centre of the area
- A ball is placed in each corner of the square

Challenge

- The player must start in one of the corners with a ball at their feet
- The player must dribble that ball in to the centre of the middle square before passing in to the goal to the right of where they started
- The player will then work their way around the square anti clockwise completing the same task with each ball before returning back to their starting point to finish
- The players will gain points for speed and will lose 2 seconds for every goal that they miss. The quickest will get 3 points, 2nd will get 2 and 3rd will get 1.



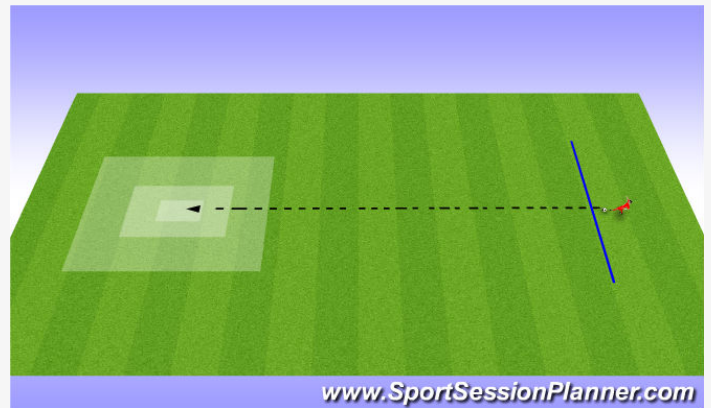
Lofted Pass Challenge

Organization

- Set up a target through creating a 20 x 20 area, 10 x 10 area and 5x5 area all within the bigger sized square.
- The 20 x 20 square will be 5 points, the 10 x 10 will be 10 points and the 5 x 5 will be 20 points.
- The player will start 25 yards from the target behind a designated line

Challenge

- The player will have 3 opportunities to play a lofted pass towards the target
- The player will get the points for wherever the ball first bounces
- All 3 attempts will be added up to create a final score
- The player with the highest score will get 3, 2nd will get 2 and 3rd will get 1.



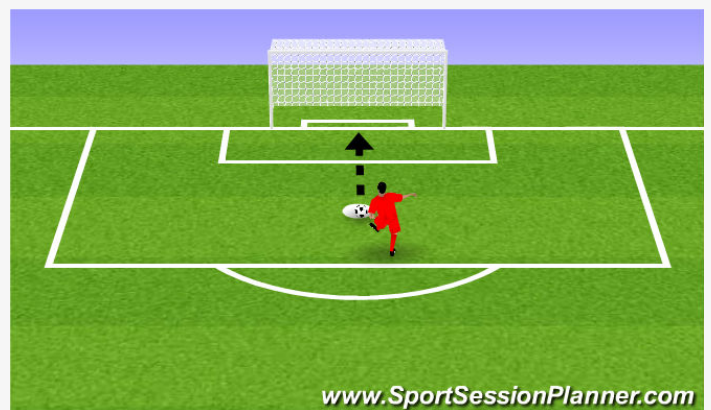
Shooting For Power Challenge

Organization

- The player will begin with a ball on the penalty spot in front of a 8x5 goal
- The goal will have a radar behind that will record the power of the strike in KMph

Challenge

- The player will get 3 attempts to strike the ball at goal aiming to strike with as much power as possible
- The highest scorer will get 3 points, 2nd highest will get 2 and third highest will get 1



Speed Challenge

Organization

- 4 Poles will be set up in a T shape with the three cones in a row (the top of the T) 10 yards apart and the pole at the bottom of the T 15 yards from the top.
- The player starts at the bottom pole

Challenge

- The player will aim to sprint around the T-Shape poles as fast as possible
- The player with the quickest time will get 3 points, the 2nd quickest will get 2 points and the 3rd will get 1 point.

