

# Bowie FC Bulletin



March 2025

## Developmental Program Games

The Developmental program games begin March 29 and run through May 10. Good luck to all the players as they enjoy learning and improving their skills! Thank you to our volunteer coaches, we appreciate you.

## Coach's Corner- 5 Steps for Successful Pre-Season Soccer Training

Soccer season is a thrilling time for youth players, but it can also be nerve-racking if they are not prepared. This is where pre-season training comes in. Pre-season training is a crucial aspect of preparing for soccer season, whether you're just starting out or playing on competitive teams. It provides athletes with the opportunity to get in shape, improve their skills, and build their physical and mental toughness. Here are five ways that young soccer players can prepare for the start of the season:

1. **Physical fitness:** Soccer is a physically demanding sport that requires players to have a good level of endurance, strength, and flexibility. Youth players can prepare for the season by engaging in regular physical activities such as running, jogging, and stretching exercises. This will help to increase their stamina and reduce the risk of injury during the season. Jogging, cycling, or swimming can improve your cardiovascular endurance and stamina, which can help you run faster and longer during a soccer game. Resistance training, such as weight training and bodyweight exercises, can help build muscle strength and increase your endurance. This can improve your ability to perform on the field. Interval training involves alternating periods of high-intensity activity with periods of rest or low intensity activity. This type of training can help you build endurance, speed, and power, which are all essential for soccer. Examples include sprints, plyometrics, and hill repeats.
2. **Technical skills:** Soccer is a sport that requires players to have excellent ball-handling skills, dribbling, and shooting abilities. Young players can improve their technical skills by practicing regularly, either with their team or on their own. This can involve activities such as dribbling drills, shooting exercises, and ball control practices.

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## CALENDAR

### Week of March 17, 2025

Developmental Program Practices Begin

### March 29, 2025

Developmental Program Games Begin

## OUR SPONSORS

**Do you have a small business you want to promote?**

Sponsors for Bowie FC soccer can choose from different tiers of support, selecting the best one based on their individual needs. If you or someone you know is interested in finding out more about sponsorship availability, please contact Larry Clark at [admin@bowiesoccer.com](mailto:admin@bowiesoccer.com)

Send photos with information to [Bowie FC Communications](#). Be sure to let us know what team/player(s) the photo captures. Submission of photos indicates authorization to use for print and electronic communication.



## Coach's Corner Continued...

3. Mental preparation: Soccer is not only a physical game but also a mental one. Youth players can prepare for the season by developing a positive attitude and a strong mental toughness. This can involve visualization exercises, goal-setting activities, and learning to handle stress and pressure.


4. Teamwork: Soccer is a team sport, and it requires players to work together and communicate effectively. Youth players can prepare for the season by working on their teamwork skills. This can involve activities such as teambuilding exercises, practicing set plays, and learning to communicate effectively with their teammates.

5. Knowledge of the game: Soccer is a complex sport that requires players to understand the rules, strategies, and tactics involved. Youth players can prepare for the season by learning about the game, watching professional matches, and studying the strategies used by successful teams.

(Adopted from article originally appearing at [traceup.com/pre-season-soccer-training](https://traceup.com/pre-season-soccer-training))

## Offenses Against Referees

A Penalty Summary document has been made available by U.S. Soccer and provides guidance on the various types of physical and non-physical offenses/abuse towards referees and the minimum sanctions that will be required. Additional information can be found in [this article](#).



# PENALTY OVERVIEW

The Penalties Matrix defines consequences associated with physical and non-physical offenses against Referees.

### NON-PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

NON-PHYSICAL*	MIN. GAMES	TIME
Insulting, Belittling, Insinuating or Taunting Behavior Undermining Referee Authority	2	
Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non Physical) Language	4	
Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening (Physical / Violence) Language	6	6 - 24 Months
Offensive or Discriminatory Act	10	12 - 24 Months

### PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

PHYSICAL*	MIN. GAMES	TIME
Minor or Slight Deliberate Touching	3	1 - 6 Months
Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non Striking Manner, or Physical Property Damage	10	6 - 24 Months
Hitting, Punching, Elbowing, Kicking, Biting, Spitting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner		12 Months - Lifetime

#### KEY PENALTY FACTORS

- Single offenses are at **minimum the prescribed game penalty or time penalty** for non red zone offenses
- Penalties can be **both game and time depending on severity** / circumstances
- Second time offenders receive **double punishment**
- Third time offenders receive a **lifetime ban**
- More than one offense at the same time is **at least the punishment for the most serious offense**
- Offenses against minors are automatically subject to a **"minor multiplier" resulting in triple punishment**
- One offense warning per league** to be managed by states and leagues collaboratively
- Game consequences are **inclusive of 1 game penalty for any red cards given**
- Optionality for **50% penalty for first offense from a minor**

Please follow your current reporting structure - updated reporting procedure will be a part of Phase 3.

(\*) Disclaimer: These are only a few examples of abuse - other actions or statements may also fall into this category.

