

# Cambridge Youth Soccer



## Indoor Soccer Manual

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*Indoor Soccer 2009/10*

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## **CAMBRIDGE YOUTH SOCCER INC.**

745 Fountain Street, N.  
Cambridge, ON  
N3H 4R7  
519-653-8800

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October 13, 2009

On behalf of Cambridge Youth Soccer and its Board of Directors I would like to take this opportunity to thank you for volunteering as a coach for the upcoming 2009-2010 indoor season.

Without the support of such a strong volunteer base our organization would not be able to deliver such quality programming for the children of this community.

This season will mark the first time that our indoor soccer program has surpassed the one thousand participant mark. The program has come a long way from its beginnings in small school gyms to its present location at the Com Dev Indoor Soccer Park.

Before the first game of the season please be sure to familiarize yourself with the CYS indoor playing rules as well as the CYS Coach, Player and Parent Codes of Conduct, which outline the expected behaviour of any CYS representative.

Please remember that our programs emphasize, not winning, but teamwork, skill development, physical activity and most importantly for the kids, parents and coaches to have fun.

If you have any questions or concerns throughout the season please feel free to contact the CYS office at any time by telephone at (519) 653-8800 or by email at [clubhouse@cysoccer.ca](mailto:clubhouse@cysoccer.ca). You may also contact me at [indoor@cysoccer.ca](mailto:indoor@cysoccer.ca).

Thank you and I look forward to our best indoor season ever in 2009-2010.

Dave Boyce  
Indoor Director  
Cambridge Youth Soccer

## 2009/10 Calendar of Events



<i>Indoor Registration</i>	<i>August 17<sup>th</sup> – Full</i>
<i>Tiny Tot Session #1 Begins</i>	<i>October 24<sup>th</sup></i>
<i>Micro Season Begins</i>	<i>October 24<sup>th</sup></i>
<i>Mini/House League Season Begins</i>	<i>Week of October 26<sup>th</sup></i>
<i>Tiny Tots Session # 1 Final Day</i>	<i>December 12<sup>th</sup></i>
<i>Holiday Break (no games)</i>	<i>December 18<sup>th</sup> – January 8<sup>th</sup></i>
<i>Outdoor Registration</i>	<i>January 1 – March 31</i>
<i>Registration (with late fees)</i>	<i>April 1 – Full</i>
<i>Tiny Tot Session #2 Begins</i>	<i>January 9<sup>th</sup></i>
<i>Micro/Mini/House League Final Day</i>	<i>Week of February 22<sup>nd</sup></i>
<i>Tiny Tots Session # 2 Final Day</i>	<i>February 27<sup>th</sup></i>



## CONTACT LIST

### Cambridge Youth Soccer

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Cambridge ON N3H 4R7  
Phone: 519-653-8800  
Fax: 519-653-7892

Website: [www.cambridgesoccer.ca](http://www.cambridgesoccer.ca)  
Email: [clubhouse@cysoccer.ca](mailto:clubhouse@cysoccer.ca)

#### **Derek Bridgman**

*General Manager*  
Email: [derek@cysoccer.ca](mailto:derek@cysoccer.ca)

#### **Alex Bittermann**

*Program Coordinator*  
Email: [alex@cysoccer.ca](mailto:alex@cysoccer.ca)

#### **Jim McKellar**

*President*  
Email: [president@cysoccer.ca](mailto:president@cysoccer.ca)

#### **Dave Boyce**

*'Indoor Soccer' Director*  
Email: [indoor@cysoccer.ca](mailto:indoor@cysoccer.ca)

### Technical Department

#### **Tony DaSilva**

*Technical Director*  
Email: [development@cysoccer.ca](mailto:development@cysoccer.ca)  
Phone: 519-651-1694

#### **Jon Morgan**

*Staff Coach*  
Email: [joncysdevelopment@gmail.com](mailto:joncysdevelopment@gmail.com)

#### **Alistair Watt**

*Goalie Coach*  
Email: [goalkeeper@rogers.com](mailto:goalkeeper@rogers.com)

### Referee Coordinator

#### **Tony Amaral**

*Club Head Referee*  
Email: [referee@cysoccer.ca](mailto:referee@cysoccer.ca)



## **USEFUL LINKS**

### **Cambridge Youth Soccer**

[www.cambridgesoccer.ca](http://www.cambridgesoccer.ca)

### **South West Regional Soccer Association**

[www.swrsa.ca](http://www.swrsa.ca)

### **Ontario Soccer Association**

[www.soccer.on.ca](http://www.soccer.on.ca)

### **Canadian Soccer Association**

[www.canadasoccer.com](http://www.canadasoccer.com)

### **FIFA (Fédération Internationale de Football Association)**

[www.fifa.com](http://www.fifa.com)

### **Toronto FC**

[toronto.fc.mlssnet.com](http://toronto.fc.mlssnet.com)

# **INDOOR SOCCER FAQ 2009-2010**

**Q. Who makes up the schedule?**

A. The game schedule is set by the club staff, and is dependent on the particular age group, the number of teams, and the available field time.

**Q. How are teams selected in Indoor Soccer?**

A. The CYS staff does all the team selection. They strive to ensure teams are equally balanced based on age groups and skill level (spreading travel players out amongst various teams).

**Q. Are the rules different from Outdoor Soccer?**

A. Due to the large number of differing rules, please see the Indoor Soccer section on our website ([www.cambridgesoccer.ca](http://www.cambridgesoccer.ca)) for the complete list of Indoor Soccer rules.

**Q. Is there a minimum amount of time players get to play per game?**

A. Yes. House league and mini player are to play 1/2 of each game.

**Q. How are the standings calculated?**

A. Standings are calculated for House League only (U11 - U16) and are based on the following:

Win 3 Points

Loss 0 Points

Tie 1 Point

Rain-Out 1 Point (0-0 tie)

**Q. Does the game count if there is no referee?**

A. CYS strives to provide referees for all matches from U8-U18 House League. In the event that a referee does not show up for a game a parent who is familiar with the rules may volunteer to officiate the game.

**Q. What type of game information is recorded on the website?**

A. The following game information is maintained for each league:

Micro (U5-U7) Schedules

Mini/House League (U9 - U18) Schedules, Scores, and Standings

In all cases, player information is never recorded on the website.

**Q. Are there practices for indoor soccer?**

A. Due to limited rental time within the dome, the indoor soccer program consists of one fifty-five minute game per week. Those children involved in the U5 and U7 program will incorporate a practice into their weekly session, similar to the CYS outdoor soccer program.

**Q. How does Finals Day for Indoor Soccer work?**

A. For Indoor Soccer, the last day of the regular schedule will be the 'Final Day'. It will take place on the same day/time as the rest of your games and the child will receive their award following the game.

**Q. Is there a photo day for indoor soccer?**

A. No, team and individual photos are only provided for the outdoor soccer season.

**Q. How early should my child arrive for their game?**

A. Due to parking restraints and limited warm-up space in the Dome, we recommend that players do not arrive more than 15 minutes prior to their scheduled kick-off time.

**Q. What do we do if it is snowing outside?**

A. The ComDev Indoor Soccer Park remains operable in all weather conditions. In the case of extreme weather (which has yet to occur in our 2 years of operation), a notice will be posted on our website and our voicemail. Please refrain from calling the office to inquire whether games are to be played due to weather conditions.

**Q. My child has a coach that seems to have little to no soccer experience. Why can't you provide me with someone who is very knowledgeable in the sport?**

A. Cambridge Youth Soccer strives to provide the best soccer experience for all children participating in our programs. Unfortunately, CYS needs to find nearly 400 coaches per season in order to continue operating our programs based on current demand. The administrative staff try very hard to recruit new coaches and parent volunteers every season, but as registration numbers continue to grow, so does the need for coaches.

**Q. I have a complaint about the soccer program that my child is involved in. Where can I direct this complaint?**

A. Cambridge Youth Soccer takes all complaints regarding our leagues, coaches and administration very seriously. You may address complaints to the appropriate director of your child's division. The contact information can be found on our website at [www.cambridgesoccer.ca](http://www.cambridgesoccer.ca). Alternatively, you may contact the clubhouse via email at [clubhouse@cysoccer.ca](mailto:clubhouse@cysoccer.ca) or the Indoor House League Director at [indoor@cysoccer.ca](mailto:indoor@cysoccer.ca)

**Q. The shirt provided to my child is too small. Can I get a replacement?**

A. The CYS office orders uniforms based on a best guess at the sizes for the age groups. We realize that there will be some discrepancies in the sizing. The shirts are numbered from the smallest sizes to the largest.

i.e. #2 is the smallest shirts and #19 is the largest.

The coaches are encouraged to distribute the shirts based on sizes and NOT on what number the player desires. It is extremely difficult for CYS to order replacement shirts due to sponsorship arrangements and stock availability with the supplier. Parents are encouraged to speak to the coach and see if a shirt swap can be made with another player on the team.

**Q. What kind of shoes should my child wear on the dome's turf?**

A. The manufacturer of the turf recommends that players wear the same footwear they would on an outdoor field. Running shoes will suffice for younger children, but may be slippery

**Q. Are shin pads mandatory for indoor soccer?**

A. Shin pads are mandatory for any division which has a referee (U9 – U18). In all divisions U7 and younger, shin pads are not mandatory, but are highly recommended due to the potential for injury during play.

**Q. Does CYS offer any other Indoor soccer programs outside of the House League?**

A. CYS has a variety of 'Development' programs. These include an Under 7 & 8 program on Friday's as well as many Soccer Camps (Holiday Camp, March Break Camp, etc.). Please see the Players Development section on our website for more information or to register.

# **Cambridge Youth Soccer**

## *Coaches Code of Conduct*

### **As a Coach I will:**

- Respect all human beings. Treat players, parents, opponents, coaches and other officials fairly, regardless of gender, ethnic background, color, religion, political belief, sexual orientation or economic status.
- Never be involved in any circumstance which is offensive or suggests sexual connotations.
- Ensure all players get equal instruction, support and playing time.
- Not yell or ridicule the players for making mistakes or for performing poorly.
- Remember that players play to have fun and must be encouraged to have confidence in themselves. Give praise when deserved.
- Review the Players Code of Conduct as well as the Parents Code of Conduct with all players and parents on my team.

### **Be a good role model by:**

- Remembering that participants need a coach they can respect. Be generous with praise and set a good example.
- Being on time and be prepared for all games.
- Dressing appropriately and wear the coach shirt provided by the Club at all games so that I present a professional image and can be easily identified.
- Abstaining from, and not tolerating, the use of drugs, alcohol and tobacco products in conjunction with the sport, and discourage their use during a game and around the players at all times.

### **Stand on guard against abuse and promote safe environment by:**

- Ensuring that the equipment and facilities are safe and match the player's age and abilities.
- Reporting any suspicion of sexual abuse (and other situations when a child may be in need of protection, such as neglect) to the authorities and advising the board or executive.
- Refraining from verbal or physical behaviors that constitute harassment or abuse.
- Educating athletes about their responsibilities in contributing to a safe environment.

## **Cambridge Youth Soccer** *Parents Code of Conduct*

### **As a parent, I will:**

- Remember that my child plays soccer for his or her enjoyment, not for mine.
- Encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- Teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game or event.
- Make my child feel like a winner by offering praise for competing fairly and doing their best.
- Never ridicule or yell at my child for making a mistake or losing a game.
- Remember that children learn best by example. I will applaud good plays by both my child's team and their opponents.
- Never question the referee's judgment or honesty in public – I will take concerns to the proper officials.
- Support all efforts to eliminate verbal and physical abuse from children's soccer games.
- Respect and show appreciation for the volunteer coaches and other team leaders who give their time and energy to provide sport activities that help my child grow and develop.
- I will make sure that my child shows up for scheduled practices and games at the time designated by the coach.
- I realize that the team can be penalized for my behavior and that I must obey an order by a referee or from the team's coach to leave the vicinity of the field.

**\*\* SMOKING WILL NOT BE PERMITTED WITHIN THE VICINITY OF THE PLAYING SURFACE, BENCH AREA, OR WITHIN THE PRESENCE OF CYS PLAYERS \*\***

## **Cambridge Youth Soccer** *Players Code of Conduct*

### **As a player, I will:**

- Play by the rules of soccer and in the spirit of the game.
- Participate because I want to, not just because my parents or coaches want me to.
- Respect my fellow players, my coaches, the officials and my opponents.
- Acknowledge all good plays or performances, both those of my team and my opponents.
- Wear my shin guards and appropriate footwear at all games and practices.
- Remove any jewelry, watches or any item that may cause injury to me, my teammates or opposing players prior to participating in games or practices.
- Control my temper. Fighting and the use of bad language spoil the game for everyone.
- Do my best to be a true team player.
- Remember that winning isn't everything and that having fun, playing fair, improving my skills, making new friends and doing my best are the most important.
- Remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

## Indoor Soccer Rules 2009/10

Unless otherwise explicitly stated in these rules, FIFA laws and decisions are always followed.

1. All games are played in the Com Dev Indoor Soccer Park (745 Fountain St. N.)
2.
  - a. **u5 & u7** teams will field **4 players (3 plus goalie)**. Each team will take part in a 25 minute practice session (where ALL players participate) followed by a 5 minute break. The second 25 minutes will be a game, using the Pugg Nets and a 'smaller field', with the coaches on the field as the game 'officials'. Standings/results will not be kept at u5 and u7.
  - b. **u9 & u11** teams will field **7 players (6 plus goalie)**. A match may not start if either team has less than 6 players. Teams are given 5 minutes of grace past the scheduled kick-off to get 6 players. The game then begins as soon as the 6th player arrives.
  - c. **u14** teams will field **6 players (5 plus goalie)**. A match may not start if either team has less than 5 players. Teams are given 5 minutes of grace past the scheduled kick-off to get 5 players. The game then begins as soon as the 5th player arrives.
  - d. **u18** teams will field **5 players (4 plus goalie)**. A match may not start if either team has less than 4 players. Teams are given 5 minutes of grace past the scheduled kick-off to get 4 players. The game then begins as soon as the 4th player arrives.
3. The match lasts two equal periods of 25 minutes. The game clock will begin the 25 minute countdown on the hour/half hour, regardless if the team is ready. Games will also start whether or not the game official is present. Players are entitled to a 5 minute half-time interval, followed by another strictly timed (by the game clock) 25 minute half. All matches will conclude 5 minutes prior to the hour/half hour. For no reason whatsoever, will a game last longer than the allotted 55 minute time slot.
4. Once the half time/full time buzzer sounds, all play will come to an immediate stop (similar to the end of a hockey period).
5. A player must not use equipment or wear anything that is dangerous to himself / herself or another player. All casts or hard coverings must be adequately padded and approved by the referee. No **jewellery** or **jeans** are permitted on the field!
6. Player footwear must be appropriate for a turf field. Outdoor soccer cleats are preferred! No boots, metal studs or formal shoes.
7. **All players must wear shin guards**. Shin guards must be covered entirely by socks or pants.
8. The penalty area encompasses everything inside the penalty area.
9. The penalty spot is marked with a spot, inside the penalty area.
10. The field of play has four touchlines. Balls out of play on the sidelines will result in an indirect kick-in. **For kick-ins, the ball may be placed 1 foot inside the line** (to compensate for space restrictions). Balls out of play on the goal lines will result in a goal-kick/corner kick.

11. Kick-offs can be played in any direction but may only be touched once by a single player. All opponents must be outside of the center circle.
12. The ball is out of play if it passes completely over one of the four touchlines.
13. All fouls will result in an indirect free kick. Direct kicks will not be awarded in indoor soccer (with the exception of a penalty shot).
14. Opponents must be at least **5 metres** away from the ball on free kicks. The only time defenders may be closer is if they are on their own goal line, between the posts.
15. If directly off a restart, the ball is kicked into the opponents' goal, a goal kick is awarded. If it is played directly into the players own goal, a corner kick is awarded to the opponents.
16. Penalty kicks are awarded against players who commit penal offences within their own penalty area. Penalty kicks are considered over once the kick has been taken and a goal is not scored (either saved or missed the net). The proper restart is a goal kick. All other players must be on the other side of the halfway line.
17. The goalkeeper **CAN** kick or throw the ball over half. They **CANNOT** score by throwing the ball into the opposing net.
18. Drop balls restart the game for any reason not mentioned elsewhere.
19. Substitutions are unlimited. They may occur at these stoppages: goal kicks, kick-offs, and throw-ins. They may not occur at corner kicks, penalty kicks, or free kicks. **Substitutions may also be made while the play is in progress.** Substitutes must remain on the team benches when not playing. They must remain within several yards of the bench at all times.
20. To replace a player with a substitute, the substitute must enter the field of play at the point where the player left and only when the player has completely left the field. Players must leave on their own half of the field.
21. For substituting a goalkeeper, the referee must be informed before the change and the change must occur at a goal kick or kick-off.
22. Players are not allowed to leave their feet to i. challenge for the ball (slide tackle) or ii. keep the ball in play. They are penalized in the same manner as a penal offence (either an indirect free kick or penalty kick depending on where the infraction occurred). Goalkeepers are permitted to slide when challenging for the ball but may not slide feet-first.
23. Players committing reckless fouls or moderate misconducts are shown a yellow card and penalized for two minutes. This includes the goalkeeper. Players committing fouls of excessive force or major misconducts are shown a red card and their team is penalized for five minutes. Another player must serve the 5-minute penalty. Players who receive red cards may take no further part in the match. In a 2-minute penalty, if a goal is scored by the non-penalized team, the player may return to the field.
24. There are no offsides.
25. ***WATER ONLY ON THE FIELD PLEASE*** (no other food or drink)!!

# Cambridge Youth Soccer Indoor 2009/10

## Under 5 Wednesdays

HOME      AWAY

<b>Week # 1 - Wednesday, October 28</b>			
<b>Field # 1</b>	6:00 PM	Red	Maroon
<b>Field # 2</b>	6:00 PM	Lime	Tan
<b>Field # 3</b>	6:00 PM	Royal	N. Orange

<b>Week # 2 - Wednesday, November 4</b>			
<b>Field # 1</b>	6:00 PM	Tan	Royal
<b>Field # 2</b>	6:00 PM	Lime	Red
<b>Field # 3</b>	6:00 PM	Maroon	N. Orange

<b>Week # 3 - Wednesday, November 11</b>			
<b>Field # 1</b>	6:00 PM	Maroon	Lime
<b>Field # 2</b>	6:00 PM	N. Orange	Tan
<b>Field # 3</b>	6:00 PM	Red	Royal

<b>Week # 4 - Wednesday, November 18</b>			
<b>Field # 1</b>	6:00 PM	N. Orange	Red
<b>Field # 2</b>	6:00 PM	Tan	Maroon
<b>Field # 3</b>	6:00 PM	Royal	Lime

<b>Week # 5 - Wednesday, November 25</b>			
<b>Field # 1</b>	6:00 PM	Lime	N. Orange
<b>Field # 2</b>	6:00 PM	Red	Tan
<b>Field # 3</b>	6:00 PM	Maroon	Royal

<b>Week # 6 - Wednesday, December 2</b>			
<b>Field # 1</b>	6:00 PM	Tan	Lime
<b>Field # 2</b>	6:00 PM	N. Orange	Royal
<b>Field # 3</b>	6:00 PM	Maroon	Red

<b>Week # 7 - Wednesday, December 9</b>			
<b>Field # 1</b>	6:00 PM	Red	Lime
<b>Field # 2</b>	6:00 PM	N. Orange	Maroon
<b>Field # 3</b>	6:00 PM	Royal	Tan

<b>Week # 8 - Wednesday, December 16</b>			
<b>Field # 1</b>	6:00 PM	Tan	N. Orange
<b>Field # 2</b>	6:00 PM	Royal	Red
<b>Field # 3</b>	6:00 PM	Lime	Maroon

HOME      AWAY

<b>Week # 9 - Wednesday, January 13</b>			
<b>Field # 1</b>	6:00 PM	Maroon	Tan
<b>Field # 2</b>	6:00 PM	Lime	Royal
<b>Field # 3</b>	6:00 PM	Red	N. Orange

<b>Week # 10 - Wednesday, January 20</b>			
<b>Field # 1</b>	6:00 PM	Tan	Red
<b>Field # 2</b>	6:00 PM	Royal	Maroon
<b>Field # 3</b>	6:00 PM	N. Orange	Lime

<b>Week # 11 - Wednesday, January 27</b>			
<b>Field # 1</b>	6:00 PM	Royal	N. Orange
<b>Field # 2</b>	6:00 PM	Red	Maroon
<b>Field # 3</b>	6:00 PM	Lime	Tan

<b>Week # 12 - Wednesday, February 3</b>			
<b>Field # 1</b>	6:00 PM	Maroon	N. Orange
<b>Field # 2</b>	6:00 PM	Tan	Royal
<b>Field # 3</b>	6:00 PM	Red	Lime

<b>Week # 13 - Wednesday, February 10</b>			
<b>Field # 1</b>	6:00 PM	Royal	Red
<b>Field # 2</b>	6:00 PM	Maroon	Lime
<b>Field # 3</b>	6:00 PM	N. Orange	Tan

<b>Week # 14 - Wednesday, February 17</b>			
<b>Field # 1</b>	6:00 PM	Lime	Royal
<b>Field # 2</b>	6:00 PM	N. Orange	Red
<b>Field # 3</b>	6:00 PM	Tan	Maroon

FINAL DAY
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<b>Week # 15 - Wednesday, February 24</b>			
<b>Field # 1</b>	6:00 PM	Tan	Red
<b>Field # 2</b>	6:00 PM	Maroon	Royal
<b>Field # 3</b>	6:00 PM	N. Orange	Lime

# Cambridge Youth Soccer Indoor 2009/10

## Under 5 Saturdays

HOME      AWAY

HOME      AWAY

HOME      AWAY

Week # 1 - Saturday, October 24				Week # 6 - Saturday, November 28				Week # 11 - Saturday, January 23			
Field # 1	9:00 AM	Navy	Silver	Field # 1	9:00 AM	Sky	Kelly	Field # 1	9:00 AM	N. Yellow	Kelly
Field # 2	9:00 AM	Orange	Teal	Field # 2	9:00 AM	Silver	White	Field # 2	9:00 AM	Orange	Forest
Field # 3	9:00 AM	N. Yellow	Black	Field # 3	9:00 AM	Purple	Forest	Field # 3	9:00 AM	Navy	White
Field # 1	10:00 AM	Forest	Gold	Field # 1	10:00 AM	Black	Orange	Field # 1	10:00 AM	Black	Purple
Field # 2	10:00 AM	Kelly	Purple	Field # 2	10:00 AM	Gold	N. Yellow	Field # 2	10:00 AM	Teal	Gold
Field # 3	10:00 AM	White	Sky	Field # 3	10:00 AM	Teal	Navy	Field # 3	10:00 AM	Silver	Sky

Week # 2 - Saturday, October 31				Week # 7 - Saturday, December 5				Week # 12 - Saturday, January 30			
Field # 1	9:00 AM	Purple	White	Field # 1	9:00 AM	Navy	Orange	Field # 1	9:00 AM	Navy	Silver
Field # 2	9:00 AM	Gold	Kelly	Field # 2	9:00 AM	N. Yellow	Forest	Field # 2	9:00 AM	Orange	Teal
Field # 3	9:00 AM	Black	Forest	Field # 3	9:00 AM	Kelly	White	Field # 3	9:00 AM	N. Yellow	Black
Field # 1	10:00 AM	Teal	N. Yellow	Field # 1	10:00 AM	Silver	Teal	Field # 1	10:00 AM	Forest	Gold
Field # 2	10:00 AM	Silver	Orange	Field # 2	10:00 AM	Black	Gold	Field # 2	10:00 AM	Kelly	Purple
Field # 3	10:00 AM	Sky	Navy	Field # 3	10:00 AM	Purple	Sky	Field # 3	10:00 AM	White	Sky

Week # 3 - Saturday, November 7				Week # 8 - Saturday, December 12				Week # 13 - Saturday, February 6			
Field # 1	9:00 AM	N. Yellow	Silver	Field # 1	9:00 AM	Sky	Black	Field # 1	9:00 AM	Purple	White
Field # 2	9:00 AM	Orange	Sky	Field # 2	9:00 AM	Gold	Silver	Field # 2	9:00 AM	Gold	Kelly
Field # 3	9:00 AM	Navy	Purple	Field # 3	9:00 AM	Purple	Teal	Field # 3	9:00 AM	Black	Forest
Field # 1	10:00 AM	White	Gold	Field # 1	10:00 AM	White	N. Yellow	Field # 1	10:00 AM	Teal	N. Yellow
Field # 2	10:00 AM	Kelly	Black	Field # 2	10:00 AM	Forest	Navy	Field # 2	10:00 AM	Silver	Orange
Field # 3	10:00 AM	Forest	Teal	Field # 3	10:00 AM	Kelly	Orange	Field # 3	10:00 AM	Sky	Navy

Week # 4 - Saturday, November 14			
Field # 1	9:00 AM	Silver	Forest
Field # 2	9:00 AM	Teal	Kelly
Field # 3	9:00 AM	Black	White
Field # 1	10:00 AM	Gold	Navy
Field # 2	10:00 AM	Purple	Orange
Field # 3	10:00 AM	Sky	N. Yellow

Week # 9 - Saturday, January 9			
Field # 1	9:00 AM	Orange	N. Yellow
Field # 2	9:00 AM	Forest	White
Field # 3	9:00 AM	Navy	Kelly
Field # 1	10:00 AM	Teal	Black
Field # 2	10:00 AM	Gold	Sky
Field # 3	10:00 AM	Silver	Purple

Week # 14 - Saturday, February 13			
Field # 1	9:00 AM	N. Yellow	Silver
Field # 2	9:00 AM	Orange	Sky
Field # 3	9:00 AM	Navy	Purple
Field # 1	10:00 AM	White	Gold
Field # 2	10:00 AM	Kelly	Black
Field # 3	10:00 AM	Forest	Teal

**FINAL DAY**

Week # 5 - Saturday, November 21			
Field # 1	9:00 AM	Navy	Black
Field # 2	9:00 AM	N. Yellow	Purple
Field # 3	9:00 AM	Orange	Gold
Field # 1	10:00 AM	Forest	Sky
Field # 2	10:00 AM	White	Teal
Field # 3	10:00 AM	Kelly	Silver

Week # 10 - Saturday, January 16			
Field # 1	9:00 AM	N. Yellow	Navy
Field # 2	9:00 AM	White	Orange
Field # 3	9:00 AM	Kelly	Forest
Field # 1	10:00 AM	Black	Silver
Field # 2	10:00 AM	Sky	Teal
Field # 3	10:00 AM	Purple	Gold

Week # 15 - Saturday, February 20			
Field # 1	9:00 AM	Silver	Forest
Field # 2	9:00 AM	Teal	Kelly
Field # 3	9:00 AM	Black	White
Field # 1	10:00 AM	Gold	Navy
Field # 2	10:00 AM	Purple	Orange
Field # 3	10:00 AM	Sky	N. Yellow

# Cambridge Youth Soccer Indoor 2009/10

## Under 7 Mondays

HOME      AWAY

Week # 1 - Monday, October 26			
Field # 1	6:00 PM	Lime	Maroon
Field # 2	6:00 PM	Silver	Teal
Field # 3	6:00 PM	Royal	Orange

Week # 2 - Monday, November 2			
Field # 1	6:00 PM	Teal	Royal
Field # 2	6:00 PM	Silver	Lime
Field # 3	6:00 PM	Maroon	Orange

Week # 3 - Monday, November 9			
Field # 1	6:00 PM	Maroon	Silver
Field # 2	6:00 PM	Orange	Teal
Field # 3	6:00 PM	Lime	Royal

Week # 4 - Monday, November 16			
Field # 1	6:00 PM	Orange	Lime
Field # 2	6:00 PM	Teal	Maroon
Field # 3	6:00 PM	Royal	Silver

Week # 5 - Monday, November 23			
Field # 1	6:00 PM	Silver	Orange
Field # 2	6:00 PM	Lime	Teal
Field # 3	6:00 PM	Maroon	Royal

Week # 6 - Monday, November 30			
Field # 1	6:00 PM	Teal	Silver
Field # 2	6:00 PM	Orange	Royal
Field # 3	6:00 PM	Maroon	Lime

Week # 7 - Monday, December 7			
Field # 1	6:00 PM	Lime	Silver
Field # 2	6:00 PM	Orange	Maroon
Field # 3	6:00 PM	Royal	Teal

Week # 8 - Monday, December 14			
Field # 1	6:00 PM	Teal	Orange
Field # 2	6:00 PM	Royal	Lime
Field # 3	6:00 PM	Silver	Maroon

HOME      AWAY

Week # 9 - Monday, January 11			
Field # 1	6:00 PM	Maroon	Teal
Field # 2	6:00 PM	Silver	Royal
Field # 3	6:00 PM	Lime	Orange

Week # 10 - Monday, January 18			
Field # 1	6:00 PM	Teal	Lime
Field # 2	6:00 PM	Royal	Maroon
Field # 3	6:00 PM	Orange	Silver

Week # 11 - Monday, January 25			
Field # 1	6:00 PM	Royal	Orange
Field # 2	6:00 PM	Lime	Maroon
Field # 3	6:00 PM	Silver	Teal

Week # 12 - Monday, February 1			
Field # 1	6:00 PM	Maroon	Orange
Field # 2	6:00 PM	Teal	Royal
Field # 3	6:00 PM	Lime	Silver

Week # 13 - Monday, February 8			
Field # 1	6:00 PM	Royal	Lime
Field # 2	6:00 PM	Maroon	Silver
Field # 3	6:00 PM	Orange	Teal

Week # 14 - Monday, February 15			
Field # 1	6:00 PM	Silver	Royal
Field # 2	6:00 PM	Orange	Lime
Field # 3	6:00 PM	Teal	Maroon

**FINAL DAY**

Week # 15 - Monday, February 22			
Field # 1	6:00 PM	Teal	Lime
Field # 2	6:00 PM	Maroon	Royal
Field # 3	6:00 PM	Orange	Silver

# Cambridge Youth Soccer Indoor 2009/10

## Under 7 Saturdays

HOME      AWAY

HOME      AWAY

HOME      AWAY

Week # 1 - Saturday, October 24			
Field # 1	11:00 AM	Navy	Red
Field # 2	11:00 AM	N. Orange	Tan
Field # 3	11:00 AM	N. Yellow	Black
Field # 1	12:00 PM	Forest	Gold
Field # 2	12:00 PM	Kelly	Purple
Field # 3	12:00 PM	White	Sky

Week # 6 - Saturday, November 28			
Field # 1	11:00 AM	Sky	Kelly
Field # 2	11:00 AM	Red	White
Field # 3	11:00 AM	Purple	Forest
Field # 1	12:00 PM	Black	N. Orange
Field # 2	12:00 PM	Gold	N. Yellow
Field # 3	12:00 PM	Tan	Navy

Week # 11 - Saturday, January 23			
Field # 1	11:00 AM	N. Yellow	Kelly
Field # 2	11:00 AM	N. Orange	Forest
Field # 3	11:00 AM	Navy	White
Field # 1	12:00 PM	Black	Purple
Field # 2	12:00 PM	Tan	Gold
Field # 3	12:00 PM	Red	Sky

Week # 2 - Saturday, October 31			
Field # 1	11:00 AM	Purple	White
Field # 2	11:00 AM	Gold	Kelly
Field # 3	11:00 AM	Black	Forest
Field # 1	12:00 PM	Tan	N. Yellow
Field # 2	12:00 PM	Red	N. Orange
Field # 3	12:00 PM	Sky	Navy

Week # 7 - Saturday, December 5			
Field # 1	11:00 AM	Navy	N. Orange
Field # 2	11:00 AM	N. Yellow	Forest
Field # 3	11:00 AM	Kelly	White
Field # 1	12:00 PM	Red	Tan
Field # 2	12:00 PM	Black	Gold
Field # 3	12:00 PM	Purple	Sky

Week # 12 - Saturday, January 30			
Field # 1	11:00 AM	Navy	Red
Field # 2	11:00 AM	N. Orange	Tan
Field # 3	11:00 AM	N. Yellow	Black
Field # 1	12:00 PM	Forest	Gold
Field # 2	12:00 PM	Kelly	Purple
Field # 3	12:00 PM	White	Sky

Week # 3 - Saturday, November 7			
Field # 1	11:00 AM	N. Yellow	Red
Field # 2	11:00 AM	N. Orange	Sky
Field # 3	11:00 AM	Navy	Purple
Field # 1	12:00 PM	White	Gold
Field # 2	12:00 PM	Kelly	Black
Field # 3	12:00 PM	Forest	Tan

Week # 8 - Saturday, December 12			
Field # 1	11:00 AM	Sky	Black
Field # 2	11:00 AM	Gold	Red
Field # 3	11:00 AM	Purple	Tan
Field # 1	12:00 PM	White	N. Yellow
Field # 2	12:00 PM	Forest	Navy
Field # 3	12:00 PM	Kelly	N. Orange

Week # 13 - Saturday, February 6			
Field # 1	11:00 AM	Purple	White
Field # 2	11:00 AM	Gold	Kelly
Field # 3	11:00 AM	Black	Forest
Field # 1	12:00 PM	Tan	N. Yellow
Field # 2	12:00 PM	Red	N. Orange
Field # 3	12:00 PM	Sky	Navy

Week # 4 - Saturday, November 14			
Field # 1	11:00 AM	Red	Forest
Field # 2	11:00 AM	Tan	Kelly
Field # 3	11:00 AM	Black	White
Field # 1	12:00 PM	Gold	Navy
Field # 2	12:00 PM	Purple	N. Orange
Field # 3	12:00 PM	Sky	N. Yellow

Week # 9 - Saturday, January 9			
Field # 1	11:00 AM	N. Orange	N. Yellow
Field # 2	11:00 AM	Forest	White
Field # 3	11:00 AM	Navy	Kelly
Field # 1	12:00 PM	Tan	Black
Field # 2	12:00 PM	Gold	Sky
Field # 3	12:00 PM	Red	Purple

Week # 14 - Saturday, February 13			
Field # 1	11:00 AM	N. Yellow	Red
Field # 2	11:00 AM	N. Orange	Sky
Field # 3	11:00 AM	Navy	Purple
Field # 1	12:00 PM	White	Gold
Field # 2	12:00 PM	Kelly	Black
Field # 3	12:00 PM	Forest	Tan

**FINAL DAY**

Week # 5 - Saturday, November 21			
Field # 1	11:00 AM	Navy	Black
Field # 2	11:00 AM	N. Yellow	Purple
Field # 3	11:00 AM	N. Orange	Gold
Field # 1	12:00 PM	Forest	Sky
Field # 2	12:00 PM	White	Tan
Field # 3	12:00 PM	Kelly	Red

Week # 10 - Saturday, January 16			
Field # 1	11:00 AM	N. Yellow	Navy
Field # 2	11:00 AM	White	N. Orange
Field # 3	11:00 AM	Kelly	Forest
Field # 1	12:00 PM	Black	Red
Field # 2	12:00 PM	Sky	Tan
Field # 3	12:00 PM	Purple	Gold

Week # 15 - Saturday, February 20			
Field # 1	11:00 AM	Red	Forest
Field # 2	11:00 AM	Tan	Kelly
Field # 3	11:00 AM	Black	White
Field # 1	12:00 PM	Gold	Navy
Field # 2	12:00 PM	Purple	N. Orange
Field # 3	12:00 PM	Sky	N. Yellow

# Cambridge Youth Soccer Indoor 2009/10

## Under 9 Boys

HOME

AWAY

Week # 1 - Thursday, October 29				
Field # 3	6:00 PM	Yellow	Maroon	
Field # 2	6:30 PM	Blue	Silver	
Field # 1	7:00 PM	Green	Tan	
Field # 3	7:00 PM	Red	Orange	

Week # 2 - Thursday, November 5				
Field # 3	6:00 PM	Red	Blue	
Field # 2	6:30 PM	Orange	Silver	
Field # 1	7:00 PM	Maroon	Tan	
Field # 3	7:00 PM	Yellow	Green	

Week # 3 - Thursday, November 12				
Field # 3	6:00 PM	Silver	Red	
Field # 2	6:30 PM	Tan	Yellow	
Field # 1	7:00 PM	Blue	Orange	
Field # 3	7:00 PM	Maroon	Green	

Week # 4 - Thursday, November 19				
Field # 3	6:00 PM	Yellow	Red	
Field # 2	6:30 PM	Green	Blue	
Field # 1	7:00 PM	Maroon	Orange	
Field # 3	7:00 PM	Tan	Silver	

Week # 5 - Thursday, November 26				
Field # 3	6:00 PM	Orange	Yellow	
Field # 2	6:30 PM	Blue	Maroon	
Field # 1	7:00 PM	Silver	Green	
Field # 3	7:00 PM	Red	Tan	

Week # 6 - Thursday, December 3				
Field # 3	6:00 PM	Silver	Maroon	
Field # 2	6:30 PM	Orange	Tan	
Field # 1	7:00 PM	Blue	Yellow	
Field # 3	7:00 PM	Green	Red	

Week # 7 - Thursday, December 10				
Field # 3	6:00 PM	Green	Orange	
Field # 2	6:30 PM	Yellow	Silver	
Field # 1	7:00 PM	Red	Maroon	
Field # 3	7:00 PM	Tan	Blue	

Week # 8 - Thursday, December 17				
Field # 3	6:00 PM	Tan	Green	
Field # 2	6:30 PM	Orange	Red	
Field # 1	7:00 PM	Maroon	Yellow	
Field # 3	7:00 PM	Silver	Blue	

HOME

AWAY

Week # 9 - Thursday, January 14				
Field # 3	6:00 PM	Green	Yellow	
Field # 2	6:30 PM	Maroon	Tan	
Field # 1	7:00 PM	Blue	Red	
Field # 3	7:00 PM	Silver	Orange	

Week # 10 - Thursday, January 21				
Field # 3	6:00 PM	Orange	Blue	
Field # 2	6:30 PM	Yellow	Tan	
Field # 1	7:00 PM	Red	Silver	
Field # 3	7:00 PM	Green	Maroon	

Week # 11 - Thursday, January 28				
Field # 3	6:00 PM	Tan	Silver	
Field # 2	6:30 PM	Green	Blue	
Field # 1	7:00 PM	Yellow	Red	
Field # 3	7:00 PM	Maroon	Orange	

Week # 12 - Thursday, February 4				
Field # 3	6:00 PM	Tan	Red	
Field # 2	6:30 PM	Silver	Green	
Field # 1	7:00 PM	Orange	Yellow	
Field # 3	7:00 PM	Blue	Maroon	

Week # 13 - Thursday, February 11				
Field # 3	6:00 PM	Maroon	Silver	
Field # 2	6:30 PM	Red	Green	
Field # 1	7:00 PM	Tan	Orange	
Field # 3	7:00 PM	Yellow	Blue	

Week # 14 - Thursday, February 18				
Field # 3	6:00 PM	Orange	Green	
Field # 2	6:30 PM	Red	Maroon	
Field # 1	7:00 PM	Blue	Tan	
Field # 3	7:00 PM	Silver	Yellow	

### FINAL DAY

Week # 15 - Thursday, February 25				
Field # 3	6:00 PM	7th Place	8th Place	
Field # 2	6:30 PM	5th Place	6th Place	
Field # 1	7:00 PM	3rd Place	4th Place	
Field # 3	7:00 PM	1st Place	2nd Place	

# Cambridge Youth Soccer Indoor 2009/10

## Under 9 Girls

HOME      AWAY

Week # 1 - Monday, October 26				
Field # 1	7:00 PM	Yellow	Orange	
Field # 3	7:00 PM	Purple	Tan	
Field # 2	7:30 PM	Teal	Blue	

Week # 2 - Monday, November 2				
Field # 1	7:00 PM	Tan	Teal	
Field # 3	7:00 PM	Purple	Yellow	
Field # 2	7:30 PM	Orange	Blue	

Week # 3 - Monday, November 9				
Field # 1	7:00 PM	Orange	Purple	
Field # 3	7:00 PM	Blue	Tan	
Field # 2	7:30 PM	Yellow	Teal	

Week # 4 - Monday, November 16				
Field # 1	7:00 PM	Blue	Yellow	
Field # 3	7:00 PM	Tan	Orange	
Field # 2	7:30 PM	Teal	Purple	

Week # 5 - Monday, November 23				
Field # 1	7:00 PM	Purple	Blue	
Field # 3	7:00 PM	Yellow	Tan	
Field # 2	7:30 PM	Orange	Teal	

Week # 6 - Monday, November 30				
Field # 1	7:00 PM	Tan	Purple	
Field # 3	7:00 PM	Blue	Teal	
Field # 2	7:30 PM	Orange	Yellow	

Week # 7 - Monday, December 7				
Field # 1	7:00 PM	Yellow	Purple	
Field # 3	7:00 PM	Blue	Orange	
Field # 2	7:30 PM	Teal	Tan	

Week # 8 - Monday, December 14				
Field # 1	7:00 PM	Tan	Blue	
Field # 3	7:00 PM	Teal	Yellow	
Field # 2	7:30 PM	Purple	Orange	

HOME      AWAY

Week # 9 - Monday, January 11				
Field # 1	7:00 PM	Orange	Tan	
Field # 3	7:00 PM	Purple	Teal	
Field # 2	7:30 PM	Yellow	Blue	

Week # 10 - Monday, January 18				
Field # 1	7:00 PM	Tan	Yellow	
Field # 3	7:00 PM	Teal	Orange	
Field # 2	7:30 PM	Blue	Purple	

Week # 11 - Monday, January 25				
Field # 1	7:00 PM	Teal	Blue	
Field # 3	7:00 PM	Yellow	Orange	
Field # 2	7:30 PM	Purple	Tan	

Week # 12 - Monday, February 1				
Field # 1	7:00 PM	Orange	Blue	
Field # 3	7:00 PM	Tan	Teal	
Field # 2	7:30 PM	Yellow	Purple	

Week # 13 - Monday, February 8				
Field # 1	7:00 PM	Teal	Yellow	
Field # 3	7:00 PM	Orange	Purple	
Field # 2	7:30 PM	Blue	Tan	

Week # 14 - Monday, February 15				
Field # 1	7:00 PM	Purple	Teal	
Field # 3	7:00 PM	Blue	Yellow	
Field # 2	7:30 PM	Tan	Orange	

FINAL DAY

Week # 15 - Monday, February 22				
Field # 1	7:00 PM	5th Place	6th Place	
Field # 3	7:00 PM	3rd Place	4th Place	
Field # 2	7:30 PM	1st Place	2nd Place	

# Cambridge Youth Soccer Indoor 2009/10

## Under 11 Boys

HOME      AWAY

Week # 1 - Wednesday, October 28				
Field # 1	7:00 PM	Yellow	Orange	
Field # 3	7:00 PM	Green	White	
Field # 2	7:30 PM	Silver	Blue	

Week # 2 - Wednesday, November 4				
Field # 1	7:00 PM	White	Silver	
Field # 3	7:00 PM	Green	Yellow	
Field # 2	7:30 PM	Orange	Blue	

Week # 3 - Wednesday, November 11				
Field # 1	7:00 PM	Orange	Green	
Field # 3	7:00 PM	Blue	White	
Field # 2	7:30 PM	Yellow	Silver	

Week # 4 - Wednesday, November 18				
Field # 1	7:00 PM	Blue	Yellow	
Field # 3	7:00 PM	White	Orange	
Field # 2	7:30 PM	Silver	Green	

Week # 5 - Wednesday, November 25				
Field # 1	7:00 PM	Green	Blue	
Field # 3	7:00 PM	Yellow	White	
Field # 2	7:30 PM	Orange	Silver	

Week # 6 - Wednesday, December 2				
Field # 1	7:00 PM	White	Green	
Field # 3	7:00 PM	Blue	Silver	
Field # 2	7:30 PM	Orange	Yellow	

Week # 7 - Wednesday, December 9				
Field # 1	7:00 PM	Yellow	Green	
Field # 3	7:00 PM	Blue	Orange	
Field # 2	7:30 PM	Silver	White	

Week # 8 - Wednesday, December 16				
Field # 1	7:00 PM	White	Blue	
Field # 3	7:00 PM	Silver	Yellow	
Field # 2	7:30 PM	Green	Orange	

HOME      AWAY

Week # 9 - Wednesday, January 13				
Field # 1	7:00 PM	Orange	White	
Field # 3	7:00 PM	Green	Silver	
Field # 2	7:30 PM	Yellow	Blue	

Week # 10 - Wednesday, January 20				
Field # 1	7:00 PM	White	Yellow	
Field # 3	7:00 PM	Silver	Orange	
Field # 2	7:30 PM	Blue	Green	

Week # 11 - Wednesday, January 27				
Field # 1	7:00 PM	Silver	Blue	
Field # 3	7:00 PM	Yellow	Orange	
Field # 2	7:30 PM	Green	White	

Week # 12 - Wednesday, February 3				
Field # 1	7:00 PM	Orange	Blue	
Field # 3	7:00 PM	White	Silver	
Field # 2	7:30 PM	Yellow	Green	

Week # 13 - Wednesday, February 10				
Field # 1	7:00 PM	Silver	Yellow	
Field # 3	7:00 PM	Orange	Green	
Field # 2	7:30 PM	Blue	White	

Week # 14 - Wednesday, February 17				
Field # 1	7:00 PM	Green	Silver	
Field # 3	7:00 PM	Blue	Yellow	
Field # 2	7:30 PM	White	Orange	

FINAL DAY

Week # 15 - Wednesday, February 24				
Field # 1	7:00 PM	5th Place	6th Place	
Field # 3	7:00 PM	3rd Place	4th Place	
Field # 2	7:30 PM	1st Place	2nd Place	

# Cambridge Youth Soccer Indoor 2009/10

## Under 11 Girls

HOME      AWAY

Week # 1 - Thursday, October 29				
Field # 2	7:30 PM	Yellow	Purple	
Field # 1	8:00 PM	Green	White	
Field # 3	8:00 PM	Pink	Blue	

Week # 2 - Thursday, November 5				
Field # 2	7:30 PM	White	Pink	
Field # 1	8:00 PM	Green	Yellow	
Field # 3	8:00 PM	Purple	Blue	

Week # 3 - Thursday, November 12				
Field # 2	7:30 PM	Purple	Green	
Field # 1	8:00 PM	Blue	White	
Field # 3	8:00 PM	Yellow	Pink	

Week # 4 - Thursday, November 19				
Field # 2	7:30 PM	Blue	Yellow	
Field # 1	8:00 PM	White	Purple	
Field # 3	8:00 PM	Pink	Green	

Week # 5 - Thursday, November 26				
Field # 2	7:30 PM	Green	Blue	
Field # 1	8:00 PM	Yellow	White	
Field # 3	8:00 PM	Purple	Pink	

Week # 6 - Thursday, December 3				
Field # 2	7:30 PM	White	Green	
Field # 1	8:00 PM	Blue	Pink	
Field # 3	8:00 PM	Purple	Yellow	

Week # 7 - Thursday, December 10				
Field # 2	7:30 PM	Yellow	Green	
Field # 1	8:00 PM	Blue	Purple	
Field # 3	8:00 PM	Pink	White	

Week # 8 - Thursday, December 17				
Field # 2	7:30 PM	White	Blue	
Field # 1	8:00 PM	Pink	Yellow	
Field # 3	8:00 PM	Green	Purple	

HOME      AWAY

Week # 9 - Thursday, January 14				
Field # 2	7:30 PM	Purple	White	
Field # 1	8:00 PM	Green	Pink	
Field # 3	8:00 PM	Yellow	Blue	

Week # 10 - Thursday, January 21				
Field # 2	7:30 PM	White	Yellow	
Field # 1	8:00 PM	Pink	Purple	
Field # 3	8:00 PM	Blue	Green	

Week # 11 - Thursday, January 28				
Field # 2	7:30 PM	Pink	Blue	
Field # 1	8:00 PM	Yellow	Purple	
Field # 3	8:00 PM	Green	White	

Week # 12 - Thursday, February 4				
Field # 2	7:30 PM	Purple	Blue	
Field # 1	8:00 PM	White	Pink	
Field # 3	8:00 PM	Yellow	Green	

Week # 13 - Thursday, February 11				
Field # 2	7:30 PM	Pink	Yellow	
Field # 1	8:00 PM	Purple	Green	
Field # 3	8:00 PM	Blue	White	

Week # 14 - Thursday, February 18				
Field # 2	7:30 PM	Green	Pink	
Field # 1	8:00 PM	Blue	Yellow	
Field # 3	8:00 PM	White	Purple	

**FINAL DAY**

Week # 15 - Thursday, February 25				
Field # 2	7:30 PM	5th Place	6th Place	
Field # 1	8:00 PM	3rd Place	4th Place	
Field # 3	8:00 PM	1st Place	2nd Place	

# Cambridge Youth Soccer Indoor 2009/10

## Under 14 Boys

HOME

AWAY

Week # 1 - Monday, October 26				
Field # 1	8:00 PM	Yellow	Maroon	
Field # 3	8:00 PM	Blue	White	
Field # 2	8:30 PM	Green	Tan	
Field # 3	9:00 PM	Red	Orange	

Week # 2 - Monday, November 2				
Field # 1	8:00 PM	Red	Blue	
Field # 3	8:00 PM	Orange	White	
Field # 2	8:30 PM	Maroon	Tan	
Field # 3	9:00 PM	Yellow	Green	

Week # 3 - Monday, November 9				
Field # 1	8:00 PM	White	Red	
Field # 3	8:00 PM	Tan	Yellow	
Field # 2	8:30 PM	Blue	Orange	
Field # 3	9:00 PM	Maroon	Green	

Week # 4 - Monday, November 16				
Field # 1	8:00 PM	Yellow	Red	
Field # 3	8:00 PM	Green	Blue	
Field # 2	8:30 PM	Maroon	Orange	
Field # 3	9:00 PM	Tan	White	

Week # 5 - Monday, November 23				
Field # 1	8:00 PM	Orange	Yellow	
Field # 3	8:00 PM	Blue	Maroon	
Field # 2	8:30 PM	White	Green	
Field # 3	9:00 PM	Red	Tan	

Week # 6 - Monday, November 30				
Field # 1	8:00 PM	White	Maroon	
Field # 3	8:00 PM	Orange	Tan	
Field # 2	8:30 PM	Blue	Yellow	
Field # 3	9:00 PM	Green	Red	

Week # 7 - Monday, December 7				
Field # 1	8:00 PM	Green	Orange	
Field # 3	8:00 PM	Yellow	White	
Field # 2	8:30 PM	Red	Maroon	
Field # 3	9:00 PM	Tan	Blue	

Week # 8 - Monday, December 14				
Field # 1	8:00 PM	Tan	Green	
Field # 3	8:00 PM	Orange	Red	
Field # 2	8:30 PM	Maroon	Yellow	
Field # 3	9:00 PM	White	Blue	

HOME

AWAY

Week # 9 - Monday, January 11				
Field # 1	8:00 PM	Green	Yellow	
Field # 3	8:00 PM	Maroon	Tan	
Field # 2	8:30 PM	Blue	Red	
Field # 3	9:00 PM	White	Orange	

Week # 10 - Monday, January 18				
Field # 1	8:00 PM	Orange	Blue	
Field # 3	8:00 PM	Yellow	Tan	
Field # 2	8:30 PM	Red	White	
Field # 3	9:00 PM	Green	Maroon	

Week # 11 - Monday, January 25				
Field # 1	8:00 PM	Tan	White	
Field # 3	8:00 PM	Green	Blue	
Field # 2	8:30 PM	Yellow	Red	
Field # 3	9:00 PM	Maroon	Orange	

Week # 12 - Monday, February 1				
Field # 1	8:00 PM	Tan	Red	
Field # 3	8:00 PM	White	Green	
Field # 2	8:30 PM	Orange	Yellow	
Field # 3	9:00 PM	Blue	Maroon	

Week # 13 - Monday, February 8				
Field # 1	8:00 PM	Maroon	White	
Field # 3	8:00 PM	Red	Green	
Field # 2	8:30 PM	Tan	Orange	
Field # 3	9:00 PM	Yellow	Blue	

Week # 14 - Monday, February 15				
Field # 1	8:00 PM	Orange	Green	
Field # 3	8:00 PM	Red	Maroon	
Field # 2	8:30 PM	Blue	Tan	
Field # 3	9:00 PM	White	Yellow	

**FINAL DAY**

Week # 15 - Monday, February 22				
Field # 1	8:00 PM	7th Place	8th Place	
Field # 3	8:00 PM	5th Place	6th Place	
Field # 2	8:30 PM	3rd Place	4th Place	
Field # 3	9:00 PM	1st Place	2nd Place	

# Cambridge Youth Soccer Indoor 2009/10

## Under 14 Girls

HOME      AWAY

Week # 1 - Tuesday, October 27				
Field # 1	6:00 PM	Red	Purple	
Field # 2	6:30 PM	Green	White	
Field # 1	7:00 PM	Pink	Blue	

Week # 2 - Tuesday, November 3				
Field # 1	6:00 PM	White	Pink	
Field # 2	6:30 PM	Green	Red	
Field # 1	7:00 PM	Purple	Blue	

Week # 3 - Tuesday, November 10				
Field # 1	6:00 PM	Purple	Green	
Field # 2	6:30 PM	Blue	White	
Field # 1	7:00 PM	Red	Pink	

Week # 4 - Tuesday, November 17				
Field # 1	6:00 PM	Blue	Red	
Field # 2	6:30 PM	White	Purple	
Field # 1	7:00 PM	Pink	Green	

Week # 5 - Tuesday, November 24				
Field # 1	6:00 PM	Green	Blue	
Field # 2	6:30 PM	Red	White	
Field # 1	7:00 PM	Purple	Pink	

Week # 6 - Tuesday, December 1				
Field # 1	6:00 PM	White	Green	
Field # 2	6:30 PM	Blue	Pink	
Field # 1	7:00 PM	Purple	Red	

Week # 7 - Tuesday, December 8				
Field # 1	6:00 PM	Red	Green	
Field # 2	6:30 PM	Blue	Purple	
Field # 1	7:00 PM	Pink	White	

Week # 8 - Tuesday, December 15				
Field # 1	6:00 PM	White	Blue	
Field # 2	6:30 PM	Pink	Red	
Field # 1	7:00 PM	Green	Purple	

HOME      AWAY

Week # 9 - Tuesday, January 12				
Field # 1	6:00 PM	Purple	White	
Field # 2	6:30 PM	Green	Pink	
Field # 1	7:00 PM	Red	Blue	

Week # 10 - Tuesday, January 19				
Field # 1	6:00 PM	White	Red	
Field # 2	6:30 PM	Pink	Purple	
Field # 1	7:00 PM	Blue	Green	

Week # 11 - Tuesday, January 26				
Field # 1	6:00 PM	Pink	Blue	
Field # 2	6:30 PM	Red	Purple	
Field # 1	7:00 PM	Green	White	

Week # 12 - Tuesday, February 2				
Field # 1	6:00 PM	Purple	Blue	
Field # 2	6:30 PM	White	Pink	
Field # 1	7:00 PM	Red	Green	

Week # 13 - Tuesday, February 9				
Field # 1	6:00 PM	Pink	Red	
Field # 2	6:30 PM	Purple	Green	
Field # 1	7:00 PM	Blue	White	

Week # 14 - Tuesday, February 16				
Field # 1	6:00 PM	Green	Pink	
Field # 2	6:30 PM	Blue	Red	
Field # 1	7:00 PM	White	Purple	

### FINAL DAY

Week # 15 - Tuesday, February 23				
Field # 1	6:00 PM	5th Place	6th Place	
Field # 2	6:30 PM	3rd Place	4th Place	
Field # 1	7:00 PM	1st Place	2nd Place	

# Cambridge Youth Soccer Indoor 2009/10

## Under 18 Boys

HOME

AWAY

Week # 1 - Wednesday, October 28				
Field # 1	8:00 PM	Red	Silver	
Field # 3	8:00 PM	Green	White	
Field # 2	8:30 PM	Yellow	Blue	

Week # 2 - Wednesday, November 4				
Field # 1	8:00 PM	White	Yellow	
Field # 3	8:00 PM	Green	Red	
Field # 2	8:30 PM	Silver	Blue	

Week # 3 - Wednesday, November 11				
Field # 1	8:00 PM	Silver	Green	
Field # 3	8:00 PM	Blue	White	
Field # 2	8:30 PM	Red	Yellow	

Week # 4 - Wednesday, November 18				
Field # 1	8:00 PM	Blue	Red	
Field # 3	8:00 PM	White	Silver	
Field # 2	8:30 PM	Yellow	Green	

Week # 5 - Wednesday, November 25				
Field # 1	8:00 PM	Green	Blue	
Field # 3	8:00 PM	Red	White	
Field # 2	8:30 PM	Silver	Yellow	

Week # 6 - Wednesday, December 2				
Field # 1	8:00 PM	White	Green	
Field # 3	8:00 PM	Blue	Yellow	
Field # 2	8:30 PM	Silver	Red	

Week # 7 - Wednesday, December 9				
Field # 1	8:00 PM	Red	Green	
Field # 3	8:00 PM	Blue	Silver	
Field # 2	8:30 PM	Yellow	White	

Week # 8 - Wednesday, December 16				
Field # 1	8:00 PM	White	Blue	
Field # 3	8:00 PM	Yellow	Red	
Field # 2	8:30 PM	Green	Silver	

HOME

AWAY

Week # 9 - Wednesday, January 13				
Field # 1	8:00 PM	Silver	White	
Field # 3	8:00 PM	Green	Yellow	
Field # 2	8:30 PM	Red	Blue	

Week # 10 - Wednesday, January 20				
Field # 1	8:00 PM	White	Red	
Field # 3	8:00 PM	Yellow	Silver	
Field # 2	8:30 PM	Blue	Green	

Week # 11 - Wednesday, January 27				
Field # 1	8:00 PM	Yellow	Blue	
Field # 3	8:00 PM	Red	Silver	
Field # 2	8:30 PM	Green	White	

Week # 12 - Wednesday, February 3				
Field # 1	8:00 PM	Silver	Blue	
Field # 3	8:00 PM	White	Yellow	
Field # 2	8:30 PM	Red	Green	

Week # 13 - Wednesday, February 10				
Field # 1	8:00 PM	Yellow	Red	
Field # 3	8:00 PM	Silver	Green	
Field # 2	8:30 PM	Blue	White	

Week # 14 - Wednesday, February 17				
Field # 1	8:00 PM	Green	Yellow	
Field # 3	8:00 PM	Blue	Red	
Field # 2	8:30 PM	White	Silver	

### FINAL DAY

Week # 15 - Wednesday, February 24				
Field # 1	8:00 PM	5th Place	6th Place	
Field # 3	8:00 PM	3rd Place	4th Place	
Field # 2	8:30 PM	1st Place	2nd Place	

# Cambridge Youth Soccer Indoor 2009/10

## Under 18 Girls

HOME      AWAY

Week # 1 - Tuesday, October 27				
Field # 2	7:30 PM	Red		Purple
Field # 1	8:00 PM	Green		White
Field # 2	8:30 PM	Pink		Blue

Week # 2 - Tuesday, November 3				
Field # 2	7:30 PM	White		Pink
Field # 1	8:00 PM	Green		Red
Field # 2	8:30 PM	Purple		Blue

Week # 3 - Tuesday, November 10				
Field # 2	7:30 PM	Purple		Green
Field # 1	8:00 PM	Blue		White
Field # 2	8:30 PM	Red		Pink

Week # 4 - Tuesday, November 17				
Field # 2	7:30 PM	Blue		Red
Field # 1	8:00 PM	White		Purple
Field # 2	8:30 PM	Pink		Green

Week # 5 - Tuesday, November 24				
Field # 2	7:30 PM	Green		Blue
Field # 1	8:00 PM	Red		White
Field # 2	8:30 PM	Purple		Pink

Week # 6 - Tuesday, December 1				
Field # 2	7:30 PM	White		Green
Field # 1	8:00 PM	Blue		Pink
Field # 2	8:30 PM	Purple		Red

Week # 7 - Tuesday, December 8				
Field # 2	7:30 PM	Red		Green
Field # 1	8:00 PM	Blue		Purple
Field # 2	8:30 PM	Pink		White

Week # 8 - Tuesday, December 15				
Field # 2	7:30 PM	White		Blue
Field # 1	8:00 PM	Pink		Red
Field # 2	8:30 PM	Green		Purple

HOME      AWAY

Week # 9 - Tuesday, January 12				
Field # 2	7:30 PM	Purple		White
Field # 1	8:00 PM	Green		Pink
Field # 2	8:30 PM	Red		Blue

Week # 10 - Tuesday, January 19				
Field # 2	7:30 PM	White		Red
Field # 1	8:00 PM	Pink		Purple
Field # 2	8:30 PM	Blue		Green

Week # 11 - Tuesday, January 26				
Field # 2	7:30 PM	Pink		Blue
Field # 1	8:00 PM	Red		Purple
Field # 2	8:30 PM	Green		White

Week # 12 - Tuesday, February 2				
Field # 2	7:30 PM	Purple		Blue
Field # 1	8:00 PM	White		Pink
Field # 2	8:30 PM	Red		Green

Week # 13 - Tuesday, February 9				
Field # 2	7:30 PM	Pink		Red
Field # 1	8:00 PM	Purple		Green
Field # 2	8:30 PM	Blue		White

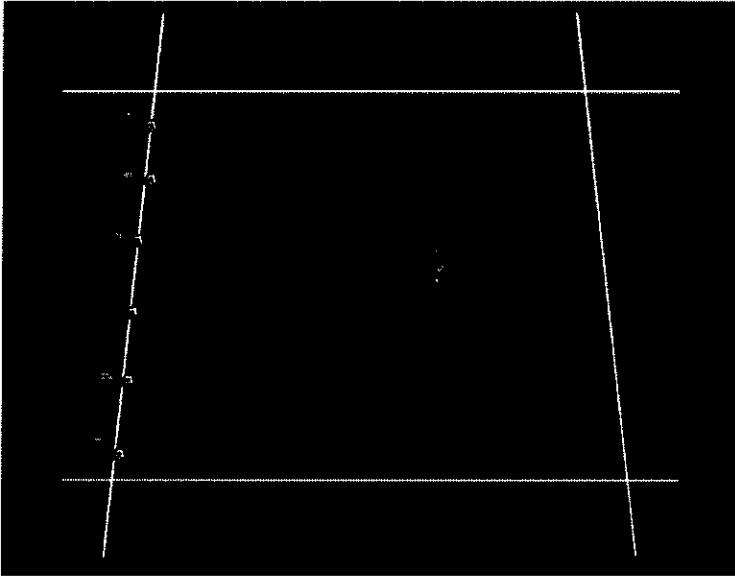
Week # 14 - Tuesday, February 16				
Field # 2	7:30 PM	Green		Pink
Field # 1	8:00 PM	Blue		Red
Field # 2	8:30 PM	White		Purple

FINAL DAY

Week # 15 - Tuesday, February 23				
Field # 2	7:30 PM	5th Place		6th Place
Field # 1	8:00 PM	3rd Place		4th Place
Field # 2	8:30 PM	1st Place		2nd Place

## Micro Dribbling #1

5 min - Warmup  
10 min - Activity 1



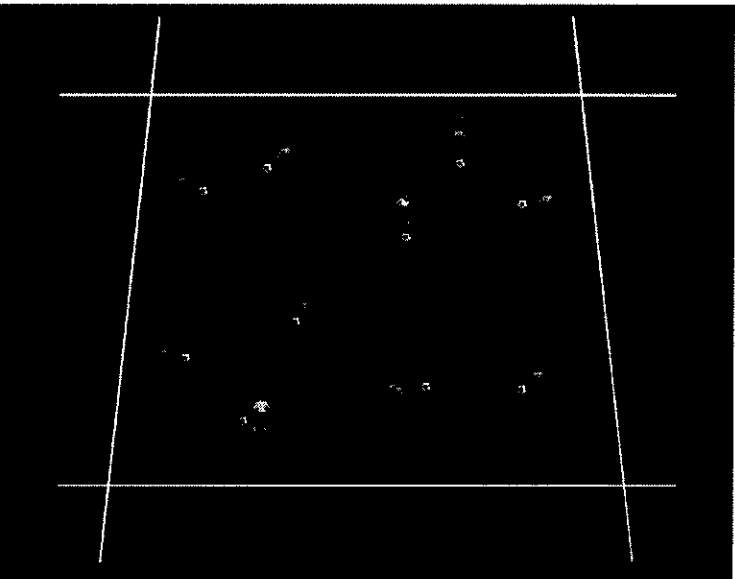
### Red Light, Green Light

**Set up:** All Players with a ball.

**Instructions:** The Coach calls red, yellow or green. Players react to the colours. Red – stop with foot on ball; Yellow – jog on the spot behind ball; Green - run

**Coaching Points:** Head Up (Awareness), Part of the foot (contact), Part of the ball (contact)

5 min - Water break  
10 min - Activity 2



### Dribble Tag

**Set up:** One ball per Player. Two players are "it".

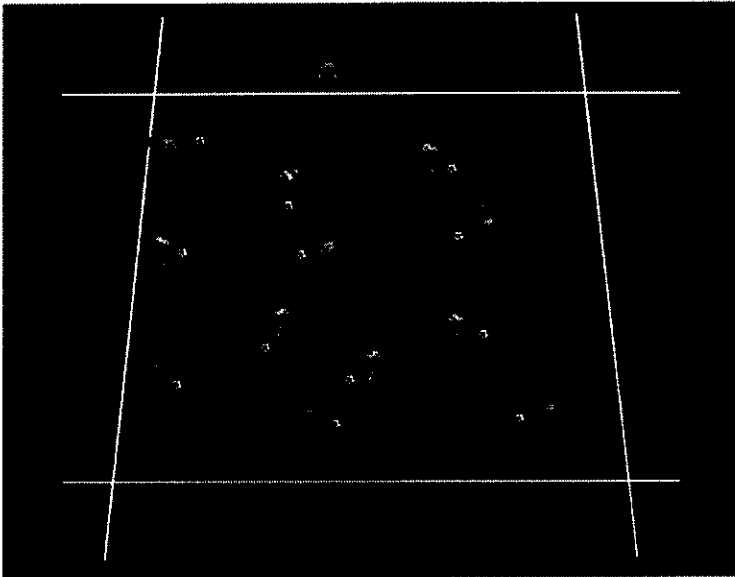
**Instructions:** Players who are "It" try to tag any player. All Players must move around the area dribbling & maintaining possession of their ball. If you are tagged, you are "It".

Option: Players who are "It" play without a ball.

**Coaching Points:** See the ball. See the players. Changes of direction & speed.

## Micro Dribbling #2

5 min - Warmup  
10 min - Activity 1



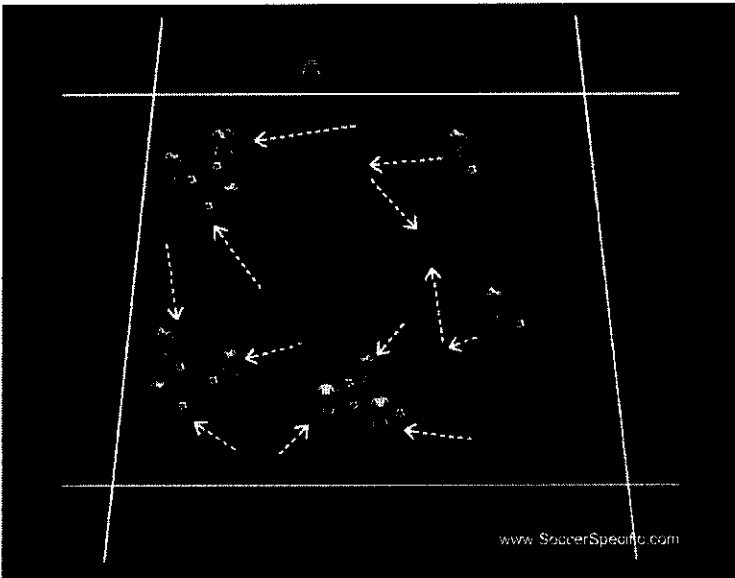
### Simon Says

**Set up:** 1 ball per player.

**Instructions:** Player execute the commands spoken by the Coach. Players only execute commands if the Coach says "Simon Says" prior to the command. Otherwise, Players should continue to dribble. Example commands - "Simon says stop, Simon says dribble, Simon says backwards, etc.

**Coaching Points:** See the ball. See the Players, Changes of direction & speed

5 min - Water break  
10 min - Activity 2



### Dribble by Numbers

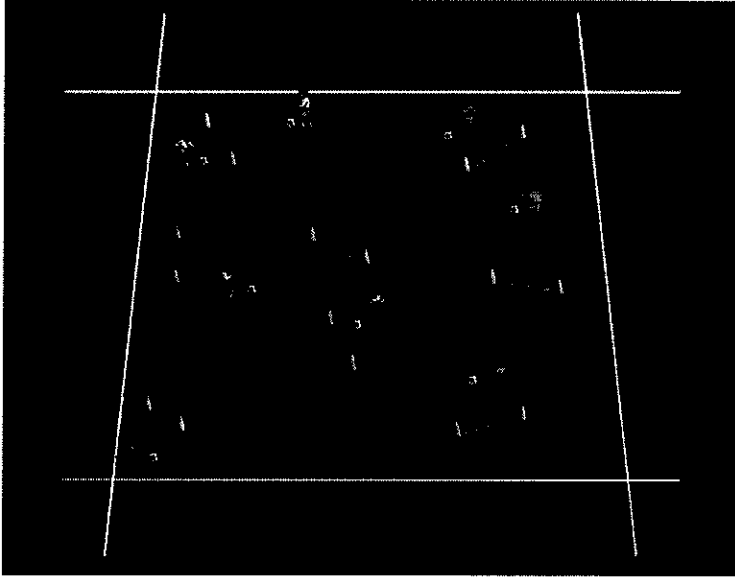
**Set up:** 1 ball per player.

**Instructions:** 1 ball per player. Players dribble freely in area. When the coach calls out a number the players will dribble & get into groups the size of the call (E.g. groups of 3 as shown). Players left out of any group must perform a silly trick to continue.

**Coaching Points:** See the ball, See the players, Change of direction & speed,

## Micro Dribbling #3

5 min - Warmup  
10 min - Activity 1



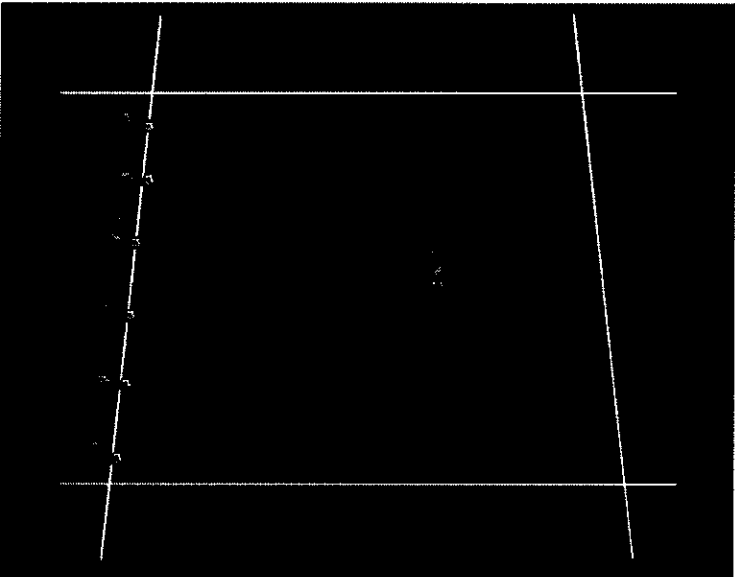
### Dribbling Gates

**Set up:** 1 ball per player.

**Instructions:** Players dribble ball through gates to score. Count how many in 30 seconds.

**Coaching Points:** See the ball & the players, Change of direction & speed

5 min - Water break  
10 min - Activity 2



### British Bulldog

**Set up:** All Players with a ball. One player is "Bulldog"

**Instructions:** The Bulldog calls "British Bulldog". Players dribble to other side of grid. If the Bulldog kicks the ball away from a player that player also becomes a Bulldog. Repeat. The last player to lose their ball is the winner.

**Coaching Points:** Head Up (Awareness), Change of direction & speed

## Micro Passing

5 min - Warmup  
10 min - Activity 1



### ACTIVITY #1

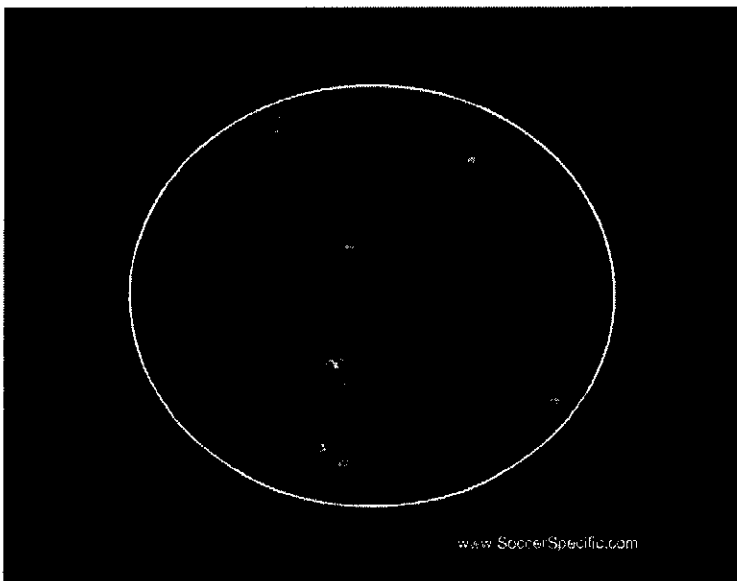
**Set up:** Pass & Control: Line Drills

**Instructions:** P1 - Pass & Follow. Option to use target to highlight accuracy and/or create competition (e.g. How many goals can each group score in 2 minutes?)

P2 - Pass Straight & Move Diagonally. Again, target is optional.

**Coaching Points:** Accuracy/Pace/Weight of pass, Attack the ball, Body behind the ball, 1st touch control

5 min - Water break  
10 min - Activity 2



### ACTIVITY #2

**Set up:** Doggy in the Middle (5v1 Keep Away)

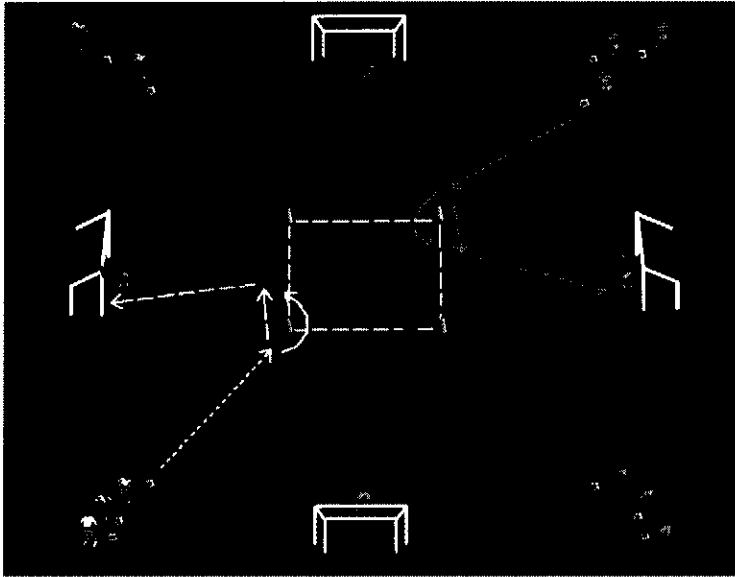
**Instructions:** 5 Players keep possession by dribbling & passing. One Player attempts to win the ball. When the ball is won, the Player losing possession becomes the "Doggy".

**Coaching Points:** Prioritize Passing, Receiving, & Support

## Micro Shooting

5 min - Warmup

10 min - Activity 1



### Four Goals

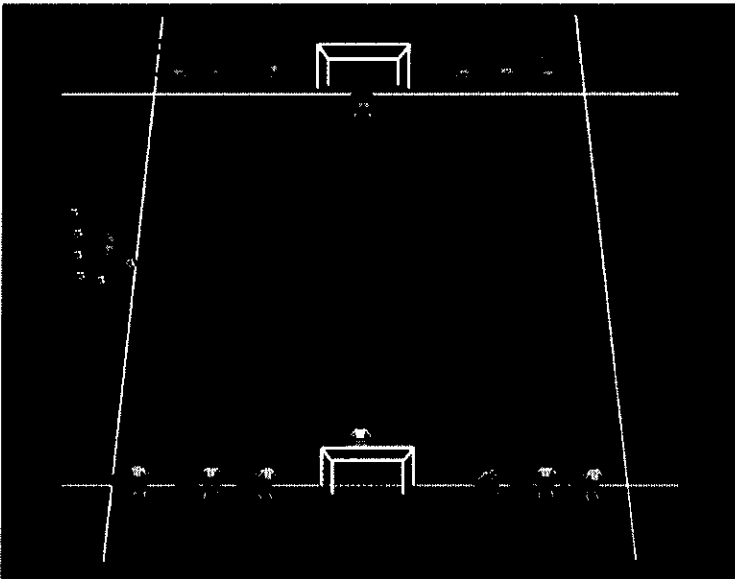
**Set up:** 4 Goals Dribbling & Shooting

**Instructions:** Player 1 in each group dribbles toward the nearest cone, touches the ball across the face of the cone & runs around the other side of the cone to shoot at goal. Next player repeats as soon as Player 1 gets the shot off. Progress & work the left foot by switching directions.

**Coaching Points:** Change of speed & direction, Eye on ball/Head down, Part of foot & ball, Follow through

5 min - Water break

10 min - Activity 2



### Numbers Game

**Set up:** 2 teams. Supply of balls.

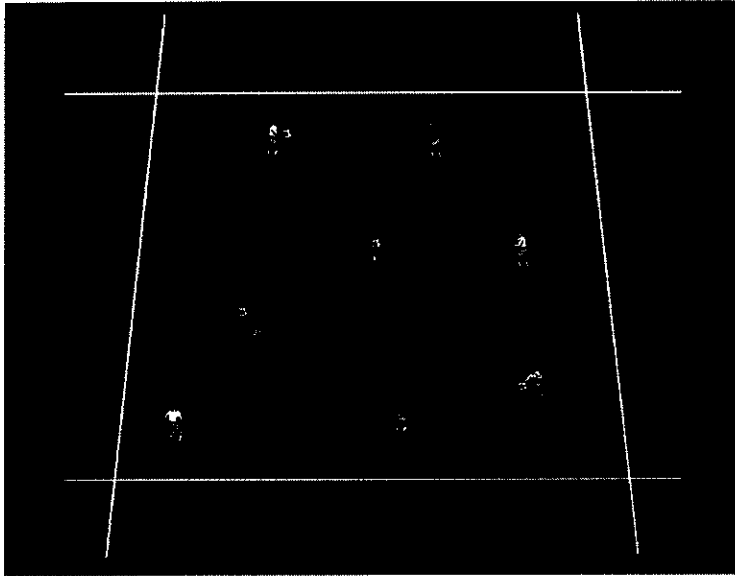
**Instructions:** Each player is assigned a number & will only play when their number is call by the Coach. The Coach shouts the player's number to come on or off the field. Start playing 1v1 to work receiving & dribbling skills, but progress to 2v2.

**Coaching Points:** This fun SSG may be used for many reasons: 1v1 Attacking (dribbling), Short passing & receiving, fitness, & of course, fun scrimmages using all players. Prioritize Key Factor information according to the objectives & the stage of development

## Micro Goalkeeping

5 min - Warmup

10 min - Activity 1



### ACTIVITY #1

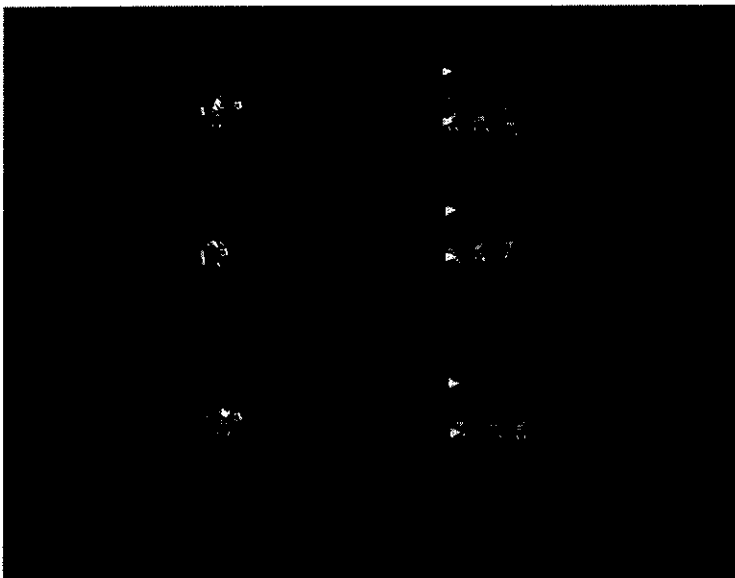
**Set up:** Goalkeeping Introduction to Handling. 4 GK's + 4 Coaches/Adults working in a 10 x 10 yard area (One with One concept)

**Instructions:** Coach/Adult working to provide quality service to GK's. A) Rolled ball B) Bouncy ball low (mid-area) C) Bouncy ball high Progress from static to moving throughout the area working in pairs. Progress again so that GK's are moving from coach to coach dealing with varied service.

**Coaching Points:** Body behind the ball, Attack the ball, Body Shape, Hand position, Meet ball at highest point

5 min - Water break

10 min - Activity 2



### ACTIVITY #3

**Set up:** Goalkeeping Relay. Groups of 3-5 GK's with 1 server (Coach/Adult) organized in files as shown.

**Instructions:** On signal, Coach/Adult begins service to 1st GK. After save, GK throws ball back to server & spins out to back of line. 1st team to complete wins. Coach can change type of service for different types of races: A) Rolled ball B) low (mid-area) C) Bouncy ball high

**Coaching Points:** Handling: Body behind the ball, Attack the ball, Body Shape, Hand position, Meet ball at highest point Throwing: Eyes on target, Body shape (open & balanced), Part of hand, Follow through



**Cambridge Youth Soccer**  
***Indoor Development***  
**Fall/Winter 2009/10**



**u7 & 8 Development Program**

*Friday Nights at 6:00pm or 7:00pm (maximum 20 players per time slot)  
for 9 weeks (Boys and Girls born in 2002 & 2003)*

Session # 1: November – January

Session # 2: February – April

**\$75 per session**

**Holiday Soccer Camp**

*Players born 2005 and earlier  
December 28<sup>th</sup> – 31<sup>st</sup>  
9:00am – 12:00pm  
**\$80** (includes T-Shirt!)*



**March Break Soccer Camp**

*Players born 2005 and earlier  
March 15<sup>th</sup> – 19<sup>th</sup>  
9:00am – 12pm  
**\$100** (includes T-Shirt!)*



***\*All programs will be held at the ComDev Indoor Soccer Park\****

***\*\* Registration forms will be available at the start of the Indoor House League Season (end of October) \*\****



# Cambridge Youth Soccer Inc.

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Cambridge, Ontario  
N3H 4R7

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## Notes

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