



Welcome

Thank you so much for picking the MJCCA to begin your soccer journey! Whether your kid is starting out in the 3-year-old Shooting Stars Program, or is making the leap to joining one of our older age groups, our programs will be perfect for you. Soccer is an amazing sport because it can be enjoyed no matter the athletes' age or skill level. Here at the MJCCA our number one focus is on player development, and enjoyment. This guide will not only give you the basic rules, and objectives of soccer, but also give you helpful information on equipment, our philosophy here at the MJCCA, and everything else you'll need to navigate and enjoy the season! We hope you enjoy the guide!

Getting Started

Our league is only open to members. Player families must either be members of the MJCCA, or fall in the Intown category to participate in the league. To be considered an Intown family, you must live in the 30329 area code.

What do I need to get started?

- Soccer SPECIFIC Cleats
- Shin guards
- Ball
- Water bottle
- Comfortable clothes to practice in (The MJCCA will provide your team uniform)

That's it. That's all you need to get started! Simple, right? For a more comprehensive look at the soccer gear you'll need, why you need to get it, and where to get it from, Click [HERE](#) to check our soccer equipment guide:

Soccer 101

If you you've played before, or have a working understanding of the basics of the game, feel free to skip ahead. This section is for our brand new Soccer neophytes!

Here are the bare bone basics, which are best explained by FIFA (which is the global governing body of soccer. Think of it like the NFL, MLB, or NBA, just on a worldwide scale):

“Soccer is a team sport played between two teams of eleven players with a spherical ball. It is played by 250 million players in over 200 countries and dependencies, making it the world's most popular sport. The game is played on a rectangular field with a goal at each end. The object of the game is to score by getting the ball into the opposing goal.

The goalkeepers are the only players allowed to touch the ball with their hands or arms while it is in play and only in their penalty area. Other players mainly use their feet to strike or pass the ball, but may also use their head or torso. The team that scores the most goals by the end of the match wins. If the score is level at the end of the game, either a draw is declared or the game goes into extra time or a penalty shootout depending on the format of the competition. The Laws of the Game were originally codified in England by The Football Association in 1863”

Glossary of Common Soccer Terms:

Click [HERE](#) if you want to sound like a Soccer Pro. This list will be your handy cheat sheet/guide to the most common terms you'll hear on the Soccer field-Pitch. Soon you too can be cheering on your child as they nutmeg a defender, beat the offsides trap, and finish a wonderful volley.

Soccer Programs at the MJCCA

Here at the MJCCA we have a number of exciting different Soccer Programs depending on the age of your athlete! With everything from our Shooting Stars and awesome recreational programs, to our competitive Academy Program, we offer just about anything you could want. Please note that **We do not offer any official MJCCA activities on any Friday, Saturday, National or Jewish Holiday. A full schedule of these dates can be found online [HERE](#)**

- Shooting Stars
 - Coed
 - For the 17-18 season, all participants must be born in 2014
 - Introduction program to Soccer, with a ton of games, skills, and drills, led by the professional coaches at the Challenger Soccer Program
 - Parent participation required
 - Sunday's only
 - No teams, or official games
 - All league activities will be held at the MJCCA
 - Jersey, and soccer ball provided by the JCC, no additional equipment required. Although cleats and shin guards are required.

- Pre-K
 - Coed
 - For the 17-18 season, all participants must be born in 2013 or be in Pre-K
 - Introduction program to soccer, with volunteer parent coaches in addition to some clinic style of practice sessions led by professional coaches
 - 3 Sundays Clinics and 2 Wednesday Clinics to be announced during the season will be provided for the Athletes

- Parent volunteers needed to coach teams
 - Sunday's only
 - 4 v 4 Soccer, with no goal keepers
 - Pre-k will consist of 30 minutes of practice, followed by a game lasting of four 6 minute quarters
 - There will be rostered teams, and actual games
 - There will be no Referee's and no score will not be kept.
 - All league activities will be held at the MJCCA
 - Uniform Jersey, shorts, and socks will be provided by the JCC
 - You are required to bring your own cleats, shin guards, and Size 3 ball.
- Kindergarten Age Group
 - Boy's and girl's split into separate leagues
 - For the 17-18 season, all participants must be born in 2012 or be in Kindergarten
 - Introduction program to soccer, with volunteer parent coaches as well as clinic style practices led by professional coaches.
 - 3 Sundays Clinics and 2 Wednesday Clinics to be announced during the season will be provided for the Athletes
 - Parent Volunteers needed to coach teams
 - Games are on Sunday's, with weekday league wide clinic style practice as well. (note this will never be on a Fri, Sat, or Jewish holiday)
 - 4 v 4 Soccer with no goal keepers
 - Game will consist of four 8 minute quarters
 - There will be rostered teams, and actual games
 - There will be no Referee's and no score will not be kept.
 - All league activities will be held at the MJCCA
 - Uniform jersey, shorts, and socks will be provided by the JCC
 - You are required to bring your own cleats, shin guards, and Size 3 ball
- U-8 Age Group
 - Boy's and girl's split into separate leagues
 - For the 17-18 season, all participants must be born in either 2010 or 2011
 - recreational style soccer program, with volunteer parent coaches as well as clinic style practices led by professional coaches.
 - Parent Volunteers needed to coach teams
 - Games are on Sunday's, with a weekday individual team practice, as well as a league wide optional clinic style practice. (note these will never be on a Fri, Sat, or Jewish holiday)

- 6 v 6 Soccer with a goal keeper
 - Game will consist of three fifteen-minute playing periods
 - There will be rostered teams, and official games
 - There will be no referee's and score will not be kept
 - Games and clinics will be held at the MJCCA, while Intown Team Practices will be held in the Toco Hills area.
 - Uniform jersey, shorts, and socks will be provided by the JCC
 - You are required to bring your own cleats, shin guards, and Size 4 ball
- U-10 Age Group
 - Boy's and girl's split into separate leagues
 - For the 17-18 season, all participants must be born in either 2008 or 2009
 - recreational style soccer program, with volunteer parent coaches as well as clinic style practices led by professional coaches.
 - Parent Volunteers needed to coach teams
 - Games are on Sunday's, with a weekday individual team practice, as well as a league wide optional clinic style practice. (note these will never be on a Fri, Sat, or Jewish holiday)
 - 7 v 7 Soccer which includes a goal keeper
 - Game will consist of two 25 minute halves
 - There will be rostered teams, and official games
 - There will be referee's and score WILL be kept
 - Games and clinics will be held at the MJCCA, while Intown Team Practices will be held in the Toco Hills area.
 - Uniform jersey, shorts, and socks will be provided by the JCC
 - You are required to bring your own cleats, shin guards, and Size 4 ball
- U-12 Age Group
 - Boy's and girl's split into separate leagues
 - For the 17-18 season, all participants must be born in either 2006 or 2007
 - recreational style soccer program, with volunteer parent coaches as well as clinic style practices led by professional coaches.
 - Parent Volunteers needed to coach teams
 - Games are on Sunday's, with a weekday individual team practice, as well as a league wide optional clinic style practice. (note these will never be on a Fri, Sat, or Jewish holiday)
 - 9 v 9 Soccer with goal keepers
 - Game will consist of two 30 minute halves

- There will be rostered teams, and official games
 - There will be referee's and score WILL be kept
 - Games will be held at both the MJCCA and local off site locations against other Soccer Programs
 - Practice, and clinics will be held at the MJCCA, while Intown Team Practices will be held in the Toco Hills area.
 - Uniform jersey, shorts, and socks will be provided by the JCC
 - You are required to bring your own cleats, shin guards, and Size 4 ball
- U-14 and older Age Groups
 - Boy's and girl's split into separate leagues
 - For the 17-18 season, all participants must be born in either 2004 or 2005
 - Recreational style soccer program, with volunteer parent coaches as well as clinic style practices led by professional coaches.
 - Parent Volunteers needed to coach teams
 - Games are on Sunday's, with a weekday individual team practice, as well as a league wide optional clinic style practice. (note these will never be on a Fri, Sat, or Jewish holiday)
 - 11 v 11 Soccer with goal keepers
 - There will be rostered teams, and official games
 - There will be referee's and score WILL be kept
 - Games will be held at both the MJCCA and local off site locations against other Soccer Programs
 - Practice, and clinics will be held at the MJCCA, while Intown Team Practices will be held in the Toco Hills area.
 - Uniform jersey, shorts, and socks will be provided by the JCC
 - You are required to bring your own cleats, shin guards, and Size 5 ball
- U-9 Academy Program
 - Boy's and girl's split into separate leagues
 - For the 17-18 season all participants must be born in 2009
 - Competitive Travel Soccer
 - Paid, qualified coaches for the teams
 - Games are on Sunday's, with two weekday individual team practice, as well as a league wide optional clinic style practice. (note these will never be on a Fri, Sat, or Jewish holiday)
 - 7 v 7 Soccer with goal keepers
 - There will be rostered teams, and official games
 - There will be referee's and score WILL be kept

- Practices and clinics will be held at the MJCCA
 - Games will be held both at the JCC and other offsite locations against other Soccer Programs.
 - Potential tournaments
 - Note that additional time and travel may be required for this program
 - 2 sets of Uniform, which include jersey, shorts, and socks, as well as practice jersey will be provided by the JCC.
 - You are required to bring your own cleats, shin guards, and ball
- U-10 Academy Program
 - Boy's and girl's split into separate leagues
 - For the 17-18 season all participants must be born in 2008
 - Competitive Travel Soccer
 - Paid, qualified coaches for the teams
 - Games are on Sunday's, with two weekday individual team practice, as well as a league wide optional clinic style practice. (note these will never be on a Fri, Sat, or Jewish holiday)
 - 7 v 7 Soccer with goal keepers
 - There will be rostered teams, and official games
 - There will be referee's and score WILL be kept
 - Practices and clinics will be held at the MJCCA
 - Games will be held both at the JCC and other offsite locations against other Soccer Programs.
 - Potential tournaments
 - Note that additional time and travel may be required for this program
 - 2 sets of Uniform, which include jersey, shorts, and socks, as well as practice jersey will be provided by the JCC.
 - You are required to bring your own cleats, shin guards, and ball
- U-11 Academy Program
 - Boy's and girl's split into separate leagues
 - For the 17-18 season all participants must be born in 2007
 - Competitive Travel Soccer
 - Paid, qualified coaches for the teams
 - Games are on Sunday's, with two weekday individual team practice, as well as a league wide optional clinic style practice. (note these will never be on a Fri, Sat, or Jewish holiday)
 - 9 v 9 Soccer with goal keepers

- There will be rostered teams, and official games
- There will be referee's and score WILL be kept
- Practices and clinics will be held at the MJCCA
- Games will be held both at the JCC and other offsite locations against other Soccer Programs.
- Potential tournaments
- Note that additional time and travel may be required for this program
- 2 sets of Uniform, which include jersey, shorts, and socks, as well as practice jersey will be provided by the JCC.
- You are required to bring your own cleats, shin guards, and ball
- U-12 Academy Program
 - Boy's and girl's split into separate leagues
 - For the 17-18 season all participants must be born in either 2006
 - Competitive Travel Soccer
 - Paid, qualified coaches for the teams
 - Games are on Sunday's, with two weekday individual team practice, as well as a league wide optional clinic style practice. (note these will never be on a Fri, Sat, or Jewish holiday)
 - 9 v 9 Soccer with goal keepers
 - There will be rostered teams, and official games
 - There will be referee's and score WILL be kept
 - Practices and clinics will be held at the MJCCA
 - Games will be held both at the JCC and other offsite locations against other Soccer Programs.
 - Potential tournaments
 - Note that additional time and travel may be required for this program
 - 2 sets of Uniform, which include jersey, shorts, and socks, as well as practice jersey will be provided by the JCC.
 - You are required to bring your own cleats, shin guards, and ball

The Birth Year and Season Matrix that we use to determine our age groups can be found [HERE](#)

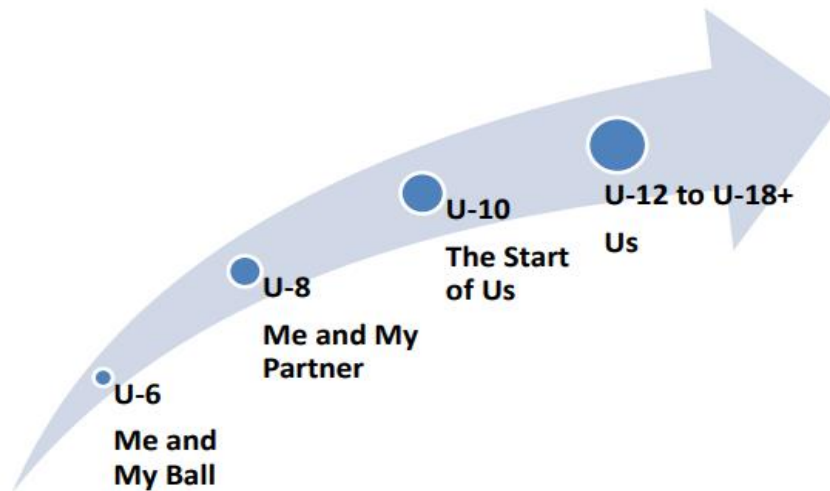


Figure 5: Stages for the Ages⁹

MJCCA Age Group Objectives:

The MJCCA is dedicated to player development, and having fun. As such we adhere to the US Soccer Federations recommendations on number of players on the field, game duration, and field size. We guarantee at least 50% playing time for all players, but aim for 75%. We have many rules in place to make sure that there is a safe, fair, and fun environment for all the athletes in our program.

For the more comprehensive look at our objectives and philosophies for each age group Click [HERE](#)

Rules

For a look the rules we use at the JCC, please read our rules section [HERE](#):

FINAL THOUGHTS:

We hope that you have find this crash course in MJCCA Soccer helpful. If you have any further questions about Soccer, our programs, rules, or philosophy, please don't hesitate to reach out to our awesome Sports Staff. Thank you so much for joining, and we look forward to seeing you and your family out on the pitch!

Daniel Quigley

Soccer Program Director

Daniel.Quigley@Atlantaajcc.org

678-812-3744