



Canfield

SOCCER CLUB

Recreational & Competitive Leagues

WWW.**CanfieldSoccerClub**.ORG

RECREATIONAL SOCCER

COACHING HANDBOOK

TABLE OF CONTENTS

Welcome.....	3
Coaching Guidelines.....	4
First Aid Treatment.....	8
Laws.....	10
Rules	
U-15 Division COED.....	13
U-12 Division Boys and Girls.....	14
U-10 Division Boys and Girls.....	15
U-8 Division COED.....	17
U-6 and U-7 Division COED.....	18
Practice Plans.....	20

Welcome

From all the members of the Board of The Canfield Soccer Club, WELCOME to the Recreational Soccer season, and THANK YOU!

Without people like you who are willing to volunteer their time, there would be no Canfield Recreational Soccer.

We all share the goal of providing an environment in which our children can learn the game of Soccer. We try to teach them to play as a *team*. We try to teach them to respect the other *players, teams, coaches, and referees*. But most of all, we try to teach them that soccer is FUN.

This handbook is intended to help you as a coach. It will help you with your team, your practices, and your games.

The Canfield Soccer Club also offers clinics for coaches, players, and parents, and we can help in obtaining information about coaching and referee licenses. Please let your players and parents know of these opportunities. Contact any board member for further information.

If you, as a coach, keep a positive attitude, and try to lead these children by example with common sense, we are confident that this will be an enjoyable and exciting Soccer season, and a worthwhile and gratifying program.

Thank you again,
The Board of the Canfield Soccer Club

Canfield Soccer Club

Coaching Guidelines

A. PRE-SEASON

1. Please contact the players on your roster as soon as possible. Tell them the name of their teams, their teams colors and sponsor, and remind them about the players' clinic.
2. Be sure that each player knows that they must wear shin guards (hard plastic or plastic inserts), soccer shoes (recommended), soccer ball and water bottle. (Check for the correct size ball under the appropriate division towards the back of the handbook.) If a player wears glasses, they must have safety straps. Suggest they put their name on their equipment.
3. Give each player's parents or guardian a copy of the game schedule. Assign each player a game date to bring oranges for each player at halftime. Oranges should be quartered with at least two quarters per player. Recruit a team mom or dad to help get in touch with your team quickly in case of schedule changes, field changes, or practices.
4. If you are coaching, High School players are sometimes available to help you with your team. First time coaches in the U-7 and U-8 divisions might need help from high school players more than the older divisions. Contact the league president or a board member.
5. Coaches are responsible to pick-up and distribute the uniforms. This includes any switching among players. There will NOT be any reorders unless it was the leagues fault. Coaches ONLY may contact the league president with any problems.
6. Orientation for Parents: Held simultaneously with the players clinic. This is the time for questions and information about the league. Please encourage the parents to attend.
7. Treats: the coach may want to request the assistance of a parent(s) to collect money in advance of the season for "ice cream" treats, etc. The coach may want to inform the players when and where the treats will be consumed so that the parents may plan accordingly (transportation, meals, etc.).
8. If you have any players quit your team, please call the league president. There could be a waiting list.
9. Any "coaching questions" may be directed towards the board or the league president.
10. Remember picture day! Notify your players as to the time and the date of the photographs. Picture day is usually the first Saturday after the first week of the season. Please check your coaches folder for information regarding this issue.

B. PRACTICES

1. Schedule your practices and inform your players as soon as possible. You may want to set up a practice schedule for at least one week in advance to allow parents an opportunity to make the necessary arrangements.

2. Practice times and locations are up to the Coach. Remind the players to bring plenty of liquids, and a soccer ball. They must wear shin guards and have safety straps on their glasses. They MUST NOT wear jewelry of any kind.
3. Please have all players' medical releases available at all practices and games. Check your coaches folder.
4. During practice, maximize the positive side; minimize the negative. Show players what they should do, and reinforce it when they do it correctly.
5. Provide a good example at practices and games. Try to look and act like a Coach. Bring ICE and a first-aid kit for minor injuries and bruises. Spare soccer balls and cones can help.
6. Bring a plan with you to practice. One skill, technique or tactic can occupy a complete practice. Start simple, and then progressively make it more challenging. Be sure to involve all the players, and remember the goalkeeper! Keep it interesting by making it FUN!
7. Any "coaching questions" may be directed to the board or the league president.
8. Practices can be at the Fairgrounds, the High School, Hilltop Elementary, Fair Park and Greisel Park. Please share the fields with other teams, only play on one half of the field at a time.
9. Schedule a scrimmage practice with another team in your age division. This is a great time to learn while the players are in action.

C. PRE-GAME

1. Please check your schedule carefully for the time and place of your games. Try to arrive at least 15 minutes before game-time and allow your team to warm-up. The game will start when scheduled. Other teams may play on the same field at the completion of your game.
2. For U15 boys and U12 and below age divisions the referee will decide how many players will be on the field if one team is short of players. This is recreational soccer, keep it fair. If it is raining, or has recently stopped, only the referee can decide if the field is playable or can cancel a game. If there is lightning during a game, the referee will immediately STOP the game. If a game is cancelled you may work out a convenient reschedule with the other Coach or contact a board member for assistance.
3. If a referee is not available, please contact a board member. If the coaches of both teams concur, a knowledgeable adult or one of the other coaches may be chosen to referee. If a Coach is chosen, that person may not coach their team while acting as a referee.
4. If you are unable to field enough players, you may request substitutes to fill your team. Substitutes must be the right age, registered with the Canfield Soccer Club, and pre-approved by a board member.
5. Locked equipment boxes are located at each field. If you have coached before you may already have a key. If you need a key contact a board member. The

- referees are responsible for setting up and locking up the equipment. The equipment boxes will contain the field flags, game balls, and goalkeeper bibs.
- All players must be in complete uniform at game time. This includes the proper shirt(tucked-in the shorts), black shorts, socks over shin guards, and shoes. **Jewelry of any kind, including watches, earrings, rings, hair ribbons, etc. ARE NOT permitted to be worn during the game.** The referee checks players' equipment before the start of each game.
 - Oranges that are brought for the team for half time should be kept cool. After they are distributed at half time and consumed, clean up your area and dispose of the trash in an appropriate container. A damp cloth will help with sticky hands.
 - Players and coaches will use the opposite side of the field from the spectators.
 - Captains from each team will approach the center of the field and meet with the referee. The visiting team captain will call the coin in the air. The winner of the coin toss can choose to defend or kick. The other captain decides which goal to defend. In the second half, what was chosen is reversed. Rotate your captains among all players. You may send two captains per team.

D. GAME

- Coaching is permitted only from the sidelines between the penalty boxes and midfield. Coach clean, sportsmanlike soccer. Coaches are responsible for the behavior of their players and parents.
- Players are not permitted to chew candy or gum while playing soccer.
- Every child must play at least 50% of the game except for an injury, a penalty card, a disciplinary action, or fatigue.
- The referee is to be respected at all times. All goals will be determined only by the referee. Keep the players playing, even if they think a goal has occurred. The referee will blow the whistle if a goal has been scored.
- Inform players that if the goalkeeper is "going down" to the ball, they should back off. Charging the keeper creates the possibility of injury to the keeper. NOTE: A penalty for dangerous play may be called.
- After handling the ball, the keeper has 6 seconds to put the ball in play, and cannot go beyond the penalty area with the ball in hand. The keeper may only handle the ball inside the penalty area, and only if the last touch was taken by an opponent.
- There are no time-outs. The clock continues to run even if there is an injury. If a player gets hurt, tell the player to sit down on the field, if they can. Try to bring the injury to the referee's attention. Only the referee can call you to the field.
- Substitutions must be made at the centerline, and approved by the referee. Any player may be substituted whenever substitutions are permitted. However, the referee must be specifically notified when a goalkeeper is substituted. The referees may deny a substitution if they feel it is delaying the game. Same player may be substituted multiple times.

9. Throw-Ins: (Law 15) Face the field. Throw with both hands from behind and over the head. Have part of both feet on the ground and behind or on the touchline. If this is not done properly, the referee may award the ball to the opposite team. In the U-10 and below age divisions there will not be throw ins, they will have kick ins instead.(This is new effective the 2003 season.)
10. Remember, this is recreational soccer where we are trying to provide a positive learning experience. Trying to humiliate the opposing team does not teach soccer. If there is more than a three (3)-point difference between the U-10's and below teams, and a (4) point difference between the U-11's and up teams, talk with the opposing coach about adding more players to one side, or changing attacking players into defenders. By keeping even you will keep it challenging and fun for all. The referee should step in if a game gets out of control, score wise.
11. The coach may pick anyone to kick a penalty kick. (U-8's and below do not have penalty kicks) (U-10's have a modified penalty kick)
12. Picture Day: The Saturday at the end of the first week of the season.(Check coaches folder)
13. At the end of the game players and coaches will lineup and shake "clean and dry" hands. DO NOT forget the referee. After the game, please make sure your side of the field and the sidelines are clean, and that all of your players have their equipment.
14. Coaches must have medical release forms on hand during the game. If a player has not submitted a medical release form, that player cannot play. Coaches are encouraged to copy these forms for the co-coach in event that only one coach is present. (Check your coaches folder)

FIRST AID TREATMENT

A. INJURY CARE

1. SPRAINS AND STRAINS

- a. Grade I- stretch injury to a muscle or ligament; minimal pain, swelling, or bruising.
- b. Grade II-partial tear with more pain, swelling and bruising.
- c. Grade III- complete or nearly complete tear of muscle or ligament structure; considerable swelling, bruising, and functional loss.

2. JOINT PROBLEMS

- a. Possibility of joint sprain or growth plate fracture. When in doubt, have medical evaluation done.

3. TREATMENT.

- a. "I.C.E.": I = ice application; C = compression; E = elevation

B. PROBLEMS ASSOCIATED WITH HIGH HEAT AND HUMIDITY

1. HEAT SYNCOPE

- a. The most common reaction to a combination of effort and heat
- b. Caused by a competition between the circulatory needs of the muscles (to perform the activity) and the skin (to cool the body's core temperature)
- c. The blood pressure falls and the athlete becomes faint.
- d. Treatment: have the athlete lie down in a cool place with legs elevated; tepid sponging; drink fluids.

2. HEAT EXHAUSTION

- a. A mild to moderate degree of circulatory inadequacy, which develops during a period of physical activity.
- b. Symptoms: fatigue, irritability, deterioration of skills, more accidents, dizziness.
- c. If ignored, may progress to a more dangerous condition.
- d. Treatment: immediate removal from the hot environment; lying down in a cool place; feet elevated; tepid sponging; drink fluids; usually requires several days of rest followed by a closely supervised and monitored resumption of the sport.

3. HEAT STROKE

- a. A dangerous and potentially fatal failure of the body's heat regulating mechanisms.
- b. Relatively uncommon but the mortality rate is high.
- c. Most common victim is an overweight, unfit, and unacclimatized individual exercising at a relatively heavy workload in a hot environment.
- d. There is a progressive rise in core temperature, compounded by dehydration, diminished sweating, and diminished blood flow to the skin.
- e. May cause: irritability; irreversible brain damage; hallucinations; kidney failure; coma.
- f. Must have a physician approval and input before resumption of the sport.

4. WAYS TO MINIMIZE THE EFFECTS OF HEAT AND HUMIDITY

- a. Wear clothing permeable to sweat.
- b. Ensure adequate water intake.
- c. Decrease each athlete's time in the game during hot days, allowing for more frequent rest and water breaks.
- d. Promptly remove the athlete from competition if any problems occur. Watch for signs of heat exhaustion.

FIFA Laws of the Game (Soccer)

One may wish to refer to the Soccer Field Layout while reviewing these laws.

A. FIELD OF PLAY (LAW 1)

The ball is out of play when the “whole” ball crosses the Touch Line or Goal Line

B. THROW IN LAW (Law 15)

When taking the throw the thrower must:

1. Face the field of play
2. Have all or part of both feet on the ground, on or behind the Touch Line.
3. Throw with both hands from behind or over the head.
4. The thrower cannot play the ball a second time until it is touched or played by another player.
5. U-10 age division and below will do kick ins.

C. FOULS AND MISCONDUCT (LAW 12)

1. There are four parts to this law:
 - a. MAJOR FOULS: Direct Free Kick
 - b. MINOR FOULS: Indirect Free Kick
 - c. CAUTIONS: Yellow Card
 - d. EJECTIONS: Red Card

2. THERE ARE TEN (10) MAJOR (PENAL) FOULS COMMITTED AGAINST AN OPPONENT (1995) TWO WITH FEET:

- a. Kicks or attempts to kick
- b. Trips

FOUR WITH THE BODY:

- c. Jumps at.
- d. Charges violently or from behind
- e. When tackling, a player makes physical contact with opponent before contacting the ball
- f. Spitting

FOUR WITH THE HANDS:

- g. Strikes or attempts to strike
- h. Holds
- i. Pushes
- j. Carries, strikes or propels the ball with hand or arm.

3. THERE ARE FIVE MINOR FOULS:

- a. Dangerous Play:
 - i. Anything, which might cause unnecessary injury.
 - ii. Attempting to kick a ball held by the goalkeeper.
 - iii. High kicking when an opponent is close by.
- b. Charging Fairly when the ball is not in playing distance
- c. Obstructing when NOT playing the ball- using the body to obstruct an opponent intentionally.

- d. CHARGING THE GOALKEEPER inside the Goal Area.
 - e. AS GOALKEEPER:
 - i. Taking more than 6 seconds to release the ball.
 - ii. Gaining control a second time unless the ball was touched or played by another player.
 - iii. Wasting time (No specific time)
4. CAUTIONS (YELLOW CARD) ARE FOR:
- a. ENTERING OR LEAVING THE FIELD with out the permission of the Referee
 - b. PERSISTANTLY INFRINGING the Laws
 - c. DISSENT by word or action from any decision of the Referee.
 - d. UNSPORTSMANLIKE CONDUCT such as:
 - i. Leaning on a teammate's shoulder to reach for the ball (par 4)
 - ii. Waving arms to impede an opponent (par 8)
 - iii. Goalkeeper laying on the ball for too long (par 12)
 - iv. Not retiring 10 yards on a free kick (law 13 par 2)
 - v. Encroachment on a Penalty Kick (law 14-3c, 4b)
 - vi. Changing the goalkeeper without permission (law 3 par 4)
 - vii. Dancing about or gesticulating on a throw-in (law 15,3)
5. EJECTIONS (RED CARD) ARE FOR:
- a. VIOLENT CONDUCT OR SERIOUS FOUL PLAY such as spitting at an opponent or fighting.
 - b. FOUL OR ABUSIVE LANGUAGE.
 - c. PERSISTENT MISCONDUCT AFTER A CAUTION.
 - d. U-10's and below WILL NOT BE RED CARDED.

D. PENALTY KICK (LAW 14)

1. A penalty kick is taken from the penalty spot and all players other than the kicker and the keeper must be outside the penalty area at least 10 yards from the ball and behind the penalty mark. The goalkeeper must stand between the goalposts on the goal line and cannot move until the ball has been kicked. U-8's and below will not have penalty kicks. (U-10's will have a modified penalty kick)

E. CORNER KICK (LAW 17)

1. A corner kick is taken when the whole ball crosses the goal line when a defending player last played it.
2. A goal can be scored from a corner kick.
3. The kicker cannot touch the ball again until another player has played it.
4. Defenders must be at least 10 yards from the ball.

F. GOAL KICK (LAW 16)

1. A goal kick is always awarded to the defense when the “whole” ball crosses the goal line by a kick from an attacking player.
2. The kick is taken anywhere in the Goal Area.
3. Opposing players must be outside the Penalty Area.
4. The kicker cannot touch the ball twice.
5. The ball must leave the Penalty Area to be in play.
6. Goal cannot be scored directly from a goal kick.

G. CARDING FOR DIVISIONS “U-15 and U-12”

1. U-15 and U-12 divisions (boys and girls) will be carded for infractions of the laws.
2. Yellow Card is a caution.
3. Red Card is awarded on the second caution or for violent conduct, serious foul play, and foul or abusive language.
4. Red-carded players are removed from the game.
5. U-10 and below will not be red carded.

H. ACCESS TO FIFA RULES

1. The referee will carry the laws and rules of the FIFA in case of questions by coaches or parents.

I. DO NOT ARGUE WITH THE REFEREE

Any infractions will be cause for the player(s) and/or coach(es) to be directed to leave the field immediately. This will be enforced.

U-15 DIVISION

1. Do not charge the goalkeeper if he/she has possession of the ball.
2. Each team will be benched at either 35-yard line. A coach will remain with the team.
3. Assistant coaches can travel from their midfield line up to their penalty box line to help the team “reasonably”.
4. No profanity by coaches, players or spectators at any time- on the field- at the sideline or after the game.
5. Be ladies and gentlemen at all times.
6. Subs can be made:
 - a. Prior to your own throw in
 - b. Prior to a goal kick by either team
 - c. After a score by either team.
 - d. After an injury if the referee stops the game.
 - e. After each quarter
 - f. Only after recognized by the referee and entering at the halfway line for any player including the goalie.
7. A girls team consists of eleven(11) players: a goalie and 10 players
8. A boys team consists of eight (8) players: a goalie and 7 players
9. U-15 age division uses a size #5 ball.
10. There are four sixteen (16) minute quarters with two (2) minutes between quarters.
11. Five (5) minute half-time
12. Minimum field size: Approximately 100 yards X 50 yards.
13. Goal size is 8 feet X 24 feet.
14. If a player is “red carded”, the team will play a member short.
15. On corner kicks, goal kicks, kick-offs, and free kicks, opponents must be ten (10) yards away from the ball.
16. All players must play at least 50% of the game.
17. Once a team is ahead by four (4) goals the referee will instruct the coaches to adjust the field of play to: a) Add players, b) Subtract players, c) Substitute players, d) adjust the players position.
18. Personnel on playing field: All players, coaches and spectators should remain at least 3 feet back behind the touch lines(sidelines) during the games. No one is to be along the goal lines(end lines) at any time during a game. All coaches and players are to be on one side of the field. **All parents and spectators are to be on the opposite side.**

U-12 DIVISION BOYS AND GIRLS

1. Do not charge the goalkeeper if he/she has possession of the ball.
2. Each team will be benched at either 35-yard line. A coach will remain with the team.
3. Assistant coaches can travel up to the penalty box lines to help team “reasonably”.
4. No profanity by coaches, players or spectators at any time- on the field- at the sideline or after the game.
5. Be ladies and gentlemen at all times.
6. Subs can be made:
 - a. Prior to your own throw in.
 - b. Prior to a goal kick by either team
 - c. After a score by either team
 - d. After an injury if the referee stops the game
 - e. After each quarter
 - f. Only after recognized by the referee and entering at the halfway line for any player including the goalie.
7. A team consists of eight (8) players: a goalie and seven (7) players.
8. U-12 division uses a size #4 ball.
9. There are four fifteen (15) minute quarters with two (2) minutes between quarters
10. Five (5) minute half time.
11. Field size: Approximately 90 yards X 40 yards.
12. Goal size is approximately 6 feet X 18 feet.
13. If a player is “red carded”, the team will play a member short.
14. On corner kicks, goal kicks, kick-offs, and free kicks, opponents must be ten (10) yards away from the ball.
15. All players must play at least 50% of the game.
16. Once the team is ahead by four (4) goals the referee will instruct the coaches to adjust the field of play to: a) Add players, b) Subtract players, c) Substitute players, d) adjust the players position.
17. Personnel on playing field: All players, coaches and spectators should remain at least 3 feet back behind the touch lines(side lines) during the game. No one is to be along the goal lines(end lines) during the game. All coaches and players are to be on one side of the field. **Parents and spectators are to be on the opposite side.**

U-10 DIVISION BOYS AND GIRLS

1. Do not charge the goalkeeper within the penalty area if he/she has possession of the ball. The offensive player must back off.
2. Each team will be benched at either 25-yard line. A coach will remain with the team.
3. Assistant coaches can travel up to the penalty box lines to help the team “reasonably”
4. No profanity by coaches, players or spectators at any time- on the field- at the sideline or after the game.
5. Be ladies and gentlemen at all times.
6. On Kickoffs the team can pass the ball backwards to ensure possession.
7. Subs can be made:
 - a. Prior to your own kick in
 - b. Prior to a goal kick by either team
 - c. After a score by either team.
 - d. After an injury if the referee stops the game
 - e. After each quarter.
 - f. Only after recognized by the referee and entering at the halfway line for any player including the goalie.
7. A team consists of six (6) players : a goalie and five (5) players
8. U-10 division uses a size #4 ball.
9. There are four fourteen (14) minute quarters with two (2) minute between quarters.
10. Five (5) minute half time.
11. Field size: approximately 50 yards X 40 yards.
12. Goal size is approximately 6 feet X 12 feet.
13. No offsides in this age division.
14. No slide tackling in this age division.
15. No red cards are issued in this age division.
16. No Penalty kicks in this age division.
17. Free kicks are all indirect.
18. Obvious Goal Scoring Opportunities: When an attacking player is obvious fouled while trying to score or a defender illegally stops the ball from entering the goal, the game is restarted with a direct free kick from the center midfield line. If a goal is scored the opposing team will then get to kick off.
19. On corner kicks, goal kicks, kick-offs, and free kicks, opponents must be four (4) yards away from the ball.
20. In this age division, you can pass back to your own keeper. And the keeper is allowed to pick up the ball.
21. In this age division, on a kick off, the ball does not have to go forward, the players can kick it back.
22. All players should play at least 50% of the game.
23. Once the team is ahead by three (3) goals the referee will instruct the coaches to adjust the field of play to: a) Add players, b) Subtract players, c) Substitute players, d) adjust the players position.

24. Personnel on playing field: All players, coaches and spectators should remain at least 3 feet back behind the touch lines (side lines) during the games. No one is to be along the goal lines (end lines). All coaches and players are to be on one side of the field. **Parents and spectators are to be on the opposite side.**

U-8 DIVISION- RULES OF PLAY (COED)

1. Do not charge the goalkeeper within the penalty area if he/she has possession of the ball. The offensive player must back off.
2. Each team will be benched at either 20-yard line. A coach will remain with the team.
3. Assistant coaches can travel up to penalty box lines to help team “reasonably”.
4. No profanity by coaches, players or spectators at any time- on the field- at the sideline or after the game.
5. Be ladies and gentlemen at all times.
6. Subs can be made:
 - a. Prior to your own kick ins.
 - b. Prior to a goal kick by either team
 - c. After a score by either team.
 - d. After an injury if the referee stops the game.
 - e. After each quarter
 - f. Only after recognized by the referee and entering at the halfway line for any player.
7. A team consists of five (5) players: Four (4) field players and one (1) goalie.
8. U-8 division uses a size #3 ball.
9. There are four ten (10) minute quarters with two (2) minutes between quarters.
10. Five (5) minute half time.
11. Field size: Approximately 40 yards X 30 yards.
12. Goal size is approximately 6 feet X 12 feet.
13. There are no penalty kicks.
14. No offsides in this age division.
15. No slide tackling.
16. Free kicks are indirect.
17. On kick offs, goal kicks, indirect kicks, and corner kicks, opponents must be four (4) yards away from the ball. On goal kicks the Keeper can kick the ball onto the playing field or throw it in using hands.
18. On kick offs the players can kick the ball backwards.
19. Each player should play at least 50% of the game.
20. No red or yellow cards will be issued to players in this age bracket.
21. Once the team is ahead by three (3) goals the referee will instruct the coaches to adjust the field of play to: a) Add players, b) Subtract players, c) Substitute players, d) adjust the players position.
22. Personnel on playing field: All players, coaches and spectators should remain at least 3 feet back behind the touch lines (side lines) during the games. No one is to be along the goal lines (end lines). All coaches and players are to be on one side of the field. **Parents and spectators are to be on the opposite side.**

U-6 AND U-7 DIVISION RULES OF PLAY (COED)

1. No goalkeeper for this age division.
2. The team consists of four (4) players.
3. "E" division uses a size #3 ball.
4. There are four eight (8) minute quarters with two (2) minute between quarters.
5. Five (5) minute half time.
6. Subs can be made:
 - a. Prior to your own kick in.
 - b. After a score by either team.
 - c. After an injury if the referee stops the game.
 - d. After each quarter
 - e. Only after recognized by the referee and entering at the halfway line for any player.
7. No profanity by coaches, players or spectators at any time- on the field- at the sideline or after the game.
8. Be ladies and gentlemen at all times.
9. There should be no penalty kicks, no corner kicks, or off sides in this division.
10. On goal kicks, any player can pick up the ball and throw it onto the field of play or they may choose to kick it instead. They must be in the goal area.
11. On kick offs, goal kicks, indirect kicks and kick ins, opponents must be four (4) yards away from the ball.
12. All players must play at least 50% of the game.
13. No red or yellow cards are issued in this division.
14. The size of the field is approximately 25 X20 yards.
15. The Goal size is approximately 4 feet X 6 feet.
16. Personnel on playing field All players, coaches, spectators, should remain at least 3 feet back behind the touch lines (side lines) during the game. No one is to be along the goal lines. All coaches and players are to be on one side of the field. **Parents and spectators are to be on the opposite side.**
17. A coin toss precedes the game. The winner has a "choice" of either: 1) to kickoff or defend or 2) choice of goal. Team captains will make the call. Coaches please rotate team captain to permit all players be a captain.
18. No drop balls in this age division.
19. Time outs are called only by the referee. If a referee sees something that must be corrected he will call a time out and straighten out the problem. No substitutions are permitted during a referee called time-out.
20. If the ball goes "out of play", the ball must be kicked in from the sidelines.
21. The ball is "out of play" when the whole ball crosses at the "end line" or "touch line" on the ground or in the air. Play will stop when the referee sounds the whistle. A ball may sometimes sit on the line and it is considered still in play.

22. A goal is scored when the whole ball crosses the goal line under the cross bar and in between the goalposts; regardless of whether it is caused by the offense or the defense.
23. When the ball goes out of bounds, the player will “kick in” the ball. The player kicking in the ball cannot touch the ball until another player has touched it. No goal may be scored directly from a kick in, but must touch an offensive or defensive player first.
24. Free Kick: A kick taken by a player who has a foul committed against him/her. The kick is taken from the point of infraction. The kick must be an indirect kick.
25. Once the team is ahead by three (3) goals the referee will instruct the coaches to adjust the field of play to: a) Add players, b) Subtract players, c) Substitute players, d) adjust the players position.
26. **A reminder to parents and coaches: These are six-year-old children!**

PRACTICE PLANS

A. INSTRUCTION

1. Never assume players understand.
2. Demonstrate and communicate clearly
3. Coaching techniques:
 - a. Freeze work- players must stop immediately so the “play” may be analyzed.
 - b. Situation or condition work- impose a particular aspect into the game
EX-Must beat one person on the “dribble” and then “pass”; only get three touches before a “pass” must “give and go” before you can “shoot”
 - c. Do not over coach by yelling continuous instruction- they will tune you out
 - d. Give players rules they should play by for the game- defense, offense, midfield (see below)
EX: If I get the ball, what should I do?
What is the best pass to make?
If they have the ball what do I do?
When should I shoot?
Where is the best place to receive a pass?

B. BALL HANDLING

1. Have each player number his/her feet as indicated below.
1= inside of right foot 2= outside of left foot
3= outside of right foot 4= inside of left foot
2. Have each player practice the following routines with a ball. The ball should touch each numbered portion of the foot.
 - a. 1-2-3-4
 - b. 1, 2-3, 1-3, 4
 - c. 1-3-4, 1-2-4 Fake tow, make up your own
3. Each touch is followed by a step and then a touch.
4. Accelerate and then slow down then accelerate again.
5. Create a pattern with cones/sticks, practice every touch.

C. FACING DEFENDER

1. Swerve –fake left with shoulders and push ball with outside of right foot past defender.
2. Step over- step over the ball with your left foot from right to left, then with outside of your right foot push the ball past the defender.
3. Fake a pass
4. Double touch the ball
5. Fake a shot and then cut

D. DEFENDER ON THE BALL

1. “Check away” and come in-sprint
2. 180 degree turn- spotlight drill
3. Turn with inside of foot

E. DEFENDER BESIDE YOU

1. Outside of foot
2. Four touch turn
3. Three touch turn

F. INCREASE AGILITY

1. Drag the ball with the bottom of your foot
2. Ball taps and turn

G. CONTROLLING THE BALL

1. Foot tap
2. Chest tap
3. Head
4. Thigh

H. SHOOTING- 3 ELEMENTS

1. Step in
2. Locked instep- ball to hit laces
3. Transfer your weight through the ball

I. COACHING PROGRESS

1. Controlling the ball should be worked on first
2. Then, shooting the ball from various locations with respect to the goal.
3. Passing the ball from team player to player down the field.
4. Dribbling the ball for short and long distances.
5. Heading the ball in various directions.

J. TEAM LEVEL PLAYING

1. Playing without any opposition
2. Playing with passive opposition
3. Playing with active opposition
4. Playing with small sided games
5. Scrimmage

K. PLAYING STRATEGIES

1. Offense

- a. If a pass is outside, “give and go”
- b. U-7 and U-8 age divisions should concentrate on all “give and go”
- c. If pass is inside, then support for a drop and look outside or cross the field.
- d. Try to get the ball to the goal line and drop it back towards the 18.
- e. Always shoot toward the back post, especially the further out you are.
- f. *Stay ahead of the ball on offense.

2. Defense

- a. Stay inside of the ball no deeper than the sweeper.
- b. Always attack back on the ball/
- c. No pass between defenders.
- d. Quick start- slow arrival
- e. Never let ball be cut behind you.
- f. Direct ball toward the sideline
- g. Never reach for the ball unless it is off the person’s foot.
- h. Turn towards the man after he passes the ball to stop the “give and go”
- i. *Stay behind the ball on defense.