

## Silent Saturday

"Silent Saturday" is ONE DAY out of the schedule in which parents, coaches and spectators are not allowed to talk during the game. This may sound like a radical idea, but the program has met with huge success rates all over the country, in both large soccer clubs, such as New York and Massachusetts, and small clubs, like MUSA. Oftentimes, it is the kids themselves who express the most positive feedback.

As many of you know, MUSA had a Silent Saturday last Spring. As with everything, we did have a some parents who did not like it. However, the vast majority of the feedback was very positive. Several coaches commented on how well their players communicated on the field, something that seldom gets noticed in all of the extra noise of typical game days. The feedback that we got directly from the kids was very positive. Many said they could concentrate more; some did say that they liked not having their parents yell at them if they "messed up." The kids were happy that their parents made signs and banners with their names on them, or wore t-shirts with their pictures. They liked being able to make decisions (who takes the ball out, who does the goal kick, etc.). Remember - kids go out on the playground every day and play soccer, baseball and basketball without help or cheers from the sidelines.

Please visit our website and click on the links to read more about Silent Saturday as it is done in other clubs.

### The Objectives of Silent Saturday

To give players a chance to trust their skills and instincts without sideline input, and without concern that their mistakes will be corrected from the sidelines in a game environment.

To foster leadership skills among the individual players as they have the unique opportunity of giving (your) instruction on the field.

To foster a sense of true teamwork as the players must learn to rely upon one another and communicate with each other accordingly.

To remind coaches, parents, and players that PRACTICE is the time for instruction.  
Games are the showcases for learning.

To remind everyone that youth soccer is primarily for the purpose of kids playing, learning and having fun.

To support our youth referees.

(See Reverse side for Rules.)

## RULES:

Silent Saturday Does Not apply to the U5 division.

U6 Coaches may verbally coach, however parents must observe the rules of Silence of the day.

Coaches and parents in all other divisions must observe the rules of Silence of the day.

Coaches are permitted to call out for substitutions, and coaches may speak quietly to their players on the sidelines, giving them instructions to carry out onto the field, such as "Joey, I want you to switch positions with Tommy, and make sure Billy gets a chance to do a throw in, ok?"

Parents are encouraged to make posters, signs, or banners showing their child's name and/or jersey number. Some whole teams or individual parents even make T-shirts showing their child's name, or jersey number, or even a photo. Contact your local T-shirt or screen printing business for T-shirt details.

Parents are also encouraged to bring pom poms, or cow bells, or drums, or other noise makers (No Whistles, please) to let the children hear their continued support.

Rec teams will not be scheduled to host an away game on this date. However, select teams may host an away game (MUSA does not handle the select scheduling and therefore have little control over who plays where on any given date) so Silent Saturday does Not apply to Select teams.