



GREEN BAY STRIKERS COACH'S HANDBOOK

www.gbstrikers.org

Soccer Association for Youth, USA

www.saysoccer.org

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Green Bay Strikers Philosophy

The Green Bay Strikers Soccer Club is dedicated to having fun while learning the game of soccer. Through family involvement, we foster sportsmanship, team spirit, social development and a positive self-image. Players of all backgrounds, ages and abilities have an equal opportunity to participate, excel and enjoy the game.

COACH'S RESOURCE TEAM

Many parents who become coaches of our young soccer players have limited or even perhaps no knowledge of the game itself, let alone how to feel comfortable directing and coaching a group of players.

Have no fear...GREEN BAY STRIKERS ARE HERE!

We not only provide training that includes this coach's manual to give you "nuts and bolts" type information that is easy to use and has proven effective, we also have a team of dedicated and experienced people who can answer questions and assist you with any challenges you may face during your season. What the resource team can do for you:

- Give ideas on how to setup and run a practice
- Give suggestions on playing strategies

The following volunteers are here to assist you:

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THANK YOU FOR YOUR DEDICATION TO THE YOUTH OF GREEN BAY!!!

SOCCER ASSOCIATION FOR YOUTH COMMERCIAL GENERAL LIABILITY INFORMATION

- Covers every coach, referee, board member, etc. when operating in a sanctioned SAY event - game, practice, meeting, training classes, etc.
- Key word is sanctioned SAY event; by the league or a team within the league.

**** REMINDER TO ALL COACHES ****

The Green Bay Strikers has stressed the importance of sportsmanship and enjoyment of the game of soccer for all participants. We, as coaches, need to conduct ourselves at all times with those goals in mind. Please review the soccer sportsmanship commitment listed below as part of your agreement to be a coach and model for young people.

SOCCKER SPORTSMANSHIP COMMITMENT

Coaches

- Put fun ahead of winning.
- Be a living example of sportsmanship and fair play.
- Always be prepared for practices and games.
- Rotate your players through all positions over the course of the year.
- Make participation fun.
- Be sure your players play at least half of every game.
- Maintain a positive approach at all times.
- Maintain and enhance players' self-esteem at all times.
- Respect the referees at all times.
- Assume responsibility for parents' behavior.
- Fulfill training requirements.
- Abide by the Bay-Lakes Coaches Code of Ethics and Behavior.

Players

- Soccer is a team sport. You can best contribute to the success of the team by learning the fundamentals and playing unselfishly.
- Success is measured as much by improvement as by the score.
- Applaud and encourage your teammates at every opportunity.
- Contact your coach in advance if you will be late or absent from a game or practice.
- Arrive on time for practice and 15 minutes before games.
- Absolutely no negative comments to the referees.
- Abide by the Bay-Lakes Players Code of Ethics and Behavior.

Parents

- Children need positive role models. They are very much aware of how we behave in different situations (winning and losing).
- Attempt to relieve the pressure of competition, not increase it. A child is easily affected by outside influences.
- Be supportive of the coach. The coach is a volunteer giving up personal time to provide a recreational activity for your child.
- The opponents are necessary friends. Without them your child could not participate.
- Applaud good plays by our team and by members of the opposing team.
- Do not openly question an official's judgment and honesty. Officials are symbols of fair play, integrity, and sportsmanship. Hostile criticism of referees is not tolerated.
- Accept the results of each game. Encourage your child to be gracious in victory, and to turn defeat into victory by working towards improvement.
- Let the coach do the coaching. Yelling instructions, though well intended, usually only confuses your child.
- Offer to help coaches whenever possible - assistance in "keeping things organized", shagging balls, etc. really helps.

GREEN BAY STRIKERS

INJURY GUIDELINES

BACKGROUND

Most Strikers coaches are not trained “First Responders” and should not attempt to render First Aid beyond their capabilities and/or specific training. Therefore, these guidelines have been adopted by the Board for individuals acting as volunteers on behalf of the Strikers Soccer Club:

- **Parent custody:** In all cases of injury, turn player over to his/her parents at the earliest possible time. Parent should treat all minor injuries if at all possible. Coaches should have the team’s medical roster, which contains the home and work telephone numbers of all parents or guardians.
- **Any apparent spinal injuries (head, neck, and back):** Do not attempt to move player – this may cause further injury. Call rescue squad immediately. Do not allow player to reenter the game under any circumstances. Watch for symptoms of concussions.
- **Other injuries:** Take the time necessary to assess the extent of the injury by:
 - Talking to the player and other players to determine what happened and the extent of the pain.
 - Observing player movements and facial expression.
 - If pain is severe and persists, do not move the player - you may cause further injury. If parents are not there to take custody of the player, then call the rescue squad.
 - If the pain is not severe and the player can be helped to the sideline, do so. Do not allow the player to return to the game until pain is no longer present and parents tell you the player is cleared to play again. If you are not totally sure of the situation, do not allow the player to return to the game.
- **Sprains and bruises:** Apply ice and elevate body part.
- **Bleeding wounds:** Players must be removed from the game until the wound is bandaged and blood is removed from clothing.
- **Heat related conditions:** Act **immediately** if a player shows signs of heat stroke - confusion, dizziness, vomiting, diarrhea, muscle cramps, high body temperature, light-headedness or loss of consciousness. Call the rescue squad immediately; cool the victim down with cool water, ice, etc. Continue cool down procedures until emergency personnel arrive.
- **Document the injury:** For you and your **club’s protection**, fully document every incident. (Contact us at info@gbstrikers.org to report the injury and obtain an injury form).

CONCUSSIONS

To accommodate the State of Wisconsin concussion laws, we need all coaches to understand the signs of a concussion and know how to proceed with a suspected concussion. Online concussion training is mandatory and you should have your Certificate of Completion at all SAY activities. You, as a coach, are not liable in regards to determining/treating a concussion. The intent of this law is to make everyone aware of concussions and the health risks connected to them. During the season, if you have a player exhibit signs of a concussion, PLEASE remove the player from the practice/game immediately. The player should be seen by a medical professional and they cannot play again until you have a note clearing the player to return to the field of play. The law is very clear on this point. It’s better to miss one game than the whole season!

THE ART OF COACHING

Now that you have taken on the role and responsibility of being a soccer coach, the question that comes to mind is, where do you start? To allow the youths under our direction to get the most from the experience, it is important that:

- You are well organized and prepared for both practices and games.
- Solicit/encourage help from the parents.
- **HAVE FUN**

Start of the Season (Pre-practice meeting):

Prior to the first practice the coach should hold an informal meeting of all the parents and youth to:

- Introduce yourself.
- Allow the team and parents to meet each other. School, age, years playing soccer.
- Go over the logistics for the upcoming season.
- Solicit help from the parents for practices and games.

Scheduling an informal meeting of all the parents and youths on your roster works best and allows you to:

- Discuss your coaching philosophy and what you hope to achieve during the season.
- Establish a time and place for practices. Plan to hold two practices a week if possible.
- Ask for a volunteer for picture coordinator.
- Distribute a team roster with phone numbers so everyone knows who is on the team. This assists in carpooling and contacting other members for assistance. Be sure to include your name and phone number. Do **NOT** give out player addresses.
- Discuss the game schedule and end of the year events.
- Identify what uniform items are required to be provided by the parents (practice ball, shin guards, shoes, **extra white t-shirt for playing goalie or if colors between teams are too similar**).
- Discuss the procedure for notifying parents of game or practice cancellations.
- Discuss the procedure for notifying parents of makeup games and parent responsibilities for those games. (U15 and U19 only)
- If desired, identify a schedule for parents to provide drinks and treats at the end of the game (rotate this among the parents and assign a specific parent to each game). Snacks shall be prepackaged and should not be shared between players.
- Discuss the parent's role and conduct during the game and at practices.
- Answer any questions the parents may have.

Other important ideas that should be expressed to the parents for the benefit of the team are:

- Ask parents not to put too much pressure on their children or you, the coach. **Absolutely no comments directed at the referees.**
- Explain to parents what you are trying to do and your positive ideals.
- "Practice what you preach" as you are the role model for your parents. Especially with regard to communication with the referees and other teams.
- Remind parents that players are here to have fun.

ITEMS TO COVER AT PLAYER/PARENT MEETING

- The purpose of SAY youth soccer is to learn athletic skills, develop sportsmanship, leadership, and above all, **FUN!!!**
- Practices are important. Each player is expected to attend. If a player is unable to attend a practice or a game, please let one of the coaches know **IN ADVANCE**.
- The team jersey **MUST** be worn for all games.
- Shin guards are required. Socks are required to be worn over them, preferably to the knee.
- Soccer shoes are highly recommended. Front cleat and sharp edges are not allowed (as commonly found on football or other sports cleats).
- Please bring a soccer ball to practice. Have your name on it.
(U-6) and (U-8) use a #3, (U-10) and (U-12) use a #4, and all others #5.
- You may not play with a hard cast.
- League rule: **NO** gum, candy, ice, etc., in a player's mouth during the game. No jewelry, including earrings and tongue studs, may be worn at practices or games. (Even if piercing is healing, your child will be required to remove the jewelry or she/he will not be able to play.) Knots in shirts or "tails" are **NOT** allowed. No hats. Parents: No alcoholic beverages.
- Players should be at the field 15 minutes before the game starts.
- The coaching staff cannot cancel a game due to inclement weather, only the referee or the Strikers Weather Committee.* Early U15-U19 cancellations will be coordinated between BayLakes and Strikers. If early cancellations are made for any playing level, Strikers will send out a communication through Sports Connect and Facebook. Dress accordingly - plastic bags or rain gear under shirts. Game determinations will most often take place at the field. *For U6 level, or if no referee is present at a U8 game, the coaches will be responsible for calling a game due to weather conditions. Help young referees and support them in decision making.
- We encourage enthusiastic, positive cheering. Encourage your child's efforts. **No profanity, arguing, etc., from players, parents, or coaches.** The referee's decision is final.
- All players are guaranteed to play at least half of every game. Each age group has a set number of players, including the goalie on the field at one time. (U6 does not have a goalie.)
 - U6 Co-Ed = 5 players per team (no goalie)
 - U8 Boys and Girls - 6 players per team, including the goalie
 - U10 Boys and Girls = 9 players per team, including the goalie
 - U12 Boys and Girls = 9 players per team, including the goalie
 - U15 Boys and Girls = 11 players per team, including the goalie
 - U19 Boys and Girls = 11 players per team, including the goalie

All other players, coaches and parents must keep a minimum of 8 feet behind the sidelines.

- All players should play all positions on the field unless there is a request not to play goalie. We would encourage all players to try playing goalie as well.
- If your athlete has some specific medical problems or injuries that we should be aware of, please let us know.
- If you have questions or concerns, please contact one of the coaches.
- Equipment check: water bottle, shoes, shorts, socks, jersey, shin guards and practice ball. Dress appropriately for the weather with the jersey as the outside layer. Eyeglass straps might be helpful.
- Team pictures will be taken on the date scheduled. Choose team name and battle cry if desired.

How Does One Coach?

Players will learn to play soccer by playing the game. As coaches, we are trying to augment this learning experience by imparting our knowledge in ways players can understand.

When coaching a skill, one should:

- Explain clearly, in simple language, exactly what you want the players to do.
- Get them playing as quickly as possible.
- If players cannot perform the skill, stop play and demonstrate (or get a player to demonstrate) with a brief explanation.
- You will probably need to break down the skill into simple parts.
- Listen to your players--what have they got to say?
- Recognize improvement as success.

The Four Coaching Objectives (What)

- **Emotional development** is concerned with developing the player not only as a good soccer player, but also into a responsible, mature person.
- **Fun** is a key part of the Green Bay Strikers Soccer. Fun is a vital part of all sessions, particularly for the younger player. Fun can mean many things including competitive small-sided games, participation, and variety and achieving improvement.
- **Participation.** To enjoy a practice a player must be taking part. In your practices try to work with each player with a ball rather than having players waiting in lines. For your small-sided games try to play two games of 3 v. 3 rather than one game of 6 v. 6.
- **Soccer improvement** is concerned with the skill development of the player. The coach should help his/her players improve to the maximum of their ability or as good as the player wants to be.

The Four Key Components (How)

The balance of the four key components depends on the age and ability of the players. The game itself is the teacher. Use great care not to over-coach.

- **Psychological.** Fun, variety, participation will help to develop the players. Use positive reinforcement rather than criticism. Players will learn from the mistakes they make. Mistakes should be expected en route to learning.

- **Fitness.** Players at this age group do not need specific fitness work. Improving individual technique is far more important.
- **Technique.** The basic skills of soccer: passing, control, heading, dribbling, running with the ball, shooting, etc.
- **Tactics.** Tactics is the decision-making part of soccer: what the player should do at various times of the game. Heading the ball is a technique; deciding how, when and where to head the ball is a tactical decision.

Teaching Skills

Teaching young players the basic soccer skills needs dedication, patience, and expertise. Each player should have his/her own ball and use it as often as possible. This will enable the player to get the maximum number of touches on the ball. It is best to teach skill using the progression of basic, game related and small-sided practices.

- Concentrate on one or two skills at each practice.
- Once the players can perform the skill, move the practice to a game related situation where there is some pressure from defenders and more movement.
- When the players are being successful in the game related practice, a small-sided game of 3 v. 3 can be introduced.
- Players need to practice the basic skills repeatedly. Playing and practicing skills under game conditions will be more enjoyable and motivating than using the drills approach.
- Don't single out a player either if they cannot perform a skill or if they are very good at a skill.

Principles of Play

All young players should learn the technical side of the game such as passing and control, shooting, dribbling and running with the ball, along with participation in small sided games where ball contact and decision-making is at a maximum. The coach should be concerned with teaching technical skills and individual player roles before worrying about team organization and tactics. The basics must be understood before moving on to more complex team matters.

- The coach should not worry too much about strategy, tactics, team arrangements (4-3-3, 1-4-3-2), etc. until the players have good basic technique and a knowledge of individual roles, usually about age ten.
- Players who have adequate technique and can pass, control, and shoot, can learn the individual roles. Ten-year-old players can begin to learn these ideas, which can be improved as the player becomes older.

Individual roles can be adequately taught in a 3 v. 3 small-sided game situations. The team with the ball should have:

- The number 1 attacker with the ball or in the process of receiving it who should look to penetrate or take defenders out of position.
- The number 2 attacker who supports the number 1 attacker.
- The number 3 attacker who provides movement off the ball.

The team without the ball should have:

- The number 1 defender who pressures the ball and either wins it or delays the attacker.
- The number 2 defender who gives support and helps the number 1 defender.
- The number 3 defender who gives balance to the defense.

GREEN BAY STRIKERS

SHORT-SIDED SOCCER RULES

For U6, U8, U10, & U12 year-old leagues

Introduction

Short Sided Soccer is designed to help young children better enjoy and understand the game of soccer. Short Sided Soccer provides for maximum involvement and participation in the game. Skills develop not by watching or listening to a coach talk about how it should be done, but rather by participating.

Short Sided Soccer is an ideal way to learn and teach the fundamental skills of the game because each player has many more contacts with the ball. Rather than have 22 players (11 vs. 11) with one ball, the ratio changes to 10 players (5 vs. 5) to one ball for the U6, 12 players (6 vs. 6) to one ball for U8 and 18 players (9 vs. 9) for U10 & U12. The more time the child spends with the ball passing, dribbling, etc., the faster the skills develop. This leads to more interest and enjoyment of the game.

We remind everyone: coaches, parents, and those officiating the soccer matches, that what they will be observing is not an attempt to duplicate an adult soccer match. In the past, children have been coached as if they were adults - they are not!

Guidelines for Coaches

- All players are guaranteed to play at least half of every game and should play all positions over the course of the year.
- It is OK to stop the game occasionally for a brief period of instruction (U6 only) but at the same time, be careful not to over-coach.
- Praise players often for their effort. Good play or attempted good play deserves praise, even though it may not have worked out perfectly.
- Discuss the nature of the short-sided game with parents and set the appropriate expectations of them with regard to player development and support of players.
- Do not run up the score. Players will undoubtedly know the score but concentrate on the things that contributed toward the score (passing, dribbling, movement off the ball, etc.).
- Coaches are the referees in Short Sided Soccer for the U6. Be sure to develop a good working/facilitative relationship with the other team's coaches.
- Be sensitive to the fact that, whether you like it or not, most young players will be intimidated by you. Be nurturing, get down to their level, literally. Have reasonable expectations and whatever you do, do not ever criticize them in a demeaning way.
- Focus on the fundamental techniques:
 - dribbling
 - striking the ball (passing and shooting)
 - getting open for passes (forming the triangle)
 - receiving the ball with feet, thigh or chest (trapping)
- Promote unselfish team play. Be careful not to allow one or two stronger players to dominate other less aggressive players.
- Medical: be sure you have emergency medical information and emergency medical treatment forms with you at all practices and games.
- Get parents involved as timekeeper, ball fetchers, small games facilitators, etc.

Small-Sided Rules:

1. Offside/Buildout Lines (Small-Sided U8/U10 Fields Only):
 - 1.1. Offside/Buildout Lines shall be marked across the full width of the field between each touchline and parallel to the Halfway Line on each half of the field.
 - 1.2. The Offside/Buildout Lines shall be located equidistant between the Halfway Line and the Penalty Area.
2. Number of players on the field from one team:
 - 2.1. U6
 - 2.1.1. Not more than five (5) players.
 - 2.1.2. Not fewer than three (3) players.
 - 2.1.3. Without a goalkeeper.
 - 2.2. U8
 - 2.2.1. Not more than five (5) players.
 - 2.2.2. Not fewer than three (3) players.
 - 2.2.3. With a goalkeeper.
 - 2.3. U10 & U12
 - 2.3.1. Not more than nine (9) players.
 - 2.3.2. Not fewer than six (6) players.
 - 2.3.3. One of whom shall be the goalkeeper.
3. Coaches on the field:
 - 3.1. U6 and U8 – One referee will manage the game. One coach from each team may be on the field between the Penalty Areas. **Do not hinder play.** A second coach shall work from the team's Team Area (Halfway Line to top of the Penalty Area). No one is allowed behind the Goal Line. The referee will make all game calls (no referee at U6 age, coaches make calls).
 - 3.2. U10 – Two referees will manage the game on the field. One coach is allowed on the field for the first two weeks of the season only. The coach on the field must stay between the Penalty Areas. The referees will make all game calls. U12 is same but – no coaches on the field during play.
 - 3.3. Coaches must behave responsibly. If a coach acts irresponsibly, he/she will be warned once. If irresponsible behavior continues or occurs a second time – BOTH coaches will be removed from the field for the remainder of that game, and the irresponsible coach(es) cautioned or ejected according to the severity of the offense.
4. Scoring:
 - 4.1. Although there are no restrictions on how many goals may be scored, coaches should encourage teamwork in the scoring of goals. One dominant player continually going the length of the field or shooting from long range is not what the game is all about.
 - 4.2. U8 – All free kicks are indirect. The ball must be touched or played by a player other than the kicker before a goal may be awarded.
5. Coaches' Role – Facilitation (U6):
 - 5.1. Keep the game moving!
 - 5.2. Coaches facilitate the game in a teaching mode. There are no referees for the U6s.
 - 5.3. Great Care should be given to the frequency in which coaches stop the game to teach. Instructional stoppages should be limited to 15 seconds. It is appropriate to stop and teach for crowding, handballs, fouls, or unsporting behavior.

- 5.4. Players from both teams are encouraged to listen to all instructional points.
6. Injury – U8/U10. The game is to be stopped immediately when an injury occurs. See injury guidelines in the Coaches Handbook. Players should be instructed to sit or lie down when injured as a signal to the referee.
7. Duration of games and substitutions:
 - 7.1. Games in the U6/U8 divisions will consist of four (4) ten-minute quarters.
 - 7.1.1. one minute between quarters, five minutes at halftime.
 - 7.2. U10/U12 divisions will play four (4) 15-minute quarters, one minute between quarters, five minutes at halftime.
 - 7.3. Substitutions are encouraged after the 5-minute mark of each quarter. Use a game planner to plan and keep track of substitutions.
 - 7.4. Referees are responsible for proper game time (duration of play), coaches are responsible to ensure playing time.
8. Goalkeeping:
 - 8.1. U6 – no goalkeeper.
 - 8.2. U8/U10/U12 play with a goalkeeper. The goalkeeper must wear an alternate shirt/jersey. The goalkeeper may play and/or possess the ball with their hands within their own Penalty Area.
 - 8.3. The goalkeeper may NOT punt or dropkick the ball into play after possessing it with their hands. (U8 & U10)
 - 8.4. There are no restrictions on the number of times the goalkeeper may pick up or play the ball (U8).
 - 8.5. Outside the Penalty Area the goalkeeper must play as a field player (no using hands).
9. Start of Play – Kickoff.
 - 9.1. Winner of the coin toss chooses the end to attack. Loser kicks-off to start the game.
 - 9.2. Teams change ends after each quarter. Kickoffs to start quarters alternate (Team A kicks-off quarters one and three/same direction, Team B kicks-off quarters two and four/direction of opening kickoff).
 - 9.3. For every kick-off:
 - 9.3.1. All the players of each team, **except the player taking the kick-off**, must be entirely in their team's half of the field, i.e. the kicker (and only the kicker) may be in the opponents' half of the field at the taking of the kick.
 - 9.3.2. The opposing players must be outside the center circle.
 - 9.4. Whistle needed for the kickoff.
 - 9.5. Ball is in play when kicked and moves in any direction.
 - 9.6. Another player must touch the ball before the kicker may play the ball a second time.
PUNISHMENT: Indirect Free Kick (IFK) to opponents at the spot of the infraction.
 - 9.7. Goal may be scored directly from the kickoff.
10. Ball out of play/Restarts:
 - 10.1. The ball is out of play once it wholly crosses a boundary line, or the referee stops play. It is in play at all other times, including rebounding off a goal post, or rebounding off a cross bar.
 - 10.2. U6 – for a ball over the touchline, IFK from one yard inside the touchline. For a ball over goal line, corner kick from the nearest corner of the field or goal kick from an appropriate point, according to the field configuration used.
 - 10.3. U8/U10 – restart the game after a stoppage in one of the following ways:

- 10.3.1. Throw-in – ball wholly crosses a touchline. Awarded to the opponents of the team that last touched it.
- 10.3.2. Goal Kick – ball wholly crosses a goal line not scoring a goal, last touched by the attacking team. Taken from anywhere in the goal area. A goal may be scored directly in the opponents’ goal from this kick.
- 10.3.3. Corner Kick – ball wholly crosses a goal line not scoring a goal, last touched by the defending team. Taken from the corner arc nearest to where it went out. A goal may be scored directly in the opponents’ goal from this kick.
- 10.3.4. Indirect Free Kick – awarded to the opponents at the spot of the infraction in accordance with the overriding conditions of Law VIII:
 - 10.3.4.1. Player deliberately heading the ball.
 - 10.3.4.2. Goalkeeper punting or dropkicking the ball to put it back in play.
- 10.3.5. Dropped Ball – used to restart play after an injury (no clear possession) or a stoppage due to outside agent interference. Ball is dropped to a player from the last team to touch the ball or to the goalie if within the penalty box. A team may not score directly from a drop ball. Taken from the spot where the ball was when play was stopped in accordance with the overriding conditions of Law VIII. *Dropped balls are not contested.* Players other than the player receiving the drop must remain 4 yards away.
- 10.3.6. Free Kick – awarded due to a foul or infraction of the Laws of the Game.
 - 10.3.6.1. U8 – all free kicks will be IFK. Opponents of the kicking team are required to be eight (8) yards from the ball in accordance with the overriding conditions of Law XV.
 - 10.3.6.2. U10 – free kicks will be direct or indirect. Opponents of the kicking team are required to be eight (8) yards from the ball in accordance with the overriding conditions of Law XV.

11. Build-Out Area – U8/U10

- 11.1. The opposing team must move outside the Build-Out Area:
 - 11.1.1. On all goal kicks;
 - 11.1.2. On any defensive free kick taken anywhere within the Build-Out Area (and players must also move and remain at least eight (8) yards from the ball);
 - 11.1.3. Whenever the goalkeeper gains possession of the ball with their hands during play.
- 11.2. The opposing team’s players must remain outside the Build-Out Area until the ball is put back into play by the defending team:
 - 11.2.1. On goal kicks the ball is in play when it is kicked and clearly moves.
 - 11.2.2. On free kicks (DFK or IFK) taken from within the penalty area the ball is in play when it is kicked and clearly moves.
 - 11.2.3. On free kicks (DFK or IFK) taken from outside the penalty area the ball is in play when it is kicked and clearly moves.
 - 11.2.4. On goalkeeper possession the ball is in play when:
 - 11.2.4.1. The ball is placed on the ground **and** kicked.
 - 11.2.4.2. The goalkeeper releases the ball by rolling it into play.
 - 11.2.4.3. The goalkeeper releases the ball by throwing it into play.
- 11.3. Goalkeepers have six (6) seconds to put the ball back into play once the ball is in their possession **and** all the opponents have moved outside the Build-Out Area.
 - 11.3.1. Goalkeepers may, after putting the ball into play:
 - 11.3.1.1. U10 – **NOT** touch the ball again until touched by another player
 - 11.3.1.2. U8 – touch the ball again with their hands any time.

- 11.4. After the ball is put back into play, the opposing team's players may then move into the Build-Out Area and play resumes as normal.
- 11.5. Opponents who enter the Build-Out Area before the ball is put back into play are guilty of encroachment. The referee should stop play and restart with an IFK at the spot of the encroachment.
- 11.6. Goalkeepers are not allowed to punt or drop-kick the ball. If the goalkeeper punts or drop-kicks the ball, an IFK is awarded to the opposing team at the spot of the offense.
- 11.7. At any time the defending team may put the ball back into play before their opponents have moved outside the Build-Out Area, but by doing so they accept the positioning of their opponents and the consequences of how play resumes.

OTHER RESTARTS

- 11.8. Offences that occur when the ball is not in play do not change how play is restarted.
- 11.9. Free kick (DFK and IFK), penalty kick, goal kick, and corner kick restarts are covered in Laws XIII through XVII.

12. Hand Ball:

- 12.1. Only those instances where the player **intentionally** grabs, slaps, or catches the ball should be called.
- 12.2. U8 – the infraction will be explained by the coach and the opposing team will restart with an IFK at the spot of the infraction in accordance with the overriding conditions of Law VIII. Please help parents with this often-misunderstood rule.

13. Fouls and Misconduct:

- 13.1. For U6s only – the coach from either team may call a foul: however, it is each team's responsibility to "police" the play of their own team.
- 13.2. Only serious or intentional fouls are to be called.
- 13.3. U8 – called infractions will result in an IFK.

14. Offside:

- 14.1. U8 - Offside is not applicable in this age division. However, it is against the Spirit and Intent of the Laws of the Game for teams to adopt a strategy of "hanging around" way behind the other team's defense.
- 14.2. U10 – Offside will be called by the referee.
 - 14.2.1. A player is in an offside position at the moment the ball is played or touched by a teammate, if any part of their head, body or feet is:
 - 14.2.1.1. nearer the opponent's goal line than the ball...**and**...
 - 14.2.1.2. in the opponent's half of the field, excluding the halfway line, (**U10 – in the opponent's Build-Out Area**) ... **and** ...
 - 14.2.1.3. closer to the opponent's goal line than the second-last opponent. (A player who is even with the second-last or with the last two opponents is not in an offside position).
- 14.3. The offside offense may only be called against a player who is in an offside position **and** subsequently becomes involved in active play.
- 14.4. A player shall not be declared offside:
 - 14.4.1. merely because of being in an offside position, or
 - 14.4.2. if the player receives the ball directly from:
 - 14.4.2.1. a goal kick,
 - 14.4.2.2. a corner kick, or
 - 14.4.2.3. a throw-in, or
 - 14.4.3. if the player receives the ball having been last played by an opponent.

14.4.4. U10 division – players are not in an offside position when they are completely within the area between the two Offside Lines and thus cannot be guilty of being offside. Attacking players are in an offside position only when they are in an opponent’s half of the field between the Offside Line and the Goal Line, i.e. the Build-Out Area.

PUNISHMENT: If a player is declared offside, the referee shall award an IFK to the opposing team subject to the overriding conditions of Law XIII.

15. Rain/Severe Weather:

15.1. Games are to be played in the rain.

15.2. All age divisions: Games can be cancelled as noted by the league. If the league notification is not received the decision to call off the game rests with the referee at the field.

15.3. Adhere to the weather policy. All players and coaches shall seek shelter if lightning or thunder occurs.

Ages 4, 5

Expectations

Children are self-absorbed.

Short attention span (2-3 minutes).

Tactics very limited.

Can be afraid of ball and opponents.

Achievable Results

Have fun.

Keep it short and simple.

Which direction is their goal.

Sense of achievement with touches on the soccer ball.

Unachievable Results

Understanding position.

All bumble bee around ball.

Does not understand passing to teammates.

Technique: Dribbling, Use of various body parts, kicking

Drills: British Bulldog, Crab Soccer Trading Spaces, Sharks and Minnows

Practice: Fun 100%

Ages 6, 7

Expectations

Longer attention span.

Will begin to ask multiple questions.

Players are still selfish with the ball.

Achievable Results

Start to retain quantities of info.

Tries to understand what is expected.

Begins to understand team concept.

Unachievable Results

Can retain a lot of info.

Verbal answers and directions will not always be understood.

Most still bumble bee.

Technique: Dribbling, Passing, Shooting, some defensive and offensive tactics
Limited tactics on space

Drills: Technical dribbling and passing games, (gates, stars, etc.) 1 vs. 1, 2 vs. 2, etc.

Practice: Technique 33% Free Play 34% Team Play 33%

Ages 8, 9

Expectations

Motor Skills more refined.

Learning will vary widely between different children.

Socialization becomes very important.

The ability to understand and think in advance and begin to anticipate where the ball will be.

Technique: Passing, shooting, ball control, left and right footwork

Drills: Small sided games to encourage more touches; 3 vs. 2, 5 vs. 3, etc.

Practice: Technique 20% Skill 25% Team Play 25% Free Play 30%

Achievable Results

Balance, flexibility and strength improving so more complex tasks are achievable.

Everyone has the ability to learn and improve as a soccer player.

Make new friends.

Can hold and understand certain positional play. Left half on the left side, etc.

Unachievable Results

Being able to strike a ball over long distances correctly.

Do not expect everyone to learn at the same rate and ability.

Have a tendency to form cliques.

Still will get pulled out of position by following the ball.

Ages 10, 11, 12

At this age kids are becoming more physically coordinated. The “all legs” syndrome is working itself out, but you still will have kids at both ends of the spectrum. The kids at this age want to learn more and think they are capable of doing more. The older ones are starting their teenage years.

This is the optimum age group for the development of soccer skills. This is the age where those skills developed will be used for the rest of their soccer playing days.

Players should not be stereotyped into permanent field position at this age.

Techniques: Passing, shooting, ball control, basics of the game, left and right foot work, 1v1.

Drills: Small sided games, to encourage more touches – 3v1, 5v2, etc.

Fitness: Warm-up and introductions to good stretching

Practice: Technique 15% Free Play 35%
Skills 20% Fitness 5%
Team Play 25%

Ages 13, 14, 15

Boys become very competitive at this age. Everything is a win-lose situation. Statistically, 70% of the girls at this age play for the social interaction with peers, not necessarily because of the competition.

Techniques: Crossing, heading, shooting, ball control, 1v1, left and right foot usage, goalkeeping techniques.

Drills: Tactics are very important to be taught at this age. Small sided games should center around tactics as well as skills to be learned.

Fitness: Intensive but short. Can be worked into soccer drills. Warm-up is very important.

Practice: Technique 10% Free Play 25%
Skills 20% Fitness 15%
Team Play 30%

Ages 16, 17, 18

Team concept is utmost importance for girls as well as boys. Game results, wins/losses, becomes more and more important.

Techniques: Continue skill development plus adding the subtle finesse skill; bending, passes, chip passes, banana kicks, skilled at left/right foot usage.

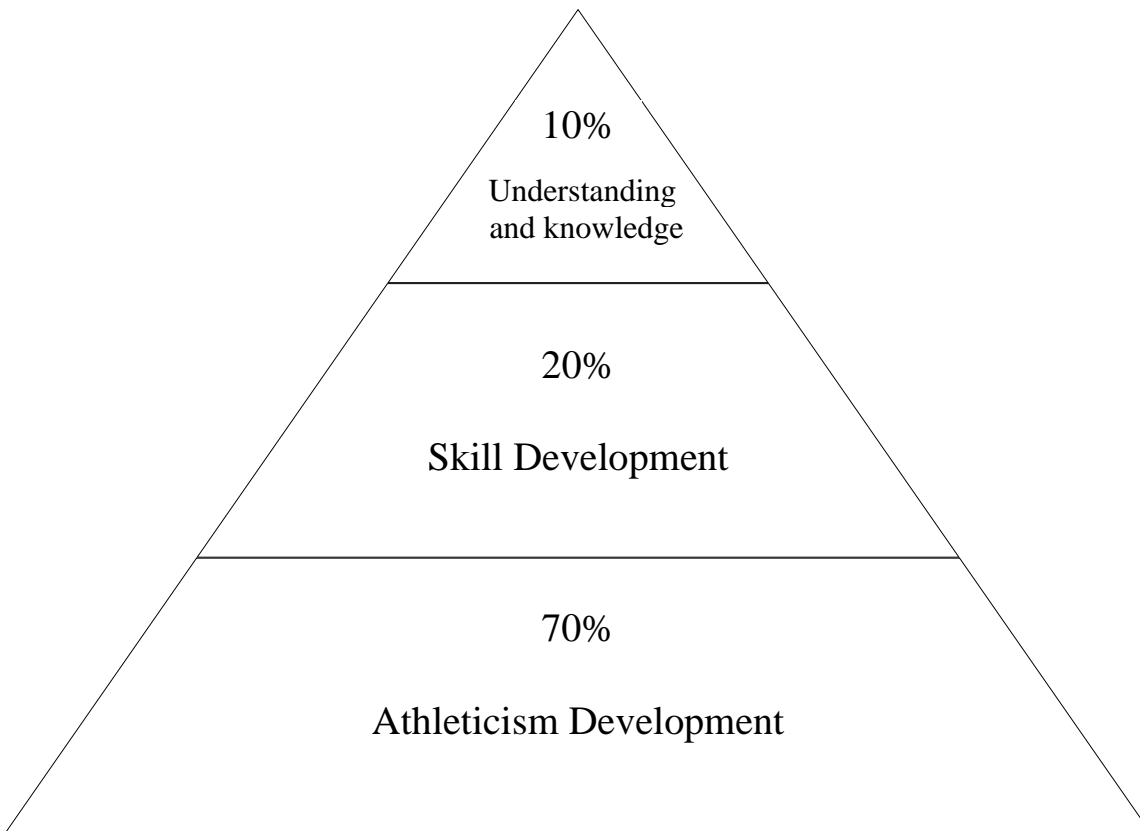
Drills: 4v2, 5v2, etc. Crossing, shooting with more pressure. Drills should replicate game situations as much as possible.

Fitness: Intensive. Highest portion should be done pre-season

Practice:	Technique 10%	Free Play 20%
	Skills 20%	Fitness 20%
	Team Play 30%	

Players Worst Fears

- 1) Might fail and be criticized
- 2) Might succeed and have more expectations put on me.
- 3) Weaknesses might be exposed.
- 4) Rejection, non-selection, substitution
- 5) Afraid of serious injury
- 6) Frightened of things they don't know



The above pyramid represents ages 5-8. At age 9 this picture begins to change. Player's cognitive ability to understand and master skills increases dramatically. By the age of 18 pyramids change and understanding and knowledge become the base.

Average distance covered per game by soccer players, and the mode of movement (miles)						
Position	Distance Covered	Walking	Jogging	Striding	Sprinting	Other
Forwards	6.0	1.6	2.5	0.8	0.5	0.6
Midfielders	6.9	1.8	3.1	0.9	0.6	0.5
Defenders	5.5	1.6	2.3	0.7	0.4	0.5
Sweepers	3.8	1.3	1.6	0.4	0.3	0.2
Source: Performance Conditioning for Soccer V.I #1. Tudor Bompa, Ph. D.						

Restarts - When Play is Stopped

Restart	Situation		From Where	By Whom	Position of Opposing Players	How?	Penalty for Improper Restart	Can a Goal be Scored Directly?	Can a Player be Declared Offside?
Kick-Off (Law 8)	Start of Game Start of Quarter		Center Mark	Determined by coin toss	Anywhere on their half of the field and outside the Center Circle	Ball is kicked and moves in any direction	Kick is retaken	Yes	Does not apply
	Goal Scored			Other Team					
Direct Free Kick (Law 13)	Major Foul committed on the field, but not by a defender in own Penalty Area	Within opponent's Goal Area	Anywhere within Goal Area	Any player of the opposing team	At least 10-yards from the ball (and outside the opponent's Penalty Area)	Ball is kicked and moves in any direction (and leaves the defender's own Penalty Area into play)	Kick is retaken	Yes	Yes
		Anywhere else	At spot on field where the offense occurred						
Indirect Free Kick (Law 13)	Major Foul, Misconduct, Offside or certain Technical Offenses are committed	Within own Goal Area	On the Goal Area line	Any player of the opposing team	At least 10-yards from the ball (unless on the Goal Area line)	Ball is kicked and moves in any direction (and leaves the defender's own Penalty Area into play)	Kick is retaken	No	Yes
		Within opponent's Goal Area	Anywhere within Goal Area		At least 10-yards from the ball (and outside the opponent's Penalty Area)				
			Anywhere else		At spot on field where the offense occurred				
Penalty Kick (Law 14)	Major Foul is committed by a defender in own Penalty Area		Penalty Mark	Any player of the opposing team	Outside the Penalty Arc and behind the Penalty Mark	Ball is kicked and moves forward	Kick is retaken	Yes	Does not apply
Drop Ball (Law 8)	Any temporary stoppage of the game by the Referee	Within either Goal Area	On the Goal Area line	The Referee	All players may be anywhere on the field of play	As soon as the ball hits the ground	Drop ball is retaken	Only after ball hits ground and is in play	No. Player receives ball directly from the referee
		Anywhere else	Location of ball when play was stopped						

RESTARTS - BALL OUT OF PLAY

Situations	Ball Last Touched By	Play Resumes With	From Where	By Whom	Position of Opposing Players	How?	Penalty for Improper Restart
Whole ball passes over a touch-line	Any Player	Throw-in (Law 15)	Where the ball passed over the touch-line	Player of opposing team	Anywhere on the field of play and at least 2-yards away from thrower	Ball thrown into play in any direction	Throw-in taken by player of opposing team
Whole ball passes over the goal-line, but not into the goal	Players on the attacking team	Goal Kick (Law 16)	Any point within the Goal Area	Player of defending team	Outside the Penalty Area until the ball has completely left the Penalty Area	Ball kicked into play beyond the Penalty Area	Goal Kick is retaken
Whole ball passes over the goal-line, but not into the goal	Players on the defending team	Corner Kick (Law 17)	The nearest Corner Arc	Player of attacking team	At least 10-yards from the ball, until the ball is kicked	Ball kicked into play	Corner Kick is retaken

NOTE: After the ball is in play, the kicker or thrower may not touch the ball again (second time), until it has been touched by any other player. Punishment is an indirect free kick awarded to the opposing team.

FOUL RESTARTS

	OFFENSE	WHERE	RESTART LOCATION	PENALTY
MAJOR FOULS	When any player, in a manner considered to be careless, reckless, or involving excessive force <ul style="list-style-type: none"> - Kicks or attempts to kick an opponent - Strikes or attempts to strike an opponent - Trips or attempts to trip an opponent - Jumps at an opponent - Pushes an opponent - Charges an opponent 	Within that player's own Penalty Area	From the Penalty Mark	Penalty Kick
	When any player <ul style="list-style-type: none"> - Holds an opponent - Spits at an opponent - Attempting to tackle the ball makes contact with an opponent before making contact with the ball - Slide tackles from the rear and makes contact with the ball or an opponent 	In the opponent's Goal Area	From any point within that Goal Area	Direct Free Kick
	When any player (except the goalkeeper) deliberately handles the ball	Anywhere else on the field	At the place where the offense occurred	
MINOR FOULS	When any player <ul style="list-style-type: none"> - Plays in a dangerous manner - Impedes the progress of an opponent when not playing the ball - Prevents the opponent's goalkeeper from releasing the ball from his/her hands - Fair charges an opponent when the ball is not within playing distance - Fair charges the opponent's goalkeeper - Slides tackles an opponent from the rear, but makes no contact with either the player or the ball - Commits any other offense for which play is stopped specifically to caution or dismiss that player 	In the opponent's Goal Area	From any point within that Goal Area	Indirect Free Kick
		Within that player's own Goal Area	At the nearest point on that Goal Area line	
		Anywhere else on the field	At the place where the offense occurred	
	When the goalkeeper in possession of the ball <ul style="list-style-type: none"> - Takes more than 6 seconds to release the ball back into play - Illegally re-touches the ball with his/her hand(s) - Touches the ball with his/her hand(s) from a deliberate kick by a teammate - Touches the ball with his/her hand(s) from a throw-in by a teammate 	Anywhere within that Gk's own Goal Area	At the nearest point on that Goal Area line	Indirect Free Kick
Anywhere else within that Gk's own Penalty Area	At the place where the offense occurred			

RESOURCES FOR COACHES

The following list of websites can be utilized for free by coaches to assist with setting up practices and building skills for their teams.

SAY Soccer

www.saysoccer.org

[SAY Soccer Coach Resources](http://www.saysoccer.org/Default.aspx?tabid=778367) - <http://www.saysoccer.org/Default.aspx?tabid=778367>

[Season of Sessions](https://www.saysoccer.org/Default.aspx?tabid=778395) - <https://www.saysoccer.org/Default.aspx?tabid=778395>

[Printable Drills](https://www.saysoccer.org/Default.aspx?tabid=778396) - <https://www.saysoccer.org/Default.aspx?tabid=778396>

[Video Drills](https://www.saysoccer.org/Default.aspx?tabid=778397) - <https://www.saysoccer.org/Default.aspx?tabid=778397>

[Rules Of The Game](https://www.saysoccer.org/Default.aspx?tabid=733802) - <https://www.saysoccer.org/Default.aspx?tabid=733802>

Arnie Wolff Soccer Complex

www.arniewolffsc.weebly.com