

A faint, dotted-line diagram of a soccer field is visible in the background. It shows the field's boundaries, the center circle, the center spot, the halfway line, and the goal areas at both ends. The diagram is centered on the page.

**Pre-F**

**Orientation  
Manual**





# AGENDA...

**BEFORE THE COURSE BEGINS: PLEASE HAND IN THE COACHING COURSE REGISTRATION FORM!**

## **CLASSROOM...**

- INTENT OF THE "PRE-F" COURSE
- WORKING WITH PARENTS
- THE PLAYERS
- TEAM RESPONSIBILITIES
- COACHING/TEACHING THE GAME
- WHAT YOU WILL NEED --CHECKLISTS
- INTRODUCTION TO ORGANIZING A PRACTICE SESSION
- INTRODUCTION TO THE ...LAWS OF THE GAME

## **FIELD...:**

### **FIVE ATTACKING SKILLS**

- LOOK
- MOVE
- BRING THE BALL UNDER CONTROL
- KEEP THE BALL UNDER CONTROL
- RELEASE THE BALL UNDER CONTROL

### **FIVE DEFENDING SKILLS**

- INTERCEPTING
- STANCE
- SHEPHERDING
- POKING
- TACKLING

### **FIELD SESSION NECESSITIES: FOR EACH PARTICIPANT**

- SOCCER BALL
- PLAYING ATTIRE (CLEATED SHOES IF POSSIBLE)
- NOTE TAKING MATERIAL
- WEATHER CONSIDERATION (SUNTAN LOTION, WATER , ETC.)
- CONES OR OTHER MARKERS
- ENTHUSIASM AND OPEN MIND

# INTRODUCTION

## YOUR INSTRUCTOR

SOCCER BACKGROUND:

- PLAYING-
- COACHING-
- TEACHING-

## INTENT OF THE "pre-F" COURSE

TO PROVIDE INFORMATION THAT WILL HELP YOU THE "NEW" INDIVIDUAL JOINING THE COACHING RANKS OF C.Y.S.A. THE ULTIMATE GOAL IS TO DEVELOP AN AWARENESS FOR THE NEED OF A SOCCER EDUCATION, AND PROMOTING AN ACTIVE PARTICIPATION IN FUTURE WORKSHOPS AND COACHING COURSES.

## C.Y.S.A.

INTER-RELATIONSHIP... WITH -U.S.Y.S.A. -U.S.S.F. AND -F.I.F.A.

COACHING SCHEME: FROM "F" TO "D"

## LOCAL LEAGUE (REPRESENTATIVE)

THE PHILOSOPHY OF THE LEAGUE:

- HOW AND WHY IT WAS STARTED:
- REASONS FOR ITS' EXISTENCE:
- WHAT ARE THE LEAGUE GOALS:

LEAGUE DIRECTORY:

- |                       |                      |
|-----------------------|----------------------|
| -PRESIDENT            | -VICE PRESIDENT      |
| -SECRETARY            | -TREASURER           |
| -COACHING COORDINATOR | -REFEREE COORDINATOR |

LEAGUE CALENDAR.

- STARTING DATE:
- ENDING DATE:
- OTHER IMPORTANT DATES:

# GENERAL COACH REQUIREMENTS

A willingness to make your decisions based on:

'WHAT IS BEST FOR THE CHILDREN.'

Empathy.

Imagination.

A ton of PATIENCE!

Enthusiasm and an open mind.

A high sense of fairness and fair play.

Do not put yourself, especially your ego, before the children.

If you need help, seek it out from local and state resources.

Organize your practices around the theme you have chosen.

Coach technique to conform to age and experience of the players.

Seek the training and credentials necessary to coach this age group.

Look like a coach -- act like a teacher who would teach this age group.

Be willing to make mistakes - try to minimize them to the best of your ability and then try to learn from them.

14. Put the children first.

This means before you and their parents, if necessary.

15. Most of all, have a sense of humor.

Make this a FUN experience for all involved.

**Remember: THIS WILL BE THEIR ONLY CHILDHOOD!**

# INTRODUCTION TO THE PARENTS

## 1. APPOINT A TEAM MANAGER (COULD BE ASSISTANT COACH)

- DUTIES: -ASSISTS YOU WITH NON-COACHING CHORES.
- ALLOWS YOU TO COACH BY:

### -ORGANIZING THE PARENTS

- CONSIDERS TEAM NEEDS
- SOLICITS SUPPORT

- ASSIGNS SPECIFIC DUTIES SUCH AS...:

FUNDRAISING (BAKING)

FIRST AID (MAINTAINING KIT)

TELEPHONING (PHONE TREE)

AFTER-GAME REFRESHMENTS

TRANSPORTATION (CAR POOLING)

COMMUNICATION (INFORMATION LETTERS)

SOCIAL FUNCTIONS (PLANNING & SUPERVISING)

PAPER WORK (REGISTRATION, MEDICAL FORMS)

FIELD PREPARATION (PUT UP NETS, CHALK LINES)

PHOTOGRAPHER (ACTION VIDEO OR SHOTS OF GAMES)

EQUIPMENT (DISTRIBUTION, MAINTENANCE & COLLECTING)

MISCELLANEOUS DETAILS (ARRANGEMENTS FOR PHOTOS, AWARDS, ETC...)

SUPERVISING (TAKING CHARGE OF TEAM WHEN COACH IS NOT THERE FOR PRACTICES AND GAMES)  
EXTREMELY IMPORTANT: YOU MUST ALWAYS HAVE TWO ADULTS AT EVERY TEAM EVENT-- JUST IN CASE!

MORE:

## 2. WITH MANAGER - COMPILE A PARENT ROSTER FORM

-NAME ADDRESS  
-HOME PHONE EMERGENCY PHONE  
-PERSONAL INFORMATION...  
PLAYER--NICKNAME -ALLERGIES -MEDICATION, ETC..  
PARENT--OCCUPATION -SPECIAL SKILLS -TALENTS  
--RESOURCES : XEROX MACHINE PHONE SERVICE  
COMPUTER VAN  
OTHER:

### PREPARE:

**EMERGENCY CARDS**  
FAMILY DOCTOR PREFERRED HOSPITAL

(PHONE #'S, MAPS, ETC.)

### PRACTICE SESSION INFORMATION & CONTRACT

-WHERE WILL PRACTICES BE HELD?  
-WHAT ARE PRACTICE SESSION RULES?  
-HOW MANY SESSIONS ARE MANDATORY TO ATTEND?  
-WHAT ARE THE CONSEQUENCES FOR MISSING PRACTICE?  
-WHAT TIME WILL PRACTICE BEGIN AND WHEN WILL IT END?  
-HOW OFTEN WILL THERE BE PRACTICES DURING THE WEEK?  
-HOW WILL THE CHILD GET HOME FROM THE PRACTICE FIELD?  
-WHAT PROCEDURE SHOULD BE USED TO EXCUSE THE CHILD?  
-CAN PARENTS OBSERVE A PRACTICE SESSION (PARTICIPATE)?  
-ETC.

### GAME INFORMATION & CONTRACT

-WHERE WILL GAMES BE PLAYED?  
-HOW MANY GAMES WILL BE PLAYED?  
-WHAT TIME WILL GAMES BE PLAYED?  
-HOW WILL THE CHILD GET TO AND FROM GAMES?  
-WHAT PROCEDURE SHOULD BE USED TO EXCUSE THE CHILD?  
-ETC.

### PARENT CONSENT FORMS

OTHERS...

### 3. IT IS HIGHLY RECOMMENDED THAT BOTH OF YOU MEET THE PARENTS AT A GET ACQUAINTED PICNIC (OR PARTY), BEFORE THE SEASON BEGINS.

#### PROPOSED PICNIC AGENDA:

-BRIEFLY DISCUSS WITH PARENTS (AND PLAYERS) YOUR...TEAM ORGANIZATION  
TEAM ONE = YOU (COACH) AND THE PLAYERS.

TEAM TWO = TEAM MANAGER AND THE PARENTS

#### YOUR BACKGROUND AND PHILOSOPHY

- REASONS FOR COACHING THIS PARTICULAR TEAM.
- TIME AVAILABILITY FOR PRACTICES/GAMES/MEETINGS.
- SOCCER BACKGROUND, COACHING, PLAYING, LICENSES.
- ATTITUDE TOWARDS WINNING AND LOSING.
- CHILDREN AND SPORTS (SPORTSMANSHIP).
- AIMS AND GOALS FOR THE UPCOMING SEASON.
- SIDELINE BEHAVIOR (PRACTICE AND GAMES).
- DISCIPLINE: HANDLING A MILD CASE, HANDLING A SEVERE CASE.
- INJURIES: HANDLING A MILD INJURY, HANDLING A SEVERE INJURY.
- OTHER:

#### TALK ABOUT... PARENTS RESPONSIBILITIES:

##### AT HOME :

- PLAY 1 VS. 1 GAMES.
- SET UP A SLALOM COURSE.
- PRESENT POSITIVE SPORTS MINDED ATTITUDE.
- CREATE INCENTIVE TO PURCHASE A SOCCER BALL.
- GO TO SOCCER GAMES TOGETHER AS SPECTATORS.
- PROVIDE GAME FILMS AND WATCH THEM TOGETHER.
- KICK THE BALL AROUND THE BACKYARD IN SPARE TIME.
- PARTICIPATE IN SOCIAL FUNCTIONS PROVIDED BY THE CLUB.
- ENCOURAGE PRACTICE AT HOME WITH PARENT PARTICIPATING.
- PUT IDENTIFICATION MARKS ON PERSONAL ARTICLES, BALL, ETC.
- PROVIDE TRANSPORTATION (ARRIVE EARLY TO PRACTICE AND GAMES).
- OTHERS...



## **PARENTS RESPONSIBILITIES...**

### **BEFORE THE GAME:**

ARRIVAL TIME (SUGGESTED- 30 MIN. PRIOR TO KICK-OFF)

WHAT TO BRING AND SOME (GOOD) ADVICE:

- UNIFORMS (COLOR FOR GAME, SHOES, BALL, WATER BOTTLE, ETC.)
- DRESSING (SOCKS OVER SHINGUARDS, SHIRT TUCKED, ETC.)
- SPECIAL ADVICE (DOUBLE KNOTS FOR LACES, STRAPS FOR GLASSES, ETC.)
- WRIST WATCHES, JEWELRY ITEMS CONSIDERED DANGEROUS (OFF)
- FINGERNAILS ARE TRIMMED -CLOSELY.
- PARENT ADOPT AN ATTITUDE OF SUPPORT AND CARING
- PLAYER EAT 3 HOURS BEFORE THE GAME -IF POSSIBLE
- PLAYER DRINK UP TO 20 OUNCES OF WATER -FIFTEEN MIN. BEFORE THE GAME

### **DURING THE GAME:**

- WHEN THE GAME BEGINS -BECOME A SPECTATOR
- DO NOT USE PROFANITY.
- DO NOT BOTHER THE COACH.
- CHEER TEAM EFFORT POSITIVELY.
- LET THE COACH DO THE COACHING.
- STAY BEHIND THE SPECTATOR LINE.
- EXEMPLIFY GOOD SPORTSMANSHIP.
- AVOID CALLING THE PLAYERS BY NAME
- MAKE POSITIVE COMMENTS TO **ALL PLAYERS.**
- NO ALCOHOLIC BEVERAGES OR SMOKING ON THE SIDELINE.
- NEVER CRITICIZE A REFEREE'S DECISION (LEARN THE LAWS).
- SET A GOOD EXAMPLE -IF YOU WANT TO RAISE A GOOD SPORT, BE A GOOD SPORT.

### **HALF-TIME...**

- TRAIN YOUR CHILD TO STAY WITH THE COACH
- LET THE COACH DO THE COACHING
- TEACH YOUR CHILD TO LISTEN WHEN THE COACH IS TALKING
- INSIST YOUR CHILD DRINKS LOTS OF WATER

### **AFTER THE GAME...**

- REACT POSITIVELY TO THE TEAMS' LOSSES AND WINS.
- TRAIN YOUR CHILD TO STAY WITH THE COACH AND THE TEAM FOR ANY POST-GAME ROUTINES:
  - PHYSICAL COOL-DOWN
  - MENTAL COOL-DOWN
  - THANKING THE OPPONENT
  - DRINKING MORE WATER
  - CLEANING UP THE PLAYGROUND
  - ETC...
- PARTICIPATE IN AFTER-GAME TEAM SOCIAL ACTIVITIES WHICH SHOULD BE THE SAME REGARDLESS OF GAME RESULTS.
- AT HOME MAKE EVERY EFFORT TO RETURN TO ESTABLISHED FAMILY ROUTINES!

## **PLAY A GAME...**

- PARENTS VS. CHILDREN.
- LENGTH OF GAME = LENGTH OF A LEAGUE GAME.
- DISCUSSION OF PARENTAL SIDELINE AND GAME BEHAVIOR.
- ALLOW PARENTS TO EMPATHIZE WITH THE DIFFICULTIES OF PLAYING THIS GAME!

## **HAND-OUT:**

- YOUR PLAYER/PARENT DIRECTORY
- LINES OF COMMUNICATION.
- CONTRACTS
- GAME SCHEDULE AND DIRECTIONS TO GAME SITES
- PRACTICE SCHEDULE AND DIRECTIONS TO PRACTICE SITES

## **ANSWER ANY AND ALL QUESTIONS THE PARENTS MAY HAVE!**

- NO INVOLVEMENT = NO COMMITMENT!

# Notes:



# YOUR PLAYERS

## INTRODUCTORY YEARS

### THE SIX YEAR OLD PLAYER PROFILE:

#### DEPENDENT

- YOU (COACH) MUST TEACH!
- THEY HAVE NO SOCCER BACKGROUND.
- NEED OTHERS TO LEARN FROM... YOU ARE THEIR ROLE MODEL!

#### PHYSICAL

- BONES ARE IMMATURE
- EXPERIENCE RAPID **GROWTH** IN LARGE MUSCLES.
- GROWTH IN HEIGHT IS MORE PRONOUNCED THAN WEIGHT.
- GIRLS WILL BE ONE YEAR AHEAD IN PHYSICAL DEVELOPMENT.

#### SOCIAL

- PLAY TOGETHER FOR SHORT PERIODS OF TIME.
- THEY NEED AND WANT SUPERVISION OF THEIR ACTIVITIES.
- SELF-CENTEREDNESS AND BOASTFULNESS BEGINNING TO DECLINE.
- THEY WANT APPROVAL BUT DO NOT SEEK IT AS ACTIVELY AS THOSE WHO ARE YOUNGER.

#### INTELLECTUAL

- INTERESTED IN LEARNING.
- FUN GAMES ARE STIMULATING FOR THEM.
- KNOW THEIR RIGHT SIDE FROM THEIR LEFT.

#### GENERAL IMPLICATIONS

- GAMES SHOULD NOT BE SO LONG AS TO OUTLAST THEIR INTEREST.
- FUN LIES IN KICKING THE BALL RATHER THAN THE DISTANCE OR ACCURACY OF THE KICK.
- VERY SHORT ATTENTION SPAN (DIFFICULT TO LISTEN TO PLAYING RULES)...  
BEST TO ADD RULES DURING REST PERIODS.
- WAITING THEIR TURN, HOWEVER, IS NECESSARY TO ALLOW FOR RECUPERATION...  
AND IT IS ALSO IMPORTANT FOR SOCIAL DEVELOPMENT TO LEARN PATIENCE.
- GAMES THAT KEEP THE GROUP MOVING ARE PREFERABLE TO ONES THAT FORCE THEM TO WAIT  
THEIR TURN.
- OPPORTUNITY TO EXPERIMENT WITH TECHNIQUE IS MORE IMPORTANT TO THEM THAN SUCCESS  
IN THE TECHNIQUE.

#### SOCCER IMPLICATIONS

- LOTS OF **PLAY**.
- NO CRITICISM.
- EMPHASIS ON **FUN**.
- NEED EXCELLENT **DEMONSTRATIONS**.
- RELAY GAMES BEST SUITED TO DEVELOP COOPERATION AND WORKING TOGETHER.

# INTRODUCTORY YEARS

## THE EIGHT YEAR OLD PLAYER PROFILE:

### DEPENDENT

- YOU (COACH) MUST TEACH!
- THEY HAVE A MINUTE SOCCER BACKGROUND.
- NEED OTHERS TO LEARN FROM...YOU ARE THEIR ROLE MODEL!

### PHYSICAL

- FLEXIBILITY IS GREAT.
- GIRLS USUALLY TALLER AND MORE MATURE.
- SHORT ATTENTION SPAN; DIFFICULTY LISTENING.
- EXTREMELY ACTIVE; SITTING STILL IS VERY DIFFICULT.

### SOCIAL

- STILL NOT GOOD AT SITTING STILL.
- SLIGHT INCREASE OF ATTENTION SPAN.
- BOYS AND GIRLS PLAY TOGETHER READILY.
- EXPECT SUDDEN SHIFT IN BEHAVIOR FROM GOOD TO BAD.
- BOYS WILL FIGHT AND WRESTLE - DEMONSTRATING MASCULINITY.
- ENJOY GROUP PLAY BUT SHOW PREFERENCE FOR SMALL GROUPS.
- GROUP MEMBERS CONTINUOUSLY CHANGING BECAUSE OF QUARRELS.

### INTELLECTUAL

- CAN LEARN TO KICK A BALL ON THE RUN.
- CAN JUMP, SKIP, HOP, CHASE AND DODGE.
- WELCOME OPPORTUNITIES TO ACT ON THEIR OWN.
- THEY WILL MAKE MISTAKES...HANDLE THEM APPROPRIATELY.
- SHOULD BE INTRODUCED, GRADUALLY, TO PLAY IN LARGER GROUPS.
- REVIEW SUCH SKILLS AS RUNNING AT VARIOUS SPEEDS IN VARIOUS DIRECTIONS.
- GAMES SHOULD NOT BE TOO COMPLEX OR TOO LONG DUE TO LACK OF INTEREST AND SKILLS.
- EXPLORE NEW SKILLS SUCH AS DODGING, DUCKING, TWISTING AND TURNING WHILE RUNNING.

### GENERAL IMPLICATIONS

- GAMES SHOULD HAVE A FEW RULES.
- LIKE TO COMPETE WHEN THEY COMPETE AGAINST THEMSELVES.
- ABLE TO PERFORM THE BASIC SKILLS OF MOVEMENT WITH A FAIR DEGREE OF ACCURACY.

### SOCCER IMPLICATIONS

- NO CRITICISM
- LOTS OF PLAY.
- EMPHASIS ON FUN.
- NEED BRIEF EXPLANATIONS
- NEED EXCELLENT DEMONSTRATIONS

# DEVELOPMENTAL YEARS

## THE TEN YEAR OLD PLAYER PROFILE:

### DEPENDENT

- YOU (COACH) MUST TEACH!
- THEY HAVE A LIMITED SOCCER BACKGROUND.
- NEED OTHERS TO LEARN FROM...YOU ARE THEIR ROLE MODEL!

### PHYSICAL

- GIRLS ADOLESCENT GROWTH SPURT BEGINS.
- SPORT SKILLS CAN BE PERFORMED MORE EFFICIENTLY.
- OVER-ACTIVITY AT THIS AGE CALLS FOR PROVISIONS OF EXTRA REST PERIODS.

### SOCIAL

- TEND TO MOVE IN EXCLUSIVE GROUPS OR CLUBS.
- LESS SPONTANEOUS IN RELATIONSHIP WITH ADULTS.
- ANTAGONISM TOWARDS OPPOSITE SEX CONTINUES TO GROW.

### INTELLECTUAL

- DEMONSTRATE A REAL INTEREST IN HOW THINGS ARE MADE AND IN THE CAUSE AND EFFECT OF RELATIONSHIPS.
- HOBBIES AND OTHER INTERESTS MAY DOMINATE TIME TO POINT WHERE INTEREST IS LOST FOR VIGOROUS PLAY.

### GENERAL IMPLICATIONS

- GANG SPIRIT CAN BE UTILIZED TO PROMOTE TEAM GAMES.
- BALL HANDLING SKILLS CAN BE DEVELOPED TO A CONSIDERABLE EFFICIENCY.
- IMPORTANT TO PROMOTE GOOD RELATIONS WITH OPPOSITE SEX. **(COED SOCCER.)**
- BENEFICIAL RESULTS FOR SOCIAL AND PHYSICAL BENEFITS TO UTILIZE SELF TESTING.
- GOOD TIME TO REVIEW OLD SKILLS LEARNED AND PROPER TIME TO INTRODUCE NEW SKILLS.
- IMPROVED STRENGTH, SKILL, COORDINATION, CONCENTRATION INCREASE FUN IN PLAYING MORE COMPLEX GAMES.

### SOCCER IMPLICATIONS

- LOTS OF PLAY AND HAVING FUN!
- EMPHASIS ON SOME TECHNIQUES.
- NEED DEMONSTRATION AND EXPLANATIONS.
- ‘POINTS OF REFINEMENT’ START TO BECOME NECESSARY.

# DEVELOPMENTAL YEARS

## THE TWELVE YEAR OLD PLAYER PROFILE:

### BEGINNING OF INDEPENDENCE--

- BECOMING INNER-DIRECTED...I HAVE PLAYED.
- BECOMING AWARE OF PEER-GROUP PRESSURES.
- BEGINNING TO THINK THEY CAN GET WHAT THEY WANT THROUGH THEIR OWN EFFORT
- BEGINNING OF THE 'I CAN DO IT' ATTITUDE ...BECOMING SELF-CENTERED. (LOTS OF DRIBBLING.)

### PHYSICAL

- PUBERTY BEGINS FOR MANY
- GIRLS USUALLY MORE MATURE PHYSICALLY.
- BOYS MAY NOT HAVE SUFFICIENT ARM STRENGTH TO DO PULL-UPS.
- SOME GIRLS WILL SURPASS MAJORITY OF BOYS IN SKILL PERFORMANCE.
- BONES OF THE CHEST MAY NOT BE FIRM ENOUGH TO WITHSTAND PRESSURE.

### SOCIAL

- EXPANDING INTEREST IN TEAM GAMES.
- BEGIN TO SHOW SIGNS FOR GREATER INDEPENDENCE.
- GANG SPIRIT CONTINUES; ORGANIZED AND COMPETITIVE.
- DEPENDABILITY INCREASED WHEN GIVEN RESPONSIBILITY.
- SOME SEX ANTAGONISM PRESENT, BOYS CHOOSE BOYS, VISE VERSA.

### INTELLECTUAL

- DEVELOPING ABILITY TO PLAN AHEAD.
- INTERESTED IN IDEAS AND ACHIEVEMENT OF OTHERS.
- CAPABLE OF EVALUATING/LEARNING TO EXPRESS THEIR OWN POINTS OF VIEW.

### GENERAL IMPLICATIONS

- CAPABLE TO ASSIST AS, HELPERS AND DEMONSTRATORS.
- SKILLS SUCH AS PASSING, CENTERING, RECEIVING A PASS.
- NEED TO BELONG CAN BE SATISFIED WITH GROUP AND TEAM PLAY.
- STRENGTH AND ABILITY WARRANTS USE OF MORE DIFFICULT SELF-TESTING ACTIVITIES.

### SOCCER IMPLICATIONS

- NEED MASTERY OF SOME BASIC TECHNIQUES.
- CONSTRUCTIVE CRITICISM NECESSARY (WHEN APPROPRIATE)

-INTRODUCTION TO THE ADULT GAME.

## PERFECTING YEARS

THE FOURTEEN YEAR OLD PLAYER PROFILE:

### INDEPENDENT--

- TEEN-YEARS...BECOMING INNER-DIRECTED...I'VE PLAYED.
- THINK THEY CAN GET WHAT THEY WANT THROUGH THEIR OWN EFFORT
- I CAN DO IT ...SELF-CENTERED (LOTS OF DRIBBLING).

### SOCCER IMPLICATIONS

- NEEDS TO BEGIN MASTERING ALL FUNDAMENTAL TECHNIQUES.
- NEEDS MORE INTENSIVE WORK LOADS.
- INTRODUCTION TO TACTICS CAN BEGIN.

THE SIXTEEN YEAR OLD PLAYER PROFILE:

### INTERDEPENDENT

- MATURE--REALIZES THAT WORKING TOGETHER IS BEST
- WE MUST COMBINE OUR EFFORTS TO ACHIEVE SUCCESS-THROUGH TEAMWORK.

### SOCCER IMPLICATIONS

- NEEDS TO HAVE ALL TECHNIQUES MASTERED.
- BEGINNING MASTERY OF SOME TACTICS.



# YOUR PLAYERS INTEREST

DECISION TO PLAY SOCCER LIES WITH:

1ST. PARENTS \_\_\_\_\_ U6 -- U10

2ND. PEERS \_\_\_\_\_ U12 -- U14

3RD. INDIVIDUAL \_\_\_\_\_ -- U14 +

## DISCUSSION:

1. -IN (1ST & 2ND) INSTANCES COACH WILL BE FACED WITH PLAYERS WHO ARE NOT INTERESTED IN PLAYING SOCCER AND ADJUSTMENTS MUST BE MADE ACCORDINGLY.

-GIVE APPROPRIATE ATTENTION TO THE DISINTERESTED PLAYER BUT NOT AT THE EXPENSE OF THE REST OF THE TEAM.

-MAKE THE PRACTICES SO MUCH FUN THAT THE DISINTERESTED PLAYER WILL WANT TO JOIN!

2. HOW CAN WE FIND OUT PLAYERS' INTEREST LEVEL? ASK THEM

COVER A FEW POINTS WHY THEY MAY NOT BE INTERESTED...

3. HOW CAN WE FIND OUT IF A PLAYER IS ENTHUSIASTIC? WATCH THEM

COVER A FEW POINTS HOW PLAYERS SHOW ENTHUSIASM...

REALIZE THAT AS A TEACHER/COACH...

YOU CAN **PROVIDE INFORMATION TO ASSIST** THE PLAYERS.

YOU CAN **OBSERVE AND MAKE SUGGESTIONS** FOR NECESSARY CORRECTIONS.

YOU CAN **GUIDE** ACCORDING TO THE PLAYERS' RESPONSES...

LEARNING FORMULA:

**INTEREST + ENTHUSIASM = LEARNING.**

NO INTEREST + NO ENTHUSIASM = NO LEARNING!

# Notes:



# THE PLAYERS

## FIELD PLAYERS:

- ARE FREE TO PLAY ON ANY PART OF THE FIELD.
- THEY MAY CONTROL, MOVE AND PROPEL THE BALL WITH ANY PART OF THE BODY EXCEPT THE INTENTIONAL USE OF THE ARMS OR HANDS.

## GOALKEEPERS:

- DIFFER FROM FIELD PLAYERS ONLY IN THAT THEY MAY USE THE HANDS AND ARMS ONCE **INSIDE THE DESIGNATED PENALTY AREA.**
- GOALKEEPERS MAY NOT INTENTIONALLY USE THEIR ARMS OR HANDS OUTSIDE THE PENALTY AREA.
- IMPORTANT - THE POSITION OF THE BALL.  
NOT THE POSITION OF THE KEEPER DETERMINES A HAND BALL FOUL.

## NOTE:

- KEEPERS ARE **FREE** TO PLAY ON ANY PART OF THE FIELD.
- BUT ARE ASKED TO STAY WITHIN THE PENALTY AREA BY THE COACHES NOT THE LAWS OF THE GAME.

# PLAYERS BY POSITIONS

**GOALKEEPER-** POINTS OF DISCUSSION HAVE BEEN MENTIONED ABOVE.

**BACKS-** NAME GIVEN TO PLAYERS WHO AT ANY PARTICULAR MOMENT HAVE ONLY THE GOALKEEPER **IN BACK** OF THEM FOR SUPPORT AND COVER. (VERY CAUTIOUS WITH AND WITHOUT THE BALL...DISCUSSION)

**MIDFIELDERS-** NAME GIVEN TO PLAYERS WHO AT ANY PARTICULAR MOMENT HAVE **PLAYER(S) BEHIND** THEM AND **PLAYER(S) IN FRONT** OF THEM FOR SUPPORT AND COVER. (NOTE: THEY ARE IN THE **MIDDLE** OF THE SYSTEM.) (SEMI-CAUTIOUS WITH AND WITHOUT THE BALL...DISCUSSION)

**FORWARDS-** NAME GIVEN TO PLAYERS WHO AT ANY PARTICULAR MOMENT HAVE **NO TEAMMATES IN FRONT** BETWEEN THEM AND THE OPPONENTS' GOAL. (TAKE RISKS WITH AND WITHOUT THE BALL...DISCUSSION)

**NOTE:** FIELD PLAYERS ARE STRONGLY ENCOURAGED TO EXCHANGE POSITIONS PROVIDING THEY WORK TO SUPPORT AND COVER FOR EACH OTHER.

# DEFENDING TEAM RESPONSIBILITIES...

ONCE BALL POSSESSION HAS BEEN LOST ALL PLAYERS ON THE TEAM MUST BECOME DEFENDERS:

BY NAME...      -DEFENDING KEEPER                      -DEFENDING BACKS  
                         -DEFENDING MIDFIELDERS              -DEFENDING FORWARDS

MAIN OBJECTIVES...

1. PREVENT GOALS FROM BEING SCORED.
2. REGAIN BALL POSSESSION.

IF THE BALL IS:

CLOSE TO OUR OWN GOAL- DEFENDING ZONE      (RED ZONE)  
STOP OPPONENT FROM TAKING SHOTS ON GOAL AND SCORING.

CLOSER TO MID-FIELD- MIDFIELD ZONE      (YELLOW ZONE)  
CAUTION -SLOW DOWN THE OPPONENT'S PROGRESS (DELAY)

CLOSER TO THE OPPONENT'S GOAL- ATTACKING ZONE (GREEN ZONE)  
GO FOR THE BALL IMMEDIATELY (IMMEDIATE CHASE)

KEY POINT: ALL MEMBERS OF THE DEFENDING TEAM MUST DEFEND -  
IT IS NOT AN ASSIGNMENT FOR BACKS ONLY!

# **ATTACKING TEAM RESPONSIBILITIES...**

ONCE BALL POSSESSION HAS BEEN GAINED ALL PLAYERS ON THE TEAM MUST  
BECOME ATTACKERS:

BY NAME      -ATTACKING KEEPER              -ATTACKING BACKS  
                  -ATTACKING MIDFIELDERS      -ATTACKING FORWARDS

**MAIN OBJECTIVES...**

- 1. MAINTAIN BALL POSSESSION.**
- 2. GO TO GOAL AND SCORE.**

**IF THE BALL IS:**

**CLOSE TO YOUR OWN GOAL -DEFENDING ZONE              (RED ZONE)**  
**STOP FANCY PLAY, FIRST PRIORITY GET BALL AWAY FROM THE GOAL**  
**...PREFERABLY -HIGH -WIDE AND LONG.**

**CLOSER TO MIDFIELD -MIDFIELD ZONE.              (YELLOW ZONE)**  
**CAUTION DO NOT LOSE BALL POSSESSION. TRY TO MOVE BALL CLOSER**  
**TO OPPONENTS' GOAL -QUICKLY IF POSSIBLE.**

**CLOSER TO OPPONENT'S GOAL -ATTACKING ZONE              (GREEN ZONE)**  
**GO FOR GOAL...SHOOT ON EVERY OPPORTUNITY.**

**KEY POINT: ANY MEMBER OF THE ATTACKING TEAM CAN SCORE**  
**IT IS NOT A PRIVILEGE OF THE FORWARD PLAYERS!**

**VERY IMPORTANT:**

WHILE THE PREVIOUS AMOUNT OF INFORMATION TALKS ABOUT ATTACKING, DEFENDING, POSITIONING AND PLAYER RESPONSIBILITIES IT IS WELL TO REMEMBER THAT THESE ARE IDEAL OBJECTIVES AND ARE REACHED WITH MATURITY AND GOOD PRACTICE. BEGINNING PLAYERS WILL STILL FOLLOW THEIR INSTINCT; PLAY IN "HERD" FASHION AND GO WHEREVER THE BALL GOES.

# Notes:



# A SIMPLE GAME TO COACH...

**S** KILL-*TECHNIQUE*.. "HOW TO"

- LOOK
- MOVE
- BRING THE BALL UNDER CONTROL
- KEEP THE BALL UNDER CONTROL
- RELEASE THE BALL UNDER CONTROL

**K** NOWLEDGE-*TACTIC*.. "**WHERE TO**"...APPLY ABOVE TECHNIQUES.\*

**I** NSTINCTIVE-*INTUITIVE*... "**WHEN TO**"...APPLY ABOVE TECHNIQUES.\*

**L** OVE OF THE GAME-*ATTITUDE*... "**WANT TO**"...APPLY ABOVE TECHNIQUES.\*

## TEN COMMANDMENTS OF COACHING

BE PATIENT!

IMPROVE **ONE** WEAKNESS AT A TIME.

ENCOURAGE QUESTIONS AND DISCUSSIONS.

ENCOURAGE THE PLAYERS WHEN APPROPRIATE.

PREPARE YOUR PLAYERS FOR THE UNEXPECTED IN THE GAME.

PROVIDE ONLY **ONE** TIP/SUGGESTIONS ON IMPROVEMENT AT A TIME.

PERMIT THE PLAYERS TO MAKE MISTAKES AND LEARN FROM THEIR MISTAKES.

FOCUS ON INDIVIDUAL IMPROVEMENT RATHER THAN COMPARING WITH OTHERS.

URGE THEM TO PRACTICE THEIR TECHNIQUE FOR SHORT PERIODS EACH DAY (HOMEWORK).

THEY WILL CONTINUE TO PARTICIPATE IF THEY ARE LEARNING AND HAVING FUN!

***REMEMBER, EVERYTHING TAKES TIME TO LEARN.***



# WHAT WE NEED TO TEACH...ATTACK

(1 TOUCH PLAY) RELEASING BALL WHEN CLOSE TO OWN GOAL = **CLEARING**

**HABIT:** -BE FIRST TO BALL -GO FOR HEIGHT -GO FOR DISTANCE -GO WIDE -PLAY IT OUT

(1 TOUCH PLAY) RELEASING BALL WHEN CLOSE TO OPPONENTS GOAL = **SHOOTING**

**HABIT:** SHOOT WHEN IN RANGE -FOLLOW EACH SHOT -RETREAT TO DEFEND AFTER EACH SHOT

PUSH THE BALL SLIGHTLY AHEAD

PEEK TO SEE THE 'MAGIC' SPACE

PLACE THE BALL INTO THE SPACE

(1ST PART OF 2 TOUCH PLAY) BRING BALL UNDER CONTROL = **BALL CONTROL**

**HABIT:** IF POSSIBLE - LET NO BALL GET BY...LET NO BALL BOUNCE!

-MEET IT! - MOVE INTO LINE OF FLIGHT

-GREET IT! - DISGUISE INTENT (JAB STEP)

- CUSHION THE BALL ON CONTACT

-BEAT IT! - EXPLODE PAST THE OPPONENT

(2ND PART OF 2 TOUCH PLAY) RELEASE BALL UNDER CONTROL = **PASSING**

...MOST DIFFICULT CONCEPT FOR YOUNG PLAYERS TO UNDERSTAND.

**HABIT:** PASS FORWARD, PAST AT LEAST ONE OPPONENT (THROUGH PASS)

-PUSH THE BALL SLIGHTLY AHEAD

-PEEK TO SEE OPEN TEAMMATE

-PLACE THE BALL (AT FEET, INTO SPACE)

DISCUSSION: INSTEP PASS VS. INSIDE OF FOOT PASS

(3 OR MORE TOUCHES) KEEP BALL UNDER CONTROL VS. OPPONENT = **DRIBBLING**

...**HABIT:** TAP & LOOK

-MEET OPPONENT - GO STRAIGHT AT HIM AND FORCE HIM TO DEFEND.

-GREET OPPONENT - USE A FAKE/FEINT TO GET HIM OFF-BALANCE

-BEAT OPPONENT - EXPLODE PAST HIM TAKING ADVANTAGE OF FAKE/FEINT.

**HEADING** (TECHNIQUE) IS SYNONYMOUS WITH ALL THE ABOVE TECHNIQUES.

-WE CLEAR THE BALL USING OUR HEAD.

-WE SHOOT THE BALL USING OUR HEAD.

-WE CONTROL THE BALL USING OUR HEAD.

-WE PASS THE BALL USING OUR HEAD.

-WE DRIBBLE THE BALL USING OUR HEAD. (JUGGLING)

FIRST, BUILD CONFIDENCE IN THE HEADING TECHNIQUE...

THEN -TEACH HEADING - BUT, ONLY AFTER YOU SEE THEM TRY!

# WHAT WE NEED TO TEACH...DEFEND

INTERCEPTING

STANCE

SHEPHERDING

POKING

TACKLING

# THINGS YOU WILL NEED!

## PRACTICE CHECK LIST

- WATER
- WHISTLE
- NAIL CLIPPERS
- COINS FOR PHONE
- ICE (FOR INJURY APPLICATION)
- WRIST WATCH (WITH TIMER IS NICE)
- MAP WITH EMERGENCY FACILITIES MARKED OUT
- NOTES - FOR THE THEME YOU HAVE CHOSEN TO TEACH
- NOTE TAKING MATERIAL (PAPER, PENCIL, CLIP BOARD, ETC.)
- FIRST AID KIT (CLEANSER, BAND-AIDS, ANTIBIOTIC APPLICATION, ETC.)
- MEDICAL RELEASES (WITH PARENTS INSURANCE CO. NAME AND ID NUMBER ON FORM)
- EQUIPMENT (CONES, BIBS, NETS, FLAGS, EXTRA SOCCER BALLS, LACES, ETC.)
- OTHER ITEMS NOT LISTED:

## GAME CHECKLIST

(PRE-GAME...)

- ARRIVE EARLY
- CHECK WEATHER AND FIELD CONDITIONS
- GREET PLAYERS -CHECK EQUIPMENT AND INJURIES
- GREET MANAGER -CHECK EQUIPMENT AND PAPER WORK
  - (HOME TEAM) USUALLY PROVIDES GAME BALL
  - (VISITING TEAM)SHOULD BE PREPARED TO PROVIDE GAME BALL
  - PLAYER PASSES      -GAME CARD
- GREET REFEREE AND OPPOSING COACH
- (HOME TEAM)USUALLY FILLS-OUT GAME CARD
- COACH(S) GIVE COMPLETED GAME CARD TO THE REFEREE.
- ESTABLISH TEAM SIDELINE AREA.
- PRE-PICK TEAM CAPTAINS (EACH PLAYER SHOULD GET THE HONOR).
- HAVE YOUR STARTING LINE-UP READY, SUBSTITUTION SCHEDULED.
  - ALL MUST PLAY 50%                      -GIVE EACH EXPERIENCE IN GOAL
- ESTABLISH WARM-UP ROUTINE (PLENTY OF FLUIDS)
- AT REFEREE'S REQUEST -EQUIPMENT CHECK, PLAYER PASS CHECK, AND COIN TOSS.
- TEAM YELL.                              -TEAM READY FOR KICK-OFF.

1ST HALF...

- BECOME AN OBSERVER -LOOK FOR STRENGTHS AND WEAKNESSES IN BOTH TEAMS
- SUBSTITUTE AT APPROPRIATE TIMES (NO TIME-OUTS EXCEPT FOR INJURIES)
- TAKE NOTES OF THE STRENGTH AND WEAKNESSES OBSERVED
- PREPARE TO MAKE ADJUSTMENTS AT HALF-TIME

#### HALF-TIME...

- GATHER TEAM IN A DEFINED, SECLUDED AREA
- ALLOW PLAYERS TO RELAX...AND SEEK FEEDBACK
- ENCOURAGE PLAYERS TO REPLENISH LIQUIDS
- CHECK FOR INJURIES
- GIVE TECHNICAL/TACTICAL ADJUSTMENTS...
  - GOING IN OTHER DIRECTION
  - KICK OFF TEAM OPPOSITE OF START
  - REVIEW 2ND HALF ASSIGNMENTS
  - SHOW ENTHUSIASM AND SUPPORT

#### 2ND HALF...

- BECOME A GREAT OBSERVER
- SUBSTITUTE AT APPROPRIATE TIMES
- TAKE NOTES OF TEAMS STRENGTH AND WEAKNESSES
- PREPARE TO IMPROVE THOSE WEAKNESSES AT THE NEXT PRACTICE.

#### POST GAME...

- PRAISE TEAM
- CHEER THE OTHER TEAM
- SHAKE WITH OPPONENT
- LEAD HAND SHAKE WITH OPPOSING COACH, PLAYER AND REFEREE.
- COOL-DOWN (PHYSICAL AND MENTAL) REPLENISH LIQUIDS (MORE WATER...)
- RELEASE PLAYERS TO PARENT.
- CHECK GAME CARD FOR ACCURACY -USUALLY KEPT BY REFEREE.
- GET PLAYER PASSES FROM REFEREE FOR SAFE STORAGE AND NEXT GAME
- JOIN TEAM AND PARENTS. THANK AND PRAISE THEM (REGARDLESS OF GAME RESULTS)
  - REMINDE PARENTS OF THEIR AFTER GAME DUTIES
  - REMINDE THEM OF NEXT PRACTICE
- LEAVE FACILITIES CLEANER THAN WHEN YOU ARRIVED (PARENTS & MANAGER)
  - REMOVE AND SECURE ALL EQUIPMENT
  - COLLECT LOST ITEMS
- RELAX AND EVALUATE THE GAME...
  - PLAYERS PERFORMANCE
  - PARENTS BEHAVIOR
  - PERSONAL BEHAVIOR
- SELECT A THEME FOR THE NEXT PRACTICE
- BEGIN PLANS ON HOW TO IMPROVE PERFORMANCE AND MAKE (NEXT PRACTICE) MORE FUN.

### **IMPORTANT:**

**YOU SHOULD RUN SEVERAL REHEARSALS OF THE PRE-GAME, GAME AND POST-GAME ROUTINE!**

# ORGANIZING A YOUTH PRACTICE SESSION

**SOCCER IS A SIMPLE GAME TO COACH...REQUIRING SIMPLE KNOWLEDGE:**

ESTABLISH THE THEME

BEGIN THE PRACTICE

WARM-UP

TRAINING EXERCISES

BEGINNING STAGE

INTERMEDIATE STAGE

SMALL SIDED GAMES

ADVANCED STAGE

CONTROLLED GAME

FREE GAME

COOL-DOWN

**ATTEND AND UNDERSTAND THE INFORMATION PRESENTED AT OUR C.Y.S.A. COACHING SCHOOL AND WHAT WILL MAKE YOU A SUCCESSFUL YOUTH SOCCER COACH IS THE APPLICATION OF THIS INFORMATION.**

**WE ENCOURAGE YOU TO ATTEND A CYSA "F" COURSE!**

# Notes:



## LAWS OF THE GAME

### LAW 1. THE FIELD OF PLAY.

-IS RECTANGLE...IT MUST BE LONGER THAN WIDER.

### LAW 2. THE BALL.

-IS A SPHERE.

### LAW 3. NUMBER OF PLAYERS.

-A TEAM CANNOT HAVE MORE THAN ELEVEN PLAYERS ON THE FIELD AT ANYTIME  
ONE OF WHICH WILL BE THE GOALKEEPER.

### LAW 4. PLAYERS EQUIPMENT.

-SHALL NOT WEAR ANYTHING THAT IS DANGEROUS TO THEMSELVES OR OTHERS.

### LAW 5. REFEREES.

-AUTHORITY BEGINS WHEN THEY ARRIVE AT FIELD AND ENDS WHEN THEY LEAVE FIELD.

### LAW 6. LINESMEN.

-ASSIST THE REFEREE.

### LAW 7. DURATION OF THE GAME.

-PLAYED IN TWO EQUAL TIME PERIODS CALLED "HALVES".

### LAW 8. THE START OF PLAY.

-WITH A PLACE KICK FROM THE CENTER SPOT.

### LAW 9. BALL IN AND OUT OF PLAY.

-WHEN IT HAS ENTIRELY CROSSED THE GOAL OR TOUCHLINE.

### LAW 10. METHOD OF SCORING.

-BALL WHOLLY CROSSES OVER GOAL LINE, UNDER CROSS BAR AND BETWEEN POSTS.

### LAW 11. OFFSIDE.

-MUST HAVE TWO PLAYERS BETWEEN SELF AND GOAL AT THE TIME OF THE PASS.

### LAW 12. FOULS AND MISCONDUCT.

-NINE MAJOR INFRACTIONS: RESULT--DIRECT FREE KICK...

(HAND)--HOLDING, PUSHING, STRIKING AND HANDLING THE BALL.

(BODY)--VIOLENT OR DANGEROUS CHARGE, CHARGING FROM BEHIND, JUMPING AT OPPONENT.

(FEET)--KICKING, TRIPPING.

-ALL OTHER FOULS NOT PART OF THE ABOVE (NINE) SHALL RESULT IN: INDIRECT FREE

**-CAUTION (YELLOW CARD):** PERSISTENTLY INFRINGES THE LAWS OF THE GAME.

**-EJECTION (RED CARD):** GUILTY OF VIOLENT OR SERIOUS FOUL, USING FOUL OR ABUSIVE LANGUAGE...  
PERSISTS IN MISCONDUCT AFTER HAVING RECEIVED A CAUTION.

IN THE OPINION OF THE REFEREE

## LAWS OF THE GAME...CONTINUED

### LAW. 13. FREE KICKS.

-GOAL MAY BE SCORED BY THE KICKER FROM A DIRECT FREE KICK (MAJOR INFRACTION).

-GOAL MAY NOT BE SCORED FROM AN INDIRECT FREE KICK (ALL OTHER INFRACTIONS).

\*UNLESS THE BALL IS PLAYED OR TOUCHED BY ANOTHER PLAYER OF EITHER TEAM.

### LAW 14. PENALTY KICK.

-DIRECT FREE KICK RESULTING FROM A PLAYER INSIDE OWN PENALTY AREA INTENTIONALLY COMMITTING ANY OF THE NINE MAJOR OFFENSES.

### LAW 15. THROW-IN.

-RESTART PLAY AFTER BALL HAS PASSED ENTIRELY OVER THE TOUCHLINE.

### LAW 16. GOAL KICK.

-RESTART PLAY AFTER BALL HAS PASSED ENTIRELY OVER THE GOAL LINE AND WAS LAST TOUCHED BY THE ATTACKING TEAM.

### LAW 17. CORNER KICK.

-RESTART PLAY AFTER BALL HAS PASSED ENTIRELY OVER THE GOAL LINE AND WAS LAST TOUCHED BY THE DEFENDING TEAM.

### LAW 18. COMMON SENSE:

# SOCCER IS A GAME!





# PLAYING THE GAME

**BEFORE THE GAME BEGINS** THE REFEREE AND LINESMEN WILL INSPECT THE PLAYERS. CHECKING THAT: NO PLAYER WEARS ANYTHING THAT IS DANGEROUS TO HIMSELF OR OTHER PLAYERS. ALSO, THAT THE GOALKEEPER'S SHIRT IS A DIFFERENT COLOR FROM ALL OTHER PLAYERS.

**THIS IS FOLLOWED BY** THE HOME CAPTAIN **TOSSING THE COIN** AND THE VISITING CAPTAIN MAKING THE CALL. WINNER OF THE COIN TOSS CHOOSES TO EITHER **ATTACK** BY KEEPING BALL POSSESSION AND KICKING OFF OR **DEFEND**, BY GIVING UP BALL POSSESSION AND CHOOSING SIDE OF THE FIELD.

## **THE GAME STARTS WITH THE KICK-OFF. (DISCUSSION)**

ALL THE PLAYERS MUST BE IN THEIR OWN HALF OF THE FIELD.

**THE BALL IS IN PLAY** WHEN IT IS KICKED AND MOVES FORWARD.

**THE PLAYER KICKING OFF** MAY NOT PLAY THE BALL AGAIN UNTIL IT HAS BEEN TOUCHED BY ANOTHER PLAYER (EITHER TEAM).

OTHER TIMES WHEN KICK-OFF IS USED--WITHOUT COIN TOSS:

AFTER HALF-TIME -OPONENTS TURN.

AFTER EACH GOAL -BY TEAM SCORED UPON.

**NOTE:** A GOAL CAN BE SCORED DIRECTLY FROM A KICK-OFF.

## **THROW-IN (DISCUSSION)**

**AFTER PLAY BEGINS** A TEAM MAY PROPEL THE BALL **OVER THE TOUCHLINE** CAUSING PLAY TO STOP. ANY MEMBER OF THE **OPPOSING TEAM** THEN **RESTARTS** PLAY BY USING A **THROW-IN** FROM THE POINT WHERE THE BALL WENT OUT.

### **KEY POINTS:**

1. PART OF EACH FOOT HAS TO TOUCH GROUND PRIOR TO RELEASE OF THE BALL.
2. THE THROWER AT THE MOMENT OF DELIVERING THE BALL MUST FACE THE FIELD OF PLAY. (PART OF EACH FOOT SHALL BE EITHER ON THE TOUCH-LINE OR ON THE GROUND OUTSIDE OF THE TOUCH-LINE).
3. THE BALL DELIVERY MUST ORIGINATE FROM BEHIND THE HEAD AND BE THROWN OVER IT.
4. THE BALL MUST BE THROWN, NOT DROPPED.
5. BOTH HANDS MUST BE USED SIMULTANEOUSLY OR WITH EQUAL FORCE.
6. THE PLAYER MUST FACE THE DIRECTION OF THE THROW.

**NOTE:** A GOAL CANNOT BE SCORED DIRECTLY FROM A THROW-IN.

## **GOAL KICK (DISCUSSION)**

**DURING PLAY**, IF THE ATTACKING TEAM PROPELS THE BALL OVER THE GOAL LINE, BUT NOT INTO THE GOAL, PLAY STOPS. THE BALL IS PUT BACK INTO PLAY **BY THE DEFENDING TEAM** USING A **GOAL KICK**.

### **KEY POINTS:**

1. KICK CAN BE TAKEN BY ANY MEMBER OF DEFENDING TEAM.
2. KICK DOES NOT HAVE TO BE TAKEN FROM THE CORNER OF GOAL AREA.
3. BALL MUST GO OUTSIDE OF PENALTY AREA DIRECTLY FROM KICK TO BE IN PLAY.
4. IF BALL IS TOUCHED INSIDE PENALTY AREA, BY DEFENDER OR ATTACKER, IT MUST BE RE-TAKEN.



## **CORNER KICK (DISCUSSION)**

IF THE DEFENDING TEAM PROPELS THE BALL OVER THE GOAL LINE BUT NOT INTO THE GOAL, PLAY STOPS. THE BALL IS PUT BACK INTO PLAY BY THE ATTACKING TEAM USING A CORNER KICK.

### **KEY POINTS:**

1. KICK TAKEN FROM QUARTER-CIRCLE IN CORNER AREA.
2. KICK TAKEN FROM CORNER NEAREST SPOT WHERE BALL WENT OUT OF PLAY.
3. BALL MUST BE WHOLLY INSIDE THE QUARTER-CIRCLE.
4. DEFENDERS MUST STAND AT LEAST TEN YARDS FROM THE BALL.
5. BALL IS IN PLAY ONCE IT HAS GONE ITS OWN CIRCUMFERENCE.
6. KICKER CAN NOT PLAY BALL AGAIN UNLESS TOUCHED BY ANOTHER PLAYER (EITHER TEAM)

**NOTE:** A GOAL CAN BE SCORED DIRECTLY FROM A CORNER-KICK.

## **FOULS (DISCUSSION)**

THROUGHOUT THE GAME, PLAYERS ARE NOT ALLOWED TO COMMIT ANY OF THE FOLLOWING NINE FOULS INTENTIONALLY.

### **FOUR WITH THE HANDS:**

1. TOUCH THE BALL
2. HOLD THE OPPONENT
3. PUSH THE OPPONENT
4. HIT THE OPPONENT

### **THREE WITH THE BODY:**

1. JUMP AT THE OPPONENT
2. CHARGING VIOLENTLY OR DANGEROUSLY
3. CHARGING FROM BEHIND

### **TWO WITH THE FEET:**

1. KICKING, OR TRYING TO KICK AN OPPONENT.
2. TRIPPING THE OPPONENT.

## **DIRECT FREE KICKS (DISCUSSION) REFEREE--POINTING AT GOAL.**

-IF ONE OF THE PREVIOUS NINE FOULS IS WHISTLED, PLAY STOPS.

-IF THE FOUL OCCURS OUTSIDE THE PENALTY AREA, THE OPPONENT IS GIVEN A DIRECT FREE KICK.

-THE DEFENDING TEAM MAY SET A WALL.

IF THE FOUL OCCURS INSIDE THE PENALTY AREA THE OPPONENT IS GIVEN A PENALTY KICK.

-THE DEFENDING TEAM MAY NOT SET A WALL.

**IMPORTANT: A GOAL CAN BE SCORED DIRECTLY FROM THIS RE-START.**

## **INDIRECT FREE KICKS (DISCUSSION) REFEREE--MAKING THE LETTER "I."**

--ALL OTHER FOULS RESULT IN AN INDIRECT FREE KICK.

-TWO PLAYERS MUST TOUCH THE BALL BEFORE A GOAL CAN BE SCORED. (OF EITHER TEAM)

-FOUL OUTSIDE OF PENALTY AREA. DEFENDING TEAM MAY SET A WALL.

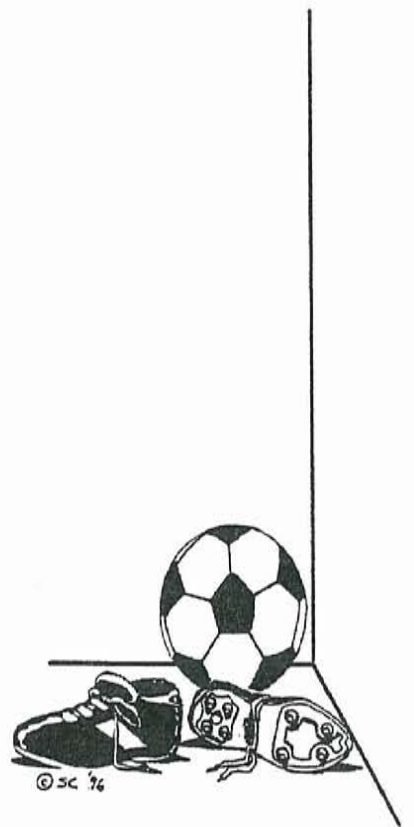
-FOUL INSIDE OF PENALTY ARE. DEFENDING TEAM MAY SET A WALL.

### **IMPORTANT:**

**TWO PLAYERS (OF EITHER TEAM) MUST TOUCH THE BALL BEFORE A GOAL CAN BE SCORED.**



# Notes:



© SC '76





