

## MSI Board of Directors Contact Page

Contact immediately for emergencies. For other business, email [marionsoccerinc@gmail.com](mailto:marionsoccerinc@gmail.com) and it will be forwarded to the correct board member. Remember, each league has a board member overseeing it. Please use your contact there first.

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# Marion Soccer Inc.

## Grade Level Rules and Playing Times

*Shin guards are required at all practices and games!*

The following rules are recommended for the grade level shown. Please attempt to use these guidelines. Coaches and referees should use their judgment to adjust these for impending weather, loss of sunlight, player numbers, etc. All playing times and number of players should be agreed upon before the start of the game between the coaches and the referees. If weather or another unforeseen reason causes a game to be shortened/canceled, games will be considered complete if at least a full half has been played.

**Pre-K Soccer – *Players/Coaches arrive at game time.***

### **(4) 6-8 Minute Quarters – Size 3 Ball – Teams Split and Everyone Plays**

- Pre-K teams will not practice outside of game days. The first 30-minutes of your scheduled game times are your practice times.
- You can pick up a bag with balls and cones at the concession stand before your scheduled game, please return it after.
- Split your team equally after your practice and play two concurrent games against your scheduled opponent for the recommended time.
- Coaches are referees and timekeepers. If you do not have an assistant, ask a parent to help coach your split team.
- Use throw-ins for balls that exit the field of play on the sidelines and kick-ins (goal kicks or corner kicks) for balls that exit off the end lines.
- Soccer is a physical game and the kids will bump into each other – no shirt pulling or shoving should be occurring – try to explain this to the children during play – we want every player to get as much playing time as possible!

**Kindergarten** – *Players/Coaches arrive 15-20 minutes pre-game for warm-ups.*

**(2) 16 Minute Halves – Size 3 Ball – 6V6**

- Coaches at this level are referees and timekeepers.
- Try to start getting your players used to fouls, handballs, etc. (pushes, shoves, trips, etc. constitute a foul) and the team that was fouled will receive a free kick.
- All throw-ins, goal kicks, and corner kicks are in play at this level.
- This is the last level without a guaranteed referee, and we should be getting the kids use to regular game play (stick to the clock, regular breaks and regular substitutes). Referees to be implemented in Fall 2022.
- Substitutes should only occur during a break/stoppage in play.

**Grades 1-2**– *Players/Coaches arrive 30 minutes pre-game for warm-ups.*

**(2) 20 Minute Halves – Size 4 Ball – 8V8**

Referees will be assigned to each game and will be timekeepers.

**Grades 3-4**– *Players/Coaches arrive 30 minutes pre-game for warm-ups.*

**(2) 25 Minute Halves – Size 4 Ball – 8V8 or 9V9**

Referees will be assigned to each game and will be timekeepers.

**Grades 5-6**– *Players/Coaches arrive 30 minutes pre-game for warm-ups.*

**(2) 30 Minute Halves – Size 4 Ball – 11V11**

Referees will be assigned to each game and will be timekeepers.

**Grades 7-8**– *Players/Coaches arrive 30 minutes pre-game for warm-ups.*

**(2) 35 Minute Halves – Size 5 Ball – 11V11**

Referees will be assigned to each game and will be timekeepers.

# Marion Soccer

League: \_\_\_\_\_

Team:

Coach: \_\_\_\_\_

Phone: \_\_\_\_\_

Players: \_\_\_\_\_

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)
- 8)
- 9)
- 10)
- 11)
- 12)
- 13)
- 14)
- 15)

If this binder is found please return to the coach as listed above or to  
Marion Soccer Inc. Concession stand or any Board Member.

[marionsoccer.com](http://marionsoccer.com)

## INTRODUCTION

This manual has been prepared on behalf of MSI for the purpose of aiding coaches and improving the quality of our soccer program. We are committed to the operation of a high quality youth recreation program and hope you will use the provided material as a tool to make your coaching efforts easier and more effective. If at any time you feel as though you need or would like additional support please convey your request to your coordinator and we will do all that we can to provide the necessary assistance.

If you have any questions or comments regarding the content of this manual, please feel free to contact any Marion Soccer, Inc. Board Member as listed in this manual.

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## **MSI PURPOSE AND PHILOSOPHY**

### **Philosophy:**

The purpose of Marion Soccer, Incorporated, is to organize and manage a recreational youth soccer program. MSI will carry out its purpose by organizing teams in various age groupings, securing coaches and arranging soccer matches to: encourage the playing of soccer, develop individual and team skills, train coaches and referees, promote physical fitness; teach good sportsmanship, require fair play and to have fun.

There are two basic philosophies in youth athletics. One is dedicated to producing the best possible players through the highest levels of competition. The second is the developmental philosophy of Marion Soccer, Inc. subscribes to. The goals in the developmental philosophy are to foster a lifetime love of the game, develop individual skills and teach good sportsmanship. Most experts on soccer and youth development believe that a developmental philosophy will allow children to receive more enjoyment from soccer and prevent burnout.

### **The Purpose of the Association is to:**

1. Promote, sponsor, and organize a community recreational soccer program.
2. Promote and encourage the playing of soccer in Marion and the surrounding communities.
3. Promote the development of playing facilities for soccer.
4. Promote and encourage sportsmanship, teamwork, respect for the rules, and where appropriate, the support of competition.
5. Promote the development of physical, social, and mental skills associated with youth sports.
6. Receive by gift, devise, bequest, or otherwise, money or other property, legal or equitable, and to hold the same and expend, contribute, disburse and otherwise handle and dispose of the same, or the income there from, for the promotion of league purposes.
7. Do any and all other things necessary or proper in connection with or incidental to any of the foregoing.

## COACHING -- JOB DESCRIPTION

Coaches in volunteer leagues are often acquired like goalies: no one wants to do the job, so someone gets drafted. You may have come to your soccer duties purely out of the love of the sport or, like many, out of the love of your child. Any coach, regardless of experience, has two factors that must be dealt with quickly: (1) individual knowledge of the sport and (2) ability to impart that knowledge to the player. If you have come to your soccer team because your child wanted to play and no one else was there to teach or lead the team, how you deal with the two factors may well determine in the players have a positive or negative experience.

A simple important fact needs to be stated at the outset: as a coach you have a huge responsibility to everyone on the team. Not only do your players want to learn soccer from you, but they also want to win, want to score some goals, and they don't want to be yelled at. Your impact is rivaled only by that of the parent, and in certain circumstances, it surpasses that influence. You will find that your kids want to please you more than anyone else, and this simple fact can place a tremendous pressure on you. It should guide your every action.

We believe your responsibilities as a youth soccer coach are easily stated:

FUN  
LEARNING  
INDIVIDUAL DEVELOPMENT  
WINNING

### **In that order!**

It may come as a surprise, but 99% of the kids are playing because they want to have fun playing soccer. Those kids in your charge have joined the league and your team to enjoy themselves. The minute you lose sight of that as your principal motivating factor, you're in trouble.

Youth soccer coaches must also be dedicated teachers - more so than other youth league coaches, because most kids in America don't know the sport. Couple this with magnified parental ignorance of soccer, and you can see why we put learning second on the list.

It is important to remember that an eight year old should be compared with him/herself and not with every other eight year old. You help a team develop by helping each individual. If you succeed in helping all of your players become better soccer players by the last week of the season, then you have had a winning season, regardless of your record.

The outcome of a game yields winners and learners - there are no losers. While winning is important and needs to be part of the development of soccer players, it is most important to keep it in perspective and not overly emphasize it. As the players progress

in age it will become more important to them and they should learn that winning is a result of hard work and individual development. If you find yourself in a situation coaching an unbalanced team in your league, try to be creative to de-emphasize your losses (for example- give out awards at the end of the game for the best pass or the best effort - you will find a little praise and a \$1 ribbon go a long way!).

Some final thoughts to keep in mind:

1. Set as positive example for your players.
2. Respect the opposing team and the referees whether you approve of their actions or not.
3. Demand that your players play within the rules.
4. The safety of your players is top priority.
5. Individual development of each and every player is far more important than winning.
6. Never verbally attack, discourage, embarrass, or demean a child.

Coaching youth soccer is a wonderful way to spend time with your youth and others. While keeping all your responsibilities in order don't forget to have fun too!!



# RECREATIONAL COACHING GUIDE

- I. Equipment: Soccer balls, goalie jerseys, goalie gloves, pennies, cones, ball bag, clipboard, game sheets  
Note: all but the clipboard and game sheets come from the soccer league. The clipboard is very handy for writing on during games and the game sheets (see attached example) are very useful for determining who plays what position.
- II. Meeting with Parents or Introduction Letter: (see attached example)  
Include the following:
- Your goals for the season and skills you expect the players to master
  - Parents Code of Conduct (see attached example)
  - Team roster (see attached example)
  - Practice schedule (days/time/location/where to meet); be on time.  
(I recommend twice a week before the start of the season, then only once a week)
  - Equipment that should be brought to each practice: shin guards, soccer ball, water, appropriate clothing
  - How you plan on doing substitutions during the games
  - Parent volunteers for snacks/drinks for each game
  - Need for an Assistant Coach
  - Inclement weather policy
  - Please call if you will miss a practice or game
- III. Game Schedule: (see attached example)
- Give out as early as possible
  - Give directions to away games if applicable (Mt. Vernon, Harrisburg, Anna, W. Frankfort)
  - Be 30 minutes early so the players can stretch and warm-up to prevent injuries
  - Cannot wear regular glasses, or any type of jewelry
  - Must have shin guards to play
  - Soccer cleats are recommended (cannot use baseball or football cleats)
- IV. Jerseys: these usually come out shortly before the start of the season and you can hand out at one of your practices. Note who gets which number so you can update your team roster. Shorts and socks are up to each team/parent - there is no requirement that these all match.
- V. Practice Notes:
- Concentrate on the fundamentals: kicking, trapping, passing, throw-ins, and defensive heading
  - Only scrimmage the last 15 minutes
  - Go over the names of all positions and the correct location on the field
  - Before the first game, work on:
    1. corner kicks (both on defense and offense)
    2. kick-offs
    3. goal kicks (both on defense and offense)
    4. Throw-in strategy
  - Work on the goalies each practice (if you have no volunteers to play this position, rotate ALL the players through Goalie)

## **PREVENTION AND CARE**

In any athletic activity there is always the potential for injury. While it is important to take every opportunity to minimize the potential occurrence of injuries you should also be prepared for what must be done if an injury does occur.

It is important to have emergency medical release statements and contact information for each player at all practices and games. In addition the following is a list of recommended preventions and procedures for common injuries.

### **Remember always err on the side of caution**

## **THE BASIC APPROACH IN FIRST AID**

- 11 ALWAYS REMAIN CALM
- 11 NEVER ASSUME THE ROLE OF A PHYSICIAN
- 11 NEVER MOVE A PLAYER WHO HAS A SERIOUS INJURY
- 11 USE GOOD JUDGEMENT BY STOPPING TO THINK
- 11 NEVER CONTINUE THE GAME WHEN A SERIOUS INJURY OCCURS

### **COMMON INJURIES AND IMMEDIATE FIRST-AID PROCEDURES:**

#### **Nosebleed:**

Have the player sit and apply a cold pack to the nose (ice cubes or cold cloth) while pinching pressure at the soft part of the nose below the bridge of the bleeding side of the nostril.

#### **Scrapes and Bums:**

Wash with cleansing solution that can be found in most coach's first aid kits. Cover with clean gauze.

#### **Unconscious player:**

Do not move the player. Have one of your assistants call for an ambulance. Stay with the injured player and check to make sure that the breathing passages are clear.

#### **Back Injury:**

If the pain is severe and numbness or weakness in the legs results, immediately send for an ambulance. Do not attempt to move the injured player. If the pain is slight apply cold to the area.

#### **Neck Injury:**

As with any back injury, do not attempt to move or sit the player up. If the pain is severe, and especially if there is numbness or lack of feeling, keep the injured player calm. Many times a head injury can be a neck injury, therefore, treat it accordingly.

#### **Heat:**

Heat prostration is the inability of the human body to cool itself rapidly enough to keep up with the heat-induced exercise. In hot or humid weather the body cannot sweat and dissipate heat effectively. If there is no available source of water to replenish sweat, the problem is compounded. Treatment should be directed to the immediate cooling of the body. Keep the player flat and move him into a shaded, cool and well-ventilated area. If the player is responsive, small amounts of water may be given until an ambulance arrives.

**Blisters:**

These are fluid accumulations between layers of skin as a result of friction. If the blister is intact, use a sterile needle to make a small hole at the base of the blister and gently push out the fluid. Leave the skin over the blister to serve as a protective covering for the sensitive skin beneath. If the blister is broken, remove the dead skin with sterile scissors and soak the area in warm, soapy water. Apply a sterile dressing with some antibiotic ointment.

**Abrasions:**

These are caused when sliding or falling abrades or rubs the skin. Wash the wound with unperfumed soap and water in order to remove any foreign matter. Wash it twice a day to continue to keep it clean. Also keep the wound exposed to the air as much as possible in order to promote healing.

**Lacerations:**

These are jagged tears of the skin or tissue. Any cut with marked bleeding should be seen by a physician. Direct pressure will almost always stop bleeding. Clean the wound lengthwise with unperfumed soap and water and cover it with a sterile dressing. Suturing may be necessary if the wound is deep, if the cut is over a joint or if it is on the foot or hand.

**Bruises:**

These are blows to the body resulting in mild to severe pain with or without swelling. Treatments are applying ice, compressing with an elastic wrap, and elevation. Use ice if there is no pain when walking, jumping, or running. The bruise may last for a couple of weeks. If the athlete cannot walk or run or move his foot after 24 hours, medical attention is indicated. Emergency treatment should be sought if the area immediately begins to swell or severe pain occurs. Shin guards should always be worn to prevent bruises to the lower leg.

**Muscle Cramps:**

Treatment for a severe pulling or cramping of any muscle in the body is to stretch the muscle until the pain is gone. If the cramp is in the calf, push the foot against an immovable object until the pain is gone. If the pain is in the side of the abdomen, reach your hand up as high as possible on the affected side until the pain is gone. If the pain persists, it is better to rest up and apply ice to the muscle until pain lessens.

**Strains:**

The athlete will feel a sharp, snapping sensation or pulling and will be able to point to the exact area of the strained muscle. The muscle will tighten and the athlete will slow down or be unable

to continue participation. Apply ice to the area, wrap with an elastic wrap, and elevate the injured part. No activity should be performed until there is absolutely no pain in the area. One does not "run off" these injuries! In other words, once a muscle is strained, chances are it will strain again if not properly treated.

**Sprained Ankle:**

Signs of a sprain: swelling, tenderness, and bruising immediately around the front anklebone, along with inability to move ankle up and down and /or sideways. Treatments are applying ice, elastic wrap, and elevation. To be on the safe side, we suggest that an

X-ray be taken to rule out any serious ligament damage or possible fracture. Athletes with any pain in the ankle should definitely not practice or play until the ankle is completely pain free. Note: you should presume a fracture of your player is under twelve and has swelling, bruising, and tenderness over the ankle area.

**Testicular Trauma:**

A blow to the male genital region with or without difficulty in breathing. The player should be flat on his back with his knees bent and feet on the ground. Tell him to breathe through his nose and exhale through his mouth as if he were blowing a whistle. This should slow down the rapid breathing. He can resume activity when he is ready. If he continues to have severe pain, you will have to check and see if there is any swelling of the scrotum and if both testicles are visible. If only one testicle is detected, the other may have been pushed up into the abdomen. This is an emergency situation. The testicle can be permanently lost if not properly treated at the emergency room, ice should be applied if there is swelling in that area.

**Wind Knocked Out:**

Difficulty in breathing resulting from a blow to the solar plexus. Use the same procedure as for testicular trauma using the nose-mouth breathing.

## PRACTICE

### OBJECTIVE:

The nature of a practice session should emphasize fun and be upbeat. Exercises should be positive and appropriate for each age group. A drill does not have to be complicated to be good, but do try to make them interesting. Brief explanations and demonstrations that quickly get the players participating are of the most value. Players get bored easily so try to avoid drills that have them standing and waiting while a small number are participating. If you can solicit the help of an assistant coach or other parents it is often helpful to break the team down into smaller groups.

**An emphasis on players obtaining proficiency at basic skills is critical. Scrimmaging should be kept to a minimum and used for the purpose of utilizing learned skills. This section contains a list of skills that each player should be proficient at by the end of this season.**

### PRACTICE ORGANIZATION:

The practice should be fun, but structured. Without structure you will have a great deal of difficulty teaching the necessary skills. The best way for new players to become proficient is to teach the skill in three progressive steps:

1. Introduce a specific skill (passing, shooting, trapping, etc.) and have the players practice it until they have achieved a reasonable level of proficiency.
2. Introduce exercise that incorporates some level of movement of players and a limited degree of pressure from opponents to make the exercise related to match conditions.
3. Introduce exercises involving full pressure from opponents to simulate actual match conditions. Technique is the ability of a player to handle a soccer ball, but it does not become skill until the player can execute the technique under the pressure of match conditions.

## GENERAL CONSIDERATIONS

- " Practices should be held once or twice a week for a duration of 45 - 90 minutes dependent on the age group.
- " All players should bring a ball with them to practice and wear shin guards.
- " Allow adequate water breaks especially in hot weather.
- " Don't allow horseplay that could hurt other players.
- " Never allow players to harass or tease other players.
- " Do not tolerate poor sportsmanship or disrespect.
- " Utilize drills that keep all players involved and avoid players standing in lines.

## **SKILLS AND DRILLS - Kindergarten**

This section includes a list of skills each player should be proficient in by seasons end and some drills to help teach them.

**Note:** When planning your practice consider that all players will not arrive at the same time, so be prepared with an activity they can begin upon arrival. Practice should start when the first player arrives. Sample activities might consist of dribbling inside of a box and practicing turns, passing in a triangle in groups of three, or juggling the ball with foot or knee.

### **Objectives kids should know by season end:**

1. Shooting/kicking with instep of foot.
2. Passing with instep of foot.
3. Discourage toe kicking.
4. Proper throw-ins from sideline.
5. All boundary rules such as:
  - a. Goal kicks.
  - b. Comer kicks.
  - c. Throw-ins.
  - d. Starting game by kicking ball forward.

### **Shooting/kicking technique drills and games:**

1. Coach's explanation of proper execution.
  - a. Planting foot next to ball.
  - b. Wind up with kicking leg pulled up and toe pointed in striking position.
  - c. Bring kicking leg down while leaning over ball and strike with instep (shoe laces).
  - d. Follow through and land on kicking foot.
2. Have children stand on goal line facing the net.
  - a. Hold ball in hands and punt into the netting hitting the ball with the instep.
  - b. This teaches the children the feel of their instep.
3. Place ball close to the goal.
  - a. Have the kids take turns kicking with their best foot just like the coach explained.
4. Have the kids line up on the goal line and see who can kick it out the farthest.
  - a. Reward the top 3 with whatever is appropriate for that coach.

### **Passing Technique and games:**

1. Coaches explain that a pass differs from a shot because you require more control and aim.
  - a. Place foot next to ball.
  - b. Wind up with leg pulled back only half way with toe pointed in striking position.
  - c. Bring leg down while leaning slightly back and kick with instep.
  - d. The foot should be at a slight angle instead of pointing straight down.
2. Place 2 cones or soccer balls about 3 steps apart.
  - a. Have kids line up and pass the ball between the cones/balls.
  - b. 2 points for through with no contact of posts.
  - c. 1 point for through with contact of posts.

### **Throw-in technique and games:**

1. Have coach demonstrate proper throw-in.
  - a. Feet together standing still.
  - b. Face the target you wish to throw the ball to.
  - c. Ball is grabbed on both sides forming a W (left hand to thumb spread apart, left thumb touches right thumb with right hand spread apart. The pinkies are the ends of the W, and the thumbs form the middle of the W).
  - d. Draw ball backwards over the head and pull hands and ball forward over head releasing the ball at the top of the head throwing the ball forward.
2. Have kids pair up and play throw-in and catch.
3. Throw-in for distance.
  - a. Player that can throw it the farthest is rewarded.

### **Boundaries:**

1. Coach takes 1 boundary a practice.
  - a. End line first practice with explanation of what happens; a goal kick or corner kick.
  - b. Sideline second practice with what happens; a throw-in.
  - c. Centerline third practice with how we start the game; forward pass or kick.

### **Extras:**

1. Kindergarten kids should be kept active at all time.
  - a. Less talking more action, keep the speeches to a minimum.
2. Position play is not terribly important because they will all ball chase anyway.
  - a. Let the kids roam they don't have a full team anyway.
3. Rotate goalies.

- a. It really helps kids trying to score to learn what it feels like to see a kick on goal.
- b. They will learn to kick away from the goalie better.

**Characteristics of U-6 children:**

- o Short attention span.
- o Individually oriented (me, my, mine)
- o Constantly in motion
- o Psychologically easily bruised
- o Little or no concern for team activities
- o Physical and psychological development for boys and girls quite similar
- o Eye hand and/or eye foot coordination most primitive.
- o Like to run and Jump
- o Catching skills not developed
- o No sense of pace - full speed all the time



## **SKILLS AND DRILLS-1<sup>st</sup> and 2<sup>nd</sup> Grade**

This section includes a list of skills each player should be proficient in by seasons end and some drills to help teach them.

Note: When planning your practice consider that all players will not arrive at the same time, so be prepared with an activity they can begin upon arrival. Practice should start when the first player arrives. Sample activities might consist of dribbling inside of a box and practicing turns, passing in a triangle in groups of three, or juggling the ball with foot or knee.

### **Objectives kids should know by season end:**

1. Shooting/kicking with instep of foot.
2. Passing with instep of foot.
3. Passing with inside of the foot.
4. Discourage toe kicking.
5. Proper throw-ins from sideline.
6. All boundary rules such as:
  - a. Goal kicks.
  - b. Corner kicks.
  - c. Throw-ins.
  - d. Starting game by passing ball forward to teammate.
7. Trapping with bottom of the foot.
8. Position explanation.
9. Understand field layout (mid line, goal line, goalie box, corner post, etc.)
10. Know how to substitute for players during a game.

### **Shooting/kicking technique drills and games:**

1. Coach's explanation of proper execution.
  - a. Planting foot next to ball.
  - b. Wind up with kicking leg pulled up and toe pointed in striking position slightly to the side.
  - c. Bring kicking leg down while leaning over ball and strike with instep (shoe laces).
  - d. Follow through and land on kicking foot.
2. Have kids practice kicking to one another about 10 yards apart for about 5 minutes.
  - a. First tell children to kick properly.
  - b. Next 5 minutes have children place their planting foot slightly behind the ball and kick while leaning back slightly. This encourages a lifted kick.

### **Kicking Game:**

1. Have the kids partner up about 10 yards apart. You have a shooter side and a throw-in side.
  - a. Have the shooter kick the ball to their partner. The partner grabs the ball with their hands and picks up the ball and does a proper throw-in back to the shooter. Switch after 5 each.

### **Passing/kicking Technique:**

1. Coaches explain that a pass differs from a shot because you require more control and aim.
  - a. Place foot next to ball.
  - b. Wind up with leg pulled back only half way with toe pointed in striking position.
  - c. Bring leg down while leaning slightly back and kick with instep.
  - d. The foot should be at a slight angle instead of pointing straight down.

### **Passing inside of the foot Technique:**

1. Coach explains proper setup of passing technique.
  - a. Stand with feet in an L position with heels touching.
  - b. Slide the passing foot out about 6 inches to 1 foot.
  - c. Bend the knees slightly and swing passing foot in a pendulum motion in the direction of the pass.
  - d. The passing foot should contact the ball with the ankle and inside of the foot.
  - e. Make sure the planted foot does not turn or twist and should point in the direction of the target.
2. Passing drill:
  - a. Have 3 kids partner up.
  - b. 2 kids one behind the other on one side, the front kid with the ball.
  - c. The remaining child about 5-7 yards away.
  - d. Have the front player pass the ball to the single player and then run behind that player.
  - e. The player receiving the pass traps the ball with the bottom of his foot, then passes it back to the player that was behind the first player and then runs behind that player.
  - f. This is an infinite pass drill; it keeps going because the players always have someone to pass since the players are always rotating in a straight line.
3. Passing drill:
  - a. Have the players line up 5-7 yards from the goal post.
  - b. Pass and try to hit the goalpost.
  - c. Points are rewarded.
4. Passing game:

- a. Have the kids pair up in 3' s again.
- b. Play pig in the middle.
- c. Kids should separate 5-7 yards apart.
- d. Have the middle child spread his/her legs and make an arch.
- e. Players pass back and forth between the pig in the middles legs!
- f. Each player gets 5 passes each.
- g. Players should trap with the bottom of the foot.

### **Throw-in technique and games:**

1. Have coach demonstrate proper throw-in.
  - a. Feet together standing still.
  - b. Face the target you wish to throw the ball to.
  - c. Ball is grabbed on both sides forming a W (left hand to thumb spread apart, left thumb touches right thumb with right hand spread apart. The pinkies are the ends of the W, and the thumbs form the middle of the W).
  - d. Draw ball backwards over the head and pull hands and ball forward over head releasing the ball at the top of the head throwing the ball forward.
2. Have kids pair up and play throw-in and catch.
3. Throw-in for distance.
  - a. Have the kids take 3 steps and throw the ball over their heads while dragging the toe of their back foot.
  - b. Have the kids repeat this drill taking 5 steps.
4. Throw-in game:
  - a. Have the kids do throw-in for distance with partners 10 yards apart, and every time they lift their foot causing a bad throw-in they receive a penalty.

### **Boundaries:**

1. Coach teaches 1 boundary a practice.
  - a. End line first practice with explanation of what happens; a goal kick or comer kick.
  - b. Sideline second practice with what happens; a throw-in.
  - c. Centerline third practice with how we start the game with a forward pass to a teammate, then the teammates try to dribble and begin passing downfield.

### **Extras:**

1. Coaches should finish all practices with 1-2 laps around the field then a short sprint drill.
  - a. Place cones or balls 5-7 yards ahead of kids.
  - b. Have the kids get in a line one behind the other with a minimum of 3 kids per line.
  - c. The front player sprints forward to the cone/ball and stops then runs backwards to the starting line.

- d. The player then goes to the back of the line.
- e. Have children do this at least 3 times each rotating.
2. Kids should start learning a little discipline and understanding of authority at this level. Make sure that there are penalties for insubordination during practice.
3. This is a great age group to have 2 verses 2 games with small goals.
4. Positions should now be explained to the players.  
Forwards/Midfielders/defenders/goalie.
  - a. Center forward/midfielder/defender.
  - b. Left forward/midfielder/defender.
  - c. Right forward/midfielder/defender.
  - d. GOALIE.
5. Players will still ball chase but this is a perfect age group to start planting the position seed.
  - a. Have the kids walk up and down the field in the full positions and have the players simply pass the ball to one another without running only walking towards the goal. Have the goalie roll the ball to the outside defender. The outside defender passes the ball the same side midfielder who passes to the same side outside forward. The outside forward passes to the inside forward who shoots on an open goal!  
SCORE!!!!

### **Characteristics of U-8 children**

- o Attention span beyond U-6 but still not extended.
- o Inclined more toward group activities
- o Constantly in motion
- o Still very sensitive (dislike personal failure in front of peers)
- o Little or no concern for team activities
- o Beginning to develop physical coordination (improved sense of balancing skills)
- o Like to run, jump, climb, and roll.
- o Acquisition of sports heroes (imitation)
- o Still lack sense of pace

## **SKILLS AND DRILLS - 3<sup>rd</sup> and 4<sup>th</sup> Grade**

This section includes a list of skills each player should be proficient in by seasons end and some drills to help teach them.

Note: When planning your practice consider that all players will not arrive at the same time, so be prepared with an activity they can begin upon arrival. Practice should start when the first player arrives. Sample activities might consist of dribbling inside of a box and practicing turns, passing in a triangle in groups of three, or juggling the ball with foot or knee.

### **Objectives kids should know by season end:**

1. Shooting with both of feet (encourage proper placement of shots).
2. Passing with both feet.
3. Passing with inside of both feet.
4. Eliminate toe kicking
5. Proper throw-ins from sideline.
6. Trapping with bottom of the foot, inside of foot, thigh trap.
7. Dribbling the ball.
8. Heading the ball.
9. Playing their position correctly.
10. Comer kicks.
11. Goalies should learn to properly catch, throw, and punt the ball.
12. Stretching.
13. Basics of off sides rule
14. Difference between direct and indirect penalties
15. Emphasize movement of ball by passing- not excessive dribbling

### **Stretching:**

1. All stretches should be done to a minimum of 20 seconds and no bouncing.
2. Players should now begin a pre-practice/game stretching routine.
  - a. Have players warm up their bodies first by a single lap around the field.
  - b. Place right foot over the left foot and stretch straight down to touch the toes. Switch feet after 20 seconds.
  - c. Place feet together locking out the knees and touch toes.
  - d. Hurdler stretch is done by sitting on the ground with one foot straight out and the other foot tucked behind the player at a 90' angle. Make sure the foot placed behind the players butt is not turned out, as this will place pressure on the knee ligaments. The pressure should be on the instep with cleats showing.

- e. Have players bend down to touch their toes of the leg straight out in front of them stretching their hamstring muscle.
- f. While in the same position, have the players lay backwards stretching the thigh muscle of the other leg. Switch legs when done.
- g. Butterfly stretch is done next with the player sitting on their butt and placing the bottoms of the feet together.
- h. Have the player grab their ankles and apply pressure to the inside of the knees pushing down with the elbows causing a stretch to the groin muscle.
1. While in the butterfly have the player grab the toes together with their hands and pull the body straight forward and down.

### **Shooting technique drills and games:**

1. Place the ball about 10 yards from the goal even with one post.
  - a. Have the player shoot to the opposite post with a cone in the middle to represent the goalie.
  - b. Have players chase the missed shots, giving sprints or punishment on this drill for a missed shot is bad because the players will hold back power to try to aim the ball.
  - c. LET THEM POWER UP WITH NO HARM FOR A MISSED SHOT.
2. Have players line up on the comers of the 18 yard line 2 lines one on each side.
  - a. The coach or assistant rolls the ball on the ground from the same side goalpost as the kicking player.
  - b. The player should be instructed to shoot on goal.
  - c. After the shot that player goes to the other side and kicks with the other foot.

### **Passing Technique drills and games:**

1. Passing drill:
  - a. Have 3 kids partner up.
  - b. 2 kids one behind the other on one side, the front kid with the ball.
  - c. The remaining player about 10 yards away.
  - d. Have the front player pass the ball to the single player and then run behind that player.
  - e. The player receiving the pass traps the ball with the inside of his foot/ankle, then passes it back to the player that was behind the first player and then runs behind that player.

£ This is an infinite pass drill;  
it keeps going because the players always have someone to pass since the  
players are always rotating in a straight line.
2. Man in the middle keep away:
  - a. 3 players minimum and 5 players maximum.
  - b. Players spread out about 7-10 yards apart and form a triangle or circle.
  - c. 1 player in the middle is the chaser and simply tries to make contact with the ball on any pass or trap.

- d. When the chaser makes contact he exchanges position with the player to last contact the ball.
  - e. This is a great warm-up drill for the beginning of practice.
3. Accuracy drill:
    - a. Have players line up on any boundary line 20 yards apart and try to pass the ball along the line to one another for accuracy.

### **Throw-in technique and games:**

1. Have kids pair up and play throw-in and catch.
2. Throw-in for distance.
  - a. Have the kids take 5 steps and throw the ball over their heads while dragging the toe of their back foot.
  - b. Have the kids repeat this drill taking 7 steps.
3. Throw-in game:
  - a. Have the kids do throw-in for distance with partners 20 yards apart, and every time they lift their foot causing a bad throw-in they have to give the coach 10 pushups.
  - b. The pushups help to remind the children to pay attention to detail.
4. Throw-in accuracy:
  - a. Have players throw-in to a receiving player 10 yards away.
  - b. Practice throwing the ball at the players feet so the receiving player can trap the ball and pass it back.

### **Trapping technique and drills:**

1. Trapping inside of foot.
  - a. Have players partner up and stand 7 yards apart.
  - b. Trapping is the same setup as passing with the inside of the foot.
  - c. Instead of passing forward when trapping the ball the player should receive the ball and catch the ball with the inside of the ankle and foot like catching an egg.
  - d. The ball should stop about 1 foot away when done properly.
  - e. Never let players backup to the ball to pass it after a bad trap always push the ball forward and then pass ball.
2. Trapping with the thigh.
  - a. When trapping with the thigh the player simply lifts the trapping thigh up and waits until the ball makes contact and then quickly pulls the thigh back to the ground letting the ball fall in front of the player.
  - b. The thigh muscle should be relaxed and not tightened as a tight muscle causes more rebound.
  - c. Let the ball contact the middle of the thigh.
4. Thigh trapping drill:
  - a. Partner up in two's 7 yards apart.

- b. 1 partner throws the ball underhanded to the receiving player who traps the ball on his thigh.
  - c. After trapping the ball pick it up and underhand throw back.
  - d. Switch thighs every other trap, and switch return passing foot as well.
5. Foot trapping drill:
    - a. Simply partner up 10 yards apart and pass and trap properly with both feet.
  6. Foot trapping drill:
    - a. Form a triangle or square with players 10 yards apart.
    - b. Have players pass to their left with the right foot and then to the right with their left foot.
  7. Foot trapping drill:
    - a. Partner up with players 10 yards apart.
    - b. Have one player toss a ball underhanded and have the receiving player trap with the bottom of his foot, then passing it back.
    - c. After 5-10 each foot then switch to trapping with the inside of each foot.

### **Head balls:**

1. Have coach explain the proper head ball.
  - a. Player should arch the back and neck and strike the ball with the EYES open and on the middle of the forehead.
2. Head ball drills:
  - a. Players simply hold the ball in their hands at arms length away from their heads.
  - b. The player tosses the ball at their forehead while trying to keep their eyes open and catches it every time.
  - c. The goal is to get a feel for the proper contact and erase the fear of heading the ball.
3. Head ball drill:
  - a. Partner up with players 7 yards apart.
  - b. One partner tosses the ball underhand to the receiving player who heads the ball back the hands of the tossing player.

### **Positioning play:**

1. Players should learn to stay in their position at all times.
2. Player position drill:
  - a. The entire team, except the goalie lineup in 3 separate lines at the centerline Left wing, center forward, and right wing positions.
  - b. The ball always starts with the center forward.
  - c. The center forward passes to one of the wings, who then passes it back to the center, who passes to the opposite wing, who passes to the center for a shot on goal.
  - d. After that threesome finishes their drill they all switch lines, the center goes to the right wing, the right wing goes to the left wing, the left wing goes to the center.



3. Position drill:
  - a. Setup a scrimmage 6 on 6 or 7 on 7 or hopefully against another team.
  - b. Have one coach with a whistle let play begin and stop the play routinely to explain players in and out of position, where they should be or where they are not supposed to be.
  - c. This should last only 15 minutes, as players at this age will get bored quickly.

### **Dribbling the ball:**

1. Dribbling drill:
  - a. The players will learn to dribble with the inside of their feet.
  - b. Setup 5 PLAYERS 5 yards apart.
  - c. The rest of the team lines up in single file.
  - d. The first player goes through the live cones using their right foot to go to the left and their left foot to go to the right.
  - e. After the player passes the last live cone he becomes the last cone, the front player then goes to the back of the dribbling line.
2. Dribbling game:
  - a. Have the entire team get into the 18 yard line box.
  - b. All players have a ball and begin dribbling around trying to kick the opponent's ball out of the 18 yard line while controlling their ball!
  - c. Players go until there is a single person left declared the winner.
  - d. The ball must stay within 1 yard of the player while they are trying to kick the other players balls out of boundaries.
2. Speed dribbles at this age should be done with the player advancing the ball with their TOE, all while controlling the ball within 3 yards of the player.

### **Comer Kicks:**

1. 2 easy comer kicks are as follows.
  - a. The kicking player kicks as hard as possible to the penalty kick dot.
  - b. A teammate runs out to the comer kicker and has the comer kicker pass him the ball, then the two teammates try to advance the ball to the penalty spot mark.

### **Goalies:**

1. Goalies should learn to properly catch ground balls as well as balls in the air.
2. Goalie drills:
  - a. Coach or player rolls the ball to the goalie from 10-15 yards away on the ground. The goalie must bend down with one knee in front of the oncoming ball and place both hands on the ground and allow the ball to roll up into their arms and grab the ball.

- c. The player must lean over the ball, and then unwind the torso while pulling the striking foot down with full force and contacting the ball on the instep.
- d. The follow through should find the player actually off his feet after contact and landing on the kicking foot.

### **One touch passing Technique drill:**

1. One touch passing is done with the player planting slightly behind the ball and striking the ball in the middle.
2. One touch passing drill:
  - a. Have 3 kids partner up.
  - b. 2 players one behind the other on one side, the front player with the ball.
  - c. The remaining player about 7 yards away.
  - d. Have the front player pass the ball to the single player and then run behind that player.
  - e. The player receiving the pass one touches it back to the player that was behind the first player and then runs behind that player.
  - £ This is an infinite pass drill; it keeps going because the players always have someone to pass to since the players are always rotating in a straight line.
3. Man in the middle keep away:
  - a. 3 players minimum and 5 players maximum.
  - b. Players spread out about 10 yards apart and form a triangle or circle.
  - c. 1 player in the middle is the chaser and simply tries to make contact with the ball on any pass.
  - d. When the chaser makes contact he exchanges position with the player to last contact the ball.
  - e. This is a great warm-up drill for the beginning of practice.
4. Have players line-up in a triangle or square 10 yards apart.
  - a. The players pass the ball around the triangle or square with one touch passes.
  - b. The passes should be passed 1 step in front of the receiving player so the receiving player can easily pass it on.

### **Trapping technique and drills:**

1. Have players lineup in single file with coach 10 yards away.
  - a. The player starts to jog forward and the coach 90' from the player lofts the ball underhanded in front of the player.
  - b. The player should trap the ball with the left foot if the coach is on his right, and uses his right foot if the coach is on his left.
  - c. The coach then stands straight in front of the players and players alternate using both feet to trap with.
2. Players pair up.
  - a. Player's line-up 5 yards apart and start walking forward both facing each other.

- b. The player starting with the ball walks backwards and lofts it underhanded at the receiving player so the player can trap it with the thigh.
- c. The trapping player passes it back with the foot after the trap and the drill continues for 50 yards.
- d. Players stay in position and go back to the starting point with the other player trapping the ball.

### **Chest trap:**

1. When trapping with the chest the object is to have the ball fall straight down in front of the player.
  - a. Players should slightly lean back, and have hands out to the side hanging down when receiving the ball.
  - b. The ball should make contact on one side or the other in the middle of the chest muscle, NOT the sternum bone.
  - c. The player should breathe out when the ball makes contact with the chest.
2. Chest trap drill:
  - a. Players partner up 10 yards apart.
  - b. Players alternate tossing the ball underhanded to each other.

### **Head-balls:**

1. Have coach explain the proper head-ball.
  - a. Player should arch the back and neck and strike the ball with the EYES open and on the middle of the forehead.
2. Head-ball drills:
  - a. Players simply hold the ball in their hands at arms length away from their heads.
  - b. The player tosses the ball at their forehead while trying to keep their eyes open and catches it every time.
  - c. The goal is to get a feel for the proper contact and erase the fear of heading the ball.
3. Head-ball drill:
  - a. Partner up with players 7 yards apart.
  - b. One partner tosses the ball underhand to the receiving player who heads the ball back the hands of the tossing player.

### **Positioning play:**

1. Players should learn to stay in their position at all times.
2. Player position drill:
  - a. The entire team, except the goalie lineup in 3 separate lines at the centerline Left wing, center forward, and right wing positions.
  - b. The ball always starts with the center forward.

- c. The center forward passes to one of the wings, who then passes it back to the center, who passes to the opposite wing, who passes to the center for a shot on goal.
  - d. After that threesome finishes their drill they all switch lines, the center goes to the right wing, the right wing goes to the left wing, the left wing goes to the center.
3. Position drill:
- a. Setup a scrimmage 6 on 6 or 7 on 7 or hopefully against another team.
  - b. Have one coach with a whistle let play begin and stop the play routinely to explain players in and out of position, where they should be or where they are not supposed to be.
  - c. This should last only 15 minutes, as players at this age will get bored quickly.

### **Dribbling the ball for speed:**

1. Dribbling technique for speed:
  - a. The player will strike the ball with the outside of the instep while running.
  - b. The striking foot is in position as if the player were simply running with the toe pointed down.
  - c. The ball should be advanced 5 yards ahead while running and dribbling.
  - d. The ball should always stay in the players path.
2. Dribbling drill:
  - a. Have players line-up on the goal line.
  - b. Players sprint with the ball while dribbling for speed to the 50-yard line.
  - c. Once the players reach the 50-yard line they rest then sprint back while dribbling and shoot on goal without stopping from just inside the 18 yards line.

### **Direct, indirect, and penalty kicks:**

- I. The direct kick is made to be placed on goal with a power kick.
  - a. Players should practice from just outside of the 18-yard line.
  - b. The player should lean slightly backwards and aim for the corners of the goal.
2. Indirect kicks:
  - a. The shooting player stands over the ball with the ball placed between his legs.
  - b. The passing player stands directly behind the shooting player.
  - c. The passing player pushes the ball forward with the toe about 3 yards in front of the shooting player.
  - d. The shooting player takes 2 steps and shoots on goal.
3. Indirect kick:
  - a. 2 players lineup 5 yards away from the ball.
  - b. 1 player stands next to the ball.
  - c. The first player 5 yards away runs at the ball and fakes a shot and jumps over the ball to the side.
  - d. The player standing next to the ball pushes it about 2 yards to the other side and the second player 5 yards away shoots on goal.

- e. The second player 5 yards away should start his run after the first player clears away.
- 4. Penalty shot:
  - a. Players should be taught to relax and never look at the goalie.
  - b. The player should always go up to the ball and touch it and make sure it's nicely set-up.
- 5. Penalty kick drill:
  - a. Place a cone/ball 5 yards from the posts inside the goal.
  - b. The players pick a side and aim between the cone/ball and post.
  - c. The shot is made to be at full POWER because a missed kick at the goalie may still score.

### **Goalies Diving:**

- 1. Goalies should learn to dive at this age.
- 2. Goalie diving drill:
  - a. Goalie stands up with knees bent and arms out.
  - b. The coach rolls the ball to the side of the goalie.
  - c. The goalie should lean and leap off his feet while outstretching the bottom arm to the ball.
  - d. When landing the goalie must land on his side, hip, and outside of the shoulder. The bottom arm makes first contact with the ball and the top arm reaches over and forms a W behind the ball with both hands.
  - e. Immediately after landing the goalie pulls the legs up to the chest and pulls the ball to the chest cradling it.

### **Tackling opponents:**

- 1. Players must learn to only commit to tackling an opponent when they think they can get the ball.
  - a. The player should always be in control of his body and have the knees bent when tackling.
  - b. The ball is tackled by stopping the ball in front of the opponent or punched away.
- 2. Tackling drill:
  - a. Player's line-up 20 yards apart facing each other.
  - b. 1 player dribbles to the other player and tries to dribble around with 1 move.
  - c. The tackling player tries to punch the ball away.
  - d. Players then switch lines.
- 3. Tackling drill:
  - a. Players line up 20 yards apart with coach in the middle.
  - b. The coach rolls the ball in the middle, and both players run to gain control of the ball
  - c. The player reaching the ball first tries to advance it to the other players side.
- 4. Tackling drill:

- a. Forwards line up about 30 yards from the goal.
- b. Defenders line up on the 18-yard line.
- c. Goalie in goal.
- d. The forwards try to dribble around the defenders and then shoot on goal.

**Extras:**

1. Players at this age should be taught more precision when executing techniques.
2. Players should be taught about good eating habits before game time.
  - a. Eat 1 hour before game time and avoid fatty greasy foods.
  - b. Foods like peanut butter jelly sandwiches, eggs, protein bars, and fruits are ideal.
  - c. Pasta is okay just avoid eating bread with it.
  - d. Hydrate very well with water.
  - e. Fruits at halftime are great as they give energy and hydration.
3. Players should have a pre-game routine together.
  - a. Captain leads stretching drills.
  - b. Players should line up and do slow jogging in single file line around the 18 yard line or up and down their half of the field.
  - c. Players should have an upbeat chant and gathering.
4. Players should be taught to never ever fake an injury to gain a whistle from the referee. It's degrading to our sport. This is a very discouraging aspect of professional soccer in today's game that needs to change.

**Characteristics of U-12 children**

- o Enjoys competition.
- o Team work has improved.
- o Psychologically development has progressed.
- o Coordination has improved.
- o Technical competency has improved.
- o Development of speed and strength.
- o Problem solving can take place with team mates.
- o Self appearance and peer pressure are a concern.

## **The Game**

In this section you will find a sheet containing rule modifications to the FIFA Laws of the Game booklet. Please be sure you thoroughly read and understand the material in this booklet. This section also expands on the names and responsibilities of each position and possible player configurations for game play.

Please keep in mind that the games are the part of soccer that the youth look forward to the most. If you want your team excited about playing soccer, be sure the games are enjoyable and a positive experience. This is the time as a coach that you set an example of good sportsmanship towards the players, officials, and opposing team. Always be Positive. If you must raise your voice be sure it is for instructional purposes and never is done to make a player feel embarrassed or deficient. Remember they came to play and have fun. Try and keep an ear to your sideline - negative comments from an overzealous parent can create a great deal of problems and hard feelings. Tactfully remind them of the need to set an example.

In addition, if you are clearly beating the other team, exercise good judgment and make adjustments to your players or strategy to avoid running the score up on the other team. There is nothing impressive about running up the score and humiliating another team in your own rec program - It only exhibits poor sportsmanship. Any letting up on another team should be done as discretely as possible.

### Things to remember:

- Practice good sportsmanship
- Select 2 captains for each game and rotate each game so each player gets a chance to be a captain.
- Line up and congratulate the opposing team at the conclusion of the game.
- Be sure to have a post game talk with your team to be sure, win or lose, they leave the game on a positive note.
- Remember to assign drinks and treats for each game to parents.
- Playing time for all kids should be as equal as possible. We are here to develop youth not validate ourselves as coaches by our game statistics.

# **FIFA LAWS OF THE GAME**

As Modified By U.S. Youth Soccer & SYS  
For Youth Play and Small Sided Games

## **Law 1: Field of Play**

Field size for U6-U12 players is reduced for small- sided play.  
U14 –U19 play on regulation size fields.

## **Law 2: The Ball**

U6 & U8 play with size 3 soccer balls.  
U10 & U12 play with size 4 soccer balls.  
U14-U19 play with size 5 soccer balls.

## **Law 3: Number of Players**

U6-3v3 no goalkeepers, U8 & U10-6v6, U12-8v8, U14 and Up-11v11  
Substitutions for U6 may be made at any time but should be made during a stoppage in play.  
U8-U12 are allowed unlimited substitutions by both teams at any stoppage in play.  
U14-U19 are allowed unlimited substitutions but may only sub on kick-offs, goal kicks, at the beginning of a half or on own throw-in.  
All players will be given the opportunity to play 50 percent of the game.

## **Law 4: Player Equipment**

Shin guards worn under the socks are mandatory.  
Cleats are recommended but not required.  
No baseball cleats with a “toe cleat” or metal spikes are allowed.  
Absolutely no Jewelry is permitted during play.  
Tape over earrings is not permitted even if the earrings are new and may not be removed. If the jewelry may not be removed the player may not play.

## **Law 5 and Law 6: The Referee and Assistant Referee**

U6 and U8 games are officiated by coaches or parents.  
U10 games are officiated by a Center Referee only.  
U12 and higher are officiated by a Center Referee and two Assistant Referees/Club Linesmen.

## **Law 7: Duration of the Match**

U6 play four 8-minute quarters with a 2-minute break between quarters and a 5-minute half-time break after a 30-minute team practice session.  
U8 & U10 play four 12-minute quarters with a 2-minute break between quarters and a 5-minute half-time break.  
U12 play two 30-minute halves with a 10-minute half-time break.  
U14 play two 35-minute halves with a 10-minute half-time break.  
U16 play two 40-minute halves with a 10-minute half-time break.  
U19 play two 45-minute halves with a 10-minute half-time break.



**Law 8: Start and Restart of Play** The team that wins the coin toss chooses which goal to defend. The other team starts play with a kick from the center mark. Teams alternate kicks from the center mark to start play at the beginning of each quarter or half. Players may not touch the ball twice at the start of play.

**Law 9: Ball In and Out of Play** The ball is in play until it completely crosses over a touchline or goal line.

**Law 10: Method of Scoring** A goal is scored when the ball completely crosses over the goal line, between the goal posts and below the crossbar. U6 teams are awarded a kick-in after being scored upon. Game scores are not counted for division standings or playoff seeding.

**Law 11: Offside** A player is offside when he/she is in the opponents half of the field, nearer the goal than the second to last defender and/or the ball and involved in play. Offside is not called for U6 thru U10 age groups.

**Law 12: Fouls and Misconduct** Fouls are classified as either Penal (Contact) or Technical (Non-Contact) Penal fouls include tripping, pushing, etc. Technical fouls include dangerous play and impeding (obstruction). Yellow or red cards are administered for fouls committed carelessly or recklessly for U12 and up but are rarely required in SYS. Cards are never shown to U6-U10 players. Coaches for younger players deal with inappropriate behavior by removing the players from the game for a “cool down” period.

**Law 13: Free Kicks** Free kicks are either direct or indirect. A goal can be scored from a direct free kick. Indirect kicks must be touched by another player before going in the goal for the score to count. All free kicks for U6 thru U10 are indirect free kicks.

**Law 14: Penalty Kick** Penalty kicks are awarded when the defense commits a direct free kick foul in the penalty area. No penalty kicks are awarded for U6-U10 age groups.

**Law 15: Throw-In** A throw-in is taken when the ball completely crosses the touchlines (sidelines) U6 players will use a kick-in when the ball completely crosses either the touchlines or goal lines. U8 players are allowed a second attempt after an illegal throw. After the second attempt, the opposing team will be awarded a throw-in.

**Law 16: Goal Kick** A goal kick is awarded when the offense kicks the ball over the opponents’ goal line. The ball must leave the goal area to be in play or the kick is retaken. U6 use kick-ins instead of goal kicks.

**Law 17: Corner Kick** A corner kick is awarded when the defense kicks the ball over their goal line.

For more information and detailed explanations of the Laws of the Game, visit any of the following web sites:

United States Soccer Federation: <http://www.ussoccer.com>

New Hampshire Soccer Association: <http://www.soccernh.org>

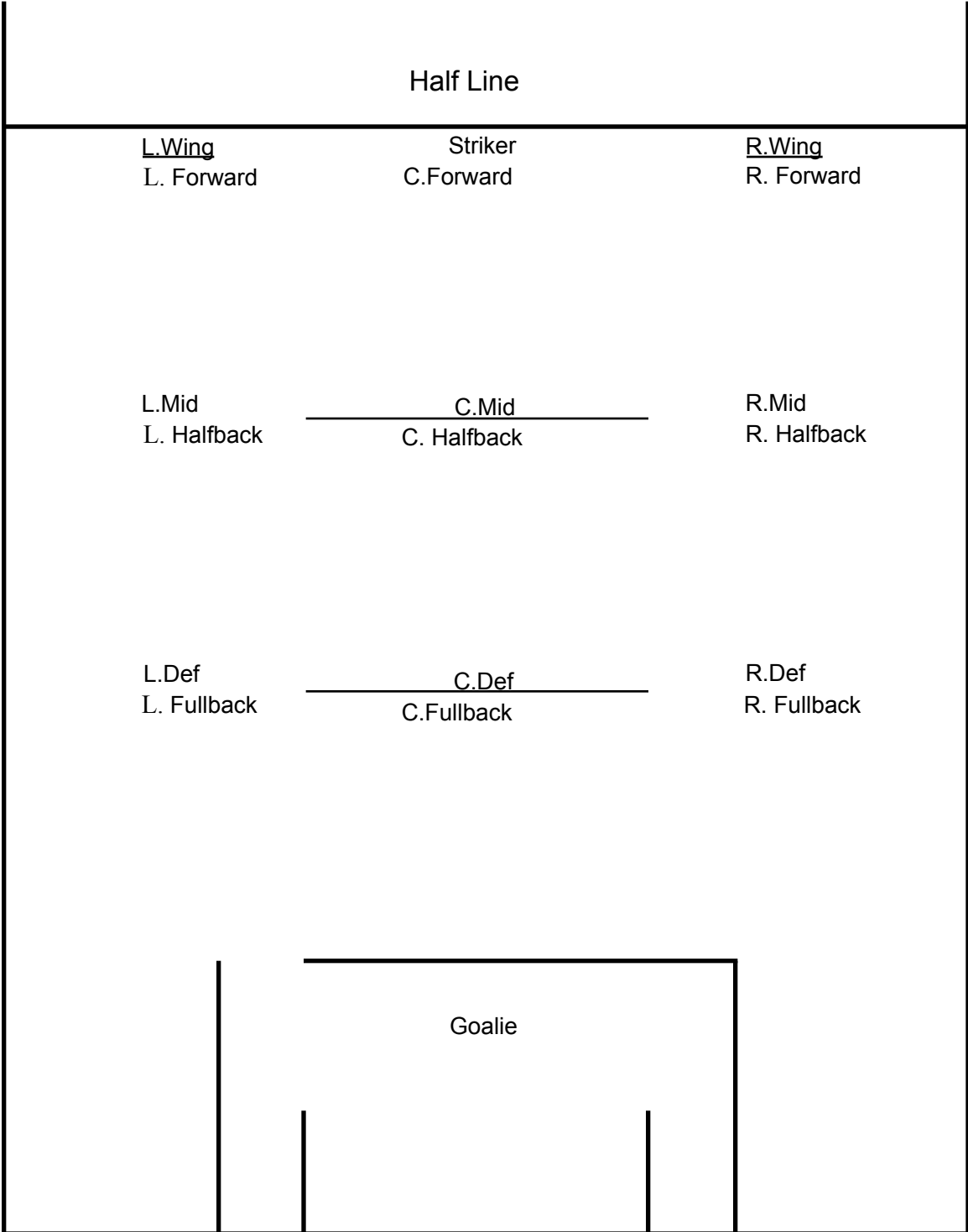
Federation Internationale de Football Association: <http://www.fifa.com>

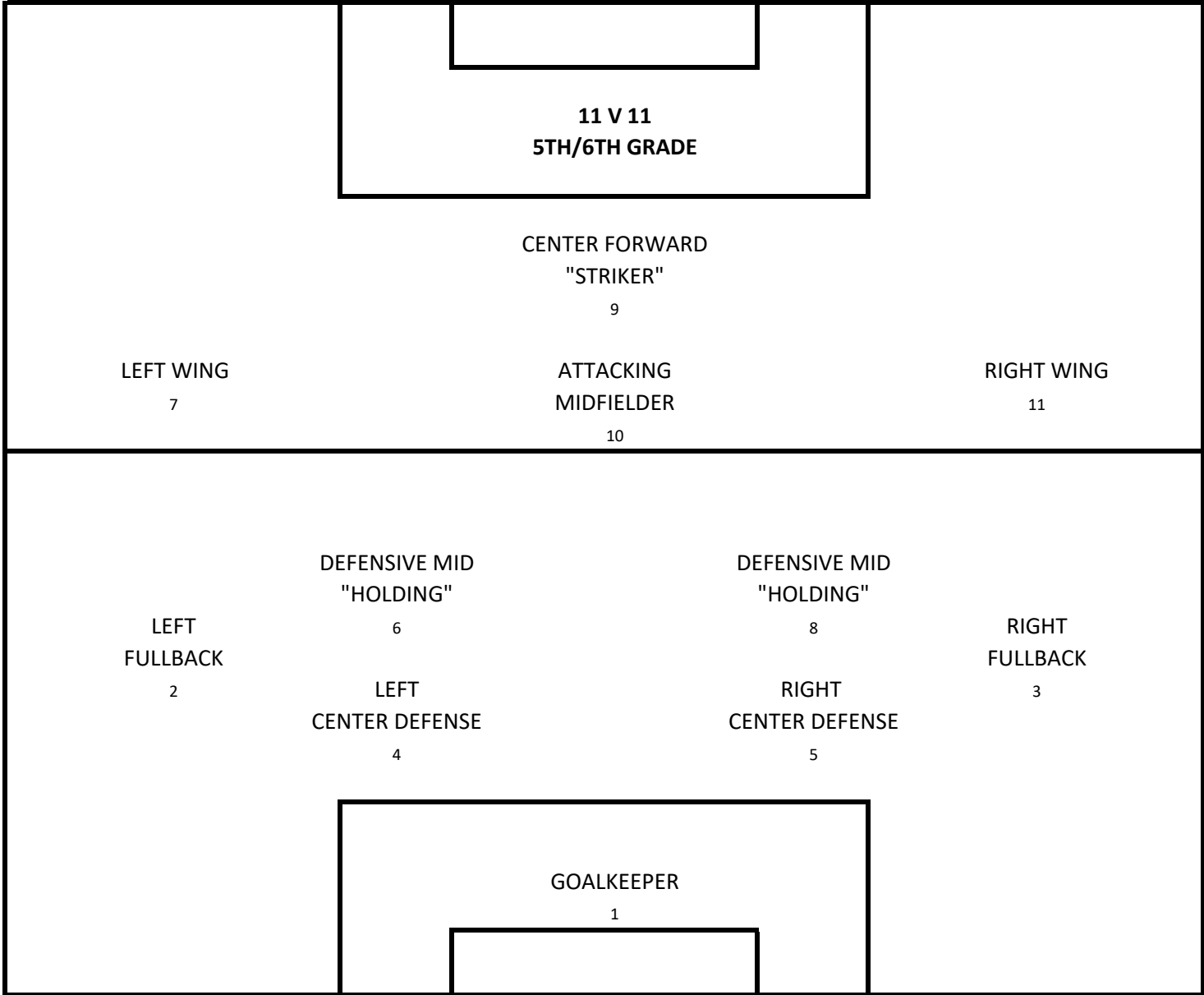
United States Youth Soccer Association <http://www.usyouthsoccer.org>

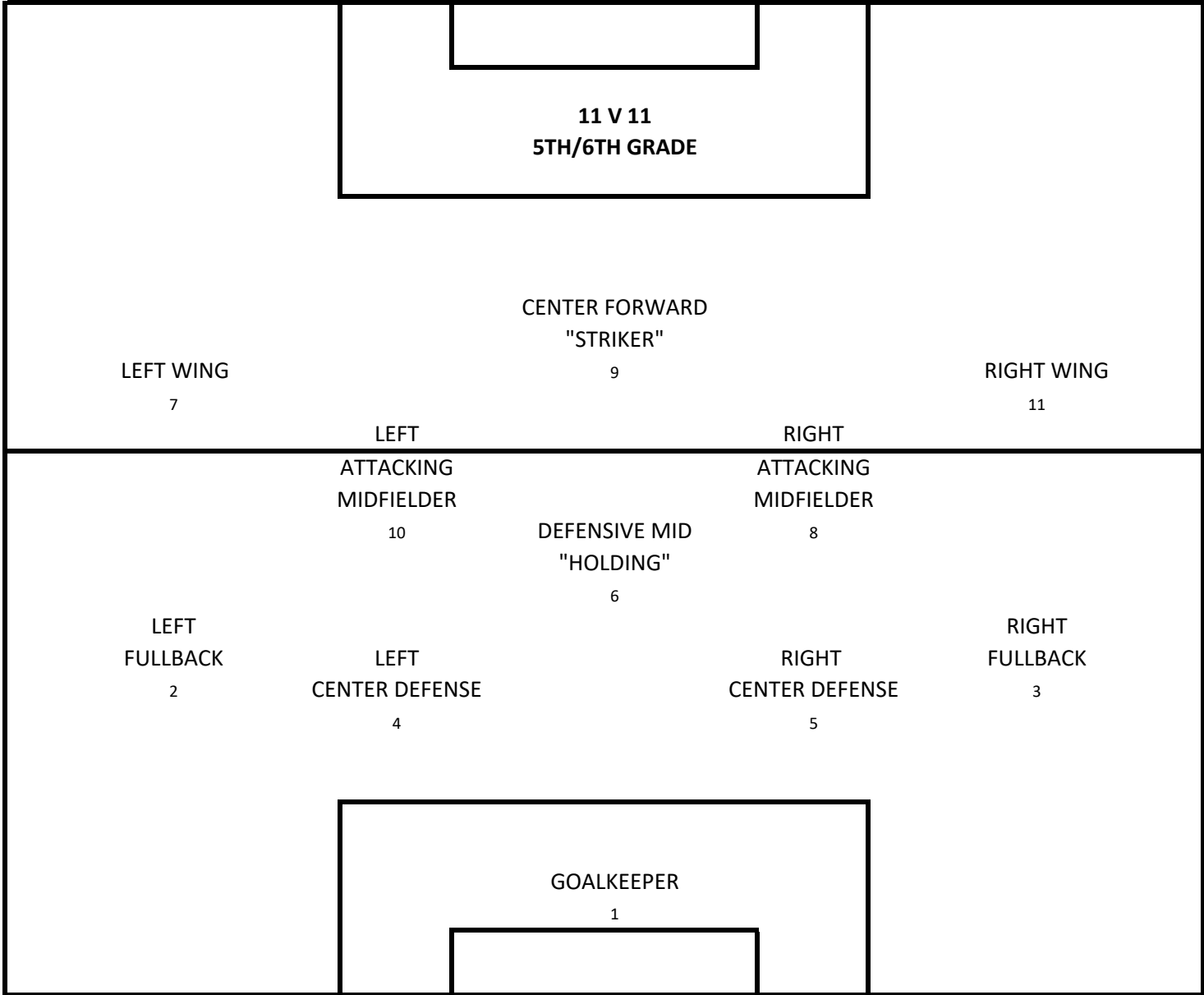
## **POSITIONS**

The following is a listing of positions with their responsibilities. Some positions are given different names so we will try to include all common names for each position.

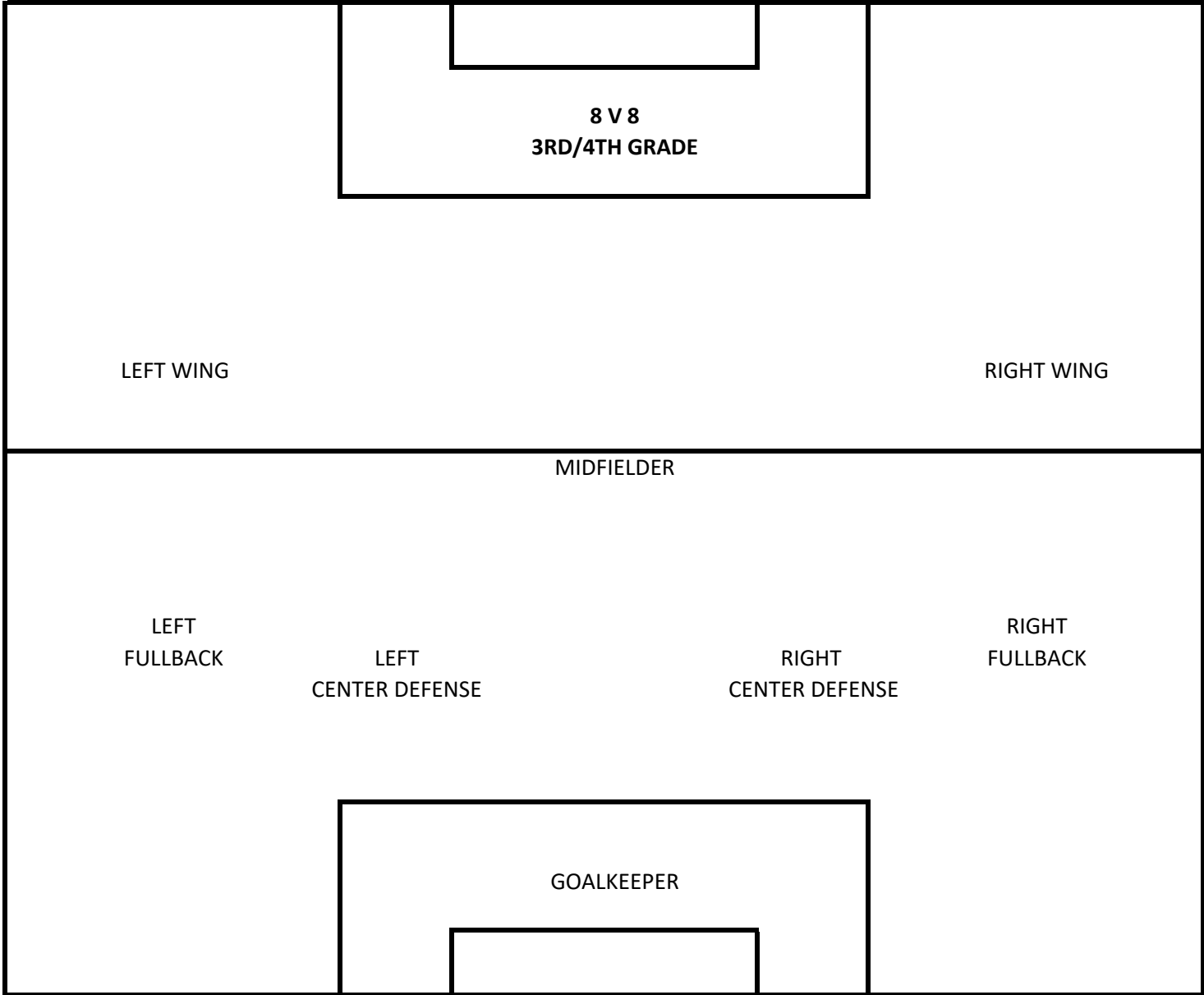
Keep in mind that depending on your age group or the necessity to "play down" in certain situations you may need to play different formations of these positions. The strengths and weaknesses of your team may be better suited towards an emphasis on offense or defense. There is quite a bit of written material on strategies and even more opinions readily available for the asking if you are unsure where to start.

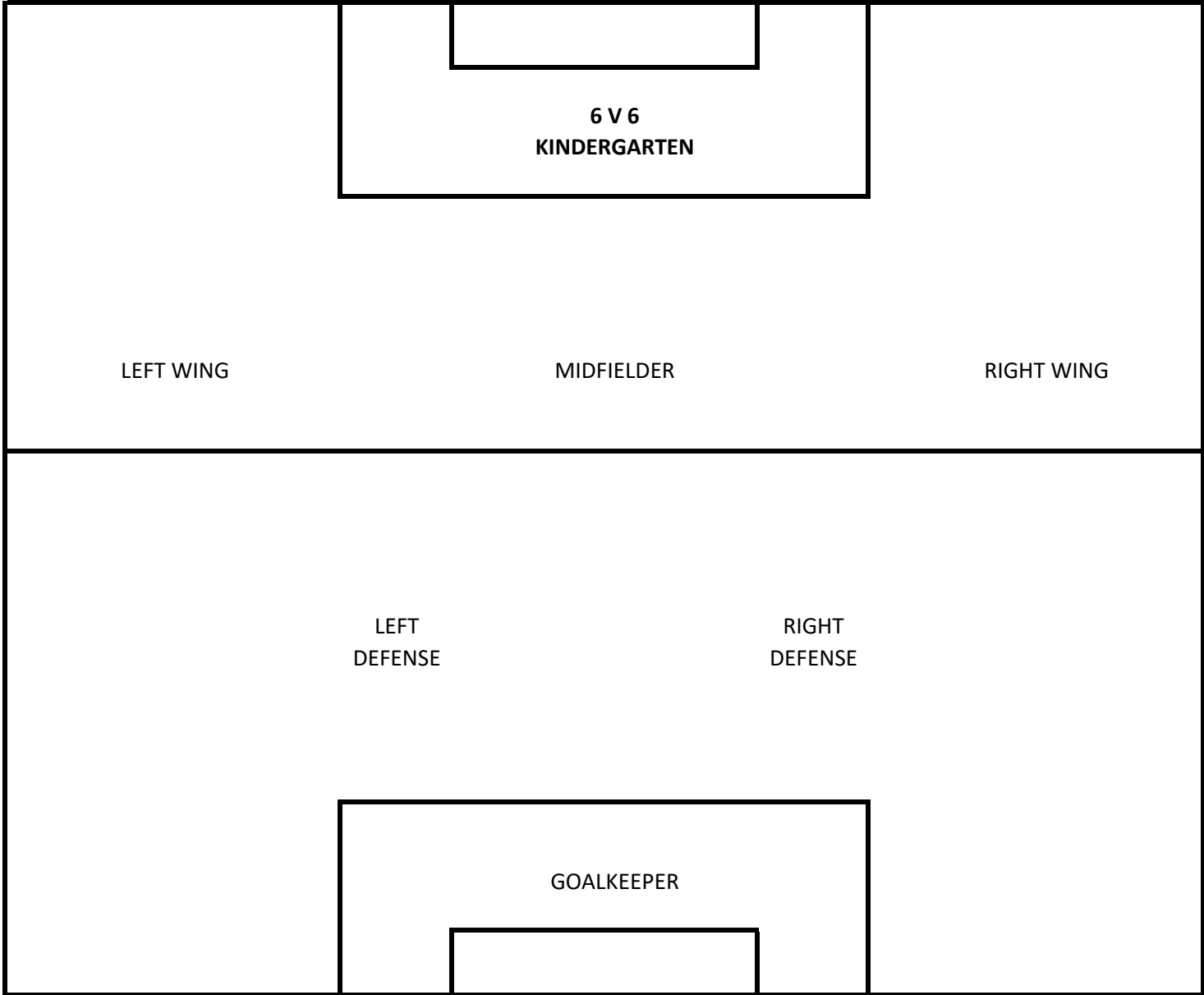




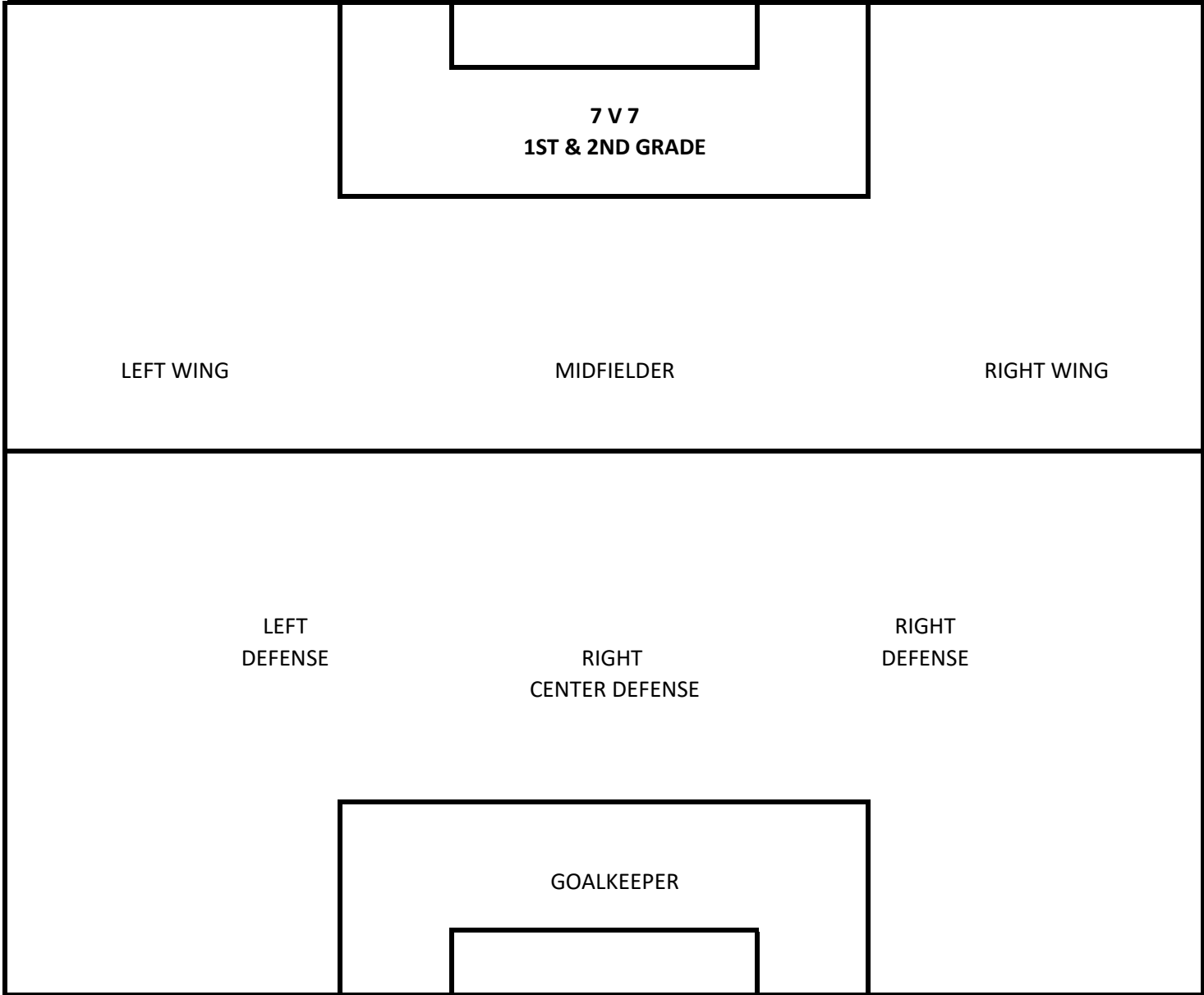












## **FORWARD/ STRIKER/ WINGS**

Forwards play closer to the other team's goal and shoot the ball more than do other players. The forwards that play nearest the touchlines are called "wings"; those in the middle of the field are referred to as "strikers." Teams usually play with one or two forwards in their lineups.

### **Position:**

The player closest to the other team's goal.

On the offense side of the center circle, but outside (you may have to pull back to the center line)

### **Duties when on offense:**

Scoring

Passing so others can score

Keeping the ball on offense, staying outside

### **Duties when on defense:**

Being in position to start the offense when ball comes from defense Hang around the center circle trying to steal bad passes

Stay on side.

## **DEFENSIVE MID**

### **Position:**

Defensive side of center circle

### **Duties when on offense:**

Stop the ball from coming onto the defensive end of the field

Support offense, be ready to take trails and switch to other side of field Carry ball (dribble forward) into center, take shot if no defense or pass off.

### **Duties when on defense:**

First line of defense, stop the ball, be aggressive, you have lots of help Fill the center of the penalty box

Clear the ball to the outside mids to get offense started

## ATTACKING MIDFIELDERS

Midfielders, or halfbacks, are all-purpose players, who take shots and also try to steal the ball from the other team. Their position is named appropriately, as they are located between forwards and defenders on the field. Teams use three to five midfielders throughout the game.

### Inside midfielders:

#### Position:

Around the center circle

#### Duties when on offense:

Support the forwards - be about 10 yards behind them.

Receive passes from outside mid fielders (square) or forwards (trail) Pass back to outside mids when they go to the goal (thru pass)

Pass to forwards as they go to the goal (thru pass)

Pass to other inside mid to take ball to other side of field (switch) Keep ball on offensive end of field.

#### Duties when on defense:

Help the stopper in and around the top of the penalty box

Move the ball to the outside where outside mids should be waiting.

### Outside midfielders:

#### Position:

Close to sideline near the centerline

#### Duties when on offense:

Moving the ball up field, **You** start the offensive plays

Passing to forwards so they can score

Being in position to score

Working with the forward and other outside midfielder to score Pulling ball back, switching to other side of field using inside mids Keeping the ball on offense

#### Duties on offense:

Being in position to start the offense when the ball comes from defense Hang around the side lines and steal bad passes.

Stay on sides.

## CENTER DEFENDER AND FULLBACKS

Defenders, or fullbacks, play near their own team's goal and try to prevent the other team from shooting the ball. They also receive the ball from the goalie and move the ball up the field to begin the offense. Teams typically use three to five defenders during the game.

### Position:

On the outside line of the penalty area on your assigned side of the field

### Duties when on offense:

Push up to near the centerline to stop long clearing passes Watch the play and adjusting side to side as the ball moves

### Duties on offense

Keep the ball wide, do not let your player dribble ball to the center Force the player with the ball to the sideline, all the way to the corner Make your player give the ball up, preferably backwards (trail)

When ball on the other side of field drop in to help protect the middle.

Watch for ball being switched to your side, or long crosses

Pass ball to outside mids to begin offense If in trouble clear out of bounds, avoid giving them a corner, give a throw.

## **GOALIE/ GOALKEEPER**

A goalie plays in front of the goal and tries to prevent the ball from getting into the goal. The goalie is the only player allowed to use the hands for such things as blocking shots and initiating the offense from within the goal area

### **Position:**

Middle of goal area

### **Duties on Offense:**

Push defense up to centerline, collect long kicks, and put us back on offense Talk to players to encourage them

Help keep them in position, you can see the whole field so help out

### **Duties on Defense:**

Protect the goal

Talk to the defenders, let where uncovered players are

Tell defenders when you can get the ball, call the defenders off. Make good punts

Get the ball to the out side mids, by punt or throw

Set up the players for defending corner kicks and wall for free kicks

## **TEAM ADMINISTRATION**

The attached forms have been compiled to simplify your efforts and help you save time. You are certainly not required to use these specific forms. There is only one copy of each of the forms so it will be necessary for you to make the number of copies you will need.

If you should choose to use a different letter to your parents that is acceptable, but please be sure that it clearly communicates our philosophy for the development of our players and the parents conduct.

A floppy disk for your use on a computer is also available upon request and these forms may be available on marionsoccer.com (under coaches resources).

### **Forms:**

- Letter to parents
- Parents Code of Conduct
- Roster
- Practice schedule
- Game play sheet
- Treat schedule
- Call sheet
- Letter to players



Dear parent;

As we start another season of soccer I would like to thank you and your child for participating in the MSI recreational program and communicate the philosophy of the program. This program will place an emphasis on the physical, social, and mental skills associated with youth soccer. The individual development of each and every child on the team will receive priority over winning. I do not believe that the purpose is to win at all costs or to prepare the kids for a professional sports career, nor do I believe it is to make kids dislike other sports or those who play other sports. I do believe in teamwork, physical fitness, skills, obeying rules, having fun and good sportsmanship. Winning, in my opinion, is a result of these principles. I am not against winning, but believe that if we have teamwork, are physically fit, obey the rules and show good sportsmanship we will have fun and win games.

As a parent I would ask that you keep the following items in mind

- The primary reason children play is to have fun, not so much to **win** or be with their friends.
- Demand that your child play fairly, within the rules of the game.
- Help the coaches in any way possible. Remember, they are volunteers and usually parents too.
- Don't make negative comments to any child especially your own. Understand that when one of the players makes a mistake, he didn't do it on purpose -- your method of correction should reflect that. If you can't say anything positive don't say anything.
- Praise the effort of every player; remember the lesser skilled players are just as important as the superstars.
- Be a parent who leads by example. Don't say one thing and do another.
- Please see attached **Parents Code of Conduct**

Your child may wear sneakers or cleats although cleats are preferred, especially when the grass is wet. If wearing cleats be sure they are suitable for soccer and do not have a toe cleat. All players must wear shin guards to practice and games and they should be fully covered by their socks. Remember that no jewelry, necklaces, earrings, or watches may be worn.

Please be sure that your child brings a soccer ball and drink clearly marked with their name to each practice.

Throughout the season we will continue to learn and improve on soccer skills with an emphasis on making it a fun and positive experience. Because there are more players on the team than positions we will substitute players throughout the game and make every attempt to make sure all players get adequate playing time. Soccer is a team sport and we will emphasize teamwork and sportsmanship. Every position on the field has its own unique requirements and demands specific physical attributes and abilities. Regardless of what position your child plays, no position should be considered to be less desirable or important than another.

Please note that all games will be played at the Marion Soccer Complex located on East Main Street, just east of Fabick Machinery. All players should be at the field 30 minutes before game time.

If you have any questions or concerns please be sure to communicate them to me. I welcome any of your thoughts.

Coach: \_\_\_\_\_

Asst. Coach: \_\_\_\_\_





## **PARENTS CODE OF CONDUCT**

1. Always be positive - no matter how bad the error, only give your son and the other players positive advice.
2. If you cannot say anything positive, don't say anything.
3. Never make any comment to the Referee or Line Judges. If you do not like a call tell your coach and let him/her speak with the referee after the game.
4. Remember, most of the Referees and line Judges are just kids doing the best they can. They will make mistakes, but they usually will even out over the course of a season.
5. At the end of a game, thank the Referee and Line Judges for their help.
6. Never make insulting comments to the other team, families, or coaches.
7. If you start to lose control of your emotions, walk away and take a cool-down break. (Spouses may have to suggest this)
8. WE MUST SET THE EXAMPLE FOR OUR CHILDREN. SHOW THEM THAT GOOD SPORTSMANSHIP IS SOMETHING WE EXPECT AND DEMAND.

Age Division: \_\_\_\_\_

Coach(es) Names: \_\_\_\_\_

Team Name: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Fall 2022**

**MARION SOCCER INC.**

**COACHING STANDARDS & PRACTICES**

Marion Soccer, Inc., in reaction to continued “Sportsmanship” related issues, are implementing a new rule for Head/Assistant Coaches moving forward. This, Slaughter Rule, is being implemented at all age levels for Marion Soccer, Inc.’s recreation soccer season. This rule is to be adhered to in every official game your team is schedule for this coming Spring season, as well as all seasons moving forward. Examples (final scores from Fall): 14-0, 10-2, 8-0, etc. at our 3 lowest levels.

**SLAUGHTER RULE:** The rule will be implemented when a 5-goal differential is met during the 1<sup>st</sup> or 2<sup>nd</sup> halves (quarters included).

- Team scoring leaders (dominant players) shall be removed from offensive positions
  - o If Scoring persists, we advise you sit your star players and allow others to play remainder of game.
- After 5 goal differential is met, all 3-goal (hat trick) scorers should be sat after said hat trick if substitution numbers allow.

**COMPLAINT ORIGINATION:**

The Protest/Complaint must be filed by:

- 1) Opposing Coach(s), 2) MSI Division Level Coordinator or Board Member 3) Referee(s)

**PUNISHMENT:**

*First Complaint:* 1 week sideline ban for Coaching Staff

Coaches may participate in practices that week, but aren’t allowed on team sideline during games for 7 day time. Suspension falls back calendar week if cancellations/reschedules occur.

*Second Complaint:* Coaching Staff is RELIEVED of coaching duties for Spring 2022.

MSI Board Member will be assigned coaching duties for remainder of season.

Rec Ban extends to All-Star Coaching. Ban covers both Rec & All-Star Seasons.

\_\_\_\_\_  
**Marion Soccer, Inc.**

\_\_\_\_\_  
**Marion Soccer, Inc.**

\_\_\_\_\_  
**Volunteer Head Coach\***

**Board Member**

**Division Coordinator**

\*All Volunteer Head Coaches are signing to acknowledge 1) You have read MSI’s new “Slaughter” Rule Policy, 2) Acknowledge it’s an immediate change to the Spring 2020 Season, and 3)re signing as a representative for your entire coaching staff. It is the Volunteer Head Coach’s responsibility to explain these rules to all Assistant Volunteer Coaches in the event a replacement is needed throughout the season.



## **PRACTICE SCHEDULE**

**Coach:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Date**

**Time**

**MSI Field #**

All Practices will be as scheduled unless I contact you by telephone. We will also practice during the season and I will schedule and announce the practices based on when we have games. Please have your child bring a ball and drink to practice with them. Practice will be about 1 hr in duration.

Half

