

"People care what you know when they know you care."
-Magic Johnson

"Dreams come a size too big, so that we can grow into Them."
-Josie Bissett

"The young do not know enough to be prudent and therefore they attempt the impossible and achieve it."
-Pearl Buck

A truly great person is the one who gives you a chance."
-Paul Duffy

"Set your goals high and don't stop until you get there."
-Bo Jackson

"If you believe it, the mind can achieve it."
-Ronnie Lott

"Don't let what you cannot do interfere with what you can do."
-John Wooden

"I learned that the only way you are going to get anywhere in life is to work hard at it. Whether you're a musician, a writer, an athlete or a businessman, there is no getting around it. If you do, you'll win--if you don't, you won't."

-Bruce Jenner

"All kids need is a little help, a little hope and somebody to believe in them."

-Magic Johnson

There Are Soccer Rules???

Parents Essential Rules Guide



Permission to post obtained by SAY National

*This guide contains basic laws of soccer.
For a complete guide to all the rules and laws of the
game you can purchase a rulebook through SAY
National Headquarters. Call 800-233-7291 or go to
www.saysoccer.org and click on the Soccer Store.*

Ten Tips To Be A Better Soccer Parent

To All Parents:

Remember the old saying,

**“If you don’t have anything nice to say,
don’t say anything at all.”**

- Encourage your children and the other players.
- Respect the coach and the referees.

Everyone is doing the best they can and they are VOLUNTEERS.

Soccer is an uncomplicated sport, but for many young players and first time coaches and parents, the rules can seem obscure and confusing. It is important to have a clear understanding of the basic laws of the game. This guide contains a list of rules that will help throughout the season.

Sideline Etiquette Tips

1. Cheer, don’t coach.
2. Avoid running up and down the sidelines shouting.
3. Keep comments to yourself.
4. Stay away from goals. Standing behind the goal can be prohibited by the league.
5. Stand, or sit, at least 3 to 5 yards from the sidelines (touchlines).
6. Demonstrate good sportsmanship at all times to other players and the opposition.

1. Soccer is a team sport.
2. Our children are on a team, not us.
3. If you think your child is better than the other children on the team, congratulations - you probably fall into the majority of soccer parents. However, this is largely irrelevant (see tip #1).
4. If you want your child to improve his/her skills and performance, then leave it to the coaches. Your job as a parent is to: pay, drive and offer positive support.
5. If you think you can offer advice to one of the coaches, then see the team manager and arrange to take the coaching certification exam. If you want to coach from the touchlines without coming to team practices, team meetings, team camps, coaches clinics or coaches meetings, keep your thoughts to yourself until you can watch soccer on tv.
6. Although coaching advice from parents is generally not appreciated, communication is very important. If anything at all is bothering your child, let the coach know as soon as possible so that he/she has an opportunity to adjust if possible to make your child experience more rewarding and enjoyable. If you really want to destroy a team, tell everyone... but the coach, about your child's problem. Talk about it and complain about it with the other parents all season and never the one person who can fix it - now there is a concern.
7. If you think you can offer good advice to a game official... (see tip #5).
8. A soccer match is not won or lost by any child (see tip #1).
9. To play well during the season, our children must come together as a team and support, communicate with and trust each other. The coaches and children will accomplish this if we don't undermine their efforts. However, if you disagree with the foregoing statements, undermining can be accomplished by using any of the following tactics: criticizing the efforts of your child, telling your child he/she is the most/least important and best/worst player on the team, telling your child that another child on the team is lousy or has deficiencies, yelling negative comments during practices or games, criticizing the decisions or strategies of the coaches, and/or claiming that victory or defeat was the responsibility of any child.
10. Follow the rules and use good judgment so everyone will have a great season.



Offside
Signal

Offside Rule

The offside law brings up many debates, but in truth the rules that define this law are quite easy and should be explained to children in simple terms. Do not over-complicate this when working with young players.

The aim of the offside law is simple. In short it is intended to stop attacking players from hanging around the goal. Without this rule forwards would be able to stand in their opponent's Penalty Area waiting for long balls to be played forward and the game would turn into a very scrappy affair.

To avoid this, the offside law requires there to be at least two defenders (one of whom is usually the goalkeeper) between an attacker and goal-line at the time when the ball is played forward by a teammate.

TEACHING YOUNG PLAYERS ABOUT OFFSIDE - The best way to explain this to young players is to show them how easy the game becomes if hanging around the goal is permitted. To do this, set up small-sided games and position one attacker from each team just in front of the goal. Let each team score a few goals, while you encourage them to hit long balls towards their respective "cherry pickers" (goal hangers). After a few minutes of play stop the game and explain to the players how an offside trap could stop the "cherry pickers" from scoring.

Following this passage of play, move the session on and set up another small-sided game with the offside rules in effect. Also, restrict the players to three touches only. This will encourage the players to pass and move. Finally, explain to the players that when attacking they can not go beyond the next-to-last defender (usually the last fullback) until their teammate has released the ball forward, unless they are not ahead of the ball.

There are key elements of the offside law of which the coach must be aware and understand:

1. Just because you are in an offside position (ahead of the ball and in advanced of the next-to-last defender, with only the keeper between you and the goal) you are not necessarily offside. To be offside, you need to be involved in active play. Inactive play, for example, would be running back towards your own goal when the ball is played forward. In this example, you would be running away from the play and away from the action and deemed not in violation of the rules.
2. The ball must be played forward for you to be offside, so if you shoot into an open goal, having received a square or backward pass the goal will stand.
3. The critical moment is when the ball is actually played forward. It doesn't matter that you are in an offside position when you receive the ball; it is where you were when your teammate touched the ball forward that is important.
4. You cannot be offside if you were in your own half of the field when the ball was played forward.
5. You cannot be offside if an opponent plays the ball to you.
6. You can never be offside if you are not ahead of the ball.

Free Kicks

1. FREE KICK - The free kick is the most widely used sanction in soccer, so it is worth getting to know the rules that apply to its use. Free kicks can be either direct or indirect, and it is important that coaches understand the difference between the two.

2. DIRECT FREE KICK - This is a kick in which the player taking the kick may score without the ball having to touch or be touched by anybody else. Direct free kicks must be taken from the spot where the foul occurred, except in the event of offences committed by a defending team in their own penalty area, in which case a penalty kick is awarded rather than a direct free kick. There are ten main offences that bring about the award of the direct free kick:

1. Kicking or attempting to kick an opponent;
2. Tripping or attempting to trip an opponent;
3. Jumping at an opponent;
4. Charging an opponent in a manner considered by the referee to be either careless, reckless or violent;
5. When tackling an opponent makes contact with the opponent before contact is made with the ball;
6. Striking or attempting to strike an opponent;
7. Spitting at an opponent;
8. Holding an opponent;
9. Pushing an opponent; or
10. Handling the ball (this of course does not apply to goalkeepers within their own penalty area).



Direct Free
Kick Signal



Indirect Free
Kick Signal

3. INDIRECT FREE KICK - A goal can only be scored from an indirect free kick if a ball is touched by one player or more (from either side) on its route to the goal. This means that the player taking the kick should not shoot for the goal directly from the indirect free kick. The referee will indicate the award of an indirect free kick by raising his arm vertically above his head. He will keep his arm in this position until he sees that the ball has touched or been touched by a second player. The following are instances in which an indirect free kick could be awarded:

- Any play that the referee considers to be dangerous (one example - attempting to kick the ball out of the goalkeepers hands);
- Charging Fairly (shoulder-to-shoulder) but when the ball is not within playing distance;
- Intentionally obstructing an opponent when not playing the ball;
- Charging the goalkeeper;
- When a goalkeeper picks up a ball that has been deliberately kicked to him/her by a teammate, but not when the pass was headed and chested by a teammate;
- Time wasting, including goalkeepers who hold onto the ball longer than 6 seconds;
- A player sanctioned for being offside when the ball was played forward;
- Dissent towards the officials;
- Unsporting behavior; or
- A player taking a corner kick, throw-in or free kick touches the ball a second time before any other player touches it.

KEY FACTS

- The ball must be stationary when any free kick is taken.
- Free kicks awarded to a defending team within its own Goal Area can be taken from any other point in the Goal Area.
- All opponents must be 10 yards from the ball when a free kick is taken.
- The referee will raise his arm vertically to indicate an indirect free kick.
- A goal can be scored from an indirect free kick only if a second player from either team touches the ball after the initial kick has been taken.

Ball Out of Play

While the ball is in play the game is uncomplicated. However, as soon as the ball is out of play, the game is forced to stop and things become a little less straight forward and young players will look at their coach for guidance. There are various ways a game can re-start, depending on what happened last on the field of play. Listed below are a variety of ways the game can re-start:

1. **KICK-OFF**- According to the laws of soccer, a game is started by a player taking a place kick into his/her opponents half of the field of play. This event is usually referred to as the kick-off. It also happens after every goal has been scored and at the beginning of each quarter to re-start the game. At the kick-off all players must be in their respected halves of the field with the defending team remaining outside the center circle until the ball is kicked forward.

KEY KICK-OFF FACTS

- The ball must be-kicked in a forward direction from the center spot.
- Everybody must be in their respective halves of the field prior to the kick-off.
- Players from the defending team are not allowed to enter the center circle until the ball has been kicked.

2. **GOAL KICK**- A goal kick is awarded when the whole of the ball, having last been touched by a player of the attacking team, crosses the goal line (excluding the area between the goal posts). Goal kicks are taken from any point within the Goal Area and must be kicked into play completely. All opposing players must leave and remain outside the Penalty Area until the ball itself has left the Penalty Area.



Goal Kick
Signal

KEY FACTS GOAL KICK FACTS

- The whole ball must cross the goal line for a goal kick to be awarded.
- After a goal kick is taken, the ball must completely leave the Penalty Area.
- Kicks can be taken by any player from anywhere within the Goal Area.

3. **CORNER KICK** - A corner kick is awarded when the whole of the ball, having last been touched by a player of the defending team, crosses the goal line (excluding the area between the goal posts). When taking a corner kick, the ball must be placed such that any portion of the ball is set within the quarter circle at the nearest corner flag. Players from the defending team cannot approach within 10 yards of the ball until it is kicked and moves. A goal can be scored direct from a corner kick



Corner Kick
Signal

Ball Out of Play

KEY CORNER KICK FACTS

- You cannot be offside from a corner kick.
- You can score directly from a corner kick.

4. **THROW-IN** - When the whole of the ball crosses the touch line a throw-in is awarded to the team opposite to that of the player who last touched the ball. The Thrower must have both feet on the ground and be standing on or outside the touch-line, as he/she delivers the ball. The player must hold the ball with both hands and deliver it from behind and over his/her head. If the throw-in is deemed by the referee to be illegal or improper, the opposing team will be awarded a throw-in from the same Location.



Throw In
Signal

KEY FACTS: THROW-IN

- Both of the throw-in taker's feet must be on or behind the touch line.
- Both feet must be in contact with the ground at the time the ball is released.
- The ball must travel from behind the taker's head in one continuous movement.

5. **DROP BALL** - After a temporary interruption in play by the referee, i.e. when a player is injured as a result of an accident rather than any foul play, the referee will re-start the game with what is known as a 'drop ball'. The ball is dropped by the referee typically between two opposing players at the place where it was when play is suspended, but any number of players (or none at all) from both teams may participate. None of the players are allowed to touch the ball until it has hit the ground, at which point it is deemed in play.

KEY DROP BALL FACTS

- The ball must hit the ground before any player can touch it. A drop ball is not an opportunity to swing wildly at the ball; the referee can award a free kick may give a caution if it is determined that a player's attempt to play a ball constitutes unsporting behavior.