

SPRINGVILLE RECREATION YOUTH SOCCER ASSOCIATION



LAWS OF THE GAME AND COACHING TIPS

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NOTES

QUICK REFERENCE (See Laws For Further Information)

Ball Sizes:

1st & 2nd.	#3
3rd & 4th	#4
5th & 6th	#4
7th - 9th	#5

Number of Players, Including Goalkeeper:

1st & 2nd	7
3rd & 4th	9
5th - 9th	11

Substitutions - Unlimited substitutions may be made on:

Your throw-in; your corner kick; either goal kick; an injury on either team; after a goal by either team; half time; and quarter breaks.

Or opposing team's if they choose to sub.

Players must be substituted if: They are injured and attended to on the field, they are bleeding, or they receive a yellow card.

Equipment - League jerseys and shin guards with socks that completely cover shin guard must be worn.

Anything which could be dangerous to another player is prohibited

Duration of the Game:

1 st /2 nd	Four 10 min Quarters; 2 min quarter breaks; 5 min half time break
3 rd /4 th	Two 25 min halves; 5 min half time break
5 th /6 th	Two 30 min halves; 5 min half time break
7 th /9 th	Two 35 min halves; 5 min half time break

Out-Of Bounds - The ball must be wholly across a boundary line in the air or on the ground to be out of bounds; a ball on or above any part of the line is still in bounds.

Scoring - The ball must fully cross the goal line inside the goal, in the air or on the ground. Goals may not be scored directly from a throw-in, indirect free kick, or a free kick into your own goal.

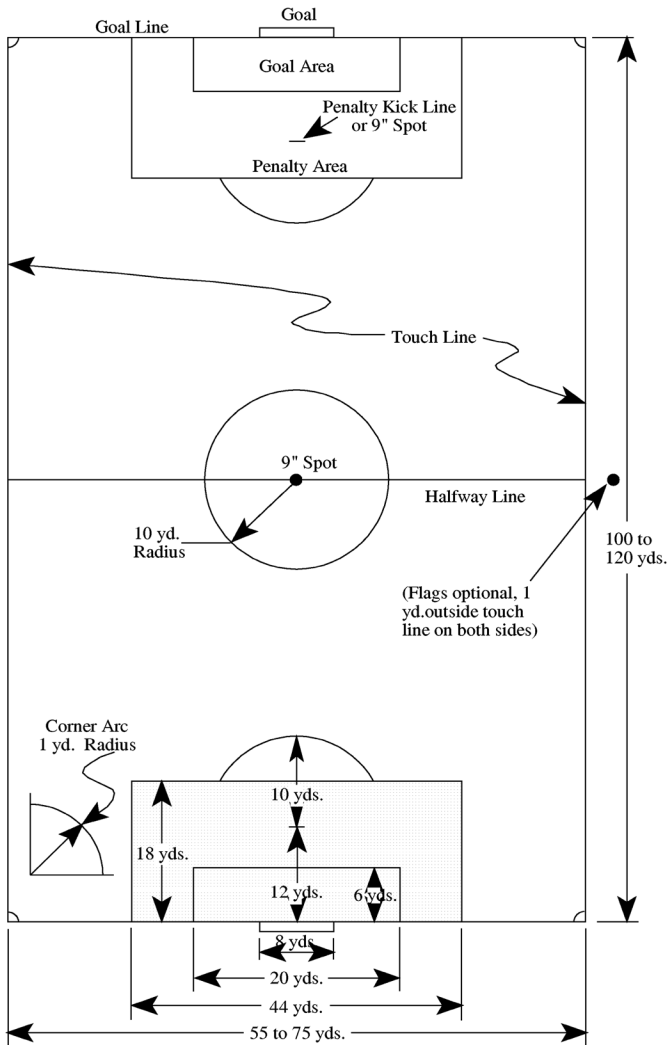
Offside - Does not apply to 1st & 2nd Grade players.

Charging the Goalkeeper - Players may not charge the goalkeeper in the penalty area or kick the ball if the keeper has at least one hand on the ball.

Sportsmanship - Coaches are responsible for the conduct of players and fans.

Coaches: Sign time sheets for referees before game time.

SOCCKER FIELD DIAGRAM



LAW 1 - THE FIELD OF PLAY

Standard field markings are shown in the preceding diagram. All boundary lines are part of the field of play. The goal posts sit on the goal line with the front of the post even with the inside of the goal line. Fields for players younger than 14 may be smaller and vary in size, but will be laid out as shown.

LAW 2 - THE BALL

Each team must provide at least one game ball of the following size:

1st & 2nd Grade	#3
3rd & 4th Grade	#4
5th & 6th Grade	#4
7th - 9th Grade	#5

If a ball goes flat during play it is declared dead where it was last played and play is restarted with a drop ball (see Law 8.2).

LAW 3 - PLAYERS AND SUBSTITUTIONS

3.1 Number of Players - Each team, both boys and girls, will have the following number of players, one of which shall be designated as a goalkeeper:

1st & 2nd	7
3rd & 4th	9
5th - 9th	11

Games may begin or continue with fewer than the above number of players, but a team must forfeit if it has less than 5 for 1st/2nd, 6 for 3rd/4th, or 7 for 5th-9th. At half time.

3.2 Participation - This is a recreational league and players should play at least 50% of the time. The cut-off date for determining age groups will be established by the league annually.

3.3 Substitutions - Players are subject to the authority and jurisdiction of the officials whether they are in the game or on the sidelines. A substitute may enter the field of play only after play has stopped and after receiving a signal to enter from an official. An unlimited number of players may be substituted:

- a. Prior to your throw-in ➤ Or opposing team's if they choose to substitute.
- b. Prior to your corner kick. ➤

- c. Prior to a goal kick by either team.
- d. After a goal by either team, before play resumes
- e. At half-time or end of a quarter

Players don't need to wait for a signal from the official when substituting after a goal or at half-time or end of a quarter, or are in the 1st & 2nd Grade League. The goalkeeper may only be changed during a legal substitution opportunity. **The referee must be notified and signal acknowledgment whenever the goalkeeper is changed.**

Players MUST be substituted in the following situations:

- a. When a player is attended to on the field. That player must come out at least until the next opportunity to substitute. Only the injured player can be substituted.
- b. When a player is determined by officials to be unconscious or apparently. Unconscious. That player may NOT play again without written authorization from a physician.
- d. When a player is cautioned (yellow card). That player must come out until the next opportunity to substitute.

PENALTY: An illegally substituted player shall receive a yellow card and play is restarted with an indirect kick by the opposing team, unless circumstances indicate a different start (eg. the illegal substitution was discovered while the game was stopped for a direct kick).

3.4 Delaying Tactics - When a team repeatedly substitutes to waste time, the official should stop the clock during such substitutions and notify the offending coach that repetition may be considered unsporting conduct (see Law 11.4)

LAW 4 - PLAYERS' EQUIPMENT

4.1 Required Equipment - Coaches are responsible to see that their players are properly equipped. Players must wear a League jersey, shorts/pants, socks that cover shin guards and suitable shoes. Shin guards must be worn under the stockings. (It is recommended that male players also wear a protective cup.)

Jerseys must not be altered with names, insignias, signs or other adornment.

Warm-ups or sweats may be worn in cold weather under the jersey. Jerseys should always be worn tucked into the short/pants.

Goalkeepers must wear uniform that is different (not pink or blue) from other players, but still must wear shin guards. Goalkeepers may also wear gloves which would not be dangerous to another player.

Shoes must not be dangerous to another player, in the opinion of the official. Baseball cleats or shoes with rough or sharp cleats are not allowed. NO METAL CLEATS.

4.2 Illegal Equipment - Nothing considered by the referee to be dangerous may be worn. Examples of illegal items include, but are not limited to:

- a. Metal or other hard plates on clothing or person.
- b. Hard casts, splints, or braces are not allowed.
- c. Shin guards which have exposed, hard edges.
- d. Jewelry, including rings, necklaces, and watches. (Medical medals may be worn if taped to the body, inside the uniform.)
- e. Helmets, caps or visors (except for goalkeepers as noted above).

Hearing aids and intra-oral devices, including tooth protectors, are legal if they do not create a threat of injury to the player or others.

Players in a hard cast may only play if the cast is covered by 1" foam or bubble wrap. (With a doctor's written permission.)

PENALTY: Players wearing illegal or dangerous equipment, or lacking required equipment, shall be removed from the game and no substitute shall be allowed until that team's next legal opportunity to substitute. The removed player may reenter only after receiving approval from an official of his equipment and uniform.

LAW 5 - THE OFFICIALS

Officials will consist of a Head Referee and may or may not also include a second referee or two linesmen. The Head Referee's decisions are final so far as the result of the game is concerned. Officials should be in appropriate uniform. The Head Referee shall:

- a. Inspect and approve all player and field equipment.
- b. Conduct a pre-game conference with the assistant referee or linesmen to clarify duties and review rules.
- c. Conduct a coin toss at least 5 minutes prior to the game (see Law 7.1)
- d. Keep the official time and notify coaches periodically of the time remaining.
- e. Determine whether a goal counts and keep the score.
- f. Refrain from calling a foul and call out "play on" where a foul is observed but the offending team would gain an advantage if play were stopped.

g. Stop play at an appropriate opportunity (depending on severity) when an injury has occurred and a player requires attention.

h. Enforce the laws of the game, penalize infractions, and maintain order.

LAW 6 - DURATION OF THE GAME

The game shall consist of the following time periods for both boys and girls:

- | | |
|----------------------------------|---|
| 1 st /2 nd | Four 10 min Quarters; 2 min quarter breaks; 5 min half time break |
| 3 rd /4 th | Two 25 min halves; 5 min half time break |
| 5 th /6 th | Two 30 min halves; 5 min half time break |
| 7 th /9 th | Two 35 min halves; 5 min half time break |

The referee determines any allowance for time lost due to injury or other cause.

LAW 7 - START OF PLAY

7.1 At the beginning of the game - The visiting captain calls the coin while it is in the air. The winner of the toss chooses a goal to attack; the team losing the toss kicks off. The referee signals the start of play with a whistle. When the ball is kicked, all players must be in their half of the field and opposing players at least 10 yards from the ball. **The ball is in play when it is kicked and moves any direction. If the ball is not kicked properly into play or if a player from either team enters the opposing side of the field before the ball is kicked, the kick is retaken. The kicker may not touch the ball again until it has been touched by another player from either team. A goal may be scored directly from a kick-off.**

7.2 After a Goal - After a goal, the kick-off is taken by the team which was scored on.

7.3 After Half-Time - Teams exchange sides of the field and the kick-off is taken by the team not taking the initial kick-off.

PENALTY: If the kicker touches the ball a second time before it is touched by another player, the opposing team gets an indirect kick from the spot of the foul.

LAW 8 - BALL IN AND OUT OF PLAY

8.1 Ball In and Out of Play - The ball is out of play when it has wholly crossed the goal line or touch line, whether in the air or on the ground. The ball is in play at all other times, including: when it rebounds from a goal post; when it touches an official inside the field of play; until an official sounds the whistle; when a drop ball hits the ground. A player may be out of bounds and legally play a ball which is still in the field of play, either in the air or on the ground.

8.2 Drop Ball - A drop ball occurs when: the ball is knocked out of bounds simultaneously by two opposing players; when the ball becomes deflated; or after play is stopped (e.g. for an injury or caution) and neither team had clear possession. The ball is dropped at the place where it was when play was suspended (except in the goal area where the ball is dropped on the goal area line at the top of the goal area, or when two players cause the ball to go out of bounds it is dropped 5 yards inside the touch line nearest the place where the ball went out). The official drops the ball from waist level between two opposing players and the ball is in play when it touches the ground. If a player touches the ball before it hits the ground it is re-dropped.

8.3 Temporary Suspension - If play is suspended for an injury or some unusual situation and one team is clearly in possession of the ball, the game is restarted with an indirect free kick by the team that had control from where the ball was when play was stopped.

LAW 9 - SCORING

A goal is scored when the entire ball passes over the goal line between the goal posts and under the crossbar, either in the air or on the ground, unless it was thrown, carried, or propelled by hand or arm of an attacking player, (except for the attacking goalkeeper if thrown from his own penalty area). A ball on the goal line has not wholly crossed the goal line and is not a goal.

A goal may be scored directly from a Direct Free Kick; Penalty kick; Corner kick; Drop ball; Kick-off; Goal Kick; or Goalkeeper's throw or kick.

A goal may **not** be scored directly from an Indirect free kick; Throw-in; or a Free Kick, either direct or indirect, into one's own goal. "Directly" means without being touched by another player from either team.

Mercy Rule: For the 5th, 6th, 7th-9th grade leagues. The coach whose team is down 0-8 has the option of continuing to play or to call the game.

LAW 10 - OFFSIDE

A player is in an offside position if he is nearer to an opponent's goal line than

the ball, unless:

- a. The player is in his own half of the field of play; or
- b. There are at least two opponents nearer to the goal line than he is.

However, a player shall only be penalized for being in an offside position if, at the moment the ball was last touched by a teammate, the player, in the opinion of the official(s):

- a. Interfers with play or an opponent; or
- b. Gains an advantage by being in that position.

A player shall **not** be penalized for being in an offside position if he receives the ball directly from a Goal kick; Corner kick; Throw-in; or Drop ball.

(Offside will not be enforced on 1st & 2nd Grade players).

See Diagrams for further explanation.

PENALTY: Indirect free kick by the opposing team from the place the offside occurred.

LAW 11 - FOULS AND MISCONDUCT

11.1 Fouls Resulting in a Direct Free Kick - If a player commits any of the following offenses in a manner considered by the referee to be careless, reckless, or using excessive force, the opposing team will receive a Direct Free Kick from where the offense occurred:

- a. Kicks or attempts to kick an opponent
- b. Trips or attempts to trip an opponent
- c. Jumps at an opponent
- d. Charges an opponent. (Fair charges are non-violent shoulder-to-shoulder contact with an opponent with at least one foot on the ground, the arms and elbows close to the body, and the ball within playing distance).
- e. Charges the goalkeeper in the goalie box. (6' box) Anyone who blatantly charge the goalkeeper while in possession of the ball or making an attempt to possess the ball will be disqualified (Red Card). Goalies are made of Glass! (Outside the goalie box/area the goalkeeper has no more privileges than any other player.) Possession or control includes when the goalkeeper has the ball trapped by either or both hands or is holding or bouncing the ball.
- f. Strikes or attempts to strike an opponent.
- g. Holds an opponent.

- h. Illegally pushes an opponent.
 - i. Spits on or at any player, spectator, official or coach
 - j. Handles the ball deliberately with hand or arm (except the goalkeeper inside his own penalty area)
 - k. Tackles an opponent. NO SLIDE TACKLING PERMITTED.
- A Slide Tackle with contact is an automatic Red Card, no contact is Yellow.

If any of the above fouls occur in the opponents' penalty area, the Direct Free Kick becomes a Penalty Kick, irrespective of the position of the ball, provided it is in play (see Law 13).

11.2 Fouls and Misconduct Resulting in an Indirect Free Kick - If a player commits any of the following offenses, the opposing team will receive an Indirect Free Kick from where the offense occurred:

- a. Plays in a dangerous manner (which could cause injury to self or another player, such as kicking above the waist while close to another player).
- b. Obstructs an opponent (a player not in possession of the ball intentionally using his body as an obstacle).
- c. Interferes with the goalkeeper who is in possession of the ball (this includes intentionally standing near the goalkeeper or impeding his attempts to release the ball into play).
- d. After taking a free kick, or throw-in (including kick-off, goal kick, or corner kick) touches the ball again before it is touched or played by another player from either team.
- e. Is penalized for being in an offside position .

11.3 Restrictions on Goalkeepers - If a goalkeeper commits any of the following offenses, the opposing team will receive an **Indirect Free Kick** from where the offense occurred:

- a. Takes more than 6 seconds while holding or bouncing the ball without releasing it into play.
- b. After having control of the ball with the hands and releasing it into play, touches it again with the hands before it is touched by a teammate outside the penalty area or an opposing player anywhere.
- c. Touches the ball with the hands after the ball is **intentionally** kicked to him by a teammate.
- d. Touches the ball with his hands after it has been thrown directly to him by a teammate.
- e. Wastes time.

11.4 Situations Resulting in a Caution (YELLOW CARD) - A player, coach, or bench personnel shall be cautioned (yellow card) for:

- a. Illegal substitution

- b. Persistent infringement of any of the rules of the game
- c. Dissent by word or action with an official's decision.
- d. Use of vulgar or profane language, including obscene gestures.
- e. Unsporting conduct (such as delay of game; encroachment on free kicks; taunting and trash talking; intentional handball to stop an attack; interfering with a thrower on a throw-in, etc.)
- f. Holding a shirt, short, etc. of another player.

Cautioned players must be substituted immediately and may not return until the next legal substitution opportunity.

11.5 Situations Resulting in Disqualification (RED CARD) - Players, coaches and bench personnel are disqualified (red card) for receiving a second caution (yellow card) for the same type of infraction and may not return to the game. However, a substitution is allowed in this circumstance. Disqualifications where a substitution is permitted are indicated by the referee holding up both a red and yellow card together.

Players, coaches or bench personnel are disqualified (red card) and no substitution shall be allowed (i.e. the team plays short) for using offensive or abusive language, violent conduct or serious foul play such as fighting, spitting at another person, flagrantly charging a goalkeeper in possession of the ball, or flagrantly fouling to prevent a clear scoring opportunity. Disqualified coaches must leave the vicinity of the field immediately; disqualified players may remain in the team area. Disqualification where a substitution is not allowed shall be indicated by the referee holding up only a red card.

PENALTY: In addition to the above, *the disqualified player or coach must miss the Team's next scheduled game.* If the game was stopped for the purpose of issuing the yellow or red card, the game is restarted with an indirect kick by the opposing team.

LAW 12 - FREE KICK

12.1 Description of a Free Kick - Free kicks are awarded for fouls and misconduct and are classified as "Direct", from which a goal may be scored without another player touching the ball, and "Indirect", from which a goal may only be scored if another player from either team touches the ball before

it enters the goal. A free kick may be taken by any player of the offended team.

12.2 How Taken - The ball must be stationary, and players from the opposing team must be at least 10 yards from the ball, unless they are standing on their own goal line between the goal posts. The kicker does not need to wait for a whistle unless the referee was requested to move opposing players the required 10 yards. The ball is in play when it is kicked and moves. Direct or Indirect free kicks may be kicked in any direction (except for kick-offs and penalty kicks).

When a player takes a free kick from his own penalty area, the kick is not in play until it goes beyond the penalty area. If the ball is touched by another player before leaving the penalty area it is re-kicked. After the ball is in play, the kicker may not touch it again until it has been touched by another player from either team.

If a free kick is kicked directly into the player’s own goal, a corner kick is awarded to the opposing team.

PENALTY: If the kicker plays the ball a second time, an Indirect Free Kick is awarded to the opposing team from the spot of the foul.

LAW 13 - PENALTY KICK

A Penalty Kick is a Direct Free Kick awarded when one of the direct kick fouls described in Law 11.1 is committed in an opponent’s penalty area. The kick is taken in front of the center of the goal at the following distances from the goal line:

- 3rd & 4th 8 Yards
 - 5th & 6th 10 Yards
 - 7th - 9th 12 Yards
- (1st & 2nd Grade players are **not** awarded penalty kicks -- they receive a regular direct free kick for direct kick fouls committed in the penalty area)

All players from both teams, except the kicker and opposing goalkeeper, must be outside the penalty area at least 10 yards from the ball, and behind the penalty mark until the ball is kicked. The ball must be kicked toward the goal. The defending goalkeeper must stand on the goal line between the goal posts until the ball is kicked. The kicker may not play or touch the ball a second time until it has been touched by another player. When play is extended to allow taking a penalty kick at the end of the game or the end of a half, the kicker may play the ball once with the keeper in place.

PENALTY: 1) Penalty for the kicker touching the ball a second time before being touched or played by another player -- Indirect Free Kick. 2) Penalty for encroachment into the penalty area by the kicking team -- If a goal is scored, re-kick; If a goal is not scored, no goal, play on. 3) Penalty for encroachment by the defending team -- If a goal is scored, goal; If no goal is scored, re-kick. 4) Penalty for the Keeper moving forward, off the goal line, before the ball is kicked -- If a goal is scored, goal; If no goal is scored, re-kick. 5) Penalty for encroachment by players of both teams, re-kick.

LAW 14 - THROW-IN

A throw-in is awarded when an opponent last touches the ball before it crosses the touch line. The whole ball must cross the entire touch line, either in the air or on the ground, to be out of bounds. The ball may be thrown in any direction from where the ball left the field. The thrower must face the field of play and have both feet on the ground behind the touch line. The thrower shall use both hands and deliver the ball from behind and over the head. The ball must directly enter the field of play.

it breaks the plane of the touch line. **The thrower may not play the ball again until it has been played or touched by another player.** If the ball fails to enter the field of play it is re-thrown. Opposing players may not interfere with the thrower in any way while the throw is being taken.

PENALTY: For an illegal throw -- Throw-in for the opposing team. For thrower touching the ball a second time -- Indirect Kick. For interfering with the thrower -- Caution (yellow card) for unsporting conduct and Indirect Kick from spot near the touch line.

U8: For an illegal throw - 2nd opportunity to throw-in correctly.

LAW 15 - GOAL KICK

A Goal Kick is awarded to the defending team when the whole ball crosses the goal line (but not in the goal), either in the air or on the ground, after last being touched by the attacking team. The kick may be taken from anywhere within

the goal area. The ball must be stationary on the ground and must clear the penalty area before being touched by another player. **If the ball is touched before it clears the penalty area or if it fails to go beyond the penalty area, it is re-kicked.** The kicker may not touch the ball a second time until it is touched by another player outside the penalty area. **All opposing players must be outside the penalty area until the ball clears the penalty area (teammates may be inside the penalty area).** A goal may be scored directly from a goal kick.

PENALTY: For encroachment into the penalty area by an attacking player re-kick. For touching the ball a second time -- Indirect kick by opponents from the spot of the foul.

LAW 16 - CORNER KICK

A Corner Kick is awarded to the attacking team when the whole ball crosses the goal line (but not in the goal), either in the air or on the ground, after last being touched by the defending team. The kick is taken from the quarter circle on the side of the field where the ball went out. The ball must be stationary on the ground and players from the defending team must be at least 10 yards from the ball until it is kicked. The kicker may not play the ball a second time until it has been touched by another player. A goal may be scored direct from a corner kick.

PENALTY: For touching the ball a second time -- Indirect kick by opponents from the spot of the foul.

LAW 17 - COACHING AND SPORTSMANSHIP

The purpose of the league is to provide a fun, wholesome opportunity for youth to learn soccer and compete with other youth in the area. To accomplish this, coaches, parents and officials must observe the following guidelines:

- a. Mechanical or electronic devices may not be used in coaching (eg. megaphones, microphones, video cameras).
- b. The tone of voice used in coaching and cheering should be encouraging and informative and not demeaning or a harangue.
- c. Coaches and players shall stay in a designated area on the sideline, at least a yard behind the touch line, and extending not more than 10 yards on either side of the halfway line. No coaching of any kind is allowed from behind the goal lines and no coach, bench personnel, substitutes or spectators from either team should be behind or near either goal.
- d. Each coach is responsible for players, substitutes, and spectators on their

team. No coach, spectator, or player may make derogatory remarks or gestures to other players, coaches, or officials.

e. Coaches and team members should shake hands with opponents after each game.

f. No foul or abusive language or gestures are to be tolerated from any coach, official, player or spectator.

Coaches may be assessed a caution (yellow card) or be disqualified (red card) for failure to follow these rules during a game or for failing to control players or spectators, especially when requested by an official.

APPLICATION OF RULES TO 1st & 2nd GRADE GAMES

All Laws apply to U-8 players and games except as indicated in the Laws and summarized below. Coaches and referees should help players learn the rules and referees should make special effort to explain calls to players and coaches.

LAW 2 - The Ball - Size #3

LAW 3 - Players and Substitutions - Teams will consist of 7 players, including the goalkeeper. Coaches use free substitution (Hockey Substitutions) Player must be off field before new player sent in.

LAW 6 - Duration of the Game - Four 10 min quarters with a 2 min quarter break and 5 min half-time break.

LAW 7 - Start of Play - Teams should alternate kick-offs at each quarter and switch ends of the field at half-time.

LAW 10 - Offside - 1st & 2nd Grade Players will not be penalized for being offside, but coaches should teach players about offside and help them understand it. If a player persistently and intentionally plays in a offside position during a game, the referee should ask the coach to keep the player back to avoid being unfair to the opposing team. If the problem persists, the referee may consider the conduct to be unsporting conduct (see Law 11.4).

LAW 11 - Fouls and Misconduct - 1st & 2nd Grade goalkeepers will not be penalized for taking more than 6 seconds before releasing the ball into play. However, referees should verbally let goalkeepers know that there are limits to how long they may hold the ball. The ball may not be kicked by an attacking player if the goalkeeper is touching the ball with hand or arm. A resulting goal will be disallowed and a direct free kick will be awarded to the defending team (see Law 11.2)

LAW 12-Free Kick-Referees should be sure to keep opposing players 10

yards from the ball on free kicks, especially on kicks taken from near a team's own goal if there is no penalty area marked on that field. When the kick is taken closer than 10 yards to the goal, all defending players may be on the goal line between the goal posts even if that puts them closer than 10 yards to the ball (see Law 12.2).

LAW 13 - Penalty Kick - No penalty kick will be awarded. Fouls committed in an opponent's penalty area will result in a direct free kick.

LAW 14 - Throw-In - Teams may have one re-throw if the first throw is not legal.

Law 15-Goal Kick- If there is no penalty area marked on the field, opposing players should be kept at least 10 yards away from the ball on the goal kick.

LAW 16 - Coaching on Field - Coaches are allowed to be on the field for 30 seconds to help set up players in the proper positions for penalty shots, goal kicks, foul kicks and throw-ins. This is to be done with great haste.

LAW 17 - Slide Tackling - No slide tackling period. Offensive or Defensive.

DEFINITIONS

Advantage - A judgement by the referee not to stop play if penalizing a foul would benefit the offending team. Referees should signal this decision with an under-swinging motion of the arms and shout "play on". Advantage is usually only applied in the attacking 1/3 of the field. Applying the Advantage provision is not an excuse to ignore serious foul play.

Assistant Referee - An official on the sideline that assists the head referee in administering the laws of the game.

Bench Personnel - Anyone in the team area.

Cautioned Player - A player who has received a yellow card for infractions or repeated infringements of the Laws of the game.

Charge - When a player uses body contact to obtain possession of the ball or to cause an offensive player to lose possession. Legal charges involve non-violent, shoulder-to-shoulder contact with at least one foot on the ground and the arms close to the body.

Control - When a player has possession of the ball. When applied to a goalkeeper it includes having the ball trapped with one or two hands or holding, bouncing, or tossing the ball into the air with the intention of catching it.

Corner Kick - A direct kick from the corner of the field awarded to the attacking team when the defending team plays the ball out-of-bounds over the goal line.

Dangerous Play - Engaging in actions that are considered by the referee to put the player or others at risk. Examples would be kicking above the waist in close proximity to other players, attempting to play the ball while lying on the ground, going for a low header where other players are kicking at the ball, and so forth.

Dead Ball - When the ball is out-of-bounds; or the referee has blown the whistle to stop play; or after a goal; or when a period has expired.

Direct Free Kick - A free kick where a goal can be scored without the ball being touched first by a player other than the kicker. This is signaled by the referee pointing in the direction of the kick.

Disqualified Player - A player who has received a Red Card and is barred from further participation.

Dribbling - Controlling the ball with the feet in the attacking 1/3 of the field or when in close proximity to opposing players.

Drop Ball - A method of restarting play when another method is not specified or when there is uncertainty as to who last touched a ball which went out-of-bounds. The referee drops the ball from waist height between two opposing players and the ball is in play when it hits the ground.

Encroachment - Coming closer than 10 yards to the ball before free kicks, coming into the opposing side of the field before a kick-off, entering the penalty area before a defending team takes a free kick, or entering the penalty area before a penalty kick.

Goal Kick - A kick from a team's goal area to restart play after the attacking team plays the ball out-of-bounds over the goal line.

Goal Line - Boundary lines at the end of the field. The line is considered part of the field of play.

Goalkeeper - The only player on each team who can legally handle the ball in his own penalty area. Goalkeepers must wear a uniform different from other players.

Hand Ball - Intentionally playing the ball with a hand or arm. (If the arm is held out from the body and the ball strikes the arm or hand, referees usually call it).

Indirect Free Kick - A free kick where more than one player must first touch the ball before a goal can be scored. Signaled by the referee holding his hand straight in the air until the kick is taken.

Header - Striking the ball with the head to shoot, pass, or control it.

Intentional Foul - A foul which the referee considers to be purposeful or premeditated

Obstruction - Intentionally using the body as an obstacle when not in possession of the ball or attempting to play it.

Offside - Being in an offside position and interfering with play or gaining an advantage by being in the offside position at the moment the ball was last played by a teammate. This is a judgment by the referee.

Offside Trap - A defensive tactic where the defense runs forward placing one

or more attackers in an offside position. Often used just prior to a free kick by an opponent.

Penalty Kick - A direct free kick awarded when a direct kick foul is committed by the defending team in their own penalty area.

Playing Distance - Being near enough to the ball in the opinion of the referee to exercise control -- usually not more than 6 ft.

Possession - See control.

Running With The Ball - Playing the ball with the feet in the mid 1/3 of the field when not in close proximity to defending players.

Running Off The Ball - When not in possession of the ball, running to create space by drawing off defenders or exploiting space given up by defenders .

Scissor Kick - A maneuver where the player kicks the ball in the air, with the feet usually above the head, and the ball goes the opposite way the player is facing.

Serious Foul Play - Committing one of the offenses punishable by a direct free kick with unnecessary force. Also, intentionally handling the ball to prevent it from going into the goal or intentionally fouling an opponent who is moving toward the goal with an obvious opportunity to score.

Set Play - Plays when the ball is stationary such as free kicks, goal kicks, corner kicks, and throw-ins.

Shielding - While playing the ball, using the body to prevent an opponent from gaining possession of the ball.

Square - A term used to indicate a supporting teammate that is to the side of the player having the ball.

Striker - Usually refers to an inside forward who is responsible to strike or shoot the ball.

Tackle - Using the feet to take the ball from an opponent.

Taunting - Taunting and "Trash Talking" includes making derogatory comments to opponents. Taunting is punishable by a yellow card.

Throw-In - A method of restarting play where a player throws the ball directly into play using both hands, delivering the ball from behind and over the head, with both feet on the ground on or behind the touch line.

Touch Line - Boundary line on the side of the field. The line is part of the field of play.

Violent Conduct - Committing a violent act against another person whether the ball is in or out of play.

Volley - Shooting the ball while it is in the air. 1/2 Volley is kicking or shooting the ball immediately after a short bounce.

Warning - A verbal admonition to a coach or player for misconduct. Repeat warnings will result in a caution (yellow card)

Wing - Outside forward or halfback who runs up the outside portion of the field in attacking situations.

PLAY RULINGS AND COMMENTS

LAW 3 - PLAYERS AND SUBSTITUTIONS

Situation A - The coach wishes to substitute a player during the other team's corner kick. **Ruling** - Legal

Law.

Situation B - During a legal opportunity to substitute, the coach cannot get the attention of the referee and play is restarted. The coach substitutes the player anyway. **Ruling** - Illegal. Substitutes must first be motioned onto the field by an official. The player is cautioned (yellow card) and an indirect kick is awarded to the other team.

Situation C - A player is injured on the field and play is stopped. After being helped up by the coach, the player seems to be OK and the coach leaves him in the game. **Ruling** - Illegal. A player attended to on the field must leave the game and be replaced by a substitute until the next legal substitution opportunity.

Situation D - During a stoppage of play for a goal kick by the other team, the coach has the goalkeeper change places with a player on the field, after notifying the referee. **Ruling** - Legal.

Situation E - The referee observes that Team A has 12 players on the field (1) after a goal has been scored by that team but before play has resumed; (2) after play has resumed. **Ruling** - In (1) the goal is disallowed, in (2) the goal stands, since decisions are not reversed once play resumes. But in both cases the appropriate player is removed from the game and cautioned (yellow card). The game resumes according to how it was interrupted.

Situation F - The referee notices that a player has a bloody nose while the ball is in play at mid field. The Referee stops play and requests the coach to sub the player. **Ruling** - Legal. Bleeding players must be subbed. Play resumes with an indirect kick by the team in possession when the whistle blew, from the spot of the ball when play stopped.

LAW 4 - PLAYERS' EQUIPMENT

Situation A - After the kick-off the referee notices that a player is not wearing

shin guards. The referee orders the player off the field as play continues, and the team plays short. **Ruling** - Legal. At the next regular sub opportunity the coach may sub in another player or the same player if legally attired.

LAW 5 - THE OFFICIALS

Situation A - As Team A is moving down the field with an opportunity to score, a player from Team B falls to the ground holding his ankle. The referee allows play to continue for several moments until Team A loses the ball.

Ruling - Legal. Play should be stopped at an appropriate opportunity and considering the apparent severity of the injury.

Situation B - Player A has broken past defenders and is heading toward the goal with a clear chance to score when a player from the other team trips him. Player A regains his balance and continues toward the goal. The referee allows play to continue and calls out "play on". **Ruling** - Legal. The referee may refrain from calling a foul if doing so causes the offended team to lose an advantage. However, at the next opportunity the referee may caution the offending player.

Situation C - The referee calls offside and after play is stopped notices that there was another defender standing by the goalkeeper that he did not see. He reverses his call, restarting play with an indirect kick by the team that appeared to be offside. **Ruling** - Legal. The referee may change a decision if play has not been resumed.

LAW 7 - START OF PLAY

Situation A - Player A is taking a kick-off and kicks it back to a midfielder on his team. **Ruling** - Legal. The ball can move in any direction of play.

Situation B - Player A takes a kick-off and begins dribbling down the field.

Ruling - Illegal. A kicker may not touch the ball more than once until it has been touched or played by another player. Indirect Kick for the opposing team.

LAW 8 - BALL IN AND OUT OF PLAY

Situation A - A ball is rolling along the touch line and a parent in the team area picks up the ball, thinking it is out of bounds. **Ruling** - If a team had clear control of the ball, restart with an indirect free kick by that team. Otherwise, drop the ball 5 yards inside the touch line. The coach should be verbally warned to keep bench personnel and fans at least 1 yard away from the touch line.

Situation B - A player who is standing off the field heads a ball that is about

to cross the touch line back toward the center of the field. **Ruling** - Legal. In soccer out of bounds is determined by the position of the ball, not the player. If the ball has not wholly crossed the plane of the outer edge of the touch line it is still in play.

Situation C - A ball is in the goal area rolling toward the goal when a ball inadvertently thrown onto the field by a spectator strikes the ball, knocking it off course. **Ruling** - Drop ball on the top line of the goal area, parallel to the goal line. An outside agent striking a ball causes it to be declared dead at that spot.

LAW 9 - SCORING

Situation A - A Direct Free Kick is taken by Player A and the ball goes into his own goal without being touched by anyone else. **Ruling** - No Goal. If the kick was taken from within the player's own penalty area, re-kick. If taken from outside the penalty area, Corner Kick for the opposing team.

Situation B - Team A's goalkeeper throws, punts, or drop kicks the ball and it goes untouched into Team B's goal. **Ruling** - Goal.

Situation C - On a legal throw-in, Player A throws the ball into the opponent's goal untouched by anyone. **Ruling** - Goal Kick to the defending team. A goal cannot be scored directly from a throw-in.

Situation D - The goalkeeper reaches out and stops the ball on the goal line. **Ruling** - No goal. The ball must pass entirely over the whole line.

LAW 10 - OFFSIDE

Situation A - A1 passes the ball toward B's goal. A2 is onside at the time of the kick, but runs ahead of the bouncing ball and all defenders except the goalkeeper and receives the ball. **Ruling** - Not Offside. A2 was onside when the ball was last played by a teammate.

Situation B - A defender on team B steps off the field leaving Player A ahead of the ball with only the goalkeeper between him and the goal. The ball is passed to player A by a teammate. **Ruling** - Not Offside. A defensive player may not cause offside by leaving the field of play.

Situation C - Player A1 is in an offside position at the far side of the field and not interfering with play or an opponent in any way when Player A2 shoots and scores a goal. **Ruling** - Goal. A player must interfere with play or gain an advantage to be penalized. If the ball is passed to A1 or if A1 distracts an

opponent, then offside should be called.

Situation D - Team A executes an offside trap causing B1 to be in an offside position. **Ruling** - When a team successfully executes an offside trap, referees usually call offside even when the trapped player does not interfere with play. This is a judgment call by the referee and coaches should ask referees how they interpret the rule before relying on the trap as a tactic.

Situation E - Team B pulls all its players into A's side of the field in an attempt to score. Player A1 is in his own side of the field, but behind all B's players except B's Goalkeeper. A2 clears the ball into B's side of the field and A1 runs forward and receives the ball on B's side. **Ruling** - Not offside. A player can not be in an offside position in his own side of the field. Since A1 was not offside when the ball was last played by a teammate he does not then become offside by running forward.

Situation F - A1 runs behind all of Team B's defenders except the goalkeeper and (1) receives a ball thrown in over the defenders' heads and scores (2) the ball is headed to him by a teammate from the throw. **Ruling** - Goal in (1), offside in (2). A player is not offside if the ball is received direct from a throw-in

LAW 11 - FOULS AND MISCONDUCT

Situation A - Player A kicks the ball and it hits Player B in the arm while B's arm is close to the body and B makes no move to strike the ball. **Ruling** - Play on. B did not intentionally strike the ball with hand or arm.

Situation B - Player X makes a shoulder-to-shoulder charge from the side on Player R and steals the ball, but the charge is so hard that Player R is knocked several feet sideways and falls to the ground. **Ruling** - Direct Free Kick to R's team. Players may not use excessive force even though the charge would have been fair otherwise.

Situation C - The goalkeeper reaches out and traps the ball on the ground with one hand. The ball is stationary and Player J runs forward and kicks the ball into the goal before the goalkeeper can pull the ball into his body.

Ruling - No goal and direct free kick to the goalkeeper's team. In addition, the referee will issue a Red Card. The goalkeeper had possession when the ball was touching his hand and may not be charged in any manner.

Situation D - The Goalkeeper is standing in his own penalty area but reaches out and picks the ball up off the ground outside the penalty area. **Ruling** - Direct free kick for attacking team from spot of the foul. A goalkeeper may only legally handle the ball inside his own penalty area. In soccer it is the position of the ball which dictates.

Situation E - The goalkeeper releases the ball to the ground and begins dribbling the ball with his feet in the penalty area. Player Q charges him and

obtains possession of the ball. **Ruling** - legal. The goalkeeper may be charged fairly if he is dribbling with his feet.

Situation F - Player C grabs player A's jersey in an attempt to get to the ball.

Ruling - Direct free kick to A's team and C is cautioned (yellow card) for holding the jersey (unsporting conduct).

Situation G - After play has been stopped for a goal kick by Y's team, Player Y directs profane language at an opponent. **Ruling** - Player Y is cautioned (yellow card) and the goal kick proceeds after Y is substituted. No indirect kick for opponents since play was already stopped for another reason when the caution occurred.

Situation H - Player R is in the air for a header with both feet off the ground. Player Z (1) goes into the air to head the ball also and nonviolently collides with R; (2) Player Z, while still having a foot in the ground, collides with R.

Ruling - Legal in (1), Direct free kick to R's team in (2).

Situation I - Player V is on the other side of the field from the ball. Player N fairly charges V in a non-violent manner. **Ruling** - Indirect free kick for V's team. A player may only be charged when in playing distance.

Situation J - The ball is rolling toward the sideline. Player D runs in front of Player P so that the ball will go out before P can reach it. **Ruling** - Indirect free kick for P's team for obstructing, unless D is within playing distance.

Situation K - Player S executes a scissors kick (1) when a teammate was standing near to S's feet (2) when no other player is in playing distance.

Ruling - Indirect kick for dangerous play in (1), legal in (2).

Situation L - The goalkeeper leaves the penalty area, controls the ball with his feet, dribbles into the penalty area, and picks it up. **Ruling** - Legal unless the ball had been kicked to him by a teammate.

Situation M - Player E attempts a diving header near the feet of a defender.

Ruling - Indirect kick for the defenders for dangerous play. Player E created a dangerous situation by his dive.

Situation N - Player A kicks the ball toward the goal when the goalkeeper is out of the goal. Defender B (1) deliberately deflects the ball with his hand (2) knocks Player A to the ground to prevent the shot. **Ruling** - Direct free kick in both cases (penalty kick if the offense occurs in the penalty area), plus B is cautioned or disqualified in (1) and disqualified in (2) for serious foul play.

Situation O - Player X (1) heads or chests a pass back to his goalkeeper who catches it, (2) flicks the ball into the air with his feet and heads the ball to the goalkeeper who catches it. **Ruling** - Legal in (1), Indirect free kick to opponents in (2). Players may not use trickery to circumvent the rule.

LAW 12 - FREE KICK

Situation A - The referee signals for Team A to take a free kick. The player throws the ball onto the ground and takes the kick as it is rolling. **Ruling** - Re-kick. The ball must be stationary for a free kick to be legal.

Situation B - The referee awards a direct free kick to Team B. A player from Team B immediately places the ball on the ground and kicks the ball into Team A's goal. Players from Team A complain that the referee did not blow the whistle for the kick to be taken. **Ruling** - Goal. A team does not need to wait for a whistle unless they have requested the referee to move defending players the required 10 yards.

Situation C - A young player from Team R takes a free kick awarded to his team in his own penalty area. The kick is weak and does not go beyond the penalty area. **Ruling** - Re-kick. The kick must go into the field of play beyond the penalty area before the ball is in play.

LAW 13 - PENALTY KICK

Situation A - Player A softly kicks the ball toward the goal and a teammate rushes into the penalty area after the kick and kicks the ball into the goal. **Ruling** - Goal. If the ball is kicked toward the goal it is in play when it has moved.

Situation B - Play has been extended to allow the taking of a penalty kick. The goalkeeper deflects the ball into the goal post from which it rolls into the goal. **Ruling** - Goal. Only the kicker and the Goalkeeper have played the ball once. Hitting the post is incidental to the scoring of the goal.

Situation C - A player takes a penalty kick and the ball bounces off the crossbar and the kicker shoots the ball into the goal. **Ruling** - No goal, indirect kick for the defending team. A player may not play the ball a second time until it is touched by another player.

LAW 14 - THROW-IN

Situation A - During the taking of a throw-in, the player has both feet on the touch line. **Ruling** - Legal, as long as neither foot is wholly over the touch line.

Situation B - A player throws the ball down the line and it never breaks the plane of the touch line. **Ruling** - Re-throw. The ball was never in play.

Situation C - A player throws the ball down the line where it breaks the plane of the touch line and then curves back out. **Ruling** - Throw by opposing team from where the ball went back out.

Situation D - As Player A prepares to throw the ball in, an opposing player

runs over to the touch line and positions himself right in front of the thrower. **Ruling** - Illegal. The player may be verbally warned or cautioned. However, if the player had already established that position before Player A started the throw-in there is no violation.

LAW 15 - GOAL KICK

Situation A - Team B has pulled all its players including the goalkeeper into A's side of the field for offense. A takes a goal kick that goes into Team B's goal. **Ruling** - Goal..

LAW 16 - CORNER KICK

Situation A - A player takes a corner kick which rebounds from the goal post and back to the kicker in the field of play who kicks it again. **Ruling** - Indirect kick for the defending team from the spot of the foul. A player may not play the ball a second time on a free kick until it has been played or touched by another player.

LAW 17 - COACHING AND SPORTSMANSHIP

Situation A - During play the referee notices that spectators are behind the goal coaching the goalkeeper. **Ruling** - The referee should wait until a stoppage of play and request the spectators to move out from behind the goals. **Situation B** - During the game the coach is yelling in a demeaning manner at players on the field. **Ruling** - The coach should be given a verbal warning first, subsequently, cautioned (yellow card), and if the behavior continues, disqualified (red card).

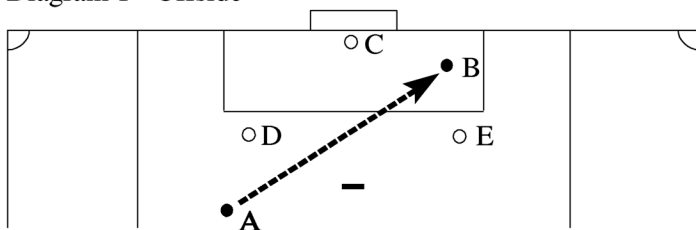
OFFSIDE DIAGRAMS

Note: The players marked with ● are attacking the goal, and those marked with ○ are defending the goal.



 Direction of Ball Movement Direction of Player Movement

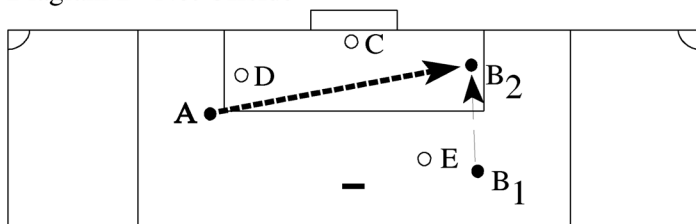
Diagram 1 - Offside



Clear pass to one of same side

A has run the ball up, and having **D** in front passes to **B**. **B** is offside because he/she is nearer the opponents' goal line than the ball and there are not two opponents as near their own goal line as **B**.

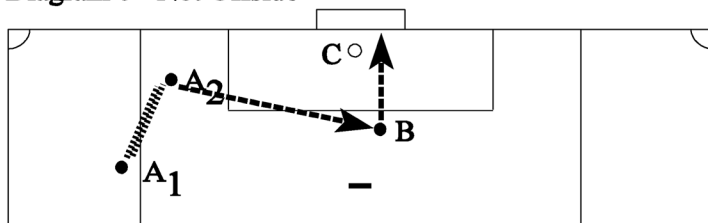
Diagram 2 - Not Offside



Clear pass to one of same side

A has run the ball up, and having **D** in front passes across the field. **B** runs from position 1 to position 2. **B** is not offside because at the moment the ball was passed by **A** he/she was not in front of the ball and had 2 opponents between him/her and the goal line.

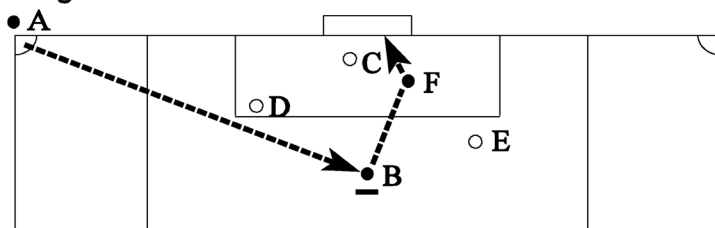
Diagram 6 - Not Offside



Crossing ball from near goal line

A1 dribbles ball to point A2 near the goal line where he/she passes to B who immediately shoots on goal. A is not offside, unless at position A2, the official determines he/she has: (a) interfered with play; or (b) sought to gain an advantage from being in an offside position.

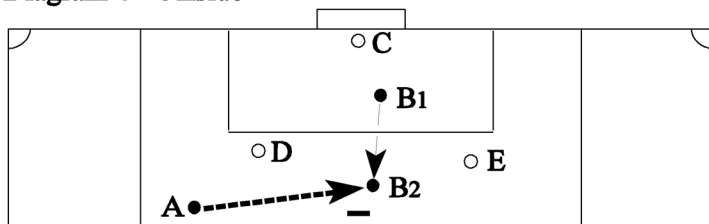
Diagram 14 - Offside



After a corner kick

A takes a corner kick and the ball goes to B. B shoots for goal and as the ball is passing through, F touches it. F is offside because after the corner kick has been taken the ball is last played by B, a teammate and when B played it F was in front of the ball and had not 2 opponents as near to the goal line.

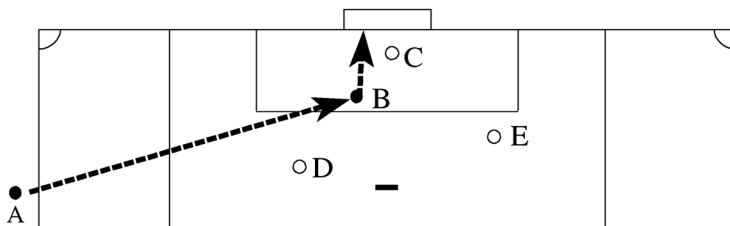
Diagram 4 - Offside



Running back for the ball

A centers the ball. B runs back from position 1 to position 2, and then dribbles between D and E and scores. B is offside because he/she is in front of the ball and had not 2 opponents as near to the goal line at the moment the ball was played by A.

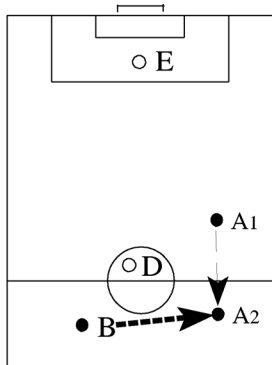
Diagram 18 - Not Offside



After a throw-in from the touchline

A throws the ball to B who immediately scores. Although B is in front of the ball and there are not 2 opponents near to the goal line, B is not offside because a player cannot be offside when receiving the ball directly from a throw-in.

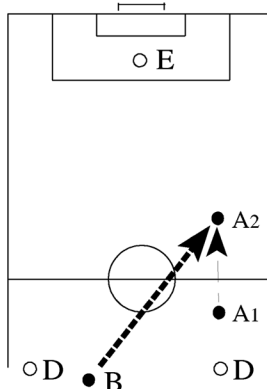
Diagram 19 - Offside



A player cannot put him/herself offside by running back into his/her own half of the field of play.

If A is in his opponents' half of the field of play, and is offside in that position when B last played the ball. A cannot put himself/herself offside by moving back into his/her own half of the field of play.

Diagram 20 - Not Offside



A player within his/her own half of the field of play is not offside when entering the opponents' half of the field of play.

At the moment the ball is played by B, teammate A is at position A1. Player A then runs to position A2 to receive the ball. If A is on his/her own half of the field of play at the moment the ball is played by a teammate, he/she is onside although he/she is in front of the ball and there are not two opponents as near to their own goal line, when B last played the ball. A is therefore not offside when he/she enters the opponents' half of the field of play.

COACHING HELPS AND IDEAS

ATTITUDE AND COACHING PHILOSOPHY

General: Always put: **PLAYERS FIRST, WINNING SECOND.**

Coaches have a responsibility to do more than just help players learn the game of soccer. Players will look up to you, so set a good example of conduct and fair play. The overall objective for players and coaches is to HAVE FUN -- winning should be a secondary goal.

Developing Players: Young players can become overly anxious about living up to expectations of parents, coaches and team mates. Help players feel good about themselves and enjoy the game by teaching them to measure their success by their own improvement rather than by surpassing the performance of others. Be considerate of players' feelings and help them achieve their potential in a positive way.

RESPONSIBILITIES

Safety: Coaches must exercise reasonable care so that practices and games will not be dangerous to players or others. For example, check the field for hazards; make sure players wear proper equipment; design safe drills; don't allow sick or injured players to participate. Also, avoid taking a player to or from games or practices alone and never transport players in the open back of a pickup truck.

First-aid and Injuries: Prepare a first-aid kit for your practice bag which includes some band-aids, an ace bandage, Neosporin, gauze pads, tape, and similar items needed to apply routine first-aid for minor injuries. Also, carry a card with emergency phone numbers.

- If a player is seriously injured in a practice or a game, keep the player safe while qualified medical attention is summoned. Don't move players who may have a serious neck or spinal injury, except to make sure they can breathe.
- Bring plenty of water to practices and games so players don't get dehydrated.
- Get players off the field if there is lightning in the area.

PLANNING THE SEASON

Get Help: Get an **Assistant Coach** to help supervise practices, to be there when you can't, and to help with games. Parents are sometimes reluctant to coach, but are willing to assist. Next, get a **Team Parent** to coordinate pictures, assign treats for games, organize a team party at the end of the season, make a team banner, and help call players when schedules change, games are rained out, etc. **Books and videos** on coaching soccer are

available from various sources including: Public and BYU libraries; ESPN Home Video; JD Soccer, 1200 N. State, Orem 226-7760; Soccer Learning Systems, San Ramon CA. 1-800-762-2376. You can also call your Commissioner with questions.

Schedule: Look at your calendar or planner and decide when and where you will have practices, keeping in mind that other teams will be practicing and playing on the fields too. Try to have at least 2 practices a week. For players 6 to 9 years old, practices should usually not last for more than 1 hour -- older players can practice for 1 1/2 to 2 hours.

Establish Instructional Goals: Plan what you will do at practices for several weeks in advance so that practices will be as effective as possible. Also plan what skills you will teach and in what sequence during the season.

Communicate: If parents know your goals and practice schedule, things will go much more smoothly. Prepare a team roster and a practice schedule for parents with time and place of practices and hand them out at the first practice, along with a schedule of games for the season. Take time to meet parents and let them know some of the positive things you have noticed about their players, as well as things the parent could help their player improve even more. Some coaches like to have a parent meeting at the beginning of the season.

PRACTICE IDEAS

Equipment: In order for players to improve it is **vital** that they **each** have a ball to use at every practice and also for working on skills at home. You should have each player buy their own ball, mark it with their name, and bring it to every practice. Carry a permanent marker in your bag. Get some "cones". The cheapest and easiest are the discs with holes in the middle - about \$1.50 each at sporting goods or soccer stores.

Evaluate Players: One of your biggest challenges is to put the right players in the right positions. Let players learn several positions. Also, select a formation that best utilizes the talent on the team.

General Organization: Break practices into segments. In a 1 hour practice, for example, the first 10 minutes should be devoted to warm-up, stretching, and conditioning; the next half hour could involve teaching or working on one or two skills; the next 15 minutes to a small-sided game and tactics, and the last 5-10 minutes to conditioning, cool down, and stretching.

Warm-up and stretching: . Before stretching, have players warm up by jogging around the field dribbling a ball, or other light activity. Once they are warmed up, have them stretch the muscles and tendons in the back of the legs, front of the legs, groin, ankles, and knees.

Conditioning: Conditioning can and should be done using drills which

also improve individual skills. Minimize jogging, sprints, etc. which do not involve use of a ball. Be creative, but to get started, you could use the following:

- *1 vs 1* - Players pair up with someone of similar ability with one ball per pair. On the whistle, player A attempts to maintain control of the ball while B tries to steal it. If it is stolen, B gives it back to A and play continues. After 1 minute, switch so that B has the ball. Continue in 1 min intervals until players are tired. Walk among the players during the drill encouraging good technique and hustle.

- *Fast footwork* - Each player has a ball. On the whistle players kick the ball back and forth between their feet. Vary using the sole of the foot, outside, only one foot, etc. The more touches and the faster the touches, the better. Use 1 to 2 min intervals and walk among the players encouraging them.

- *Ladders* - Place 3 markers at 15 yard intervals across the field. Get the players into several lines with 3 or 4 per line. On the whistle the first player in each line dribbles to the 1st cone and back, reverses and dribbles to the 2nd cone and back, to the 3rd cone and back, then the next player in line takes the ball and does the same. Once all players in the line have finished, start over, repeating as many times as you think are needed. Lines could also race each other.

Individual Skills: Individual skills are the secret to becoming a good soccer player. Players should be shown proper techniques, given drills to reinforce them, and then encouraged to practice at home. Break skills into several categories and introduce them in a logical sequence over several practices. Spend about 1/2 hour in a 1 hour practice working on individual skills. For example, you could group skills into: 1. Handling: Dribbling, feinting, trapping, screening. 2. Passing: One-touch, inside of foot, outside of foot, long passes over defenders. 3. Shooting: Low instep shots, volley shots, headers, chip shots. 4. Defending: Proper stance, tackling, slide tackling, clearing kicks and headers. 5. Throwing techniques.

There are many teaching drills that can be used. Videos and coaching books can provide a host of them. It is important to take time to learn proper techniques so you can teach young players to do things correctly from the start.

Tactics and Rules: Coach players on what to do in various game situations: how to play positions, what is legal and what isn't, how to set up defensive walls on free kicks, principles of defensive play, positions to take on corner and goal kicks, and so forth. One of the hardest things for U8

players is to understand the importance of playing a position. One way to help them is to set up cones on the field for each position. In a small scrimmage, have them stop when you blow the whistle and point to "their" cone vs where they now are on the field and help them understand where you want them to be as play progresses. This works with older players as well. Between drills, ask questions about rules so that players will understand the laws of the game.

Small-Sided Games: 15 minutes or so should be devoted to small-sided games of 3 vs 3 or 4 vs 4. These can be played by marking off several grids of 15 yds x 15 yds and having the teams keep the ball away from the other team, or setting up small "goals" using cones and having teams shoot. Small-sided games are important to allow players to handle the ball as much as possible each practice. You should also scrimmage in larger groups every other practice or so.

Spicing Up Practices: Every so often have little contests to keep practice interesting. For example, a bag of penny candy can be used to give rewards if every member of the team can head the ball properly during a drill; offer a candy bar to anyone who can kick the ball into the net from the half-way line; or have a juggling contest. Also, periodically reward members of the team who were at the last practice. This should be done at the next practice in the presence of those who weren't there. Fun games that can be used to reinforce skills and keep practices interesting include:

- *King of the Hill* - Each player has a ball inside a 10 to 15 yd grid or inside the penalty area. Each player tries to kick the ball of other players out of the grid while protecting their own. You can't kick another ball out once yours is gone and you must keep your ball moving at all times. The last player in wins.
- *Panic* - Put 7 to 10 balls in the center circle. Divide players into two teams, with or without goalies. Both teams go for the balls simultaneously and you play with all the balls at once. The team scoring more goals in 5 min wins.
- *Capture* - Form 2 equal lines of players facing each other 20 yards apart. Place a ball midway between each 2 facing players. At the whistle, the two teams each try to capture the balls and dribble them back to their own side. The team with more balls wins.

Cool Down: Let players cool down while you remind them of the next practice or game. They could do stretching while you talk. End with a team cheer.

TACTICS AND FORMATIONS

Various formations can be used and the formation that is best for your team depends on the talents of the players you have. Formations are described beginning from your own goal. For example, a 4-3-3 would have 4

fullbacks, 3 midfielders and 3 forwards. A 1-3-4-2 has a deep sweeper, 3 fullbacks, 4 halfbacks and 2 forwards. As a general suggestion, your stronger players should be given positions in the center of the field like center fullback, center halfback and so forth.

Set Plays - Many goals are scored from set plays (corner kicks, free kicks, and throw-ins). Practice these situations regularly, including how to defend against them, including setting walls. *Walls* should only be used when you are in your defending 1/3 of the field and the number of players in the wall varies from 2 or 3 if the free kick is being taken from the sides of the field, to 3 or 4 if the kick is being taken in the center of the field. Make sure the wall does not screen the goal keeper from seeing the ball. One player or position should be responsible for setting walls and knowing what to do. Players in the wall stand shoulder-to-shoulder with heads tilted down to protect the face and boys should have their hands over the groin area and girls should have arms folded over the chest. For taking *corner kicks*, identify players during practice who can consistently get the ball high and to the front of the goal and have them take the kick. Attacking players should be moving in toward the goal as the corner kick is taken. Identify a "*long thrower*" who can throw the ball deep toward the goal in the attacking area of the field. Remember that there is no off-side on a throw-in, but that you can't score from a throw-in if no one touches the ball before it goes into the goal. Teach players to *talk* to each other on both offense and defense. The defender closest to the ball could yell "I go" and move to pressure the attacker, leaving team mates to cover other players or to support as needed.

WHAT TO DO AT GAMES

Have players arrive 30 min before game time. At 20 min before the game, have them jog around the field and then stretch. If the prior game isn't over, have them pass the ball back and forth in pairs. When they can take the field, do some simple shooting drills. With 5 min to go, call the team to the sideline and give them the starting line-up. You should plan the line-up in advance and think about who and when to substitute. After a team cheer you are ready for the game. After the game, complement them for things they did well, give the other team a cheer, shake hands, and have treats. This is a good time for you to meet and chat with parents.

ENDING THE SEASON

Have a pizza or pot-luck team party at the end of the season. Have the

Team Parent collect money from parents to get simple trophies for each player. Present a trophy to each player individually and say some positive things about their play, development, memorable plays, etc.

RESCHEDULING GAMES

Soccer is an all weather sport. If it is raining, coaches should still show up with their teams at the field and a determination should be made at game time whether conditions are unsafe. If it is clear before a game that conditions are unsafe, coaches should make sure the referee is notified and call their commissioner to set up a possible reschedule time.

When games need to be rescheduled for other reasons, call the other coach to get a tentative time, and call your commissioner to reschedule referees and avoid field conflicts.

NOTES

In the Fall Soccer League only for Boys & Girls 7th-9th Grade tournament we will play a regulation game. At the end of regulation if the score is tied we will play 2-5 minute periods. If the game is still tied we will go to a shootout.

Soccer Referee Hand Signals

 Caution or Expulsion Referee holds Yellow card Or Red card above head'	 Play On / Advantage Referee indicates with his hands That the Advantage Rule Applies and play should continue	 Direct Free Kick Referee points in The direction of kick	 Indirect Free Kick Referee raises his hand Until ball is kicked And Touched by another player	 Goal Kick Referee points to a corner Of goal area from Which kick is to be taken	 Corner Kick Referee points towards corner Of the field from which Kick is to be taken	 Goal Kick Assistant Referee Points his flag at goal area From which kick Is to be taken
 Penalty Kick Referee points To penalty mark From which kick Is to be taken	 Substitution Assistant Referee Signals to the referee By holding his flag Overhead with both hands	 Throw-In Assistant Referee Holds The flag out To his side, Pointing in the direction The throw is To be taken	 Corner Kick Assistant Referee Points his flag At corner area From which kick Is to be taken	 Offside Assistant Referee Points his flag straight up Above his head To signal offside Violation to the referee	 Offside Location	After Assistant Referee Signals offside, He then shows location of infraction By holding his flag out In front of him -- flag held high Indicates infraction occurred At far side of the field, Middle = center of field, Low = side of field nearest to him

