



The Goalpost

May '08 Issue

Discuss, Practice & Model Good Sportsmanship

What is good sportsmanship? What does it mean to you to be a good sport? Answers to this question vary widely. Let's look at the "roots" of good sportsmanship!

Rules allow us to keep the game fair. If we win by ignoring or violating the rules, what is the value of our victory? Honor the letter *AND* the spirit of the rule is important.

Without an **O**pponent, there would be no competition. Rather than demeaning a strong opponent, we need to honor strong opponents because they challenge us to do our best. Athletes can be both fierce and friendly during the same competition (in one moment giving everything to get to a loose ball, and in the next moment helping an opponent up). Coaches showing respect for opposing coaches and players sets the tone for the rest of the team.

Respecting **O**fficials, even when we disagree with their calls, may be the toughest part of displaying honor. We must remember that officials are not perfect (just like coaches, athletes and parents!). We must remember that the loss of officials (and finding enough in the first place) is a major problem in most youth sports organizations, and we can confront this problem by consistently respecting officials.

It's easy for young athletes to think solely about their own performance, but developing sportsmanship requires that athletes realize that being part of a **T**eam requires thinking about and respecting one's teammates. This respect needs to carry beyond the field/gym/track/pool into the classroom and social settings. Athletes need to be reminded that their conduct away from practices and games will reflect back on their teammates and the league, club, school and/or parents.

Athletes should be encouraged to live up to their own highest personal **S**tandard of honoring themselves by always doing their best, even when their opponents are not. Athletes' respect for themselves and their own standards must come first.

Use every teachable moment to discuss, practice and model good sportsmanship on and off the pitch!



Excellent recreational, select and premier soccer at affordable prices.

Dupont Hospital
DISCOVER THE DUPONT DIFFERENCE

Mission & Values
"Responding to the health-care needs of the community, we are committed to excellence in all aspects of care through education, prevention, treatment and support. We create a five-star experience by exceeding individual expectations for all who enter our door."

How to Contact Us...

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Positive Coaching Alliance

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Dupont Hospital [CLICK HERE TO DISCOVER THE DUPONT DIFFERENCE.](#) **FWUSA** OFFICIAL SPONSOR

From the Citadel President Larry Rowland

Tryouts will be held this year from June 2-6 at Kreager Park, with 1 June 16h tryout date by invitation only. The boys will hold their tryouts on both June 2nd and 4th, while the girls will have their tryouts on June 3rd and 5th. We are currently working to provide a pre-registration form that can be downloaded for use from the FWUSA web-site. We hope to have this capability available within the next two weeks.

Excitement abounds as our teams have begun playing outside. The Citadel teams have begun their travel, and are faring quite well in early outdoor matches. After so many weeks practicing in the ASH Centre, it is refreshing to be able to watch the teams compete outdoors. Now, if only we could ensure that our weekends are filled with sun and perfect fields, life would be very good indeed. As we cheer for our teams and players, let's remember to show respect for the referees, opposing players, and their families. We want our club to be known for excellent sportsmanship and decorum.

Plans are underway for this year's Family Fun Fest which will be held on Friday, May 9. Make sure that you reserve space for this exciting Citadel family event as soon as possible.

A number of teams are selling raffle tickets to help defray the costs of their European trip. Tickets are \$25 each, and can be purchased from any player who is traveling to Europe to participate in this training event. The first place winner of the raffle will receive 2 airline tickets to England, as well as 4 days and 3 nights in an English hotel. We hope that the raffle will be able to raise money for our teams, and also provide a great getaway for the raffle winner.

Larry Rowland, President-Citadel



From the Select President

As happens many times in the Spring, the weather worked against us on opening day and made the fields unplayable. While Kreager Park does not close because of the weather, the playing surfaces had standing water and the turf was loose. I would like to apologize to anyone that did not find out about the suspension of play before they made the drive to the fields. The Board worked all Sunday morning, trying to contact as many teams, referees and individuals as possible.

Our first contacts are to the coaches via e-mail. In the future, if you have any question about a play-date, check with your child's coach. We are also working on a way to post real-time information on the FWUSA website. There is a new web master this spring and the club continues to work out the bugs. Thank you for your patience.

The April 13th games will be played on the scheduled rain date, which is May 3 (Saturday). The games are scheduled for the same time, on the same field. Any changes that may be necessary will be communicated directly to the affected coaches.

We finally were able to get the games in on April 20. Though a cool, windy day, the games stayed on schedule and seemed to go off without a hitch. Most of the cheering I heard was encouragement to the players and I thank you for that.

Some of the comments from the sidelines, though, seemed to encourage rough play. While some contact is legal in soccer, we have to be careful about encouraging it. The first priority must be the safety of the players. The last thing we want is a season-ending injury to any child. Please help by stressing sportsmanship and fair play.

Goal Keeper training is being provided by Terry Stefankiewicz each Wednesday evening, at Concordia Seminary, from 6 pm – 7 pm. The first 2 sessions have had mostly the same players attending, and has allowed them to progress quickly. Please remind your keepers about this free training.

Just for Feet training is being provided each Tuesday evening though May 13 at Kreager Park from 5:30 – 6:30. This is being lead by Hani Rabi and is open to all Select and Citadel players. Some teams use this as one of their practices during the week, to get their players good conditioning and foot work training.

The Select Board is currently working on a schedule for the 2008 – 2009 try-outs. More information will be posted on the website on this in the next few weeks.

Hopefully the weather will not cause us any more problems this spring. While it may not be as warm, or as cool, as we would like, games will be played as long as the fields can be used safely. As always, if you have any comments, questions, or concerns, please let me know. My contact information is on the www.fwunitedsoccer.com web site.



CITADEL SCRIP NEWS

Volume 1 Issue 7

May 2008

April showers bring May outdoor practices, out of town games, out of town tournaments, late night dinners, dinners in the car, etc. Citadel SCRIP is here for all of your soccer SCRIP needs!!

Cash and Carry SCRIP is well under way, every Monday evening at Kreager Park from 6:30-7:30pm. Look for us under the Pavilion through the end of spring soccer season. Please use a current order form as percentages have increased/decreased. Also, disregard old order forms as they lead to mistakes.

SCRIP Updates

- **If you are traveling out of town and need to purchase hotel SCRIP, please plan ahead!!!** Orders are placed on Monday evenings and are not available for pick up until the following Monday. Also, keep in mind if you are traveling out over Memorial Day weekend to purchase your SCRIP in advance!!
- We have been informed from our national broker that **CVS Pharmacy** has increased its percentage (until further notice) **to 4%**. These gift cards are available in \$25 increments.
- Feel free to check out our national brokerage house for pages upon pages of vendors you can special order. Go to www.glscrip.com and click on 'Retailers' to browse.
- **Outback Steakhouse** has closed their north store on Clinton Street, but you can still use Outback SCRIP at the Village of Coventry location. Outback SCRIP is also good at Cheeseburger in Paradise Restaurants.

SCRIP Reminders

- You may drop off your order personally to Jodi's home (prior arrangements made) or it can be mailed to Jodi Deiser at 1520 Pemberton Drive, 46805.
 - If you have any questions, please contact a Citadel SCRIP Coordinator: Colette Boylen (348-3204) or Jodi Deiser (420-8999).
-

From the Citadel Director of Coaching:

Coach Hani Rabi



Hi everyone!

It's Melinda here.

This summer (exactly 108 days from now) my soccer team is going to go to England and Scotland. I'm really excited. We're going to be there for 10 days, training and playing three friendly games against local teams.

This is an awesome opportunity, it's like a once-in-a-life-time thing. Some of you might know that I want to play soccer in high school, and then even in college; this trip will help me become a better player, and that's another reason why I'm so excited.

During the 2006 World Cup, I became a soccer fanatic; I can tell you anything you want to know about professional teams all over the world.

My favorite team is Manchester United. And guess what?!? We're going to see their stadium, which is a huge dream for me (coincidentally it's nick-name is the "Theater of Dreams").

We are also going to go to Rangers FC (in Glasgow) and Sunderland, who's coach is Roy Keane, a Man U legend, to learn from the best.

I'm really excited about getting better and hanging out with my friends. It's going to be awesome.

Thanks! :]

[Melinda Earnest](#)

Wizards Youth Soccer Night

FORT WAYNE WIZARDS **YOUTH SOCCER NIGHT**
 WITH THE WIZARDS • 2008

FRIDAY
MAY 23

vs.
Great Lakes Loons
 (Los Angeles Dodgers)

GAME TIME:
6:00PM

PRE-GAME PARADE ON THE FIELD
 • Players and teams are encouraged to wear their jerseys!

ON-FIELD GAMES AND CONTESTS
 • Will be soccer-themed during the game!

SPECIAL GAMES ON THE CONCOURSE
 • The Speed Pitch will be converted to record kick speeds!

RUN (AND DRIBBLE) THE BASES
 • Come on the field & dribble around the bases after the game!

PURCHASE YOUR TICKETS TODAY!

- EXCLUSIVE TICKET PRICE: GRANDSTAND SEATS: ONLY \$6.00!
- GRANDSTAND TICKET/HOT DOG & SOFT DRINK COMBO: \$10.00!
- DEADLINE TO ORDER TICKETS: FRIDAY, APRIL 25

YOUTH SOCCER NIGHT • TICKET ORDER FORM
 Friday, May 23rd • Game Time: 6:00pm

Name: _____
 Address: _____
 City: _____ State: _____ ZIP: _____
 Phone: (____) _____ ext. _____
 Email: _____

METHOD OF PAYMENT: Credit Card Check (Payable to Fort Wayne Wizards)

VISA Mastercard Amer Exp

Card #: _____ Exp: ____/____

3 Digit # on Back (For Security Reasons): _____

SEAT TYPE	#	PRICE	TOTAL
Grandstand Tix		\$6.00	
Ticket/Voucher		\$10.00	
Ticket locations based on availability			TOTAL

Return your ticket orders and money to your coach by Friday, April 25

QUESTIONS? Brent Harring • Fort Wayne Wizards Baseball • 1616 E. Coliseum Blvd. Fort Wayne, IN 46805 • Phone: (260) 407-2816 • bharring@fortwaynewizards.com



1st Annual Angels on the Pitch Tournament

ANGELS ON THE PITCH
3 V 3 SOCCER TOURNAMENT

JULY 18-20
KREAGER PARK
FORT WAYNE, INDIANA



Early Registration Deadline May 18, 2008

Proceeds will be donated to the IN Chapter of the Leukemia/Lymphoma Society.

Raffle for **Matthew Fackler**, a Bishop Dwenger Sophomore and bone marrow recipient - 100% of the proceeds will be given to his family.

PLAY FOR HOPE

Cruzbol International, LLC is an organization that was developed to help children stimulate their passion, confidence and creativity through the endorsement of soccer and fitness. Through camps, Cruzbol is able to help children develop fundamental skills for soccer while having fun and making social connections that enhance self-esteem.

Cruzbol International is also focused on community development offering programs that adhere to children on many levels from multiple backgrounds. Cruzbol International strives for excellence by creating an environment that is affordable and conducive for learning.

Our next endeavor will be hosting the **first annual "Angels On The Pitch" 3v3 Soccer Tournament July 18-20 at Kreager Park** in Fort Wayne, Indiana. This grand event is expected to draw the interest of teams from all over Indiana. The tournament will be hosted by Cruzbol International, LLC in conjunction with Soccer Kicks for Cancer and FWUSA (Fort Wayne United Soccer Association) to help raise money for the Indiana Chapter of the Leukemia/Lymphoma Society.

We are asking for donations, either monetary, service and/or product. Additionally, we will hold a raffle to generate funds to be given to a family in need of assistance for medical expenses. As a parent of a Leukemia survivor, I can assure you that the Leukemia Society does wonderful things to help families of Leukemia patients as well as aid cancer research.

I hope that you will consider a donation to this wonderful cause. Please feel free to visit our website www.cruzbol.com. If your company would be interested in being a major sponsor of this tournament, please contact Jodie at 260.385.7506 or jrcruz@cruzbol.com.

Thank you in advance for your consideration and support.

Jodie R. Cruz, Tournament Director



Citadel Family Fun Fest

2nd Annual Citadel Family Fun Fest

May 9, 2008

******New this year: Silent Auction******

The Family Fun Fest Committee would like for every team to put together a "theme" basket to be awarded to each basket's top bidder during the evening's silent auction. Possible theme ideas include: soccer (of course), Colts, ultimate sports fan, chocolate, movie night, and gift cards galore. Be creative and have fun choosing your theme! Once your players decide on a theme, they are encouraged to bring in items to help fill their team's basket.

Once the baskets have been filled, a team representative can drop them off in the pavilion at Kreager Park on April 30.

The team that has the highest selling basket will receive a pizza party (and bragging rights).

ALL funds raised through the silent auction will go toward off setting the costs of the Family Fun Fest.

QUESTIONS? Contact Kerri Williams at KerriLWill@aol.com or Aimee Black at aimcblack@gmail.com



Announcing Family Fun Fest Details

2nd Annual Citadel Family Fun Fest

May 9, 2008

Come for the fun the food and the friends

Date: Friday May 9th

Time: 6 pm to 10 pm

Location: Walb Union Ballroom IPFW

Mark it down on your calendar.....

Tickets will be on sale through your team manager beginning

Monday, April 7th

\$8.00 per person

Events:

- Team Basket Silent Auction
- Great Prizes to be raffled
- '08-'09 coach announcement
- Winners for the European Trip raffles will be announced

Food will be provided by Ceruti's



Kudos Korner



Academy Citadel Select



- Congratulations to **Ryan Beck** for making the '93 state ODP team! ~Hani Rabi, Citadel DOC & Player Development



- Congratulations to **Clint Hoffar** for making the '93 state ODP team! ~Hani Rabi, Citadel DOC & Player Development



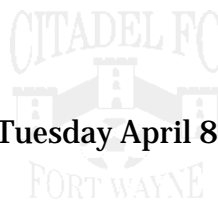
- Congratulations to **Landon Cochran** for making the '95 state ODP team! ~Hani Rabi, Citadel DOC & Player Development

- **Congratulations to the following Citadel FC Teams:**

- U10 GW** Ohio Elite Spring Classic: 2nd Place Finish
- U10 BW** Ohio Elite Spring Classic Winners
- U11 BW** NSR Region II Cup Winners
- U12 BW** Ohio Elite Spring Classic Winners
- U15 BW** Red Lion Invitational: 2nd Place Finish
- U16 GW** Derby Cup Winners

~Hani Rabi, Citadel DOC & Player Development

Anyone can submit names for the Kudos Korner!! We are an organization full of dedicated volunteers and paid professionals. Let's recognize our coaches, board members and parent volunteers within the FWUSA!



Just For Feet

JFF (Just For Feet) starts Tuesday April 8 at Kreager from 5:30-6:30!



Citadel FC April Players of the Month**Sierra Schwabb, Citadel FC U10G**

Sierra has not missed any practice sessions this Spring, she has positive attitude and she loves soccer. She worked very hard to become the Number 1 Goal keeper and she does a great job in goal. Sierra attends practice ready to do whatever the coaches ask of her and at her age she loves being a Goal Keeper which is a very unique quality. Sierra has developed her foot skills and has confidence in her technique and ball distribution. Sierra has also improved on her juggling and continues to work hard to improve herself. At the Ohio Elite Tournament, she made unbelievable saves to keep her team in the match.

**Jacob Hill, Citadel FC U10B**

Jacob is always at practice and has a great attitude toward the coaches and his team mates. Jacob has developed into a very good soccer player and respectful of his coaches. His coach said that Jacob became not only a good player but a matured young boy. Jacob has been an asset to the team and he always gives 100%, never complains and always has a positive attitude.



Citadel FC 2008/2009 Tryouts Announced

Pre-Register TODAY!

Tryouts to be held at Kreager Park 7255 N. River Rd.

BOYS ~ Monday, June 2 and Wednesday, June 4

5:30 -7:00pm: U15B, U16B, U17B, and U18B

7:00 -8:30pm: U9B, U10B, U11B, U12B, U13B and U14B

GIRLS ~ Tuesday, June 3 and Thursday, June 5

5:30 -7:00pm: U15G, U16G, U17G, and U18G

7:00 -8:30pm: U9G, U10G, U11G, U12G, U13G and U14G

Monday June 16 (Invitation Only) 5:30 - 8:30pm



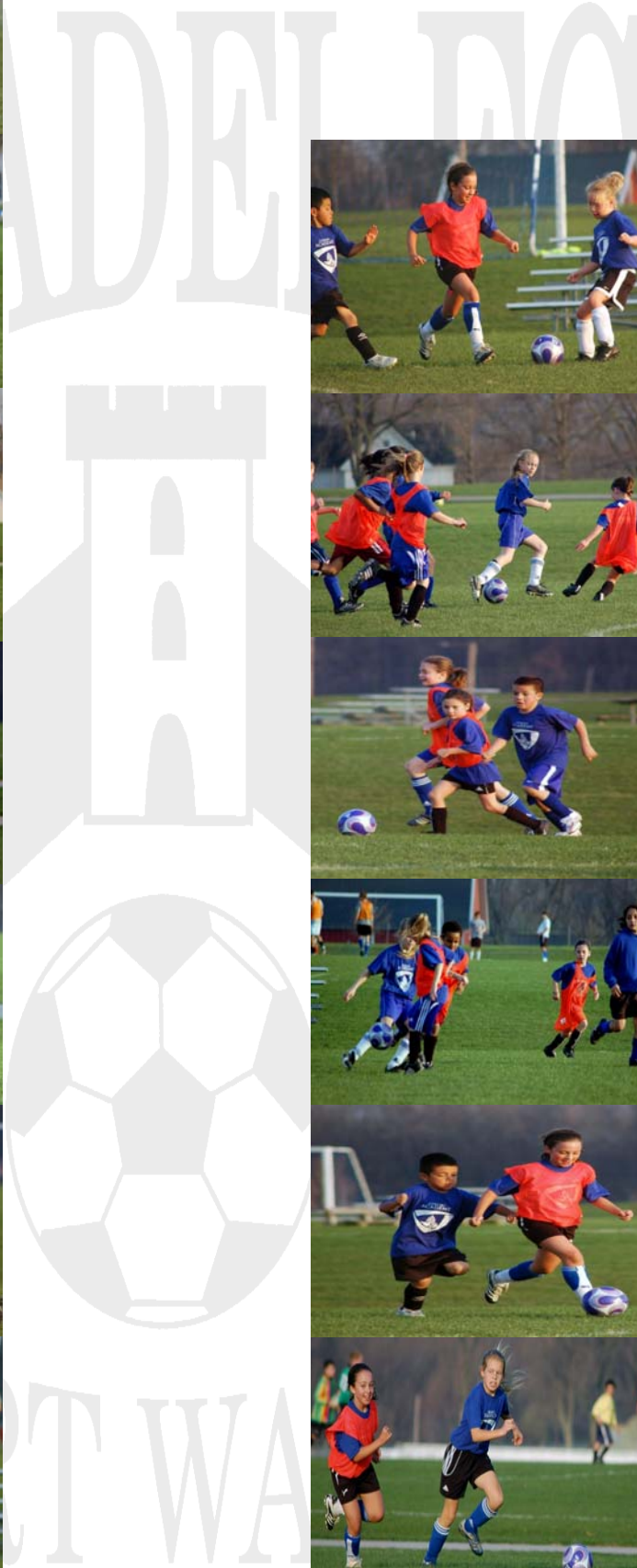
For complete information and **pre-registration**, visit us at

www.citadelfc.com or contact DOC Hani Rabi at 260.460.0434!

HELPFUL INFORMATION AND FORMS at http://www.fwunitedsoccer.com/citadel/citadel_tryouts.shtml

- [Age Chart](#)
- [Maps and directions](#)
- [Online Tryout Registration Form](#)
- [Tryout Exemption Form](#)
- [Play Up Process](#)

Citadel FC Academy





Dupont Hospital – Heart Health Tip

Exploding three myths about the common cold

No illness is as universal, or as annoying, as the common cold. Experts tell us most adults get 2-4 colds per year, and that there are at least 200 different microbes that cause them. There are probably more myths about the common cold than that! While colds may be nothing to sneeze at, some of the myths about them are.

Myth 1: Feed a cold, starve a fever.

This is a nice saying, but there is no scientific evidence to back it up. The point is likely to get you to eat in the first place, since you commonly lose your appetite when you get a cold. What's more important is getting plenty of fluids. Remember, sodas and coffee don't count; you need fluids without caffeine.

Chicken soup really is good for the common cold, though. No one is sure why it helps clear mucus from your lungs more effectively than any other fluid. Of course, a hot meal always makes you feel better.

Myth 2: Getting chilled and damp is certain to result in a cold.

This one seems self-evident, but it's a case in which your intuition fails you. Numerous scientific studies have proven that being chilled, or even being cold and damp, has no bearing on whether you get a cold. Colds are spread by viruses, and if you catch a virus, you'll get a cold no matter how warm you are.

Myth 3: Whiskey and lemon makes an effective cold medicine.

Whiskey and lemon mixture is a classic folk cure for the common cold, and many enjoy a bit of honey with it, too. It tastes great (much better than medicine!) and may even make you feel better, in a way. What it won't do is get rid of your cold.

There is nothing wrong with the lemon juice, since you need fluids anyway. Even the honey is not so bad, because it's a source of needed calories. The alcohol, however, has no healing benefits at all and may in fact dehydrate you.

To reduce your risk of a cold ...

Wash your hands regularly & thoroughly. This is the single most important thing you can do. Door knobs, handles, tables and most other hard surfaces can harbor the cold virus. Washing with soap and warm water will kill the majority of the viruses and may keep you from catching a cold.



**Bailey Beery is the U10G Juggling Champion!
Congratulations Bailey!!**



Congratulations Citadel FC 93 Boys

Citadel 93 Boys team and the finalist trophy they won at the Red Lion Invitational Soccer Tournament in Indy on April 12 & 13. They defeated Hoosier FC U15 Orange 3-0, FC Pride

93 White 6-0 and Westside United FC White 3-0. They lost the championship game 0-2 to Inter FC Select 92/93 from Illinois.



Congratulations Citadel FC U12 Boys White

The U12 boys white team, coached by Carlos Cruz received first place in the Ohio Elite Spring Classic after an exciting OT championship game which went to PKs to determine the winner.



Congratulations Citadel FC U11BW Won NSR Region II Cup



Congratulations Citadel FC U116GW Won Derby Cup



**Congratulations Citadel FC U10GW Second Place
Ohio Elite Spring Classic**





Congratulations Citadel FC U10BW Won the Ohio Elite Spring Classic





Citadel Executive Board

Citadel Comments, Citadelcomment@yahoo.com

Larry Rowland, President larryrowland2@mac.com

Deb Kunkle, Secretary debkunkle@msn.com

Pat Murphy, Treasurer MurphyTreasurer@comcast.net

Citadel Board of Directors

Aimee Black, Uniform Coordinator aimcblack@gmail.com

Jami Beard, Communications Coordinator jbeard@chosenlan.com

Volunteer Needed, Sponsorship Coordinator

Annette Zirkle, Tournament Director azirkle2000@verizon.net

Linda Lozo, Manager Coordinator chubbyspizzas@verizon.net

Martin Heiny, Registrar mdheiny@msn.com



Executive Director

Steve Helsler fwusa_exec_director@comcast.net

August 23 - 25



Select Executive Board

Steve Moeller, President Moeller_5@verizon.net

Phil Seidel, Secretary shelby_philip5@yahoo.com

Angie Moeller, Treasurer Moeller_5@verizon.net

Select Board of Directors

Volunteer Needed, Communications

Al & Deb Wildrick, Match Scheduler dawildrick@verizon.net

Preston Benzinger, Coaches Manager pbenzinger@msn.com

Heidi Bercot, Equipment Manager hmbercot@hotmail.com

John Fyfe, Registrar jsfyfe@verizon.net

Steve Moeller, Referee Coordinator Moeller5@comcast.net



Juggling Records

Readers of the Goalpost (FWUSA members) can now be recognized for achievements in juggling! If you can juggle a soccer ball 25+ times without it touching the ground, submit the following to the Communications Director. You will receive a star behind your name for every 25 times that you can juggle!

1. Your full name
2. The club/s and team/s within FWUSA that you are rostered with
3. Your juggling record
4. The name of the FWUSA coach or parent that observed your juggling record
5. The date of your achievement



Report all juggling records at jbeard@chosenlan.com.

Your juggling records may very show up on the FWUSA website soon so start practicing today!

Juggling is a key training element which is often overlooked. Juggling allows the player to gain a feel for the ball. These touches build confidence and makes players aware of parts of their body used to control or pass the ball. With a larger range of comfort with the ball, imagination is often sparked in game play.

Juggling should become a daily routine that only takes a few minutes a day. Develop good juggling technique.

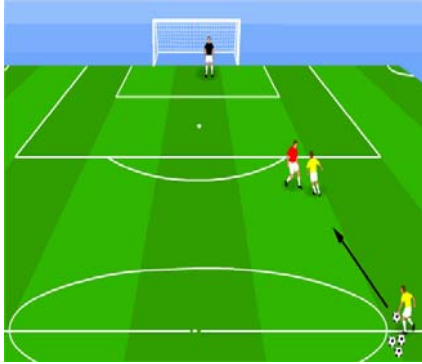
- Use all parts of the body (head, chest, thighs, and feet) and alternate feet. Don't get caught only juggling with your dominant foot!
- Focus on good controlled touch to realize the full potential of juggling. If a player does not have good body control this will lead to bad touches.
- Be able to control the ball in different situations. So if a player has a bad touch, they should try to recover it rather than starting over.
- Be able to maintain good body position.
- Find rhythm and harmony between the player and the ball.
- Practice while standing still, then progress to walking slowly and then with some pressure by either time or opponents.
- Practice juggling about 20 minutes each day.



Achievements In Juggling

Brianna Cruz Citadel U11G	*****	150 (alternating feet)	Hani Rabi, DOC	04/08
Brennan Cochran Citadel U11BW	*****	343	Hani Rabi, DOC	03/08
Ryley DeJong Citadel U11BW	*****	222	Hani Rabi, DOC	03/08
Hunter Cone Citadel U11B W	***	92	Hani Rabi, DOC	03/08
Elizabeth Helser Citadel U16G	****	116 (alternating feet)	Hani Rabi, DOC	02/08
Hannah Dolfuss Citadel U10G/U11GW	**	73	Coach Hein	02/08
Max Baker Citadel U10B	**	53	Coach Hein	02/08
Hannah Tkac Citadel U10G	*	41	Coach Hein	02/08
Alex Baker Citadel U10B	*	47	Coach Hein	02/08
Derek Sutton Citadel U10B	*****	161	Coach Jozsef	02/08
Hunter Cone Citadel U11B	***	90	Coach Jozsef	02/08
Walter Li Citadel U11B	**	60	Coach Jozsef	02/08
Bradley Lancaster Citadel U11B	*	43	Coach Jozsef	02/08
Chris Clemens Citadel U12B White	*	47	Hani Rabi, DOC	02/08
Kyle Payne Citadel U12B Blue	*	42	Hani Rabi, DOC	02/08
Delaney Carroll Citadel U11G	*	41	Hani Rabi, DOC	02/08

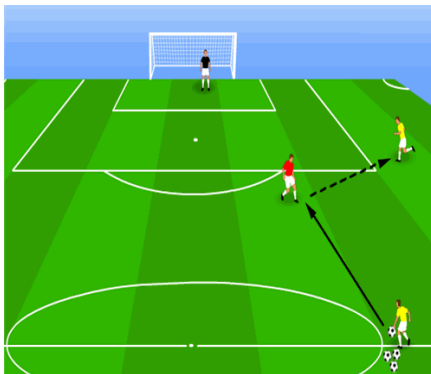
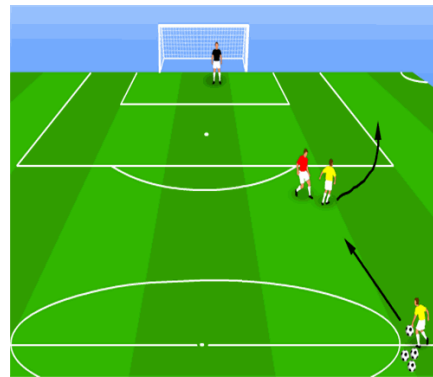
FineSoccer Kids Newsletter - What To Do When a Teammate Dribbles Toward You



If you are a forward and playing near the middle of the field and one of your teammates is dribbling from behind, right at you, the biggest mistake you can make, which is also the most common mistake, is to just stand right where you are.

By standing still, it allows the one defender to mark both you and the oncoming player.

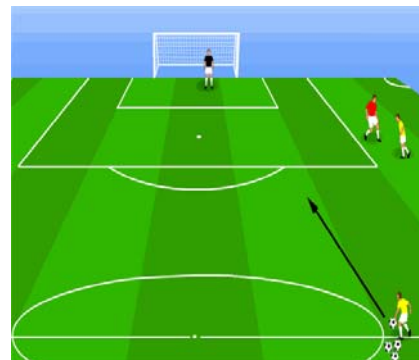
Instead, when you see this situation, make a curved run out wide.



By making this curved run, it forces the defender to make a decision. Either they will take the player with the ball, which will leave you wide open for the pass.

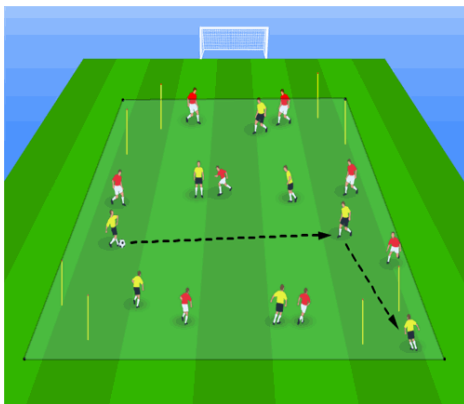
or they will stay with you which will give the player with the ball a free path to the goal.

The key is, when you see a teammate dribbling at you, look to make a curved run to open up space for you or your teammate.



FineSoccer Kids Newsletter - Passing & Communication

If you have 16 players, split them into 2 teams of 8 on a 50 x 50 field. There should be a 6 yard wide goal in each corner made of flags and these goals are around 8 yards off of the corner.



If the yellow team has the ball, they can score in any of the four goals. To score the ball must be passed through the goal and received by a teammate.

Once a goal has been scored, the team with the ball tries to keep possession and can then score on any of the other three goals. If the other team wins the ball, they can score on any of the goals. If the first team wins the ball back, they can go to any of the four goals.

This is a great way to work on passing and communication as well as vision.

This game can be played with as few as eight players (four on each team) and the fewer the numbers, the more the emphasis is on fitness.

Depending upon the numbers and needs of the players, you can make the field bigger or smaller, you can also make the goals bigger or smaller.