

Coaching Soccer

A coach's job is to provide a safe, fun, confidence-building, positive environment.

C3 Sports will help change the culture of youth sports!

Therefore, these are your goals:

- 1) We will not compete at the expense of others.
- 2) We will develop your player's soccer skills by cultivating confidence, striving for a positive attitude and maximum effort whether winning or losing.
- 3) We will leave the season as better players and coaches!

Game Basics:

1. League Format

Developmental League A

(PreK)

Coed

Field Size: 60' x 100'

Goal Size: 6' x 2'

Size 3 Ball

4 v 4; No Goalies

Developmental League B

(Kindergarten)

Same Gender

Field Size: 60'x100'

Goal Size: 6'x2'

Size 3 Ball

4 v 4; No Goalies

Intermediate League

(1st – 2nd Grade)

Same Gender

Field Size: 80' x 120'

Goal Size: 6' x 2'

Size 3 Ball

4 v 4; No Goalies

Advanced League

(3rd – 4th Grade)

Same Gender

Field Size: 105' x 140'

Goal Size: 6' x 12'

Size 4 Ball

6 v 6 plus goalie

Premier League

(5th – 8th Grade)

Same Gender

Field Size 120' x 160'

Goal boxes 50' x 25'

Goal Size: 6' x 12'

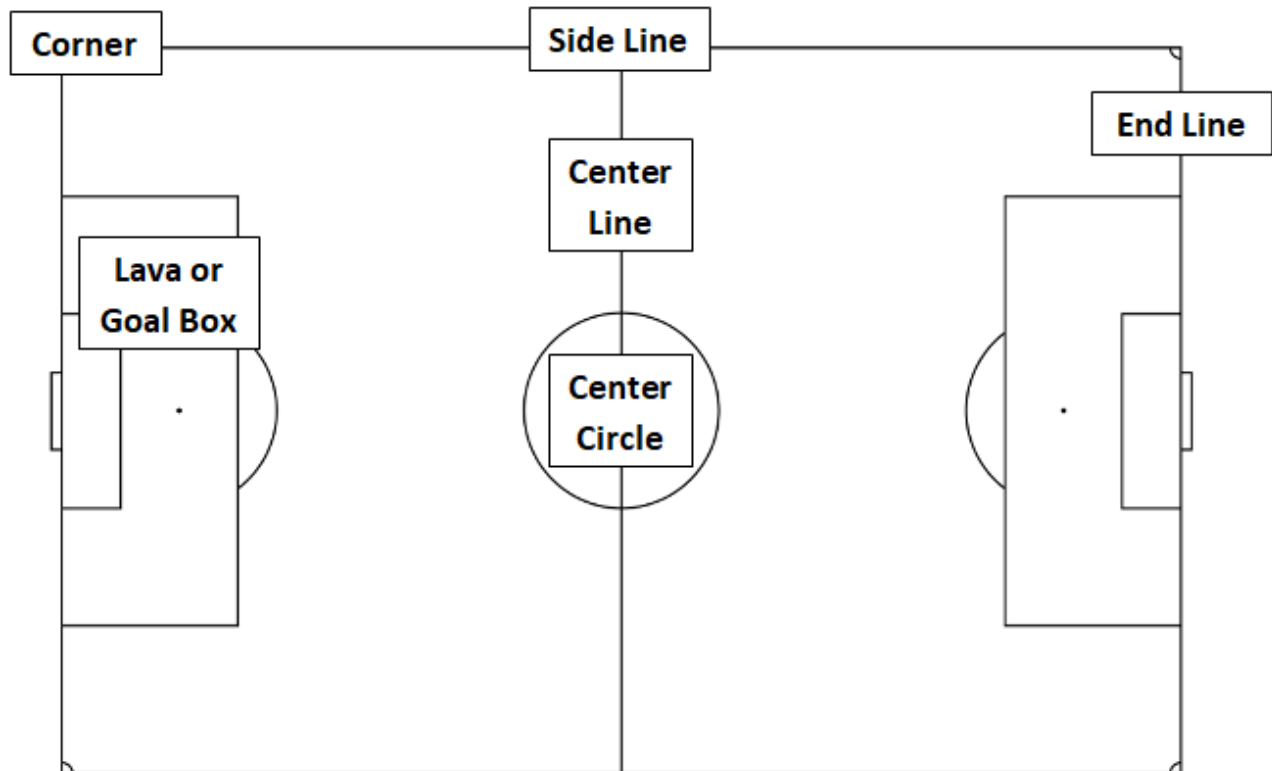
Size 5 Ball

5 v 5 plus goalie



Field

- a) Rectangular field with following components:
- i. Center Circle – where game play starts at the beginning of each period or after a goal
 - ii. End Lines – the two lines on the goal side of the field
 - iii. Side Lines – the two lines on the non-goal side of the field
 - iv. PK - 2nd Grade: Half Box (Lava) – area in front of the goal where no players may enter
 3rd - 8th Grade: Goal Box – area in front of the goal where the goalie must remain when returning the ball



Practice Structure

- Practice is one hour in length and the time will go by fast. Have a plan for what you want to accomplish each day in practice. Look over your Take-a-knee!
- Arrive 10-15 minutes early to get your equipment and to be ready to greet players and families. Please notify your co-coach and call/text Barb (413-1857) if you will be late. If you need to be gone, please find a parent to sub for you. All teams should have 2 adults present at all times.
- Equipment will be in a mesh bag outside of the shed (balls and cones). Make sure to grab the correct size balls for the age group you are coaching.
 - PreK – 2nd Grade uses size 3 ball in yellow bag
 - 3rd - 4th Grade uses size 4 ball in red bag
 - 5th - 8th Grade uses size 5 ball in blue bag
- Greet the children by name (players and coaches will check in at a table for the first two weeks and will have nametags). Learning your player's names is a great way to earn their trust and show them that you care about them.
- Return your equipment to the shed after practice. Make sure your bag contains the same number of items when you return the bag as it did at the beginning of practice. Clean up your practice field, please.
- Players should bring a LABELED water bottle to practice and are required to wear shin guards by 2nd practice. Restrooms are available in the Hub; ask young players to have their parent take them.
- A typical practice should include:
 1. Stretching (5 minutes) – It is a time to get to know the players while not putting them on the spot. Ask about school that day, how their summer is going, etc... This is about building relationships.
 2. Dribbling Activities (10-15 minutes)
 3. Passing Activities (10-15 minutes)
 4. Take a Knee (10 minutes) character/lesson/distribute ribbon
 5. Shooting Activities (10-15 minutes)
 6. Game Practice (10-15 minutes) – rules, scrimmage, positions
 7. Always end with something fun!!!
- One coach needs to stay until all players have been picked up. Players are only released to parent or parent's designee.



- Please arrive 15 minutes early to your game. Check-in at the Welcome Center to make sure we don't need you to pass out stuff to your team!!
- We will provide a game balls.
- Each team is assigned a country name and will have a flag from that country displayed along the fence. This year, we will not bring the flag to each field.
- At the beginning of each game, players and coaches will be announced from the bench. After their name is announced, they should run to the center of the field.
- The National Anthem will be played at all games. Please line up your team and encourage them to stand respectfully during this time.
- Player substitution forms are provided to you for games. Rank your players by ability level and use the form specific to the game day and number of children on your team. Using these forms is very important and is vital to ensuring an even matchup on the field. Please see Nate, James, Barb, or Brad if you would like further training on this. For older divisions, the forms are blank but playing requirements must be met.
- We work diligently to provide referees for age groups from kindergarten up. In some instances, you will need to referee your own game. A pleasant attitude and knowledge of the rules is the only requirement for a referee so each of you will do just fine. Coaches of Pre-K teams will referee their own games in most instances.
- In the younger leagues, (PreK & K) each team will provide one coach to referee half the game.
- Coaches will **never** question the call of a referee and will not allow their players to do so either.
- During the game, one coach should be paying particular attention to all of the players and making notes as to what they do throughout the game. Focus on the positive.
- After the game, gather your players and your parents and lead them to your location off the field. Chat time! Look & speak directly to each child – to tell what they did well. Assign a character award to each child. Each child should receive a game day award each week.

- **General Game Considerations**

- If a team does not have enough players to fill a team for their game, they may use a registered player from another team. This player may not exceed the leagues age group. This is not allowed in tournament.
- Players should be honest when balls go out of bounds or a foul is committed, but they should also play until the whistle blows.
- Players should exhibit good sportsmanship. Help a fallen player up, compliment other players (on either team) for nice plays. Celebrating a goal or defensive play is encouraged, but not at the expense of an opposing player. No taunting the other team in any situation either from the field or from the bench will be tolerated.
- There are no time-outs for any age except for injuries.
- In PK-2nd grade, coaches are to substitute players quickly at the end of each period as the next period will begin 30 seconds after the last period ended-whether you are ready or not!
- The player putting the ball into play (in any instance) cannot touch the ball until another player on the field (either team) has touched the ball.
- Players on the opposing team need to provide reasonable room (approx. 10 ft) to put the ball into play.
- Teams (players and coaches) must line up and congratulate all opposing players after the game is complete.
- There are no headers or slide tackles allow at any age.
- All players must be wearing shin guards and their jerseys for all games.

Real Live Rules

don't get overwhelmed. It is easier than it looks.

2. Starting the Game

- a) Two players from the offensive team will line up on the center line inside the circle. All other players will stay outside of the center circle on their side of the field.
- b) After the whistle, the offensive team will start the game by passing the ball forward, backward or sideways to another member of their team. The player who initiates the pass cannot touch the ball again until another player has touched it.
- c) The defensive team may enter the circle as soon as the ball is put into play.

3. Ball Out of Bounds

- a) The Ball is not out until the entire ball has crossed the entire line. (Not football's 'Breaking the Plane'). Listen for the whistle to stop play.
- b) When a ball goes out of bounds, the team that touched it last will give the ball to the other team to put it back into play.
 - i. If the ball goes out over the sideline, it will result in a throw-in.
 1. Player must be behind the line and throw the ball with two hands over the head while both feet remain on the ground.
 2. If the player lifts a foot before releasing the ball, the other team will take possession and conduct a throw-in.
 - ii. If the ball goes out over the end line:
 1. If the offensive team kicks the ball out over the defensive team's end line, it results in a goal kick.
 - a. PK - 2nd Grade: The ball is placed on the end line outside of the lava and kicked into play while the defensive team lines up at the center line.
 - i. PK and K: Wait until the ball crosses the center line before crossing or attempting to touch the ball.
 - ii. 1st grade and up: Once the ball is put into play, they can cross the center line.
 - b. 3rd - 8th Grade: The ball is placed on the end line inside of the goal box and kicked into play. The rest of the players (offensive and defensive) must be outside the goal box, but may play the ball as soon as it is kicked.
 2. If the defensive team kicks the ball out over their own end line it results in a corner kick.
 - a. The ball is placed in the quarter circle where the end line and side line meet.
 - b. The offensive team kicks the ball into play.

4. Scoring a Goal

- a) A goal results when the entire ball has crossed the entire goal line between the goal posts.
- b) A goal cannot be scored on a throw-in or goal kick. The ball must touch another player from either team before going into the net to be counted as a goal.
- c) A goal can be scored directly on a corner kick.
- d) For PK - 2nd grade, goals must be kicked from the offensive side of the field. If a ball is kicked on the defensive side of the center line and does not touch anyone on the offensive side of the center line and the ball enters the goal, the goal is not allowed and a goal kick will occur. For 3rd - 8th grade, goals may be scored from anywhere on the field.
- e) Goals scored by the defense will be considered a goal.
- f) Goalies are not permitted until the Advanced (3rd - 4th grade) and Premier Leagues (5th - 8th grade).
- g) For PK - 2nd grade, all players of the offense must make an effort in a timely manner to make it to the center field line when on offense. Any player who consistently positions themselves on the defensive side of the field when their team is on offense is acting as a goalie which is not allowed. Officials must use proper discretion on this. First infraction is a warning. Second infraction is a penalty kick approximately 15 feet from the front of the goal.

5. Balls in the 'Lava' (PK - 2nd Grade)

- a) Balls entering the box in front of the goal (lava) area and stopping in that area is a dead ball. The result of such an occurrence is a goal kick on that end of the field.
- b) If a ball is touched in the lava area by the defense the offense will be awarded a penalty kick 15 feet out on an empty goal.
- c) If the ball is touched in the lava area by the offense, a goal kick will be awarded.
- d) Balls entering and then exiting the lava area that are not touched by either team are considered a live ball if it stays inbounds.

6. Free Kicks

- a) Free kicks result from stoppages in play for fouls, injuries, headers, or other reasons deemed by the referee.
- b) Fouls
 - i. When a player commits one of the following fouls (see iv) as deemed by the referee, the ball is given to the other team to be put in play from the spot of the foul.
 - ii. The opposing team will provide a minimum of 10 feet of space for the kicking team to put the ball in play.
 - iii. All free kicks will be indirect kicks (ball cannot be kicked directly into the goal – it must touch another player from either team first).
 - iv. Fouls resulting in free kicks:
 1. Tripping, slide tackles, pushing, shoving, holding
 2. Hand balls (any intentional play of the ball with any part of the arm from the shoulder to finger tips). A player who raises their arms to protect themselves and gains no advantage will not be assessed a hand ball foul.
 3. Any fighting, hitting, intentional tripping, taunting, or bad language will result in the player being sent to the bench for at least one period at the coach's discretion.
 4. Kicking or knocking the ball out of the goalie's hands.
- v. Injury Restarts
 1. In the event of an injury, the referee should stop play and assess the situation and call the coach over to talk to the player.
 2. The ball should be given to the team that had possession at the time the referee blew the whistle.

7. Advanced League (3rd - 4th Grade) and Premier League (5th - 8th Grade)

- a) Position play will be emphasized in these leagues. The players on the field will be divided between goalie, defense, mid-field, and forward.
 - I. Coaches may distribute the players between these positions as they see fit, but every player should have the opportunity to play every position throughout the season.
- b) Goalie
 - I. Keeps the opponent from scoring.
 - II. May play the ball with their hands inside the goal box if the ball was not passed to him/her by a team mate.
 - III. After saving the ball, the goalie may either drop kick or throw the ball as long as they remain inside the goal box.
 - IV. May take goal kicks.
 - V. Offensive players may not initiate contact with the other team's goalie. A foul committed against a goalie results in a goal kick and may result in removal of the player for the rest of the half. This will result in the team playing short-handed.
- c) Defenders
 - I. Protect the goalie.
 - II. Block shots.
 - III. Prevent opposing attackers from passing or scoring.
 - IV. May take goal kicks.
- d) Midfielders
 - I. Link the defense to the offense.
 - II. Bring the ball up to the forwards and keep the ball from reaching the defenders.
 - III. Cover the greatest distance on the field
- e) Forwards
 - I. Attack the opposing goal
 - II. Accurate when shooting on goal
- f) Rules specific to these leagues
 - I. Any fouls committed in the goal box by the defense will result in a penalty kick by the offense.
 - i. This will occur at the penalty spot and all other players except the goalie must remain outside the goal box.
 - ii. After the ball is kicked, players may enter the goal box as the ball is considered a live ball.

- II. **Advanced League (3rd - 4th Grade Boys & 3rd-4th Grade Girls)**
- III. teams must follow the substitution schedule in coach book and will play six 6-minute periods, with three in each half.

- IV. **Premier League (5th - 8th Grade)**
 - i. Players need to play at least 3 periods with one period in each half.
 - ii. If enough players, everyone will sit out at least one period.
 - iii. If player needs to play entire game, one period needs to be in the goalie position.
 - iv. Coaches much have a substitution schedule available to refs at request.

Tournament Rules for Coaches

Soccer Tourney
Grade 3-4 & Grade 5-8

If a team does not have enough players from their original/current roster present to play, they may do one of 3 things:

- a. Forfeit game and proceed in loser's bracket.
- b. Play one player down against original opponent with full roster. If win occurs, team advances in tournament.
- c. Add a registered player (in same league or younger) to roster. Game is forfeited whether team wins or loses.

Game:

20 Minute Games (7 v 7) – same rules as regular season games

Open Substitutions (A player must play ½ of the game)

Overtime:

1st Tie Breaker – 5 Minute sudden death overtime (5 v 5)

Open Substitutions

2nd Tie Breaker – Head to Head shoot out

After 5 Minute Sudden Death overtime, Head to Head shoot out (**Sudden death**) begins immediately.

Must use 5 players that are on the field.

If still tied, must use remaining players before using any players again.

*****IMPORTANT*****

The Goalie that finishes the regulation time is the goalie for ALL overtime & the entire shoot out.

If during the shoot-out, a player kicks the ball before the referee blows his whistle, the player forfeits their kick. There will be NO re-kick.

