

# Onside Soccer

Monday Night 7v7

# What is Onside Soccer?

Onside Soccer is a collection of people who want to play soccer in a fun, respectful, and supportive way while getting a good work out. Many adult leagues end up focusing on standings and fixtures, often resulting in overly competitive games, unsporting behaviour, and a higher risk of injury. We want to be different than those leagues. At Onside, we've created an environment where players can get a good workout, improve their game, and play good and fun soccer with like-minded people.

# Onside Values

- **Respect:** This league is about getting a good workout, playing good soccer, and building a good community. We'll focus on lifting each other up, not on putting each other down. Our language and actions should focus on welcoming and supporting other players. We welcome players of all races, ethnicities, genders, sexual orientations, and backgrounds.
- **Safety:** We want to create a safe environment on and off the pitch. On the pitch, we'll work to avoid injuries by getting a good warm up, preventing dangerous tackles, and focusing on development instead of wins. Off the pitch, we want to create a community - not a series of opposing teams.
- **Improvement:** Even adults who have been playing soccer for a long time can still learn or can all improve aspects of their game. Onside is geared towards players who are, or are striving to become intermediate level. Onside is focused on individual and collective improvement; by the end of a season, we should all feel like we're playing better soccer.
- **Quality & Equality:** We focus on playing good soccer and getting a good workout in what we call a "friendly-competitive" attitude. You push yourself, your teammates, and your opponents to play the best soccer you can. That means we'll ask players to run hard and work hard. It also means we'll talk about tactics, positions, structure, and strategy. However, we won't sacrifice equality - everyone gets equal playing time.
- **Gender Neutrality:** This league is gender neutral; any player can be on the field at any time regardless of biological sex.

# Who are we for?

We're a good fit for adult players who:

- Want to improve their game
- Want to play good soccer
- Don't care if they win or lose, but want to play a challenging game
- Want a good, intense workout
- Want to play in a fun environment
- Have played soccer before

# Who **aren't** we for?

We're **not** a good fit for players who:

- Are highly competitive
- Get carried away on the field
- Currently play at a high level
- Have never played soccer
- Like to showboat or show off
- Like to manage other players
- Aren't interested in developing

# What to Expect

# Session Overview

Onside 7v7 sessions will be 2-hour structured sessions. We want to keep things moving quickly so that you get a good workout and can make the most of your time and money. Most sessions will include a:

- 20 minute guided warm up and stretch
- 15 minute high-intensity drills
- 1 hour game (25 minute halves)
- 5 minute cool down

**In each session, you can expect ...**

## ...a Guided Warm Up

The Guided Warm Up will be led by an Onside team member. We'll take everyone through a warm up that will prepare us for playing, build and develop strength, and help prevent injuries.



# ...High-Intensity Drills

The High-Intensity Drills will be led by an Onside team member. We'll take everyone through drills that get us running, moving the ball, and practicing skills. By the end of the drills, players should have already had a good workout but should also feel ready for a game.

## ...a Game Plan

Each week we'll play a 1 hour game (two 25-minute halves). Before the game, each team will work through a game plan that includes positions, formation, and tactics. Each game is an opportunity to learn and practice something new. A team captain will be assigned each week to create and lead the game plan.

## ...a Referee

Games will be run by an Onside Referee. The referee will help provide structure to the game. We hope the ref never needs to call fouls - everyone in the group should be playing on the honour-system. However, when disagreements happen, the ref is there to step in. The ref is also there to provide advice and support to players on the field and can advise on the rules of the game when needed.

# The Rules

# Rules

We want to create a fun, respectful environment where everyone can get a good workout. We ask everyone to adhere to the following rules:

- This is a respectful, safe, and welcoming environment - we won't tolerate any offensive language, racism, sexism, fighting, unsafe behaviour, or other unsporting behaviour
- The ref and organizers are in charge of the warm up, workout, and game - please listen to their instructions and directions
- Team captains will be assigned for each game - they are in charge of the lineup and strategy for the game - please listen to their instructions
- We aim for equal playing time - please sub frequently and equally
- No sliding or slide tackles (goalie can slide forward with arms)
- No challenging the goalie in 50/50 chances
- No dangerous, risky, or overly aggressive tackles against any player on the field
- Throw-ins from the side to restart play when the ball goes out
- Headers are optional - nobody is going to hold it against you if you don't want to head the ball
- Honour system for fouls, out-of-play, and other calls; in all other circumstances, listen to the ref
- No complaining to the ref or to/about others
- No blatant offsides - honour system here, but let's avoid cherry picking
- No finger pointing, blaming teammates, yelling at others, or micromanaging

**Note that people not adhering to the rules may be asked to leave for the session or for the rest of the season without refund.**