

# RECREATIONAL OUTDOOR SOCCER COACHES PACKET





**SPORTS of All SORTS**



**Youth Association**

# "TEAM PARTY"

*Everyone's a winner with a team party at SPORTS OF ALL SORTS.*

***\$40.00 per team***

***Includes:***

***2 large pizzas***

***3 pitchers of Soft Drinks***

***100 Tokens***

***Add 1 game of BOWLING for your team for only \$20 more!***

***\*Additional Pizza can be purchased for \$12 each***

# SPORTS OF ALL SORTS YOUTH ASSOCIATION

## COACH CODE OF CONDUCT

### **COACHES HAVE A RESPONSIBILITY TO:**

- Have knowledge/understand the Laws/Rules of the game and the Spirit of how the Laws/Rules are enforced.
- Develop team respect for the ability of opponents, and for the judgment of referees and opposing coaches.
- Concentrate on coaching rather than on the accuracy of referee's decisions.
- Be a role model of fair play. Set a good example and be generous with your praise when it is deserved.
- Use of alcohol, tobacco products or illegal drugs is strictly prohibited when in the presence of his/her players or any SOASYA sponsored event.
- Be positive; avoid confrontation with any official, coach or parent.
- Refrain from the use of profane, insulting, harassing or otherwise offensive language in the conduct of his/her duties.
- Support and Practice "Everyone plays" and "Positive Coaching" philosophies
- Be reasonable in your demands on the young players' time, energy, enthusiasm and their performance on the field/court.
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  - Discuss with each player the “Player Code of Conduct” **Attached**
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Baseball  Softball  Cheerleading  Bowling

Soccer  Basketball  Volleyball  Flag

Football

**Head Coach** **Division Coaching (i.e. U-10 Soccer)** \_\_\_\_\_

**Assistant Coach** \* **Must list Head Coaches Name**

\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

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# ADMINISTRATIVE

## ➤ **Division Structure**

<b>Under 6</b>	(4 & 5 years old, not 6 before 09/01)
<b>Under 8</b>	(6 & 7 years old, not 8 before 09/01)
<b>Under 10</b>	(8 & 9 years old, not 10 before 09/01)
<b>Under 12</b>	(10 & 11 years old, not 12 before 09/01)
<b>Under 14</b>	(12 - 13 years old, not 14 before 09/01)
<b>Under 16</b>	(14 – 15 years old, not 16 before 09/01)
<b>Under 19</b>	(16 – 18 years old, not 19 before 09/01)

\* MUST BE STILL IN HIGH SCHOOL

- WHEN A PLAYER'S BIRTHDAY FALLS AFTER 09/01 OF PREVIOUS/CURRENT YEAR THEN THEY ARE PERMITTED TO CONTINUE PLAYING IN THAT DIVISION UNTIL 09/01 OF THE FOLLOWING YEAR

. EXAMPLE: (Child A is 5 years old as of 09/01 of current year, but his birthday is on 09/02 or later now making him 6 years old but still eligible to play in the Under 6 program. Child A will be permitted to play in the Under 6 program until the following Fall in which at that time, Child A will then be moved up to the next division).

## ➤ **Exceptions**

A player may move up to the next age division at the request of the parent(s), **BUT** only if they are within one (1) year of that division. SOASYA League Director reserves the right to adjust age groups and/or participants based upon abilities and/or total number of participants.

## ➤ **Participation and Eligibility within Sports of All Sorts Youth Association (SOASYA)**

Participation of a player or manager in SOASYA. Soccer program will not be permitted if they or their family have any outstanding obligations to the organization.

Violation of any Codes of Conduct or rules pertaining to participation and or suspension will result in a player or manager being declared ineligible.

## ➤ **Player Registrations**

Player registrations contain player waivers and are for the current soccer season which starts when the parent signs the agreement and ends when the player's team finishes its regular playing season and is determined not to participate in any post season tournaments representing the SOASYA.

Each player's parent or guardian must have signed this waiver before a player participates in a regular season game.

## ➤ **Age Verification**

Must have access to a birth certificate. It is recommended that all players have a physical examination and have a Doctor's permission to participate in SOASYA Activities

## ➤ **Team Formation (Legal Team)**

\*\* Teams will be formed as registrations are received. If requesting a coach or player all requests will be received on a first come basis with returning players being honored first from the previous session. Once a team has reached the maximum number of players, any additional players requesting a coach or a player that plays for a team that is full will be placed in the draft and assigned to a team. Also, every effort will be made to equal the boy/girl ratio, which may impact those teams that consist of mostly one gender. The Administration reserves the right to establish a standard number of players per team based upon number of participants.

**\*\*ONLY those players assigned to a team and appear on the teams roster are permitted to play for that team. NO GUEST PLAYERS ARE PERMITTED AND NO PLAYER WHO IS ON ANOTHER TEAMS**

**ROSTER IS PERMITTED TO PLAY.** If a team is found in violation of this rule prior to the game then that player will not be permitted to play during that game. If a team is found in violation during or after the game in question then the offending team will forfeit the game. Also, the coach will be suspended for one game for violation of this rule.

➤ **Season Duration**

The regular playing season will consist of a minimum of a 7 game schedule and maximum of 10 game schedule.

➤ **Equipment / Uniform**

**All players must be in the SOASYA issued uniform T-Shirt for every game.**

The standard soccer uniform consists of a numbered shirt (SOASYA provides); shorts, soccer socks, shin guards and rubber soled shoes (parents provide).

**NO** JEWELRY of any kind is permitted as well as any item of clothing that the Referee determines unsafe. Tell your parents that they should not plan on getting their child's ears pierced while the season is underway.

Shin guards are **MANDATORY**, no exceptions and must be age and size appropriate and have the NOSCAE label.

Mouth guards may be used by anyone and are recommended for players wearing braces as well as players playing the goalie position.

**NO** kneepads allowed. An Ace bandage type knee brace is allowed with the exception that no clips, tapes, wrapping be used (one piece).

**NO** loose fitting clothing. (identified as anything that someone could trip, or get caught on and cause injury, i.e. hooded sweatshirts)

Players who wear prescription glasses must wear elastic bands or sports goggles.

Players with long hair must use elastic hair bands when tying hair up. **NO** metal of any kind is to be worn on the hair bands. This would prevent injury when heading the ball or players bumping heads during play.

➤ **Restricted Areas**

**NO** one is permitted to coach from the spectator sidelines.

➤ **Awards**

Awards will be handed out to each team after their last regular season game

➤ **SOASYA Director / Assistant Director**

The Administration has the authority to suspend any manager, coach, or player for additional games if situation warrants.

All ejection's and forfeitures will be reported to the Administration by the referee. All ejection's and forfeitures will be reviewed by the Administration to determine if additional action is necessary.

Once the first game of the season has been played, no games will be rescheduled.

**Weather Hotline**

Coaches and players may contact Sports of All Sorts at 372-7754 or visit the web site at [www.sportsofallsortsky.com](http://www.sportsofallsortsky.com) to see if any game has been canceled due to weather conditions. The Administration in the interest of safety reserves the right to cancel games when weather conditions may place parents, coaches and players at risk when in route to, during or from the facility.

# HELP! I Volunteered to Coach...What do I do?

Many first time coaches volunteer or are volunteered to the job. First things first...Relax. Relax and think about how much fun you are going to have with these little Under-6 and Under-8 soccer players.

**Goal:** Create a fun, learning soccer environment for your players in training and in games.

## How?

- Talk to the Program Director and request helpful coaching materials and coaching aids.
- Talk to other Soccer Coaches in the program or in your community who have worked with these age groups before.
- Call your State Youth Soccer Association and request helpful coaching materials and coaching aids.
- Call your State Youth Soccer Association and ask to speak with the State Director of Coaching about specific age appropriate coaching courses and age appropriate training materials.
- Call US Youth Soccer at 1.800.4SOCCER or visit their web site at [www.USYouthSoccer.org](http://www.USYouthSoccer.org) and request and/or order helpful coaching materials and coaching aids.

## Team Management:

Prepare a list of simple and clear rules for your players and their parents. Conduct a preseason meeting to review these rules and to go over other important information and to complete important administrative paperwork.

### *Consider the following:*

Schedules and locations for training sessions and games.

Drop off and pick up times for training sessions and games.

Player responsibilities and behavior at training sessions and games.

Parent responsibilities and behavior at training sessions and games.

Player equipment (#3 soccer ball, shin pads, soccer shoes or sneakers, water, appropriate clothing).

Coaching equipment (#3 soccer balls, 25-30 cones, 10 vests/pennies, basic first aid kit, small cooler of ice and zip lock bags).

Fill out program registration forms and medical release forms.

Discuss the procedure for canceling training sessions and games.

Discuss your philosophy of coaching...it's about player development, not winning and losing!

## Risk Management:

Provide proper age appropriate activities at training sessions and games.

Assure that training and playing areas are safe.

Make sure that all players are wearing the correct equipment and that it is appropriately sized.

Make sure that you are assisted by another adult when coaching the players (This includes the time when players arrive and when they depart from training sessions and games).

Create a plan for any medical emergencies/injuries.

## The Training Session - Under-6 Format

Duration is 45-60 minutes.

Every child has a ball.

Individual activities.

Warm-up activities include movement education approach...with and without a ball (10 minutes).

Fun games activities with and with out a ball (20 minutes).

Conclude with 3v3 games to two goals, with no goalkeepers.

## The Training Session - Under-8 Format

Duration is 60 minutes.

Every child has a ball.

Individual and partner activities.

Warm-up activities with and without the ball – dribbling and passing (15 minutes).

Maze games and target games (25 minutes).

Conclude with 4v4 games to two goals, with no goalkeepers.

# Official Under 6 Playing Laws

## MODIFIED RECOMMENDATIONS OF THE GAME FOR U6

**Law 1 The Field of Play:** the dimensions are smaller to accommodate the three-versus-three game and are appropriate for the movement capabilities of four- and five-year-old children. These adjusted dimensions provide more practical space allowing players to be successful.

### **Field Markings:**

**The center circle** gives the players a concrete marking on where to be for the kick-off.

**The corner arc** gives the young player a concrete place to put the ball to kick it back onto the field of play. While kids this young will not execute corner kick plays taking a kick from the corner is a reasonable way for them to put the ball into play and provides continuity with all other age groups. However, the center circle and the corner arc for U6 Small Sided Games are not mandatory field markings. Cones may be used in lieu of corner flag posts if desired. Neither cones nor corner flag posts to mark the corners of the field are mandatory for this age group.

**Goals:** the goal, 6 x 18 feet or smaller, Organizations can use cones, pop-up goals or other items to designate the goal for this age group. Indeed, even the entire goal line could be considered the 'goal' and a ball kicked over the goal line is considered a goal. Any goal must be properly anchored to the ground.

**Law 2 The Ball:** must be a size three. The smaller ball is lighter and more easily kicked, received, dribbled and passed.

**Law 3 The Number of Players:** there are no goalkeepers in the U6 age group so that all of the players may chase the ball around the field. The kids want to be where the action is and at this age it is around the ball. This will provide the opportunity for the children to further develop their running, jumping and kicking coordination. These are valuable traits for all soccer players to develop. The smaller number of players takes into account the egocentrism of this age group and therefore allows each child more opportunities for kicking and dribbling the ball. With fewer players on the field each child has an increased number of contacts with the ball and has more actual playing time. Additionally the players will be required to make more decisions and experience repeating game situations frequently. The work rate and involvement of players will be more consistent. While learning both offense and defense, players will become well rounded and will understand more readily the roles and importance of teammates.

**Law 4 – The Players Equipment:** Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

**Law 5 The Referee:** a referee is not really needed for this age group. Instead a parent or a coach should supervise the game for safety sake. All rule infringements shall be briefly explained to the offending player. 'Do-overs' should be a regular occurrence allowed by the adult(s) supervising the U6 game.

**Law 6 The Assistant Referees:** none are needed.

**Law 7 The Duration of the Match:** the game is divided into four quarters. Clubs may make the quarters shorter in duration if necessary. Quarters are played in the U6 age group to accommodate the attention span and physical limitations of the children.

**Law 8 – The Start and Restart of Play:** Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least four (4) yards from the ball until it is in play.

**Law 9 – The Ball In and Out of Play:** Conform to FIFA.

**Law 10 Goal Scored:** shall conform to FIFA.

**Law 11 Offside:** there shall be no offside called during these games.

**Law 12 Fouls and Misconduct:** no caution or send off shall be issued to players. If a child is being too rambunctious then the game official will ask the coach to make a substitution of that player to give the child a chance to calm down before returning to play.

**Law 13 Free Kicks:** all free kicks shall be direct. This should keep the game flowing and keep the attention of the kids.

**Law 14 The Penalty Kick:** for this age group there will not be any penalty kicks called.

**Law 15 The Kick-In:** most U6 players do not yet have the eye-hand coordination to execute a throw-in to the letter of the law. This leads to endless retakes from one team to the other. Additionally with a kick-in the ball is on the ground and stationary so the U6 player has a better chance of striking it correctly. This may lead to some intentional passes. However, this is still unlikely given that whether it is a throw or a kick all of the kids on the field will be yelling for the ball at the same time and the child putting the ball into play will be confused.

**Law 16 The Goal Kick:** the kick should be allowed to be taken from anywhere along the goal line over which the ball traveled. This is so the ball can be put back into play quickly. The ball should be placed two or three yards into the field of play to make it easier for the child taking the goal kick to get the ball well into the field of play once it is kicked. The defending players must stand at least four yards away from the ball until it is in play.

**Law 17 The Corner Kick:** per FIFA. The defending players must stand at least four yards away from the ball until it is in play.

**Roster Size:** Under the single field method the recommended minimum roster size is four players and the maximum roster size is six players.

**Playing Time:** A minimum of at least 50% playing time is required. The goal of the U6 facilitator is to achieve 100% playing time for each child.

**No score or standings should be kept.**

#### **ADVANTAGES OF PLAYING SMALL SIDED GAMES**

More time with the coach/facilitator

Energetic workouts due to playing both offense and defense

More efficient use of field space

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Greater success rate for the players

Opposing coaches, players and parents should shake hands after each match.

Parent/coaches, non-participating players and spectators should be there to enjoy and encourage the activity of the youngsters.

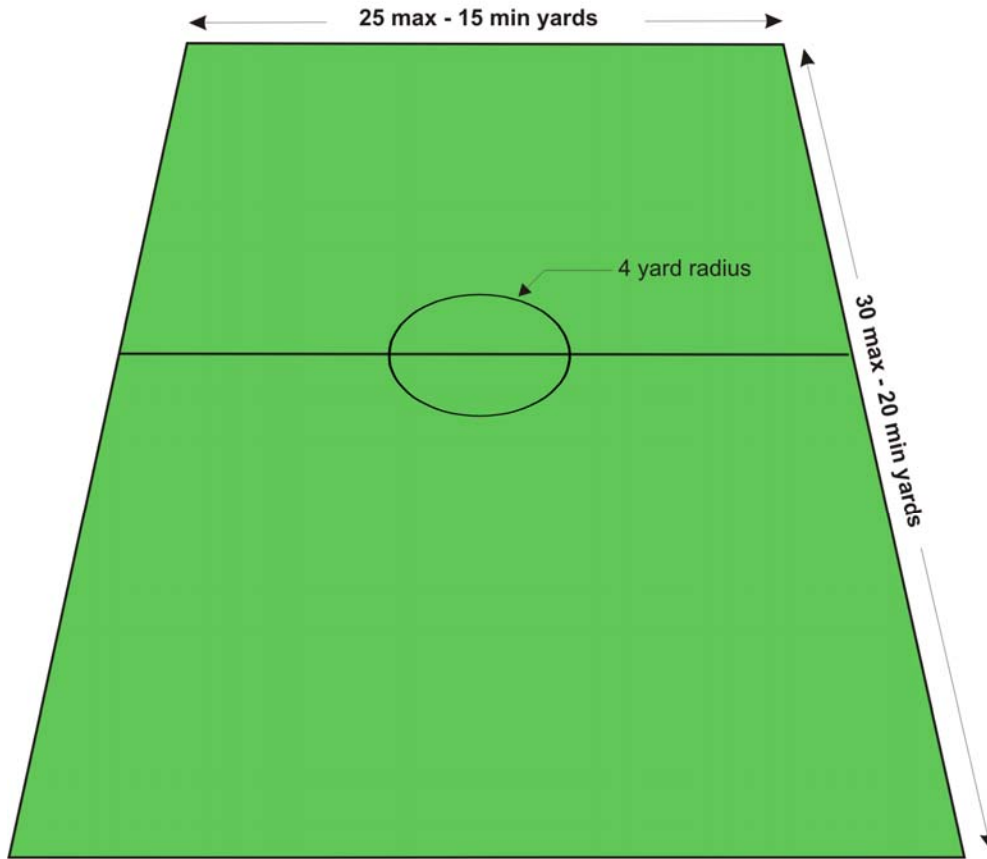
Spectator and team benches should be on opposite sides of the field.

No alcoholic beverages or tobacco products will be consumed or allowed near the playing area.

No slide tackles to be allowed in this age group.

Coaches of U6 teams should attend the U6/U8 Youth Module coaching course and the Grade 9 referee course.

# Suggested Set-up for 3v3 Fields



# Official Under 8 Playing Laws

**Law 1 The Field of Play:** dimensions are smaller to accommodate the five-versus-five game and are appropriate for the movement capabilities of six and seven-year-old children. These adjusted dimensions provide more practical space allowing players to be successful.

**Field Markings:** the center circle gives the players a concrete marking on where to be for the kick-off. The corner arc gives the young player a concrete place to put the ball to kick it back onto the field of play. While kids this young will execute corner kick plays to a modest degree taking a kick from the corner is a reasonable way for them to put the ball into play and provides continuity with all other age groups. However, the center circle and the corner arc for U8 Small Sided Games are not mandatory field markings.

**Goals:** the goal, 6 x 18 feet or smaller

**Law 2 The Ball:** must be a size three. The smaller ball is lighter and more easily kicked, received, dribbled and passed.

**Law 3 The Number of Players:** there are no goalkeepers in the U8 age group so that all of the players may chase the ball around the field. The kids want to be where the action is and at this age it is around the ball. This will provide the opportunity for the children to further develop their running, jumping and kicking coordination. These are valuable traits for all soccer players to develop. The smaller number of players takes into account the egocentrism of this age group and therefore allows each child more opportunities for shooting, passing and dribbling the ball. With fewer players on the field each child has an increased number of contacts with the ball and has more actual playing time. Additionally the players will be required to make more decisions and experience repeated game situations frequently. The involvement of players will be more consistent. While learning both offense and defense, players will become well rounded and will understand more readily the roles and importance of teammates. Children in the U8 age group will intentionally play in pairs. The smaller number of players on the field will make it easier and more likely that passing and receiving will occur. There should not be a minimum number of players for U8 and U6 and clubs, administrators, coaches and referees should be encouraged to allow players from the team with sufficient numbers to 'loan' a player or two to the team that is short players and then PLAY.

**Law 5 The Referee:** a referee is not really needed for this age group. Instead a parent or a coach should officiate the game. All rule infringements shall be briefly explained to the offending player.

**Law 6 The Assistant Referees:** none are needed.

**Law 7 The Duration of the Match:** the game is divided into four quarters. Clubs may make the quarters shorter in duration if necessary. Quarters are played in the U8 age group to accommodate the attention span and physical limitations of the children. Each quarter will be 10 minutes each with 1 minute between 1<sup>st</sup> and 2<sup>nd</sup> quarters, 5 minute half time, and a 1 minute break between the 3<sup>rd</sup> and 4<sup>th</sup> quarters

**Law 8 – The Start and Restart of Play:** Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least four (4) yards from the ball until it is in play.

**Law 9 – The Ball In and Out of Play:** Conform to FIFA.

**Law 10 Goal Scored:** shall conform to FIFA.

**Law 11 Offside:** there shall be no offside called during these games.

**Law 12 Fouls and Misconduct:** no caution or send off shall be issued to players. If a child is being too rambunctious then the game official will ask the coach to make a substitution of that player to give the child a chance to calm down before returning to play.

**Law 13 Free Kicks:** all free kicks shall be direct. This will keep the game flowing and keep the attention of the kids.

**Law 14 The Penalty Kick:** there will not be any penalty kicks called.

**Law 15 The Throw-In:** some U8 players do not yet have the eye-hand coordination to execute a throw-in to the letter of the law. However, some U8 players have sufficient eye-hand coordination to attempt the throw-in. One 'doover' per thrower should be the normal response if the throw-in is incorrect. The adult officiating the match should explain to the child how to execute the throw-in correctly.

**Law 16 The Goal Kick:** per FIFA. The defending players must stand at least four yards away from the ball until it is in play. The ball is in play once it has left the goal area.

**Law 17 The Corner Kick:** per FIFA. The defending players must stand at least four yards away from the ball until it is in play.

**Roster Size:** Under the single field method the recommended minimum roster size is six players and the maximum roster size is eight players. Under the dual field method the recommended minimum roster size is ten players and the maximum roster size is twelve players. This range of roster sizes allows for a club to use either the single field or dual field set up.

**Playing Time:** A minimum of at least 50% playing time is required.

**No score or standings should be kept.**

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# Suggested Set-up for 4 v 4 Fields

