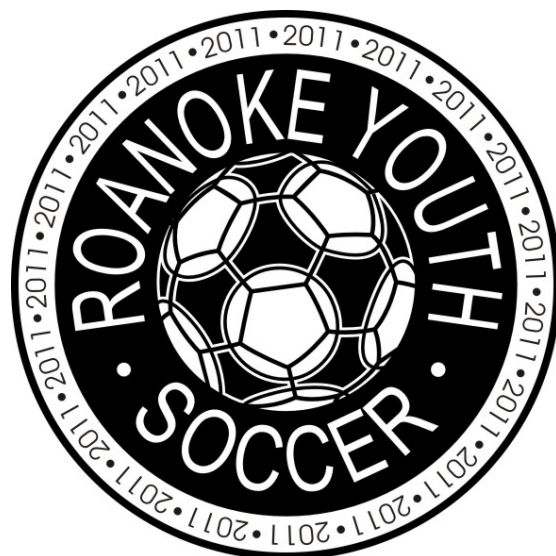


Volume

1

A Guide provided by Roanoke Youth Sports



Coaches Guide for Youth Soccer

ROANOKE YOUTH SPORTS

Youth Soccer Coaching Guidelines

Provided by:
Roanoke Youth Sports



PO Box 715
Roanoke, IN 46783
Phone 260.437.8210

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Revision Sheet

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Getting it Right from the Beginning

Athletes learn the game of soccer not only through the directed learning experiences that coaches provide in practice and game play but also through indirect means by observation and imitation. As a sport leader, you are a powerful and lasting role model for athletes by your thought, word and deed.

Parents and coaches can serve as a player's greatest ally or worst nightmare depending on the attitude, behavior and motivation adopted for sport involvement.

Remember, the game is for the kids. It is not for the ego or bragging rights of adults. Our role, as coaches, is to provide an opportunity for participation for all interested youngsters, access to appropriate and safe environments for instruction and competition, exposure to caring and competent leaders that will encompass the child's entire development (physical, cognitive, social and psychological) and an unwavering belief in the worth and ability of children to succeed at their own unique level of accomplishment. When coaches expect every athlete to succeed, it's amazing how many of them really do.

Rather than measuring success in terms of numbers in the win/loss columns, perhaps the ultimate standard of our success as coaches should be judged by our ability to teach children to love and enjoy the game of soccer, to feel more confident and self-assured in their abilities and knowledge of the game, to experience mutual respect from both teammates and coaches, and most importantly, to feel appreciation and pride in the opportunity they had to play a sport they love under your direction as their coach.

Help everyone share in the pleasure of watching (yours) and their children participate in the world's most popular sport with behavior that does not distract the players and officials from the free flow of play which is the trademark of the sport.

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Roanoke Youth Sports Code of Ethics for Coaches

Purpose

This Code of Ethics for Coaches has been adopted by the Roanoke Youth Sports (RYS) to clarify and distinguish approved and accepted professional, ethical, and moral behavior from that which is detrimental to the development of soccer within the RYS community.

Policy

Coaching is a privilege offered and granted to individuals who perform capably during RYS activities. It carries with it an obligation for each individual coach to uphold and promote the stated goals and objectives. Any conduct considered unethical or a conflict of interest shall be subject to discipline by the RYS.

Article I - Responsibilities to Players

1. The coach shall never place the value of winning over the safety and welfare of players.
2. Coaches shall instruct players to play within the written rules of the game and within the spirit of the game at all times.
3. Coaches shall not seek an unfair advantage by teaching deliberate unsportsmanlike behavior to players.
4. Coaches shall not tolerate inappropriate behavior from players regardless of the situation.
5. Demands placed on players' time shall never be so extensive as to interfere with academic goals or progress.
6. Coaches must never encourage players to violate RYS eligibility or players' rules or policies.
7. Coaches shall direct players to seek proper medical attention for injuries and to follow the physician's instructions regarding treatment and recovery.

Article II - Responsibility to RYS Programs

1. Adherence to all RYS rules and policies are mandatory and should never be violated. It is the responsibility of each coach to know and understand these rules.
2. Any problems that cannot be resolved between coaches should be referred to the appropriate RYS officer or committee.

Article III - Responsibilities to the Rules of the Game

1. Coaches shall be thoroughly acquainted with, and demonstrate a working knowledge of, the Rules of the Game.
2. Coaches are responsible to assure their players understand the intent as well as the application of the Rules.
3. Coaches must adhere to the letter and spirit of the Rules of the Game.
4. Coaches are responsible for their players' actions on the field and must not permit them to perform with intent of causing injury to opposing players.
5. The coach must constantly strive to teach good sporting behavior.

Article IV – Responsibility to Officials

1. Officials must have the support of coaches, players and spectators. Coaches must always refrain from criticizing officials in the presence of players or spectators.
2. Professional respect, before, during and after the game must be mutual. There must be no demeaning dialogue or gestures between officials, coaches, or players.
3. Coaches must not incite players or spectators or attempt to disrupt the flow of the game.
4. Comments regarding an official should be made in writing to RYS.

Article V – Responsibility of Public Relations

1. Coaches have a responsibility to promote the game of soccer to the public. Comments and critiques of governing bodies, teams, coaches, players, or parents must be positive and constructive.
2. Coaches have the responsibility to assist their players in conducting themselves properly when in public, when representing their team at a RYS practice or scheduled event.

Article VI – Other Responsibilities

1. The behavior of coaches must be such as to bring credit to themselves, RYS and the sport of soccer.
2. While the concept of rivalry is wholly embraced, it cannot take precedence over exemplary professional conduct.
3. The attitude and conduct of the coach toward officials, players, spectators, and coaches must be controlled and undemonstrative.
4. It is unacceptable for a coach to have any verbal altercation with an official, opposing coach or bench before, during, or after the game.
5. Coaches must use their influence to control spectators that demonstrate intimidating and/or unacceptable behavior toward officials, player(s), and opposing team members.

By signing this document I certify that I understand that should I breach this Code of Ethics, RYS may impose sanctioning consistent with their documented procedures.

I acknowledge I have obtained / downloaded a copy of the 2010-11 U.S. Soccer Laws of the Game and understand it is my responsibility to know and abide by these Laws in addition to the RYS age group appropriate Soccer Rules.

U.S. Soccer Laws of the Game site: <http://www.ussoccer.com/Referees/Laws-of-the-Game.aspx>

Name of Coach (Print): _____

Signature of Coach: _____

Date: _____

Date Received by RYS: _____

Codes of Conduct

RYS Soccer Programs focus on the best interest of the youthful participants in an atmosphere of wholesome community participation with an emphasis dedicated to helping children enrich their lives and on becoming good and decent citizens in the community. RYS Soccer Programs strive to inspire youthful participants with the fundamental principles of teamwork and fair play, while having a focus on fun.

As a Coach for RYS Soccer Program

- *I am representing RYS, my community and my team and agree to act accordingly at all times.*
- *I will learn and know the rules of the game and the policies of RYS and shall support and uphold them always.*
- *I understand that coaching is a position of trust. Therefore, I will be a positive role model for my players and will maintain my personal integrity and dignity at all times.*
- *I will demand a sports environment that is free from drugs, alcohol and tobacco and will refrain from their use at all games, exhibitions, practices and events. I will never coach a game or conduct a practice under the influence of drugs or alcohol.*
- *I understand that any physical contact with a player should be appropriate to soccer situations and necessary for the player's development.*
- *I will never swear, use profanity or make obscene gestures, or engage in any inappropriate behavior or conduct, at any time.*
- *RYS Coaches are volunteers. I will always remember my primary responsibility is that my players are involved in RYS Programs for fun and enjoyment, and I will do everything possible to keep the game fun and enjoyable. I am a youth coach and understand that the game is for the children, not the adults.*
- *I will always have a positive attitude and will always praise my players for trying hard, playing fair and doing their best, regardless of the outcome of the game.*
- *I will never criticize or yell at any player for making a mistake. I will not tolerate any physical or verbal abuse in youth sports.*
- *I understand that winning is a consideration, but not the only one, nor the most important one. I will place the well being of every player above my personal desire to win. I will teach each player to be humble and complementary in victory as well as proud and gracious in defeat.*
- *I will promote the concept that soccer is a game; players and coaches on other teams are opponents, not enemies. Without opponents, there is no game or sport.*
- *I understand that being a Volunteer Youth Coach means being, first and foremost, a teacher. I will teach my players basic skills, techniques and strategies, and will give all my players the*

opportunity to improve their skills, gain confidence and develop self-esteem at practice and in games.

- *I will take the appropriate steps to minimize scoring in runaway games.*
- *I will always display good sportsmanship and fair play, and will encourage the same from my players, colleagues, opponents, parents and spectators.*
- *I will treat my players in a fair and equal manner. I will stress that teamwork and being a team player are more important than individual goals.*
- *I will know and understand RYS playing time guidelines and will give every player an opportunity to play as much as possible. I will never, knowingly or intentionally violate any provision of the RYS playing time guidelines.*
- *I will maintain an open line of communication with my players and parents. I will explain goals and objectives for the team, as well as the rules of the game and the policies of RYS, whenever requested or necessary, to the best of my ability.*
- *I acknowledge once my team takes the field, the referees have full authority.*
- *Under no circumstances will I enter the field unless the referee authorizes it.*
- *I will not cross into the opposing teams sideline area.*
- *I will respect the referees and game officials and their authority during every game. I will never dispute, challenge or excessively argue any decisions made by them, or confront any referee or league official at the field before, during or after the game. Whenever necessary, I will take the time to calmly and rationally discuss any situation or call made during a game with a referee or league official.*
- *I acknowledge as a Volunteer Youth Coach for RYS and agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action by RYS that could include, but is not limited to the following:*
 - *Warning*
 - *Probation*
 - *Game suspension*
 - *Season suspension*
 - *Removal from program*
- *In the event a situation rises which calls for interpretation, RYS will take into account the best interest of each athlete, the entire team, the RYS Soccer program, and the integrity of the soccer game. RYS board decision will be final.*

As a Player in RYS Soccer Program

Every player is expected to:

- *Know and respect the rules of soccer and the RYS and abide by them at all times.*
- *Show respect and courtesy to officials and coaches by following their instructions and directions.*
- *Respect the game officials and refrain from addressing them or commenting on their decisions during or after the game.*
- *Maintain control of his/her emotions, avoiding the use of abusive or profane language, taunting or humiliating remarks, and/or gestures and physical assault upon another player at any time.*
- *Respect the coaches and players of the opposing team and display sportsmanship at the conclusion of a game with a congratulatory lineup; be humble and generous in victory and proud and courteous in defeat.*
- *Follow all RYS rules, respecting at all times the property of others.*

COACHES GUIDE FOR YOUTH SOCCER
CODES OF CONDUCT

- *Work equally hard for themselves and for the team. The team's performance will benefit and so will they.*
- *Treat all participants in soccer as you want to be treated. Refrain from bullying or taking unfair advantage of another competitor.*
- *Remember that practices are just as important as games and attendance helps oneself and the team. I will attempt to notify my coach if I must miss a practice or game.*
- *Play for the love and fun of soccer!*

As a Parent and Spectator in RYS Soccer Program

The parents' role is one of support to the players and coaches. Parents should not engage in "coaching" from the sidelines, criticizing players, coaches or game officials or trying to influence the makeup of the team at any time. Every parent and spectator is expected to:

- *Learn and respect the rules of soccer and the RYS and abide by them at all times.*
- *Show respect and courtesy to game officials, coaches, and players at all times.*
- *Respect the game officials and refrain from questioning their decisions or from addressing them in a loud, disrespectful, or abusive manner.*
- *Cheer for your child's team in a positive manner, refraining at all times from making negative or abusive remarks about the opposing team.*
- *Maintain control of your emotions and avoid actions, language, and/or gestures that may be interpreted as hostile and humiliating.*
- *Ensure that your child is at all games and practices at the required time or provide the coach with an appropriate excuse beforehand.*
- *Demonstrate appropriate gestures of sportsmanship at the conclusion of a game, win or lose.*
- *Teach and practice good sportsmanship and fair play by personally demonstrating commitment to these virtues.*

As a Referee in RYS Soccer Program

RYS games will be administered in accordance with the rules set forth by RYS and as appropriate for each age group.

RYS referees are the authority of field during game play.

- *The referee has the authority to caution and/or eject players, coaches, spectators and/or terminate a game if necessary.*
- *Shouting inappropriate remarks are not acceptable and are basis for removal from the facilities.*
- *Complaints regarding referee performance shall not be directed to the referee on the field, but should be directed to the RYS Field Marshall.*

COACHES TEN COMMANDMENTS

As a coach with the Roanoke Youth Sports (RYS), I will...

1. *Ask, "What can I do for the player", not "What can the player do for me?"*
2. *Put developing people ahead of developing soccer players.*
3. *Demand the right intent over the right result.*
4. *Empower players to think and act on their own.*
5. *"Draw out" the very best from each player at all training and competitions.*
6. *Be as prepared as possible for training sessions and games.*
7. *Continually look to improve as a coach.*
8. *Treat my players with respect and demand the same back from them.*
9. *Hold my players accountable for whatever they have control over.*
10. *Lead by example as a role model and as an ambassador of the game.*

COACHES GUIDE FOR YOUTH SOCCER
CODES OF CONDUCT

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Curriculum and Guidelines

Basic Training Session Format

In general, each practice should have a main theme (e.g., dribbling, passing/receiving, 1st and 2nd defender, etc.) and consist of three to four main steps, each designed to be progressively more challenging than the previous step...easy to hard, no pressure to pressure.

Make sure all the players are involved in each activity. Avoid having them standing in lines for extended periods of time...keep them active. Plan ahead so that the transition between steps is achieved quickly. Avoid lectures and minimize stoppages of play. Visual demonstration of a particular skill is much more effective than a verbal description, especially for the younger ages.

Maximize ball touches/minimize standing around, lectures, and stoppages of play.

I recommend that each player brings their own ball to practice to insure you have enough for everyone should you be working individually on something like dribbling.

Every training session should consist of a warm-up, small group activity or activities, large group activity, and cool down. The length of the training session generally should not exceed the length of the age group's games. There are exceptions and deviations from this format that are acceptable, but they should be exceptions, not the norm.

Step 1: Warm-up (~1/4-1/3 of the training session)

The warm-up should consist of some technical activity focusing on skills that will be demanded from the players throughout the rest of the training session. For example, a dribbling training session should have players with a ball at their feet dribbling, not passing or heading. The warm-up should be relatively unrestricted with no pressure...lots of movement and ball touches interspersed with stretching. Because of our limited practice time you should incorporate the ball into the warm-up. You can introduce light pressure in the latter stages of the warm-up, which can be in the form of an opponent (e.g., 1v1), restricted space, restricted time, etc.

Steps 2 & 3: Small Group Activities (~1/3-1/2 of the training session)

Steps 2 and 3, the small group activity or activities, should consist of a drill and/or some small-sided games with design, rules, and scoring that help to emphasize the theme for the session. The best activities here look like soccer

as much as possible, but still, because of their design, provide multiple repetitions of the desired skill. Step 2 could be a drill in keeping with your theme, but with some light pressure to start. Step 3 should be some sort of small-sided play...close to the real game, but usually with some restriction (e.g., # of touches, only score off the dribble, etc.) and/or incentive (e.g., head goals or volleys = 3 points, 10 passes in a row = 1 point, etc.) and/or alteration (e.g., multiple goals) to encourage and accentuate the practice's main theme.

Step 4: Large Group Activity (~1/4-1/3 of the training session)

The large group activity should consist of a larger-sided game that resembles the real game completely. This is the proverbial "scrimmage" and it is essential to helping the players transfer the skills of the training session into a game-like context. The final numbers here will likely never be 11v11, but the numbers should be larger than the small group activities. Regardless of the amount of time you set aside for this last step, try and let them play for the last 10-15 minutes on their own with no stoppages from you. Stand back and observe and except for praise or encouragement, remain silent. If you absolutely must correct or instruct, do so individually or as play continues or at the end of the session. Too much stoppage can be counter-productive. The players learn by doing. Make sure they end the practice experiencing the joy of just playing. That's what brings them back.

Basic Coaching Tools

Freeze Method

This is the traditional style of stopping play as the mistakes are being made and recreating the 'picture' for all of the players on the field. This tactic should be used sparingly to avoid breaking up the flow of the session. It is the most effective way to teach within your session.

Coaching in the Flow

This is prompting the players with information as they play. It is important to note that you can't use prompts for things that have not already been covered. For example, you can't yell to close the 'gap' if you have never taught the players what the 'gap' is. You also must be careful about when and how often you coach in the flow. Remember to let the players make most of the decisions and to coach them afterwards. Also, keep the information useful. Don't say things like you have to hit the net when you shoot. That is stating the obvious and doesn't help the players to understand the 'how'.

Coaching the Individual

When a mistake is made by an individual that doesn't warrant a 'Freeze' it is good for the head coach or an assistant coach to pull that player aside immediately and address the mistake with just them. Every player on the field should go home after every training session with some 'nugget' of information about their game and this is a great way to provide that.

Coaching at Natural Stoppages

When the play stops, often there is a mistake on the field that occurred. If the mistake is under the theme of your session you might use that natural stoppage in the game to do a little coaching. The flow of the training session is less interrupted as the play was already stopped anyway. Recreating the 'picture' is not as necessary in this scenario.

Jumping In and Playing

There might be situations when the coach can demonstrate something that they couldn't explain well. Jumping in to play should not happen too often and ideally the coach should only be on long enough to paint the picture. While participating as a player the coach should follow common sense about the intensity of their play.

Methodologies

Teach Players How to Train, not Just How to Play!

Not only do we need to teach the game of soccer to the kids, we also need to teach them how to train properly. They need to understand that once training begins there needs to be a level of focus and intensity that resembles that of a game. This concept will be more difficult (impossible?) to teach with the younger age groups, but the coach will lead the way with this and adjust accordingly. Be prepared, don't spend too much time talking or setting up fields, and keep a fire in your eye.

Coach After the Decision, not Before!

In an attempt to make learning more meaningful and to help our players learn to make better decisions on their own it is important to allow them to make their own decisions in training and in games before we give feedback. Too often I still see coaches telling the player what to do with the ball when they have it instead of letting them decide and then 'COACHING' them after. You are not helping a player's long-term development by constantly telling them what to do...by making all the decisions for them.

Coach the 'Why' along with the 'What'!

Telling a player 'what' to do only means that you know what to do. Explaining to a player 'why' to do something gives them the knowledge they need to not need you the next time the same or similar problems in the game arise. Teach our players what elements in the game are important to know in making the decision they made. For example, you should play a ball over the top of the defense when...their back line has no depth, there is room between the back line and the goalkeeper, the goalkeeper doesn't come off their line, you have a teammate who is making a penetrating run, they are pressuring us high when we play to our forwards' or midfielders' feet, etc.

Connect Training to the Competitions!

Remind the players of the week's training topic(s) before a game and demand that you see improvement in those areas. This will help the players to understand that training has a direct connection to the competitions. It also helps the coach to evaluate the success or lack of success their training sessions are having on the team.

Reach Each Kid at Every Training Session

Every kid on your team who attends training should get the three things from you every single training session...

- *'Hello' - This helps the coach get immediate insight into what 'baggage' the player is bringing to the field. You can tell from the responses you get who you can be hard on and who might need some extra slack.*
- *'Correction' - At least one piece of constructive feedback about something they need to do better within the topic of the session. Sometimes we get enamored with our better players when in fact they may need this feedback the most.*
- *'Compliment' - No matter how confident someone is they need to hear about something they did well at least once a training session. It might be hard to find something for the weaker players, but there needs to be something! Catch them being good!*

RYS Coaching Philosophies

The RYS is a recreational program in a recreational league. Because of our limited practice time and relatively limited practice space our primary focus should be on the three "t's"...technique, technique, technique. Of course, tactical issues will arise anytime two players play with, or against, each other, but tactics, particularly at the younger ages, should not be concentrated on at the expense of technique. There's not a player in our club whose skills are where they could or should be. Technique can always be improved upon, no matter how good we are. Technical skill must be the base upon which we build the kids' development.

Soccer, more than most, if not all, team sports, demands independent thought. You will hear phrases/terms like 'speed of play' and 'the game is the best teacher'. Obviously, at the youngest ages or with the most inexperienced players, the coach is required to instruct more, but as players mature we must allow them to make their own decisions on the field and to learn from those decisions. Their ability to continually process all the information that is constantly changing on the field and to quickly decide and act on the proper response (i.e., 'speed of play') will determine their development and progress in the game as much as their technical skill. Those players that have to wait for the coach or their parents to tell them what to do will be lost.

Ultimately, we, as coaches, must provide the proper environment to maximize the players' enjoyment of the game and their ability to learn and improve...it must be fun. Without enjoyment and improvement the kids will not develop a passion for the game and eventually they will stop playing.

Accountability

At the older ages (i.e., 10+), we need to start making our players accountable to themselves and their teammates for everything under their control. Be careful not to hold them accountable for something they have little or no control over. For example, you can't hold a 12 year old accountable for being late to training, but you can hold them accountable for their behavior once they get out of the car. Are they already in gear (changed in the car)? Are they hustling to the field (not strolling to the field like they are on the beach)?

Purposeful Soccer

At the older ages (i.e., 10+), it is imperative that coaches demand that all soccer be played with purpose and thought. The intent must be measured and coached over the result. A player who blasts the ball down the field without evaluating the 'elements of the game', but who is successful in springing a teammate through to goal must be coached. A player who tries to make the right play based on the 'elements of the game', but who is unsuccessful in executing the thought should be praised and then coached on execution.

Autonomy

Players will take ownership of their development and of their team. We need to let them figure out how to solve problems on the field without the advice of the coaches. Let them hold each other accountable for decisions that affect the team. We must give them as much control as they are ready for of their team and the operations of their team.

Responsibility

Each one of our players needs to be encouraged to take responsibility for their level of input into practices and games. Too many times players are allowed to stay in their comfort zones and go through the motions during training sessions and games. These are the players that make the safe play all of the time to avoid making a mistake. These are the players who think a good day is a day when coach doesn't correct me.

The Soccer Parent

The old adage..."I would love to coach a team of orphans!" is both true and dangerous. The reality is you don't coach orphans and their parents are a greater influence on them than you are. If you take the approach of leaving the parent out of the equation of the development of the player you are fooling yourself. The more you communicate with parents and the more you involve them in the process the greater the affect you will have on the individual players.

Coach Collaboration

The head coach and the assistant coach should communicate in advance what the plan is for each training session to make sure that they are together in making the session the best it can be. The head coach runs the session and makes most of the coaching points to the group. The assistant coach in that session will do most of the individual coaching.

Team Management

Training Sessions

Be prepared for training. Players are expected to come to training prepared to train. They will figure you out if you are not prepared and you are making it up as you go. Take your time in setting up the session so that once you start each activity flows seamlessly. Create a training environment that is game-like.

Players' Appearance

Make sure your players are dressed like soccer players. They must wear shin guards, preferably inside their soccer socks (not outside!), and their socks should be pulled up. Soccer balls should be properly inflated at all times.

Coaches' Appearance

Clothing

- *Practice attire should be clean and appropriate.*
- *Please wear Roanoke Youth Sports (RYS) shirts to all competitions, if available.*
- *Please wear soccer shorts or pants, but khaki pants or shorts are acceptable.*
- *Hats are acceptable as long as they are worn properly and there are no inappropriate logos or messages on them.*
- *No backwards baseball caps or visors.*
- *Soccer shoes, turfs, or flats are preferred.*
- *In general, soccer clothing is best.*
- *All attire should be clean.*
- *Anything with political positions, racial or ethnic slurs, or profanity of any kind is prohibited.*

Example Lessons and Descriptions

Descriptions

1. **Foundation** (all fast footwork moves start with the foundation). Step up and down to pass ball 4-6 inches between feet. The ball is passed between the feet with very soft, light touches. Be sure your weight is forward on balls of your feet. With each step, you should be coming down on your toes first, then your heels. Your knees should stay bent at all times. Move the ball forward and backward. Be sure you are stepping up and down; not sideways (so you are running in place over the ball). Do not swing your hips. Find a comfortable rhythm.

2. **Inside Roll.**

Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.

3. **Outside Roll.**

Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.

4. **Side-to-Side Push-Pull.**

Tap the ball back and forth with the inside of both feet. Push the ball forward with one foot and pull it back with the sole of the opposite foot.

5. **Side-to-Side Step-On.**

Roll the ball outside with the sole of your foot by stepping lightly on the ball and then tapping the ball back to the inside with the inside of the same foot.

6. **Side-to-Side Front Roll.**

Tap the ball back and forth with the inside of both feet. Push the ball slightly forward and then pull it back across your body with the front part of the sole of your foot.

7. **Pull Instep Push.**

Push the ball forward and pull it back with the sole of your foot, then tap the ball forward with the instep of the same foot.

8. **Pull a Vee.**

Push the ball forward and pull it back with the sole of the foot while turning and then take the ball with the inside of the same foot (clockwise and counter-clockwise turns using both feet).

9. **Pull & Take with Outside of the Foot.**

Push the ball forward then pull it back with the sole of the foot, then push the ball diagonally forward with the outside of the foot.

10. **Pull & Roll Behind.**

Push the ball forward and then pull it back with the sole of the foot, then pass the ball behind the standing leg with the inside of the foot. Control the ball with the sole of the other foot.

11. **Pull Turn.**

Push the ball forward with one foot and pull it back with the other, while turning toward the ball and then take the ball in the opposite direction with the inside of the first foot.

12. **Inside of the Foot Turn.**

Push the ball forward. Move past the ball and turn toward the ball and take it with the inside of the foot in the opposite direction.

13. **Outside of the Foot Turn.**

Push the ball forward. Move past the ball and turn toward the ball while taking it with the outside of the foot in the opposite direction.

14. **Cruyff.**

Push the ball forward. Fake a kick with the inside of the foot, but instead pull the ball behind the standing leg and change directions.

15. Stepover Turn.

Push the ball forward. Step over the ball with one foot, turn toward the ball and take it in the opposite direction.

16. Full Sole Roll.

Roll the sole of one foot forward over the ball and to the outside so the ball stops against your heel. Turn and take the ball with the sole of the other foot with a Step-On.

17. Scissors.

Starting with the ball to one side, step over or in front of the ball so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot, and then stop the ball with the sole of the first foot.

18. 360 (Maradona).

Push the ball forward. Stop the ball with the sole of one foot while stepping past it. Turn and drag the ball back with sole of other foot. Continue turning all the way around and take the ball with the inside of the first foot.

19. Kick Over the Ball.

Kick over the ball with the inside of the foot and then pull it back with the sole of the same foot.

Moves To Beat an Opponent

1. Hip Swivel -- *Fake with inside of one foot by swiveling hips toward ball, then reverse direction and take the ball with the inside of the other foot.*

2. Matthews -- *Fake with inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of same foot.*

3. Cap -- *Cut the ball with inside of foot slightly backward and take ball ahead with the inside of the opposite foot.*

4. Stepover -- *With ball moving, step over ball so ball is outside of stepover foot, turn and take the ball with the other foot. (Stepover opposite foot)*

5. Scissors Over Ball -- *Step behind ball as if preparing to take it with the outside of one foot, then step over the ball and take it with the outside of the other foot.*

6. Rivelino -- *Same as stepover, but take the ball with outside of stepover foot. (Stepover same foot)*

7. Vee -- *Fake pass with instep (across body), pull ball back with sole and take in opposite direction with the inside of the same foot (clockwise or counter-clockwise turn depending on foot used).*

8. Cruyff -- *Fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.*

9. Inside of Foot Cut -- *Cut the ball across your body with inside of foot while simultaneously stepping over it and take with outside of opposite foot.*

10. 3/4 Inside of Foot Turn -- *Cut ball back with inside of foot, continue turning 3/4 of the way around and take the ball with the inside of the same foot (cut turn inside of foot).*

11. 3/4 Outside of Foot Turn -- *Cut ball back with outside of foot, continue turning 3/4 of the way around and take the ball with the outside of the same foot (cut turn outside of foot).*

12. Scissors Behind Ball -- *Step behind ball as if preparing to take it with outside of one foot, fake, then take it with the outside of the opposite foot (easy to learn).*

13. **Scissors in Front of Ball** -- Step behind ball as if preparing to take it with outside of one foot, then step around front of ball and take it with outside of the other foot.

14. **Double Scissors** -- Push ball forward, make alternate scissors steps and take with outside of first foot (ineffective if too close to opponent).

15. **Reverse Matthews** -- Fake with outside of one foot, step behind and take with outside of opposite foot.

16. **Stepover - Scissors** -- Ball rolling. Stepover followed by scissors with same foot and take with outside of other foot.

17. **Front Roll** -- While moving forward, pull ball across body with sole and take with outside of opposite foot.

18. **Scotch** -- With ball moving, step over and ahead of ball; tap the ball forward with the opposite foot behind the stepover foot.

Principals of Attacking and Defending

Attacking

ROLE OF THE FIRST ATTACKER (has the ball)

- Dribble, pass, or shoot to create PENETRATION.
- Get the ball to the most dangerous position possible.
- MAINTAIN POSSESSION by dribbling, shielding, or passing.
- SCORE, if possible.

ROLE OF THE SECOND ATTACKER (usually 2 closest attackers to the First Attacker)

- SUPPORT the First Attacker.
- Generally support behind the ball unless the defense permits quality support in front of the ball.
- Make it difficult for supporting defenders to cover you (MOVE WITHOUT THE BALL!).
- Time runs to open space to receive the ball.
- Be ready to be the First Defender if the ball is lost.

ROLE OF THE THIRD ATTACKER (everyone else)

- Provide MOBILITY and DEPTH.
- Draw the attention of the defenders by making diagonal, bent, or overlapping runs to dangerous positions.
- Get behind the primary defenders and/or force the defense to spread out.
- Maintain eye contact and accelerate to the ball to receive penetrating passes.

Defending

ROLE OF THE FIRST DEFENDER

- REGAIN possession of the ball immediately, if possible.
- If not possible, DELAY the attacker to give your team's defense time to organize.
- Be patient, but apply enough PRESSURE to force the attacker to look down at the ball. DON'T DIVE IN!
- STEER the attacker to the side or toward a supporting defender.
- ISOLATE the attacker with the ball from his supporting attackers and force a 1v1 situation.
- Force a square or back pass.
- Attempt to win the ball or tackle when there is good defensive support or the attacker makes a dribbling mistake.

ROLE OF THE SECOND DEFENDER

- Provide *DEPTH* to the defense – behind the First Defender at a 45 degree angle and halfway between the First Defender and the nearest supporting attacker.
- Attempt to cut off passes.
- Be ready to become the First Defender if he/she gets beat.
- Stop shots and dangerous passes.

ROLE OF THE THIRD DEFENDER

- Provide *BALANCE*.
- Track attackers away from the ball who are making runs.
- Be ready to become the First or Second Defender.
- Play deeper than the First and Second Defender.

Field Policies and Principals

Field Policy

RYS has a ZERO TOLORANCE POLICY which will be enforced before, during and after any scheduled activity. This policy applies to all parents, players, coaches and spectators.

When on the premises you agree to the following conditions:

- The Referee and Field Marshall have the final say in all matters.
- Coaches may never address players from the opposing team.
- Never question, discuss, confront or intimidate any player, official or coach.
- Never question calls made by the officials.
- If your behavior as a parent, coach, player or spectator is, in the opinion of a RYS official or referee, detrimental to the game its players or officials, the offender will be asked to remove themselves from the premises. Failure to leave will result in an immediate forfeit for the team the offender is associated with.

Conflict Resolution Policy

Rationale:

To provide a consultative environment where conflicts between coaches, players, parents and relevant soccer community members can be addressed in a confidential, non- threatening and constructive manner.

General Principles:

- All conflicts between coaches, parents, players or relevant soccer community members should be addressed after a subsequent 24-hour period of reflection. RYS asks that you contact the RYS Field Marshall to receive a conflict resolution form.
- After the subsequent 24-hour period of reflection, plaintiffs are then encouraged to submit a signed "Conflict Resolution" form.
- E-mail discussions and anonymous written letters will not be addressed or viewed as valid observations.
- All "Conflict Resolution" submissions and support documents will be deemed confidential and not discussed outside the involved parties. Such requests and support documents will be filed and housed with RYS.
- Upon resolution; a follow up by a committee member or designate may be conducted with involved participants to ensure continued progress or closure.

Conflict Resolution Form

Date: _____

Plaintiff: _____

Address: _____

City: _____

Game / Field: _____

Concisely describe the issue at hand:

The problem has been dealt with as follows:

RYS Representative: _____

Date: _____

RYS Age Group Rules and Exceptions

Laws of the Game

RYS has adopted the U.S. Soccer Laws of the Game. RYS is a recreational; league offering a wide age group the opportunity to participate in this program. In the interest of RYS providing a positive experience and safe environment for all participants and age groups, the following RYS Rules and Exceptions will take precedence over the U.S. Soccer Laws of the Game. General exceptions may include:

- Soccer ball size
- Game play interval and rest period
- Enhanced player safety

Age Group Specific Rules

11-14 Year Old Age Group

1. Size 5 soccer ball
2. 11 players on each side
3. 25 minute halves with 5 minute halftime
4. Offside will be called

8-10 Year Old Age Group

1. Size 4 soccer ball
2. 7 players on each side
3. 12 minute quarters, 2 minutes between quarters, and 5 minute halftime
4. Offside will be called

6-7 Year Old Age Group

1. Size 4 soccer ball
2. 7 players on each side
3. 10 minute quarters, 2 minutes between quarters, and 5 minute halftime
4. Off-sides will not be called as a penalty. In the event of an off-sides infraction, the referee will note the infraction to the coach so the coach can instruct the player to avoid future infractions. Repeated infractions by a team may result in disciplinary action by RYS.

4-5 Year Old Age Group

1. Size 4 soccer ball
2. 4 players on each side
3. 8 minute quarters, 2 minutes between quarters, and 5 minute halftime
4. Offside will not be called.
5. Throw-ins must be overhead with referee to allow second chance before change of possession.
6. 1 person per team is allowed to stand behind/beside the goal to help instruct the goalie.

7. Kickoffs -- referee to allow second chance before change of possession if kicker touches ball after kick and before another player touches ball.

Equipment Requirements

1. Shin Guards are mandatory and must be worn under socks.
2. Cleats are optional (no metal cleats, no sandals)
3. No jewelry, watches or hard hair clips.
4. Tee shirts will be furnished and will be tucked in.
5. Goalie will be provided a shirt for game use.
6. All players will wear black shorts.

Exceptions to the USSF Rules

1. Each player will play half of the game. (Exception: injury, illness, or discipline)
2. The winner of the coin toss will decide if they want the ball first or pick the goal to defend.
3. Unlimited substitutions may be made for each player.
4. Substitutions may be made by the offensive team on their corner kicks.
5. A player being yellow carded has to leave the field until at least the next substitution.
6. Each team gets one timeout during each half that they can take when they can legally substitute.
7. The game ends when time expires. No tie breakers, no overtime, no shoot outs. (Exception: tournament)
8. Unsportsmanlike conduct is not allowed and will result in eviction from the park at the officials' discretion. This includes foul language, boasting and disrespect of officials by players, coaches or parents. Players can be removed from the game as a result of a parent's conduct. Continued problems will result in a suspension from Roanoke Youth Sports. This is at the discretion of the board of directors.
9. No slide tackles are permitted in an attempt to take the ball from an opponent. Goalies are exempt. Dangerous play foul will be called (indirect kick). If slide tackle is done and cleats are high enough to hurt the other player, a yellow or red card should be shown depending on the force of the slide. A direct kick will be awarded for a rough slide tackle.
10. Warm-ups can be done on the playing field between games if time allows. Warm-ups should take place prior to the game and away from the playing field.
11. When each game is over, the next game will start immediately.
12. In the case of a team not having enough players present, the referee will choose sides and a game will be played. The team that is short of players will forfeit this game. Both teams are required to participate in the subsequent "scrimmage".
13. Coaches must keep players safe and under control during the game.
14. After each game, players shall line up and shake hands with the opposing team.
15. Spectators must watch from the opposite side of team sideline.

16. Tournament Playoff - Overtime Situations-5 minute playoff followed by 5 and 5 shoot-out, chosen from players on the field at end of the overtime game play. If the 5 and 5 shoot-out results in a tie, new players will be selected for the next round of 5 and 5 shoot-out. The new shooters need not have been on the field at the end of regulation. The 5 and 5 shoot-out scenario is completed until an eventual winner is declared. Unless an injury has occurred, no player shall participate in consecutive shoot-outs in the same game. A goalie may be selected for a round of 5 and 5 shooters, but they may not be in a goalie during that same shoot-out.

17. Coaches are encouraged to promote fair play. Part of coaching is leading by example. No coach shall smoke while in contact with the players, nor shall swearing be allowed. Coaches are expected to conduct themselves in an appropriate manner.

18. Coaches shall not reschedule games.

General Rules (same as USSF)

1. Teams will switch goal at half-time.

2. Official time is kept by the referee.

3. Substitutions can be made:

- On any goal kick
- On an offensive corner kick
- During a time-out (by either team)
- On an offensive throw-in (defensive team can too if the offense is subbing)
- On a defensive throw-in (if the offensive team is also subbing)
- After a goal

4. A card system will be in place and at the referee's discretion.

Yellow card – warning (excessive force or reckless)

Red card – removal (second yellow offence, violent conduct, etc.)

5. At the kickoff, the ball must travel forward and be touched by another player before the kicker can play the ball again.

6. The ball is out of play when it has wholly crossed the goal line or touchline.

7. A player may be out of bounds and still play the ball.

8. Throw-ins must be overhead with both feet on the ground. If throw-in was not properly executed possession of ball is given to the other moves to other team.

9. A drop ball will be used to restart the game after a non-penalty situation.

10. Free kicks shall be classified under two headings:

Direct (from which a goal can be scored direct against the offending side)

Indirect (from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.)

11. Free kicks shall be taken from the place where the offense was committed.

12. A direct free kick is given at the following times:

- Kicks or attempts to kick an opponent
- Trips an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent including slide tackling
- Holding an opponent
- Spitting at an opponent
- Handles the ball deliberately

- Playing in a manner considered by the referee to be dangerous. (i.e. attempting to kick the ball while being held by the goal keeper)

13. A penalty kick will be given if one of the above direct free kick offenses is committed within the penalty area.

14. An indirect free kick is given when a player:

- Charging when the ball is now not within playing distance.
- When not playing the ball, impeding the progress of the opponent.
- High kicking when it puts players in danger.
- Unsportsmanlike conduct by players not on the field of play.

15. A corner kick occurs when the ball passes over the end line having last been played by one of the defending team players. A member of the attacking team shall then take a corner kick.

16. A goal kick occurs when the ball passes over the end line having last been played by one of the attacking team players. A member of the defending team shall kick the ball direct into play beyond the penalty area from any point within the goal area.

17. Once the goalkeeper takes possession of the ball with their hands, it must be released by either throwing or kicking, in six (6) seconds or less, and before crossing the penalty area line. The goalie cannot touch the ball again until another player has. The six second rule is normally not called unless the goalie is purposely delaying putting the ball into play to use time off the clock (this is only done by a skilled player toward the end of the game). The referee should encourage the goalie to kick it if they are confused and don't know what to do.

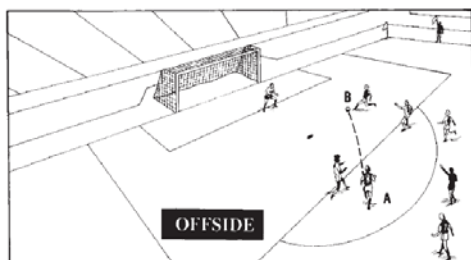
18. There will be no coaches, parents, etc. out on the field during play.

19. All instructions shall be made by the coaches from the team section of the player sideline, during time-outs, and between quarters. Coaching from the end or parent side is not allowed. Coaches are to stay within their designed sideline area while coaching. There will be no crossing the centerline onto the opposing Coaches sideline area while coaching.

20. The officials have full authority during the game. They may make exemptions and they are authorized to make decisions not covered in the rules mentioned above. Their goal is to be as consistent as possible. All officials' decisions are final.

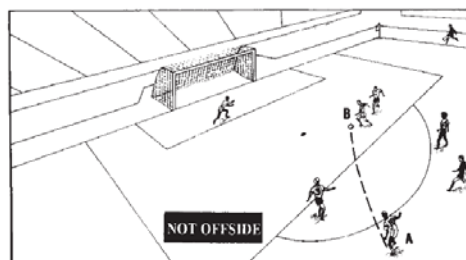
Off-sides Examples

OFFSIDE — Diagram 1
Pass to a Teammate



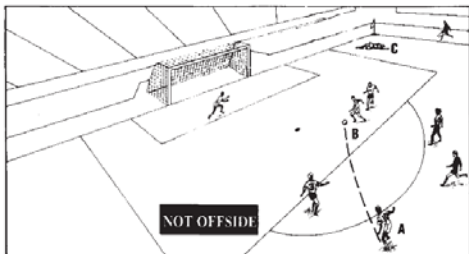
A passes the ball to B. B is offside because he is in front of A and is nearer to his opponents' goal line than at least two opponents when the ball was passed by A.

OFFSIDE — Diagram 2



Pass to a Teammate
A plays the ball forward to B who is level with the second last defender. B is not offside since, at the moment the ball was played by A, he was not nearer to his opponents' goal line than at least two opponents.

OFFSIDE — Diagram 3



Pass to a Teammate

A plays the ball forward to B who is level with the second last defender. B is not offside since, at the moment the ball was played by A, he was not nearer to his opponents' goal line than at least two of his opponents. Player C, lying injured outside the penalty area, is in an offside position but would not be penalized since he is not involved in active play.

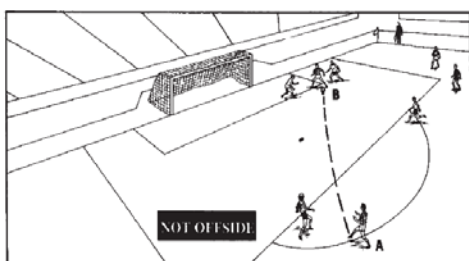
OFFSIDE — Diagram 7



Interpassing with a Teammate

A plays the ball to B from Position 1 and runs forward to receive the return pass. B plays the ball to A who is now in Position 2. A is offside since at the moment the ball was played forward to him by B, he was nearer his opponents' goal line than at least two of his opponents and gained an advantage by being in active play.

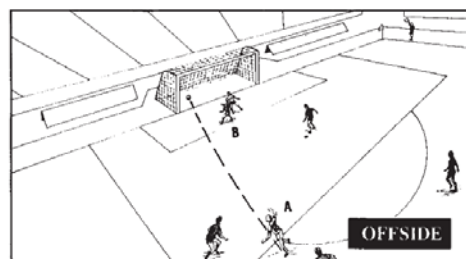
OFFSIDE — Diagram 4



Pass to a Teammate

A plays the ball to B who is level with the last two opponents. B is not offside since, at the moment the ball was played by A, he was not nearer his opponents' goal line than at least two of his opponents.

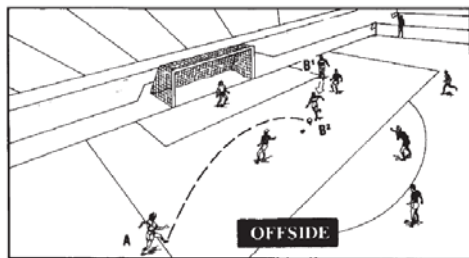
OFFSIDE — Diagram 8



Interfering with an Opponent

A shoots for goal and the ball enters the net. B is standing in front of the goalkeeper. The goal would not be allowed since B, who is in an offside position, is involved in active play and is interfering with an opponent.

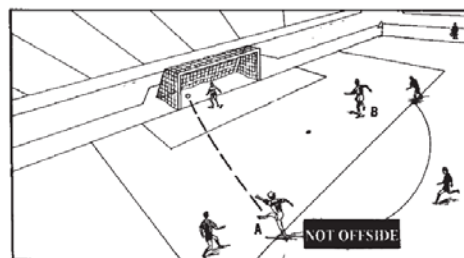
OFFSIDE — Diagram 5



Pass to a Teammate

A crosses the ball forward from outside the penalty area. B runs from Position 1 and collects the ball as it lands at Position 2. B is offside since, at the moment the ball was played by A, he was nearer to his opponents' goal line than at least two of his opponents and gained an advantage by being in active play.

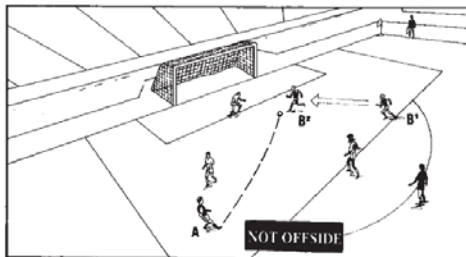
OFFSIDE — Diagram 9



Shot at Goal

A shoots for goal and scores. Although B is in an offside position, he is not involved in active play and the goal would be allowed.

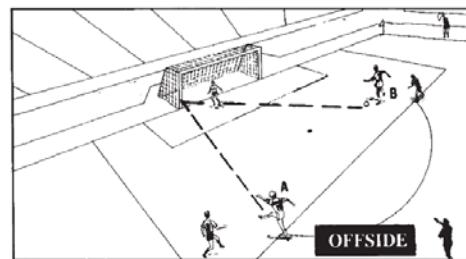
OFFSIDE — Diagram 6



Pass to a Teammate

A passes the ball to B who runs from Position 1 to Position 2 to play it. B is not offside because at the moment the ball was played by A, he was not in an offside position since he was not in front of the ball and was not nearer to his opponents' goal line than at least two of his opponents.

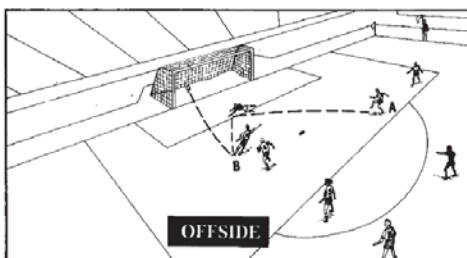
OFFSIDE — Diagram 10



Ball Rebounding from Goal Posts or Crossbar

A shoots for goal and the ball rebounds from the post to B who kicks the ball into goal. The goal would be disallowed since B, who was in an offside position when the ball was last played by A, was in active play and gained an advantage by being in that position.

OFFSIDE — Diagram 11



Shot Rebounds from Goalkeeper

A shoots the ball at goal and the ball rebounds from the goalkeeper to Player B. The goal is disallowed since B, who was in an offside position when the ball was last played by A, was in active play and gained an advantage by being in that position.

OFFSIDE — Diagram 12



Not Interfering with an Opponent

A shoots for goal and scores. Although B is lying injured in an offside position, he is not involved in active play. The goal would be allowed.

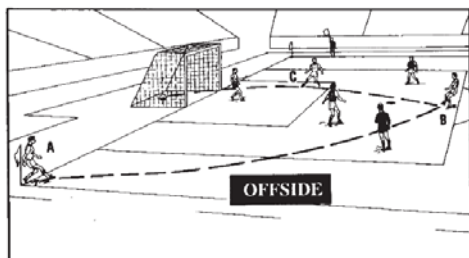
OFFSIDE — Diagram 13



Interfering with an Opponent

A shoots for goal and the ball enters the net. B, who is lying injured in the goal area and in the path of the ball, would be penalized for offside. By his presence, however accidental, he is involved in the active play and is interfering with an opponent.

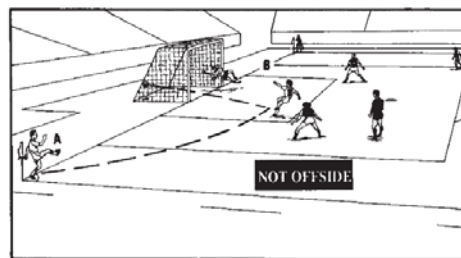
OFFSIDE — Diagram 14



Corner Kick

A takes a corner kick and the ball goes to B. B shoots for goal and the ball is touched by C and enters the goal. The goal is not permitted since C was in front of the ball and there were not at least two opponents between him and the goal line when it was last played by B.

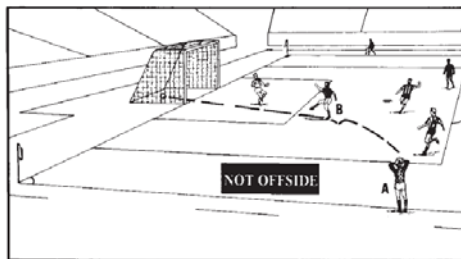
OFFSIDE — Diagram 15



Corner Kick

A corner kick is taken by A and the ball goes to B who scores. Although B has only one opponent between him and the goal line, the goal is allowed since a player cannot be offside if he receives the ball directly from a corner kick.

OFFSIDE — Diagram 16



Throw-in

A throws the ball to B who scores. The goal is allowed. Although B is in front of the ball and there is only one opponent between him and the goal line, he is not offside because a player cannot be offside if he receives the ball directly from a throw-in.

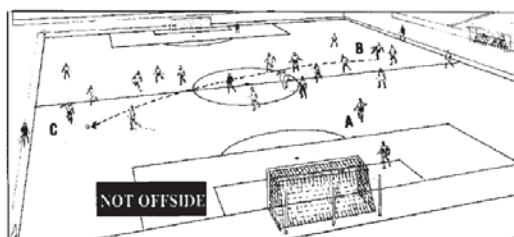
OFFSIDE — Diagram 17



Pass to a Teammate

B plays the ball ahead of A who is in his own half. Although there are not at least two opponents nearer their own goal line at the moment when B played the ball, A is not offside since a player cannot be offside in his own half of the field of play.

OFFSIDE — Diagram 18



Active Play

The ball is intercepted by player B, a teammate of the attacking player. It is transferred to another teammate, player C, on the wing. Although the attacking player A is in an offside position, he would not be penalized since he is not involved in active play.

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