



**Neighborhood  
Boys & Girls Club**  
For Better Men & Women

**PARENT'S GUIDE TO FALL SOCCER**



# **About NBGC Athletics**

## **Core Values**

- 1. Everyone plays regardless of skill level**
- 2. Sportsmanship**
- 3. Teamwork**
- 4. Leadership**
- 5. Self-Reliance**
- 6. Honesty**

## **Our Goal**

**To create a safe and supportive environment  
in a sports setting**

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# K-1st Grade Challenge League

## Teaching Points

### Offense

- Spacing the field
- Basic dribbling control
- Basic game rules and terms
- The importance of passing to teammates
- Passing and receiving with your instep
- Looking at your target before passing and shooting

### Defense

- Learning to stay engaged in the game and track the ball even when it isn't near you
- Staying between ball and goal

### Intangibles

- encouraging teammates
- The end score is less important than the effort put forth in the game.

## What to expect

Challenge League games are affectionately nicknamed "bumblebee soccer" as the players seem to travel around the field like a hive. During the games, most penalties are not called. Rather, those moments are used for teaching. NBGC staff and team coaches are often on the field with the players helping them navigate the bustle of this new experience. Scores are not announced during or after games.

6 players are on the field for each team. Players positions are Forward, Defense, Midfield, and Goalie. Forwards and Defenders can only play one side of the field at a time but Midfielders may play the entire field.

# Challenge League Game Format

## Game Time

- 20 minute halves. Running clock. Only stops for injuries or timeouts. 5 minute halftime.

## Timeouts

- 1 30-second timeout per half.

## Sub patterns

- Every 5 minutes. Free subs last 5 minutes of second half at any whistle.

## Typical Roster size

- 9-12

## Players On Field

- 6 or 7 players allowed on field depending on league average team size. Goalie, 1-2 offensive players, 1-2 defensive players, 1-2 midfielders.

## League Game Days

- Mondays, Saturdays

# 2nd–3rd Grade Champion League

## Teaching Points

### Offense

- Spacing the field
- Learning to dribble under control more rapidly
- Basic game rules and terms
- Deliberately looking for teammates

### Defense

- Blocking and catching goals
- Staying between ball and goal
- Defensive footwork

### Intangibles

- Helping teammates with game understanding
- Treating teammates, opponents, coaches, and game officials with respect
- The end score is less important than the effort put forth in the game.

## What to expect

Champion League is a great mix of beginning and slightly more experienced players. We want to see players start to develop leadership and communication skills. Players are coached on how to interact with teammates, coaches, and officials.

6 or 7 players are on the field for each team (including the goalie). Players positions are Forward, Defense, Midfield, and Goalie. Forwards and Defenders can only play one side of the field at a time, and Midfielders may play the entire field.

Many penalties are not called at the beginning of the season as players get used to the flow of the game. As the season progresses, players are expected to start understanding how to avoid penalties, and the ones called are used to help teach the game.

# Champion League Game Format

## Game Time

- 20 minute halves. Running clock. Only stops for injuries or timeouts. 5 minute halftime.

## Timeouts

- 1 30-second timeout per half

## Sub patterns

- Every 8 minutes. Free subs last 4 minutes of each half at any whistle

## Roster size

- 9-12

## Players On Field

- 6 or 7 players allowed on field depending on league average team size. Goalie, 1-2 offensive players, 1-2 defensive players, 1-2 midfielders. Offense and Defense must stay on their half of the field. Midfielders can play on both sides of the field.

## League Game Days

- Wednesdays, Saturdays

# 4th–5th Grade Premier League

## Teaching Points

### Offense

- Setting teammates up to score
- Spacing the field
- Transitioning between offense and defense

### Defense

- Anticipating the offense
- General field awareness
- Defensive footwork

### Intangibles

- Helping teammates with game understanding
- Self-confidence
- Displaying sportsmanship at all times
- Being gracious in both victory and defeat

## What to expect

Premier League games are fast paced, yet manageable for all levels of athletes. There are very few stoppages in the game as players continue to improve their game understanding through the flow of the game. Players are expected to display sportsmanship in both wins and losses.

6 players are on the field for each team (including the goalie). Player positions are Forward, Defense, Midfield, and Goalie. All players may play the entire field.



# Premier League Game Format

## Game Time

- 20 minute halves. Running clock. Only stops for injuries or timeouts. 5 minute halftime.

## Timeouts

- No timeouts

## Sub patterns

- Every 5 minutes. Free subs last 10 minutes of second half at any whistle.

## Typical Roster size

- 9-11

## Players On Field

- 6 players allowed on field. Goalie, 2 forwards, 2 defenders, 1 midfielder. All players may play entire field.

## League Game Days

- Mondays, Saturdays

# 6th–8th Grade World League

## Teaching Points

### Offense

- Moving without the ball
- Footwork
- Accurate shots on goal

### Defense

- Defensive positioning
- Goalkeeping techniques

### Intangibles

- Field awareness
- Being an extension of the coach on the field
- Being vocal with teammates on the field
- Focused mentality
- Self-confidence
- Treating teammates, opponents, coaches, and game officials with respect

## What to expect

World League games have few stoppages in play as the game flows up and down the field. Games are relatively fast paced as many players have already learned the basic skills and techniques of soccer. Players will continue to build upon what they already know and begin to learn more complex skills. While players are expected to be able to play any position on the field, they can be more selective in the position they wish to play as they begin to specialize in certain areas. Players are expected to display sportsmanship in both wins and losses. This is a competitive league and scores will be kept each game, however, the main goal is to learn and have fun in a positive, encouraging environment.

## World League Game Format

### Game Time

- 20 minute halves. Running clock. Only stops for injuries or timeouts. 5 minute halftime.

### Timeouts

- No timeouts

### Sub patterns

- Every 5 minutes. Free subs last 10 minutes of second half at any whistle.

### Roster size

- 9-11

### Players On Field

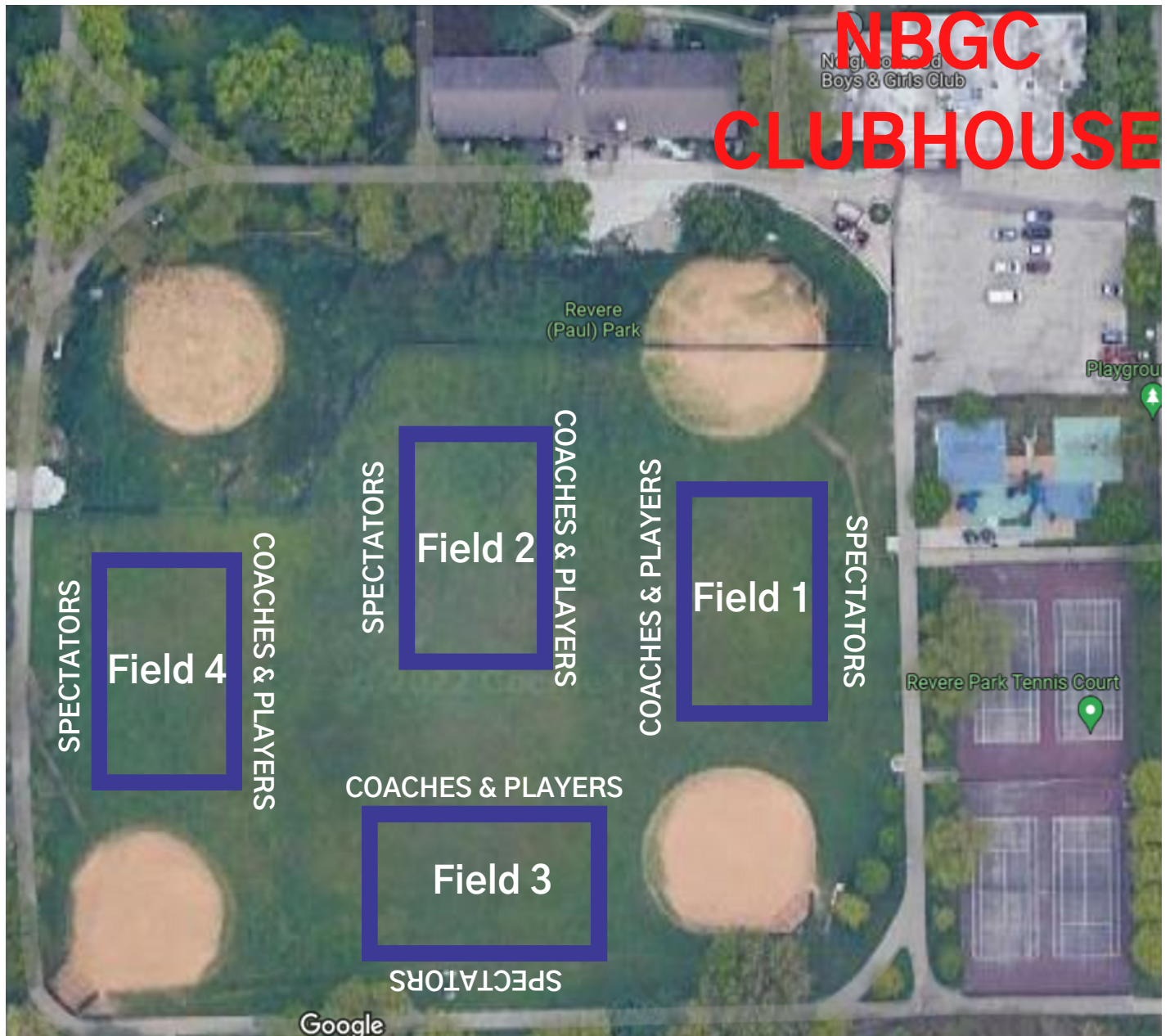
- 5 or 6 players allowed on field depending on league average team size. All players may play entire field.

### League Game Days

- Wednesdays, Saturdays

# Spectating

## Field Map



Spectators can find a spot on the sideline of the fields indicated above. Please avoid spectating from the endlines which will be in way of the staff bringing equipment to and from fields. Additionally, it is important that spectators are mindful to not leave trash (food wrappers, plastic bottles, etc. out on the fields. There are green garbage cans and blue recycle bins around the field. Lets keep Revere Park pristine!

# Code of Conduct

For as much joy as they can bring, sports events can also be an emotional affair. These feelings should never be allowed to reach the point that they interfere with the goals of creating a welcoming environment for all players and their families, learning the fundamentals of sports, and displaying sportsmanship.

Parents and spectators are expected to adhere to the following principles:

1. Treat players, coaches, officials, and other spectators with respect.
2. Refrain from the use of violence, verbal threats, or profanity
3. Refrain from interfering with the game through actions such as entering the field of play or yelling at or to players, coaches, or referees. Comments should be brought forth after the game.
4. Refrain from any language that belittles or ridicules a participant.

Remember: A player on an opposing team in one season may be on your child's team during the next.

# FACES YOU'LL SEE



**YASMINA CHAMMAS** - League Supervisor  
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**LUKE MCNAMARA** - Athletic Aide  
Luke@nbgc.org



**PARIS ROBINSON** - Athletic Aide  
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**JACK HUNTER** - Athletic Aide



**AVA SANDOVAL** - Athletic Aide  
ASandoval@nbgc.org



**ILIANA PEREZ** - Senior Leader



**ALEX CARBAJAL** - NBGC Leader



**Jackson Dunne** - Athletic Aide  
JDunne@nbgc.org

# ADDITIONAL NOTES

## **Team Creation**

Teams are put together by looking at school, requests, age, grade, past teammates, player skill level, and neighborhood. We will do our best to honor teammate and coach requests, but they cannot be guaranteed.

The lower limit for a team roster is the amount of players needed on the field minus 1.

The upper limit is 2 times the amount of players needed on the field plus 1.

This is something to keep in mind while making team requests.

Example: If teams play 7 vs. 7. The lower limit for a roster is 6 and the upper limit for a roster is 15.

## **Snacks**

If you want to bring snacks for a child that is not your own, be sure to clear it in advance with the parents and coaches on that team to avoid any allergy issues.

## **Volunteering as a coach**

Volunteering as a coach is the best way to get close to the action and is always extremely appreciated. Having a coach that cares is a huge difference-maker in a player's development. Estimated time commitment is 2-4 hours/week (1-2 games, 1 team practice)

Steps:

- Indicate your interest on your player's registration form
- Confirm interest. Staff will reach out once team rosters are set and will send link to the background check. The background check process typically takes 5 minutes or less.

Remember:

- If you are a first-time coach, don't be nervous. NBGC staff and the parents on your team are here to support you.
- We can provide you with practice plans/drills, field time for practices, and equipment

# ADDITIONAL NOTES

## Weekday Games vs. Weekend Games

**Parking** - Almost every team will be playing on Saturdays, so it will be much more difficult to find a spot in the Revere Park parking lot on weekdays. If you are unable to find one in the lot, please respect the "no-parking" cones in the lot and refrain from parking somewhere that is not a dedicated space. There is regular street parking available on Irving Park road.

**Game Times** - Timeliness is EXTREMELY important on Saturdays when one game delay can impact all other games scheduled that day. Please do your part by being present to help us get games going promptly!

## Important Dates

- **August 28th** - Preseason Practices begin
- **Week of September 11th** - Games begin; Team assignments and game schedules sent and posted 3-7 days before the first game
- **November 17th** - Pep Rally @ 5:00 PM
- **November 18th** - Thanksgiving Day Classic; Last day of games; Lucky date raffle

## League Game Days

| Monday           | Tuesday | Wednesday       | Thursday | Friday | Saturday    |
|------------------|---------|-----------------|----------|--------|-------------|
| Challenge League |         | Champion League |          |        | All Leagues |
| Premier League   |         | World League    |          |        |             |

## Player Needs

For preseason practices, players should come with a water bottle and wear athletic gear.

For games, players should come with their team uniform, a water bottle, and shin guards (REQUIRED). Other gear such as mouthguards or athletic cups are optional. NBGC provides everything else needed for a game.



# ADDITIONAL NOTES

## **General Season Format**

**Preseason** - Each NBGC season begins with 2-3 preseason practices designed to teach or refresh players on the rules of the game and basic game skills. Preseason practices are open to the entire league regardless of team. Preseason practices are run by NBGC Staff. Team coaches don't need to worry about bringing practice plans, materials, or equipment. Following preseason practices, families are sent their team assignments and game schedules. Each team is also generally scheduled for 1 preseason game that does not count toward the season standings.

**Regular Season** - Each team is scheduled for 6-9 regular season games. Teams accumulate standings points based on their attendance, sportsmanship, and game result.

**Postseason** - Every team generally makes the playoffs. This may vary depending on league size and season length.

**Special Events** - The postseason is generally followed by a special events like a league-wide All-Star Game and/or Parents vs. Kids games.

# PRESEASON PRACTICE SCHEDULE



## Fall 2023 Flag Football & Soccer Preseason Practice Schedule

| Sport         | League                             | Date<br>(2 practices per league) | Time                | Location           |
|---------------|------------------------------------|----------------------------------|---------------------|--------------------|
| Flag Football | Rival League<br>(K-1st Grade)      | Thursday, August 31, 2023        | 4:30 PM - 5:20 PM   | Revere Park Fields |
|               |                                    | Saturday, September 9, 2023      | 10:00 AM - 10:50 AM | Revere Park Fields |
|               | Gridiron League<br>(2nd-3rd Grade) | Tuesday, August 29, 2023         | 4:30 PM - 5:20 PM   | Revere Park Fields |
|               |                                    | Tuesday, September 5, 2023       | 4:30 PM - 5:20 PM   | Revere Park Fields |
|               | Elite League<br>(4th-5th Grade)    | Thursday, August 31, 2023        | 5:30 PM - 6:20 PM   | Revere Park Fields |
|               |                                    | Saturday, September 9, 2023      | 11:00 AM - 11:50 AM | Revere Park Fields |
|               | Legends League<br>(6th-8th Grade)  | Tuesday, August 29, 2023         | 5:30 PM - 6:20 PM   | Revere Park Fields |
|               |                                    | Tuesday, September 5, 2023       | 5:30 PM - 6:20 PM   | Revere Park Fields |
| Soccer        | Challenge League<br>(K-1st Grade)  | Monday, August 28, 2023          | 4:30 PM - 5:20 PM   | Revere Park Fields |
|               |                                    | Saturday, September 9, 2023      | 11:00 AM - 11:50 AM | Revere Park Fields |
|               | Champion League<br>(2nd-3rd Grade) | Wednesday, August 30, 2023       | 4:30 PM - 5:20 PM   | Revere Park Fields |
|               |                                    | Wednesday, September 6, 2023     | 4:30 PM - 5:20 PM   | Revere Park Fields |
|               | Premier League<br>(4th-5th Grade)  | Monday, August 28, 2023          | 5:30 PM - 6:20 PM   | Revere Park Fields |
|               |                                    | Saturday, September 9, 2023      | 10:00 AM - 10:50 AM | Revere Park Fields |
|               | World League<br>(6th-8th Grade)    | Wednesday, August 30, 2023       | 5:30 PM - 6:20 PM   | Revere Park Fields |
|               |                                    | Wednesday, September 6, 2023     | 5:30 PM - 6:20 PM   | Revere Park Fields |

# SAMPLE GAME SCHEDULE



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## CHAMPION LEAGUE FALL 2022 SOCCER SCHEDULE

| <b>Date</b>  | <b>Match</b>               | <b>Time</b> | <b>Field</b> |
|--|----------------------------|-------------|--------------|
| Saturday, October 1, 2022                                    | <i>Impact vs. Timber</i>   | 11:00 AM    | 2            |
|  | <i>Dynamo vs. Sounders</i> | 12:00 PM    | 2            |
| Monday, October 3, 2022                                      | Dynamo vs. Impact          | 4:30 PM     | 3            |
|  | Timber vs. Sounders        | 5:30 PM     | 3            |
| Saturday, October 8, 2022                                    | Timber vs. Dynamo          | 11:00 AM    | 2            |
|  | Sounders vs. Impact        | 12:00 PM    | 2            |
| Monday, October 10, 2022                                     | Impact vs. Dynamo          | 4:30 PM     | 3            |
| Saturday, October 15, 2022                                   | Sounders vs. Timber        | 2:00 PM     | 3            |
| Monday, October 17, 2022                                     | Impact vs. Sounders        | 4:30 PM     | 3            |
| Saturday, October 22, 2022                                   | Dynamo vs. Timber          | 1:00 PM     | 3            |
| Monday, October 24, 2022                                     | Sounders vs. Dynamo        | 4:30 PM     | 3            |
| Saturday, October 29, 2022                                   | Timber vs. Impact          | 1:00 PM     | 3            |
| Saturday, November 5, 2022                                   | Dynamo vs. Impact          | 11:00 AM    | 2            |
|  | Timber vs. Sounders        | 12:00 PM    | 2            |
| <b><u>Playoffs</u></b><br>Matchups through November 19th TBD |                            |             |              |

*Italics Indicate Preseason Game*