

A.Y.S.O. COACHES HANDBOOK



HOLIDAYSBURG SOCCER ASSOCIATION

**H.S.A. – A.Y.S.O COACHES HANDBOOK:**

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**A.Y.S.O. REGION #775**  
**HOLIDAYSBURG**

Vision Statement

Holidaysburg A.Y.S.O. is a non-profit youth soccer organization based in our community. The program is devoted to the development, promotion and advancement of the game of soccer in the Central and Western regions of Pennsylvania.

Mission Statement

The mission of the Holidaysburg A.Y.S.O. is to develop young players and to help them understand and enjoy the game of soccer. Holidaysburg A.Y.S.O. believes that individual skills and tactics are an integral part of a player's make-up. The center of this learning process is the game itself! Our mission is to provide 100% participation in age appropriate youth development programs. Holidaysburg A.Y.S.O. wants to promote soccer as a FUN game that should be enjoyed now and the years to come!

Player's are required to wear their AYSO uniform at all training nights and game days. (They should wear a t-shirt underneath their game shirt so different colors can be used on the day). A player's uniform consists of an approved shirt, shorts, shin-guards (worn under socks) and socks. Cleats are preferred but, athletic shoes are acceptable. Jewelry of any kind (bracelets including 'Livestrong' and earrings, etc.) should not be worn during a practice or game. This is in the safe interests of all participants.

**UNIFORM POLICY**

U12-U19 Coaches who do not follow the regular Tuesday night pool practice schedule must adopt a communication of cancellations for your teams.  
Cancelling of practice nights or games will be posted on the website at least two hours before the start of the game or practice. Cancellations due to inclement weather at the start or during training nights or game days will be made by the Coaching Director or President at the fields. Make up training nights will follow the same schedule on the next night. Make up game days will follow the season calendar or be determined by the Coaching Director or President.

**WEATHER POLICY**

President: P.J. Kelly  
pjkelly72@yahoo.com  
201-4803

Coaching Director: Tom Kendziora  
tk3694@attanbtcbnet  
932-2134

**CONTACT INFORMATION:**

- 5) Club Phone (future)
- 4) Team Parent Administrators: communication to - players, parents, coaches, and coaching director
- 3) Coaches: communication to - team parent administrators, players, parents, and coaching director
- 2) E-Mail: updates and communication
- 1) Web Site: ([www.hsasoccer.org](http://www.hsasoccer.org)) -- club news, calendars, forms, registration, schedules, and contact information, weather cancellation notice

All communication will follow the channels listed below:

**COMMUNICATION PROCEDURES**

**A.Y.S.O. SAFE HAVEN POLICY OVERVIEW:**

**THE TWO CYCLES OF CHILD PROTECTION:**

**The Intervention Cycle:**

- 1) Once the head coach has assumed charge of the children on his or her team, he or she remains responsible until a duly designated adult has taken charge of each child after practice or a game or the child leaves the immediate vicinity of the practice or game as prearranged by the parent to walk home or to a friend's or relative's house. No child shall be left unsupervised after a game or practice. Parents who are unreasonably late or consistently tardy should be reported to the child protection advocate for action. Each coach may establish a standing policy of where children may be picked up by late parents.
- 2) For the protection of both the children and the volunteer, no volunteer should permit himself or herself to be alone with any child or group of children (except his or her own) during AYSO-sponsored activities. The recommended supervision ratio should be 1:8 or less; that is, one adult for every eight or fewer children and two adults present at all times (one of whom may be the coach and one of whom should be the same gender as the players).
- 3) Volunteers shall notify a Board Member and parents concerning AYSO activities away from the regular practice areas, playing fields, or other designated areas. Such notification should be documented, stating the nature of the activity, the names of the children involved, and the names of the adult supervisors.
- 4) Conduct

- a. The region advocates and expects exemplary behavior by all its participants, and it will hold a strict line on conduct as laid out in these policies.
- b. Abusive statements such as those that deal with race, ethnicity, religion, nationality, gender, age, sex, or sexual orientation are not permitted.
- c. In addition, physical, emotional, sexual, and ethical abuses are prohibited, as is neglect or endangerment of a child.
- d. Some forms of touching are acceptable as long as they are respectful and appropriate: adult.

- Touching should be with the child's permission.
- Resistance to touching must be respected.
- Touching must never include the breast, buttocks, or groin.
- Touching should be done in the open, not in private.
- Touching should have a brief, limited duration.
- A child's comfort level with touching is influenced by factors such as age, developmental stages, social and emotional well-being, life experiences, gender, etc. all of which change over time.

**The Prevention Cycle:**

There are eight elements in the Safe Haven Prevention Cycle. These are proactive steps that provide the medium for positive, healthy child development.

**1) Foster Meaningful Relationships**

- The coach-player relationship can be the one of the most influential relationship in a child's life.
- It is important for coaches and all volunteer to understand that they are role models for our youth.

- 2) Make Kids Full Participants
  - Kids want to be listened to, they want to be part of the decision making process.
  - Most players feel that they have some good ideas and ways to improve their soccer experience.
  - We encourage you to solicit and validate the opinions of your players.
- 3) Promote Ethical Behavior
  - We're talking about right versus wrong.
  - Remember, kids will follow your lead. We are the ultimate example of ethical behavior.
  - Teach kids that it really is about how they play the game and how they treat each other. It's not about winning.
  - Be consistent. Say what you mean, mean what you say, and try to always say it kindly.
- 4) Model and Teach Conflict Resolution
  - There is a saying, "If We Don't Model What We Teach, We Are Teaching Something Else."
  - We set the example in how we interact with each other as adults.
  - We may not agree with another coach's decision or a referee's call, but what matters most is how we handle ourselves at these times.
  - We need children to see that all situations can be discussed calmly.
- 5) Encourage Kids to Speak Out
  - Keep in mind that all kids have different levels of confidence when it comes to speaking out or expressing their opinions.
  - Try to find ways with kind words and genuine interest to draw kids out in a safe environment that is created by the adult in charge.
- 6) Cultivate Kids' Self-Images
  - Having a positive self-image is the first step towards a successful adulthood.
  - Avoid expressing empty praises, kids know when we're telling the truth. For example: Praise kids for the qualities they bring to the field.
  - 7) Implant Excellence in Individual Achievement
    - Help players set goals.
    - There must be a reason for each action. If a child is given a task, the reason for that task must be clear in the mind of the adult and explained to the child. A coach should not have 6-year-olds run five laps for a bad play because "it builds character and stamina." Having 6-year-olds dribble soccer balls once around the field at the start of practice might be justified as a means of warming up muscles, increasing cardiovascular activity, and building ball skills.
- 8) Keep Things FUN
  - AYSO soccer should be fun for both players and volunteers.
  - Focus on how players and volunteers interact.
  - Make an effort to put a positive spin in all that we do.

# HOLIDAYSBURG SOCCER ASSOCIATION

## FAIR PLAY CHARTER

Any event organized or participated in by Holidayburg Soccer Association aims to promote Fair Play within a competitive environment. There is a Fair Play Charter that encourages participants, team coaches and parents/spectators to behave in accordance with the principles of fun, friendship and enjoyment. Fair Play Charter Summary Criteria.

- being a good sport
  - good behavior
  - the fair treatment of all players
  - acceptance of victory & defeat
  - respect for officials and their decisions
  - the co-operation and team work of players, coaches and supporters
- All people involved in the Holidayburg Soccer Association are encouraged to:**

- be calm and in control of their temper
- appreciate and recognize good play in the opposing team as well as your own
- do not criticize other players

- acknowledge and thank officials and opposing players
- playing by the rules and accept the officials decisions
- use appropriate language at all times i.e. no swearing

### **Team Coaches are reminded that:**

- the emphasis is on the enjoyment of competing fairly and team members should be reminded that they are representing the Holidayburg Soccer Association and should behave accordingly
- they are responsible for the behavior of their teams and supporters for the duration of the Games
- they should encourage participants to value performance as well as results

### **Competitors are reminded that:**

- winning at all costs is not encouraged and teams must play within the rules of the sport and in the spirit of the Games
  - they should be a good winner and good loser
  - they should show respect for their opponents
- Parents & Spectators are reminded that:**
- they should respect the officials and the decisions they make
  - they should NOT get involved with the action on the field
  - let the coach be the coach and you be the fan

**COACHES CODE OF CONDUCT**

- Coaches must adhere to all guidelines laid down by the Hollidaysburg Soccer Association and the rules of AYSO and USSFA.
- Coaches must always promote the positive aspects of the sport (e.g. fair play) and never condone violations of the Laws of the Game, behavior contrary to the spirit of the Laws of the Game or relevant rules and regulations or the use of prohibited substances or techniques.
- Coaches must place the well-being and safety of each player above all other considerations.
- Coaches must show respect to other opponents, coaches, referees and parents at all times. Coaches must encourage and guide players to accept responsibility for their own behavior and performance.
- Coaches must ensure that the activities they direct or advocate are appropriate for the age, maturity, experience and ability of players.
- Coaches must be well prepared. Plan your coaching sessions in advance and arrive at the field well before the start to be set up. Coaches must follow the curriculum provided by the Coaching Director.
- Coaches should be the last person off the field of play. Coaches must make sure that the player's collect all equipment (balls, cones, goals) and equipment is correctly placed in storage. Make sure that the fields are kept clean and litter free.
- If you encounter any problems with players or parents, refer them to an A.Y.S.O / H.S.A. Board Member.
- The Coaching Director's door is always open. If you or your parents have any problems, please knock

**PLAYER'S CODE OF CONDUCT**

- Be punctual at all times
- Be polite
- Ensure that you bring the correct equipment to all matches and training sessions which includes your uniform, a ball, and shin guards
- Take full responsibility for your own equipment, travel arrangements, appearance and performance
- Remain composed at all times during a match
- Never question the officials' decisions
- After a game, shake hands with the officials and the opposition
- When playing or being coached, be attentive. Ask if you do not understand
- Ensure that the changing areas, playing areas, transportation are kept clean and litter free
- The Coaching Director's door is always open. If you or your parents have any problems, please knock

## AYSO PARENTS CODE

As a parent, you play a special role in contributing to the needs and development of youngsters.

Through your encouragement and good example, you can help assure that all the boys and girls learn good sportsmanship and self-discipline. In AYSO, young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat - all while becoming physically fit and healthy. *Best of all, they have fun.*

### **SUPPORT YOUR CHILD**

Supporting your child by giving encouragement and showing interest in their team is very important.

Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are often more important than victory - *that way your child will always be a winner despite the outcome of the game!*

### **ALWAYS BE POSITIVE**

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by your child's team *as well as* good plays by the opposing team. Support all efforts to remove verbal and physical abuse from youth sports activities.

### **REMEMBER: YOUR CHILD WANTS TO HAVE FUN**

Remember that your *child* is the one playing soccer, not you. It's very important to let children establish their own goals - to play the game for themselves. Take care not to impose your own standards and goals on them.

Don't put too heavy a burden on your child to win games. Surveys reveal that **72% of children would rather play for a losing team than ride the bench for a winning team.**

Children play for the fun of playing.

### **REINFORCE POSITIVE BEHAVIOR**

Positive reinforcement is the best way to help your child achieve their goals and their natural fear of failure. Nobody likes to make mistakes. If your child does make one, remember it's all part of learning, so encourage your child's efforts and point out the good things your child accomplished.

### **DON'T BE A SIDELINE COACH OR REFEREE**

Coaches and referees are usually parents just like you. They volunteer their time to help make your child's youth soccer experience a positive one. They need your support too. That means refraining from coaching or refereeing from the sidelines. As a volunteer organization, there's usually always an opportunity for you to take your interest in coaching or refereeing to the next level and become one yourself!

**COACHES GUIDELINES**

**Who Am I?**  
 Coach #1: 34 Year old, youth soccer as a kid; played basketball and other sports; club and high school soccer, coached college level for 14 years,  
 Coach #2: 34 year old parent of two; never played soccer; love books and hiking  
 Coach #2 will need other resources to help them grow as a coach

**Who Are They?**  
 Team #1: Five-time state champions; veteran team; state skills champion  
 Team#2: 7 year-old first year players

Which coach you are in Who Am I will determine what you need to for assistance in question 2, Who are They?  
 Remember who you are working with, the game needs to be at their level.

**What do I want to Accomplish?**  
 1. Did they make a new friend?  
 2. Did they learn something?  
 3. Did they have FUN?

**Coaches Attitude:**  
 1. Keep things simple and clear  
 2. Always be positive  
 3. Exude enthusiasm  
 4. Be organized  
 5. Remember – you are the adult, keep things in perspective- Who are they?  
 6. Let them play  
 7. Remember that the reason they play is to have fun  
 8. Discovery Method of teaching

**Creating an Atmosphere of Good Habits:**  
 1. Keep it Fun  
 2. Let your Signal be their Guide  
 3. Set a Good Example  
 4. Be Aware of the Environment Around You  
 5. Assess Their Attention Span  
 6. Fun Forfeits

**Players Should Become:**  
 1. Quick  
 2. Clever  
 3. Creative  
 4. Confident  
 5. Tough  
 6. Skillful  
 7. Sportsmanlike

**Small Sided Soccer:**  
 To understand the importance of small-sided soccer in the development of youth players, it is first necessary to understand some of the developmental characteristics of the players we are dealing with, especially their cognitive abilities or their ability to think.

**Concrete Operational Thought:** Most players between the ages of six and 12 are in the stage of concrete operation thinking. Some of the characteristics of this level of cognitive development are as follows:

- They are able to only think in the here and the now
- Capable of concrete thought which is highly egocentric
- They think about themselves, the ball and maybe one or two other players at a time, Remember, the ball is the magic of the game!
- Very limited ideas about tactics
- Very little team cooperative ideas
- Tendency to bunch around the ball
- Often cannot see "past their own nose"

**Setting Up the Season:**

- Take advantage of Parent Volunteers
- Find an Assistant
- Parent Administrator: Phone tree, travel plans, Uniforms, team dinners, fund-raisers, and other social events, email list
- Meet the Parents and set guidelines through team or player pool meeting on first night: positive environment, coaches coach and spectators spectate, politeness, treating the referees with respect, no yelling at the kids and especially no yelling of negative comments, remember who you are and where you are
- Establish your Policies: practice schedule, time keeping, equipment, missed practices
- Uniforms and Equipment: cones, balls, pinnies, ball pump, goals, first aid kit, team roster
- Pre-Season Letter: Intro, focus of season, games, cancellations, what to bring

**Getting Started:**

Organization:  
It is important to have you plans in place and have your fields set up. Things to think about:

- How many players?
- Space needed?
- How long for each session?
- Equipment needed?
- How to set up the fields?
- Do I have 1 theme running thru the whole practice?

**Preview:** Bring the team together, make sure they are paying attention and have a clear signal that practice is now starting. In this way, there is no doubt that now is the time to attend, stop all activity and focus in on the activity of the team.

- Explain what the team is going to do, give them a focus point.
- Explain why (improvement, deficiency, specific opponent, fun?)
- Be as specific as possible with your topic
- Get the activity started as quickly as possible
- Let them play the game then look to make improvements

**Demonstration:**

You want to create a picture for the team to copy by way of a quick demonstration

- Stop or Freeze – Teachable moment, Occurrence, Something Good
- Show Picture-use the ball and players, paint it with short words
- Restart- rehearse, start the game with the picture you showed

**Introducing a New Skill:**

- Demonstration
- Let the players try
- Demonstration
- Let the players try
- Questions and Answers
- Have players respond to commands while practicing the skill
- Put the skill into a Fun Game

Keep it Positive and keep the kids first. Have Fun with it, Life is too short!

- Dealing with Parents:
- Golden Rule: Support the Coach without Actually Coaching
- Winning Isn't the Only Thing
- Let the Parents Voice Their Opinions – Be a Good Listener
- Get them Involved
- Remind them about the Funny Side of Life

- Remember:
- Progression
- Avoid having players waiting in long lines
- Have Fun
- The Game is the Best Teacher

- Actual Practice:
- Early arrival and 1<sup>st</sup> 5 min
- Small Sided Games
- Fun Warm Up
- Break
- 10 min
- Ball Handling and Control
- Technical Skills
- Break
- 10 min
- Small Sided Games
- 15 min
- Wrap up- Doggy Bag
- 2 min

## PARENT ADMINISTRATOR GUIDELINES

The Hollidaysburg Soccer Club relies heavily upon its Team or Player Pool Parent Administrators to help keep the organization running smoothly. PA's serve primarily as focal points of communication from the club to the parents and from the parents to the club.

Our website (<http://www.hsasoccer.org/>) will serve as a valuable tool for the PA committee as we pass and receive information.

Parent Administrators will:

- 1 Be the communication point person.
- 2 Serve as the clearing-house for paperwork collection and distribution. (ie. Registration forms, contact info, schedules)
- 3 Help facilitate collection of payments when due.
- 4 Communicate practice schedule, game times, transportation issues, and any changes in the above.
- 5 Keep records and report results and basic statistics to the PA Committee Chair who will then update the website on a weekly basis.
- 6 Assist in the organization of any team function or season ending wrap-up.
- 7 Update and maintain a functional team or player pool e-mail distribution list.
- 8 Serve as a role-model for parental support and side-line disposition.

While the PA position certainly carries its share of administrative duties, more importantly is one's representation of the program. Keeping things positive and moving forward is often a delicate balance. A PA should make themselves a presence among the team and parents, ensuring that communication channels are open and available. Often times, one may have to serve as an encouraging mediator where patience along with a discerning ear makes for a good combination. You can trust whole-heartedly that the Directors want and insist that the PA is an enjoyable position and one that creates a true team feeling in every way.

## PLAYER DEVELOPMENT OVERVIEW

### HOLIDAYSBURG SOCCER ASSOCIATION PLAYER PATHWAY:

1. Hollidaysburg A.Y.S.O.

-Introduction to the game

-Player development

-Foster a love for the game

2. H.S.A. Travel Teams

-Player development

-Competitive (winners & losers; not win at all costs)

-Continuing fostering a love for the game

3. PA West Classic Teams

-Desire and love of the game established

-Higher competitive level (winning is important)

4. State Olympic Development Team

-Highly skilled players chosen for the player pool at state level

5. Regional Olympic Development Team

-Best players from within state teams for each region

[College will be in this area – NCAA Division I, II, III and NAIA]

6. National Teams

-Best players from within Regional Teams

### DEVELOPMENTAL PROGRAM FOUNDATION:

1.

The game is the best teacher

-Players are motivated and challenged to learn through the game

2.

Player Development

-Games and activities are used that players want to participate in because they are enjoyable.

-Every player has a ball for training.

-Games and activities are designed to improve a player's technical abilities and their tactical application.

-Competition is a main ingredient within the practice and helps to motivate and challenge the player.

-Educates players to develop an appreciation for the game, teammates, opponents, referees and coaches.

3.

Using small-sided games to teach

-Skill Development – number of touches on the ball increased

-Tactical Development – expanded decision making

-Fun and Enjoyment – goal scoring chances increased

-Game Understanding – expanded positional play

-Intuitive Development – transitional play increased and automatic

### THE DEVELOPMENTAL PHASES:

The following model is presented to provide perspective on the skills, abilities and emotional needs which players must pass before they can achieve soccer competence. It is also intended to provide evidence supporting smaller-sided games for the vast majority of players below U-13. Remember, all children mature at different rates and overlap between stages is also quite normal.

**U-5 to U-8: The Fun Phase – The Turn-on**

**Becoming comfortable with the Ball**

*The Player:*

**U-5/6's**

- Limited coordination and body awareness
- No practical concept of space or teamwork; very egocentric
- Little tolerance for rules
- Limited attention spans, but love to run, jump, roll, hop, etc.
- Fun seeking; need to satisfy curiosity; desire for adventure

**U-7/8's**

Above characteristics but:

- Coordination, balance and agility are developing quickly; awkwardness and athleticism
- Beginning of small groups tactics with limited vision, passing range and accuracy

*The Game:*

- Fascination for the ball and being around it; dressing up; maximum number of touches on the ball thru 1 v 1 up to 4 v 4;

*The Team:*

- Strong bond of friendship; small group cooperation, no real team concept needed

*The Coach:*

- Friendly helper; organizer and stimulator
- Discovery Method-“The Game is the Teacher”

*The Training:*

- Fun practices; individual ball skills; small games

*The Environment:*

- Goal, nets and grass; heroes; community encouragement; good playing conditions

**U-9 to U12: The Foundation Phase - The Romance**

**Introduction of key concepts and development of basic skills**

*The Player:*

- Developing self-critical attitude
- Desire to copy the model
- Develop awareness of space and teamwork
- Fun seeking
- Small group tactics with developed vision, passing range and accuracy

*The Game:*

- Basic individual skills combined with group play
- 7-a-side soccer
- Festival style versus league play
- Use of modified rules

*The Team:*

- Critical of each other
- Need for discipline
- Strong identity with the group; pride in the team

*The Coach:*

- Sensitive teacher; soccer junky; organizer
- Soccer awareness; demonstration ability
- Discovery Method-“The Game is still the Teacher”

*The Training:*

- Fun practices; individual ball skills: introduction of key concepts; small games
- Speed and mobility work
- (Avoid fierce competition as, in the initial stages of teaching a skill)

*The Environment:*

- Club and school structure; good facilities and equipment; star identification; good playing conditions

**U-13 to U-16: The Formal Phase-The Commitment**

**Large Group Tactics and Team Building.**

*The Player:*

- Self-critical, rebellious
- Strong commitment to team
- Recognition of adult standards and rules
- Desire to attain maturity; rapid growth mentally and physically

*The Game:*

- Carefully monitored 11-a-side competitions
- Symbolic: Praise, status, recognition
- Material: trophies, medals, titles
- Psychological: sense of belonging, achievement, improvement
- Affiliation, handling stressful situations, displaying independence, aggression and power

*The Team:*

- Need for common goals and leadership
- Need for discipline and good habits
- Team spirit

*The Coach:*

- Strong personality; providing individual feedback; reinforcing positive behavior
- Soccer knowledge; enthusiasm; organizer; demonstration ability
- Discovery Method-"The Game is still the Teacher"

*The Training:*

- Fun practices that challenge players, basic skills under pressure
- Strategy and Tactical play in an 11-a-side format
- Use of small sided games 4v4 – 7v7 to show pictures of 11-a-side
- Speed and mobility work
- Situations that develop ability to solve problems meeting the mental and physical demands of the game

*The Environment:*

- Professional organization of kit, flags, nets, ...; good training and playing facilities and equipment; presence of spectators

**U-16 and up; The Final Phase- The Dedication**

**Team Building, Functional Training and Learning to Win.**

*The Player:*

- Mental toughness; self confidence; attitude; work rate; self motivated
- Ability to relate to others; need for attention, security, understanding, and importance
- Personal, club, and nationalistic pride
- Desire to attain maturity; rapid growth mentally and physically

*The Game:*

- Carefully monitored 11-a-side competitions
- Challenging matches on a regular basis
- Professional attitude and reward system needed

*The Team:*

- Need for common goals and leadership
- Need for discipline and good habits
- Team spirit; collective understanding
- Knowing your role in the team and putting the team first
- Concentration and a will to win; accepting responsibility

*The Coach:*

- Charismatic; well informed; experienced, disciplinarian, articulate
- Soccer knowledge; enthusiasm; organizer; teacher

*The Training:*

- Functional training
- Tactical play and team organization; high pressure training
- 8 v 8 to 11-a-side
- Speed and mobility work
- Situations that develop ability to solve problems meeting the mental and physical demands of the game

*The Environment:* ○ Professional organization of kit, flags, nets, ...; good training and playing facilities and equipment; presence of spectators

## SKILL DEVELOPMENT & GAME FORMAT:

- U-5 – 3v3 Game Format – No Goalkeepers
  - 1. Introduction to the game
  - 2. Begin to foster love for the game
- U-6 – 3v3 Game Format – No Goalkeepers
  - 1. Introduction to the game
  - 2. Introduction to fundamentals – individual skills
  - 3. a. Dribbling  
One vs. One game play

- U-7/8 - 4v4 Game Format – No Goalkeepers
  - 1. Continue the fundamentals – individual skills
  - 2. a. Dribbling  
Continue One vs. One game play
  - 3. a. Dribbling  
Introduce group play into the game  
Passing

- U-9/10 - 6v6 or 7v7 Game Format - Goalkeepers
  - 1. Continue the fundamentals – skills
  - 2. a. Dribbling  
Introduce new fundamentals – skills  
Receiving the ball  
Shooting  
b. Passing
  - 3. a. Dribbling  
Introduce the goalkeeper into the game  
Heading  
c. Heading

- U-11/12 - 7v7 up to 11v11 Game Format - Goalkeepers
  - 1. Technique
  - 2. a. Continue to review the fundamentals  
Fundamentals into Game Related  
Game Related into Game Conditions  
Introduce Transitional Play  
Principles of Attack  
b. Principles of Defending

- U-13 to U-19 – 11v11 Game Format - Goalkeepers
  - 1. Technique (as previously)
  - 2. Tactics (attacking & defending)
  - 3. a. Individual  
b. Group  
c. Team  
Physical
  - 4. a. Athletic Attributes  
b. General Endurance  
c. Local Muscle Endurance  
Psychological
  - 5. a. Applied Psychology  
b. Individual Discourse  
c. Team Management

# HSA PLAYER DEVELOPMENT

## U5/6 TRAINING CURRICULUM

TIME	WEEK 1 & 5	WEEK 2 & 6	WEEK 3 & 7	WEEK 4 & 8
5 min before start and 1 <sup>st</sup> 5 min	Small Sided Games 3v3 games	Small Sided Games 3v3 games	Small Sided Games 3v3 games	Small Sided Games 3v3 games
10 min	Fun Warm-up Stuck in Mud	Fun Warm-up Blob Tag	Fun Warm-up Bumper Tag	Fun Warm-up Snake Tag
5 min	Break	Break	Break	Break
10 min	1V1 Attacking Moves New: Start, Stop	1V1 Attacking Moves Review Moves From Last Session New: Turn in, Turn Out Behind	1V1 Attacking Moves Review Moves From Last Session New: Pull Back	1V1 Attacking Moves Review Moves From Last Session New: ¼ turn, Touch
10 min	Numbers Game	Truck & Trailer	Hospital Tag	Crab Soccer
10 min	Technique Game 1v1 game Sharks 'n' Minnows	Technique Game 1v1 Game King of the Ring	Technique Game 1v1 Game Fighting Roosters	Technique Game 1v1 Game Quick Draw
5 min	Break	Break	Break	Break
15 min	Small Sided Games 3v3 games	Small Sided Games 3v3 games	Small Sided Games 3v3 games	Small Sided Games 3v3 games
2 min	Doggy Bag Start, Stop	Doggy Bag Turn in, Turn out	Doggy Bag Pull Back	Doggy Bag ¼ Turn, Touch Behind
	END*	END*	END*	END*

\*Coaches DO NOT leave until equipment is put away, fields are picked up, and all the players have been picked up

# HSA PLAYER DEVELOPMENT

## U7/8 TRAINING CURRICULUM

TIME	WEEK 1 & 5	WEEK 2 & 6	WEEK 3 & 7	WEEK 4 & 8
5 min before start and 1 <sup>st</sup> 5 min	Small Sided Games 4v4 games	Small Sided Games 4v4 games	Small Sided Games 4v4 games	Small Sided Games 4v4 games
10 min	Fun Warm-up Stuck in Mud	Fun Warm-up Blob Tag	Fun Warm-up Bumper Tag	Fun Warm-up Snake Tag
5 min	Break	Break	Break	Break
10 min	1V1 Attacking Moves New: Start, Stop Turn in, Turn Out Pull Back	1V1 Attacking Moves Review Moves From Last Session New: ¼ turn, Touch Behind, Drag	1V1 Attacking Moves Review Moves From Last Session New: Cut Back Outside Cut	1V1 Attacking Moves Review Moves From Last Session New: Scissors Double Scissors
10 min	Numbers Game	Truck & Trailer	Hospital Tag	Crab Soccer
Week 1 Technique	Week 2 Technique	Week 3 Technique	Week 4 Technique	
Game	Game	Game	Game	Game
1v1 game	1v1 Game	1v1 Game	1v1 Game	1v1 Game
King of the Ring	Fighting Roosters	Quick Draw	World Cup	
Week 5 Technique	Week 6 Technique	Week 7 Technique	Week 8 Technique	
Game	Game	Game	Game	Game
Passing: World Record Soccer Marbles	Speed Golf	Asteroids	Piggy in the Middle	
Break	Break	Break	Break	Break
5 min	Small Sided Games 4v4 games	Small Sided Games 4v4 games	Small Sided Games 4v4 games	Small Sided Games 4v4 games
15 min	Doggy Bag Start, Stop, Pull Back Turn in, Turn out	Doggy Bag ¼ Turn, Touch Behind, Drag	Doggy Bag Cut Back Outside Cut	Doggy Bag Scissors Double Scissors
2 min	END*	END*	END*	END*

\*Coaches DO NOT leave until equipment is put away, fields are picked up, and all the players have been picked up

# HSA PLAYER DEVELOPMENT

## U9/10 TRAINING CURRICULUM

TIME	WEEK 1 & 5	WEEK 2 & 6	WEEK 3 & 7	WEEK 4 & 8
5 min before start and 1 <sup>st</sup> 5 min	Small Sided Games 4v4 games	Small Sided Games 4v4 games	Small Sided Games 4v4 games	Small Sided Games 4v4 games
10 min	Fun Warm-up Bumper Tag	Fun Warm-up Snake Tag	Fun Warm-up Foxes and Hounds	Fun Warm-up Caterpillar Tag
15 min	1v1 Attacking Moves New: Start, Stop Turn in, Turn Out Pull Back	1v1 Attacking Moves Review Moves From Last Session New: ¼ turn, Touch Behind, Cut Back Outside Cut	1v1 Attacking Moves Review Moves From Last Session New: V-Pull, Cruyff	1v1 Attacking Moves Review Moves From Last Session New: Scissors Double Scissors Rivellino
15 min	Week 5 Coaches Pick 4 moves	Week 6 Coaches Pick 4 moves	Week 7 Coaches Pick 4 moves	Week 8 Coaches Pick 4 moves
15 min	Week 1 Technique Game 2v0	Week 2 Technique Game 2v0	Week 3 Technique Game 3v1	Week 4 Technique Game
	Passing: In Pairs 1-touch, 2 touch Dynamic Duo: Give-Go, Overlap, Take-over	Triangle Passing	Piggy in the Middle	Goalkeeper Day Gorilla, Jelly Fingers, W catch, Welcome, High Plano, Collapsing, Goalie Wars
	Game 2v0	Game 2v0	Game 3v1	Game
	Week 5 Technique Game	Week 6 Technique Game 1v0-numbers up	Week 7 Technique Game 2v1	Week 8 Technique Game 3v3
	Instep Session	Instep Warm Up 3min	Instep Warm Up 3min	Instep Warm Up 3min
	Break	Break	Break	Break
2 min	Small Sided Games 7v7 games	Small Sided Games 7v7 games	Small Sided Games 7v7 games	Small Sided Games 7v7 games
15 min	Small Sided Games 7v7 games	Small Sided Games 7v7 games	Small Sided Games 7v7 games	Small Sided Games 7v7 games
2 min	Doggy Bag Start, Stop, Pull Back Turn in, Turn out	Doggy Bag ¼ Turn, Touch Behind, Cut Back, Outside Cut	Doggy Bag V-Pull Cruyff	Doggy Bag Scissors Double Scissors Rivellino
	END*	END*	END*	END*

\*Coaches DO NOT leave until equipment is put away, fields are picked up, and all the players have been picked up

## Fun Warm-Up Games:

**Stuck in the Mud:** Have 2-3 players as taggers and have them run around the soccer field trying to tag other players. When they tag someone, the person who has been tagged is frozen-or stuck in the mud. The only way he can get free is for one of his teammates to crawl through his legs and release him. Give the taggers a minute to see how many players they can get stuck in the mud.

**Bumper Tag :** Give 3-4 players pinnies (or a small cone to hold) that will be "it", have everyone else pair up, but leave 5-10 players as individuals depending on group size. Paired players can link arms and stay standing up (or lay down on the ground side by side). The 3-4 taggers try to tag the individual players. If tagged, that player is now "it". A player is safe if they link up or lay down next to a pair of players. But only 2 players can be together, so the Odd Man Out is the player who is not next to or not linked up with the player who just arrived. They have to leave the new pair and can be chased by the taggers. The coach can stop the game and the taggers at that moment can do a Fun Forfeit and then start the game again.

**Snake tag:** Have 3-4 players that will be "it", have everyone else get in groups of 3-4. Players in 3's or 4's are the snakes, they put their hands on the shoulder or waist of the player in front of them, with the first person having their arms free. The 3-4 taggers try to tag the snakes by tagging the last person in line or the tail while the 2-3 players in front try to protect the tail. See how long it takes them to catch all the snakes. The last snake tagged can be the next group "it".

**Fox and Hounds:** Make a box with cones and have 5-6 players that will be "it" and give them a ball, they are the hounds. All the other players are foxes. The hounds dribble around and try to pass the ball into the foxes, if they hit a fox, then they are caught and "stuck in the mud," the other foxes can free them by crawling thru their legs. Play for time and see how many foxes they have at the end of 1 minute. Change the hounds and go again. This game is good for teaching players passing or shooting to a target and moving with their head up.

**Caterpillar Tag:** This game is just like snake tag, but instead, everyone is a caterpillar, 3-4 players linked together with hands on shoulder or waste. Each caterpillar tries to tag the last person in another caterpillar chain, while at the same time trying to avoid being tagged. It is a fast moving game that forces players to coordinate their movements as a team and to think quickly.

**Blob Tag or Chain Tag:** this teaches cooperation and teamwork. Mark off a small area of the field, no larger than 20 by 20 yards. Start off with one person being the chaser, with the whole team running within a confined area. The first person who is tagged joins the chaser to form a chain or blob, and the two tag other players. As more players are tagged, they join the chain or blob. Keep the game going until your time is up (you determine the limits), or until there is only one person left outside the blob. This person is the winner.

## Attacking Moves:

**Go:** push balls with laces out in front of you

**Stop:** keep the ball close enough to use the front sole of the foot to stop it out in front of you

**Turn in:** use the inside of the foot and touch the ball each time your foot comes down as you do a 180 degree turn

**Turn out:** same as turn in (above) but use outside of foot.

**Drag:** Roll the ball with the sole of the foot across your body or drag it across. Players can practice this by doing several drags or rolls together in one direction

**Pull Back:** use the sole of the full and pull the ball back turning 180 degrees and go out the other way on the dribble, while keeping the ball in front of you. (Many players will turn their back on the ball, this is the touch-behind move, one way to teach the pull back his to have kids keep their finger pointed at the ball to make sure they keep it in front as they turn.)

**Hot Potato:** players pass the ball back and forth with the inside of their feet  
**1/4 Turn:** stop the ball with the sole of the foot, roll it forward and pull it back, as you pull it back, turn 1/4 or 90 degrees from where you were facing

**Touch-Behind:** Pull the ball back and push the ball (or touch it) behind the opposite leg using the inside of the foot, sole, or heel.  
**Cut Back:** cut the ball back or chop it with 1 touch in front of you so you go in the opposite direction using the inside of the foot

**Outside Cut Back:** same as the cut back, but use outside of the foot

**Scissors:** step over the ball with one foot and take it away with either the inside or outside of the other foot, **Double**

**Scissors:** step over the ball with one foot, do it again with the other foot, and take it away with either the inside or outside of the foot they stepped over with the first time. Have some fun, go for the triple scissors!

**Fighting Roosters:** Put players are in pairs, each with a ball. They roll the ball on the ground with their hand while trying to touch the other person's ball. The balls must always stay moving and you can not leave your own ball. Each time they touch it, they get a point, play games to three, the second place finisher does a Fun Forfeit and play again. Play the same game, but now players can use their feet. Players will learn to use their turns and spins to get away.

**King of the Ring:** Make a box or circle with cones. Same game as Sharks 'n' Minnows (above), but now, every player is inside the ring with a ball and they try to knock or kick the other player's ball out, every player for themselves in a sense. Once again, with the younger players U5-U7, a second ring or box should be set up so when a player gets knocked out, they go into a new game when others join them having been knocked out from the first box. Also, a coach may have to shrink the circle or box to shorten the game. Remind players to always keep the ball moving, you can have them be knocked out if they let their ball stop.

**Sharks 'n' Minnows:** Make a box with cones big enough for players to move around on the dribble. Players inside the box with a ball are the Minnows and dribble around the ball. Take 2-3 players out of the box to be the sharks, on the coaches call, the sharks run into the grid and try to knock the balls out. With the little kids U5-U7, you can have them come over to the coach and bounce a ball on their knee 5 times and let them go back into the grid, when you say stop, then you see how many minnows the sharks caught, this way players are getting touches and are not always on the outside. Older players can play with the knock out rule. A variation of this game is to have 2 ponds and the space between are the rapids, players have 10-15 seconds to stay in a pond and they have to sneak across the rapids to the other pond. The coach can be the shark in the rapids and players try to sneak around the shark. This teaches players to move with their head up as they keep an eye on the shark and they have to determine how and when to sneak by the shark through the rapids.

### I V 1 Attacking and Defending Games:

**Numbers Game:** Have players work on moves inside a box, when coach shouts a number, 2, 4, 5, ..., the players leave their ball and form a group of that size. Those that get caught do a fun forfeit.

**Crab Soccer:** Divide the group in half, one half is in the middle in a crab position, sitting down using hands and feet to move around. The other players are at one end of a box with a ball. They try to dribble thru the crabs. If a dribbling player has their ball kicked out of the box by a crab or dribbles out of the box, then they become a crab in the middle. Crabs can only use their feet to knock the ball out. Once all the players dribble who don't get knocked out make it across the box to the other side, they turn around and try it again against more crabs. The last player to be knocked out wins. Play the game again, but make the first group of dribblers into crabs and vice versa. Coaches can have fun, join the crabs or grab some parents too, kids will love going against them.

**Truck and Trailer:** 1 player is the truck, the other the trailer, each with a ball dribbling around. The trailer follows the truck and has to copy everything they do, when you say Go, they start. When you say stop, they need to be close enough to touch the each other. When you say change, the trailer becomes the truck and the truck becomes the trailer. Playing the game with players laying down can be easier to see who is being chased.

and the game starts again.

**Hospital Tag:** Players dribble around in box and try to tag other players. Players have to put a band-aid on the spot they were tagged by holding their hand there. Once they are tagged the third time (no hands left for a band-aid) they go to the hospital where they do 5 keepy-ups (juggles) with a catch in between off their thigh or foot. After five they can enter the game again. When the coach says stop, those players in the hospital do a Fun Forfeit (Shooting Stars, Duck Jumps, ...)

### Ball Handling & Control Games:

**Rivellino or Step-Over:** (Named after a famous Brazilian player, Rivellino) step over a rolling ball with the foot closest to the ball, hop and turn 1/2 way or 180 degrees and take the ball away with the inside or outside of the other foot

**Cruyff:** (Named after a famous Dutch player, Cruyff) while moving forward with the ball, players take a big cross, but as their foot comes down to the ball, wrap it around the ball and slide it behind the other leg, changing the direction of the ball 180 degrees and while taking the ball away in the opposite direction they were moving before the move.

**V-Pull:** Pull ball back with sole of foot towards your other foot as one side of a 'V', hop and take the ball with the inside of the other foot out the other way so the ball moves in a 'V' shape, the bottom of the 'V' is where you hop and switch feet. (Similar to a pull back, but ball stays in front)

**Step-Over:** step over a rolling ball with the foot closest to the ball, hop and turn 1/2 way or 180 degrees and take the ball away with the inside of the other foot

**Speed Golf:** Divide your team into partners and make small goals with cones (2-3 yards apart) based on the number of pairs you have. Arrange them around an area where players will have to move and change directions to go thru the goals. Players are trying to make a hole-in-one by passing the ball through the small goals to their partner who must receive it on the other side. If the ball hits a cone, it does not count. Pairs must score on a different hole before coming back to the one they just scored on. The speed is in how many hole-in-ones they can get in a set time period. Coaches can decide between a minute to 2 minutes on the game duration. The winners have the most hole-in-ones. After playing it a few

**Soccer Marbles:** This game helps players on their passing accuracy. Divide your players into partners. Each partner will have a ball. Each player's soccer ball is a marble: one player tries to hit her partner's marble to win points. The first to reach five points wins, and the other player has to do an easy forfeit like a shooting star. Divide your team into partners and start your players about 6 yards apart within a certain boundary-closer or farther depending on their skill level. Stress that players are trying to go for accuracy, so they should work on soft passing with no wet fish. One player goes first and continues playing until he misses. Then it's the next player's turn. Whoever makes it to five points first, wins. Another variation is to play with no boundaries and one player starts by kicking their ball out. Players alternate turns passing their own ball towards their partners ball and the first player to hit the other person's ball with their own gets the point. The person who scores the point will start by passing their ball out so the other person has the first chance to score a point.

**World Record:** Players pass 1-touch 5 yards apart for 30 seconds. Each complete pass is a point. How many points can they get in 30 seconds. You can play the game with 2-touches, but the pass count will be less since taking 2 touches slows the game down.

**Keepy-Uppy:** Players can use any surface to keep the ball up in the air except their hands. Playing Keepy-Uppy is a great way to improve a player's touch. Try to set a new world record each time (also called juggling). With young players, a bag of balloons blown up can be an easy way for them to still play and have fun while learning the skills.

**2-Touch passing technique:** The first touch or pass is for the person on the ball. They should use the inside or outside of their foot to move the ball when receiving it. Move the ball to the side and out in front of them. First touch is a little set up pass for themselves, the second touch is a pass to their partner with proper form.

**Receiving technique:** Players can use the inside or outside of their foot to move the ball to the side and out in front of them. Other surfaces can be used as well, thigh, chest, head.

**1-Touch passing technique:** Players have one touch to push the ball back to a partner using the technique above. Pass the ball so the other player can play a good 1 touch pass back, if the weight of the pass is to hard or fast, then a player will need two touches to control it.

**Passing Technique-inside foot, follow through, bent golf putter, point with other foot, head up, eye contact**

### Passing & Receiving Technique and Games:

**One-on-One Ladder:** In the One-on-One Ladder many one-on-one games take place simultaneously. Create as many mini-fields as there are pairs of players. Number the pairs-these will be your divisions. As the partners play one-on-one, they keep score of the goals they make. You score a goal by dribbling over the end line of the field (10 yards wide by 15 yards long). When you call time, the winners of each field stay where they are, and the loser moves to the next lower division (except for the last division, where the winner goes up, and the loser goes down). Let the games go for 1 minute to minute and a half, and then you change them over.

**World Cup:** Divide players into small groups of four to play World Cup. Divide the large field into mini-fields, about 15 yards in length by 10 yards wide. One player becomes a goalkeeper, and each of the other three players assumes a country's name and becomes that country's World Cup soccer team. The goalkeeper kicks the ball out, and the other three players compete with one another to see who can get the ball and score goals on the goalkeeper. The first country to score three goals win is the World Cup.

**Quick Draw:** Players will play 1v1. Use one ball as a goal (this can be put on a cone) and the other ball is the game ball. Partners will start the game doing alternating toe touches on the ball, when the coach calls draw, then the game starts, the first person to pull the ball back will be the attacker, the other player is the defender. The first player to knock the ball into the other ball or off the cone gets the goal. If the defender steals it, they become the attacker. After 45-60 seconds, the coach will restart all the games again from a quick draw.

rounds, tell players after they make a hole-in-one, they can only pass the ball back and forth to go to the next hole, they can not dribble if any more (a demonstration will be helpful for them understand)

**Triangle Game:** 3 cones in a triangle, 2 touches, ball can not stop, pass the ball through one side of the triangle to partner, partner must beat the cone and play back through a different side of the triangle (one of the other two sides from the side they received the ball from). Each complete pass is a point, if it hits the cone or more then 2 touches, then score starts at 0.

**Dynamic Duo:** This game teaches players how to combine or attack 2v1. Half the team in the middle with a ball, the other make a box or circle around the players with the ball. Players in the middle move the ball in the box and play combinations with the players on the outside. After a minute, outside players come into the middle, inside players go to the outside.

### Combinations:

**Give-Go:** This is also called a wall pass or 1-2. A player will pass the ball to another player and move. The player receiving the ball acts like a wall, so the ball is played with 1-touch off the wall and makes a "V" shape as they lead the ball in front of the player who passed it to them. The player who started the combination will get the ball back off the wall pass when they move after their first pass out to the wall and say the players name (by calling their name, this communication tells a player they want it back). (This combination pass is good for 2v1 attacking going around defenders)

**Over-Lap:** Like a give go, the player passes the ball to a partner, but this time the receiving player will hold the ball with 2-touches and the player who passed it will run around (over-lap) them and tell them to "hold" and come back into the box. (By saying "hold" the player receiving the ball knows the other player is going to do an overlap) The second player will then play a pass into space to lead the first player into the box. (This combination pass is good for 2v1 attacking in wide areas)

**Take-Over:** Instead of passing the ball, now a player will run with the ball at a player on the outside of the circle. The player without the ball will say "leave" and the player with the ball will let the ball go (don't pass it, just let it roll) and the player who says leave will take the ball into the box and switch places. (This is a good 2v1 move in the midfield and is similar to an overlap in a tight area) **Note:** Players need to take the ball with the same foot the other person is dribbling with, if it is on their right foot, take it with your right foot so you don't run into each other.

**Piggy in the Middle:** Set up a 20x20 yard playing area for each group and divide your players into groups of 4, with one person in the middle and the three others trying to pass the ball to one another. The object of the game is to keep the ball away from the person in the middle by passing. If the player in the middle touches the ball or the ball goes out of the grid, then the person who last played it becomes the new piggy in the middle.

**Asteroids:** Divide your players into 2 teams. Make a box 20 yards by 20 yards (bigger if you have a big team) and spread 3-5 cones parallel and five yards away from the side of the box on one end and do the same on the other side of the grid (opposite side). Put a ball on each of the 3-5 cones outside the box. Each team will defend one of the sides with the cones with balls on top of them. The coach will take the extra balls and serve them in from the side of the grid into the grid. Keep at least 2-3 balls playing inside the grid so there are mini games of 2v1, 3v3, 2v2,...., being played as teams will try to get one of the balls to attack with. The teams will try to score a goal by passing or shooting the ball from inside the grid and knocking one of the balls off the cones outside the grid that they are attacking. Players are not allowed outside the grid to attack or defend. If they go outside, they have to go get one of the balls that has missed the targets and bring it to the coach before they can come back into the grid. The team that knocks all the balls off the cones they are attacking wins the game.

**APPENDIX**

- A) Spring Season Calendar
- B) Schedules & Field Maps
  - i. Practice Schedules
  - ii. Game Schedules
- C) Team Meeting Agenda (first practice)
- D) Soccer 3's Format
- E) Soccer 4's Format
- F) Soccer 7's Format

## SOCCKER 3'S and 4'S Organization and Structure

At the U-6 and U-8 levels, "Player Pools" are recommended as the alternative to forming stable, season-long teams and playing with a "Play Day" format. Young children start to identify with the concept of "team" around the age of eight or nine, so forming stable teams and having coaches and referees and formal rules for these players is an adult-imposed condition that eliminates most connections to the ideals of "children and play" and to street soccer.

### Training Pool numbers and organization

- Soccer 3's – 9-12 players
- Soccer 4's – 12-16 players
- Random selection
- Banded on ability after assessment if needed

### Training Days

- 1 Player Pool Coach per Player Pool
- 1 Player Pool Coordinator per Player Pool – Player Pool Coach development program
- Player Pools in same age group train on same night
- Training Session
- 10 min: Soccer 3's and 4's played until everyone arrives
- 10 min: Fun Warm up Game
- 20 min: Skill session with skill game
- 20 min: Soccer 3's and 4's

## PLAY DAYS

### Basic Organization

- Identify # of players and age band
- Organize field set up
- Player Pool Coordinator set up fields on play days
- Player Pool Coach Warm up players in their Pool and makes the teams on Play Days (Incorporate a skill, ex)
- Individual attacking moves into Hospital Tag
- Player Pool Coordinators assist Player Pool Coach on team rotations and getting each game started
- Tournament format where everyone wins and scores are not kept

### Playing numbers

- Soccer 3's – U6
- Soccer 4's – U7/U8 with sweeper keeper players can decide if they want a goalkeeper
- **Field dimensions, goals, and markings**
- Soccer 3's – 20 yards long with two 5 yard goals made with cones, flags, mini goals – no sidelines and end lines
- Soccer 4's – 30x40 yards with two 5 yard goals made with cones, flags, mini goals – Sidelines and end lines

### Calculating the Number of Fields

- 1 field for every 2 teams

### Field logistics:

- Share end lines and sidelines when needed

### Number and duration of "games" per Play Day

- **No more than 60 minutes of play**
- No more than 15 minute games, no less than 10 minute games

### Playing Rules

- Soccer 3's – no rules, players can make up their own if they want
- Soccer 4's – restarts from end lines and side lines with kick-in or dribble-in and restarts after goals can start from end line to keep game flowing, no other rules, no penalty kicks, players are the referees

**Staffing the Play Day**

- 1 Player Pool Coach per Player Pool
- 1 Player Pool Coordinator per Player Pool

**Facilitating the Play Day**

- Warm up teams with 1 Player Pool Coach in Player Pools or as one age group
- Organize teams and rotate teams between games
- Balance teams between games
- Have someone to put a kiss on the bumps and bruises and give someone a time out if they are out to hurt people
- Assist in restarts and settle disagreements fairly when needed

**Player Pool organization and Rotations of players**

- After Player Pool warm up Age Group Coach with Assign 6-8 players to a field and make 2 teams from that pool with help of Player Pool Coordinators, Game shirts used like bibs, a tee-shirt should be worn underneath so a player can change colors on the day
- Each player given a number with random player rotation after each game
- Rotate teams in a ladder fashion or randomly
- Rotate players when needed to balance teams after 1<sup>st</sup> game or two
- After assessment, can organize player pools into 2-3 bands based on abilities, for example, "white", "blue", "orange", so stronger players play each other and weaker players play each other and have more opportunities on the ball for development

**Competition**

- U6 – no scores kept
- U8 – no scores kept or can play for individual score

**Soccer 7's – Play Days for U9-U12  
Split Game Model (Future age groups will play in this format)**

**Split Game Organization**

- 16-18 Player Pool is divided into 2 teams for 7v7
- Each player pool team then players 2 teams from another player pool
- 2 Games: 30 minute games with 15 minute halves
- 1 referee per field

**Coaches**

- 1 Player Pool coach on each field with one of their player pool team
- 1 Player Pool Coordinator on each field with the other player pool team(may be assisting another Player Pool coach
- 1 Voice with minimal coaching from Player Pool Coach
- 1 Player Pool Coordinator assist with player and team rotations

**Determining winners**

- Option 1: Add the total number of goals scored in each game. The team with the best aggregate score would be pronounced the winner.
- Option 2: 2 points- win, 1 points- tie, 0- points - loss for each half. Total points earned 4 mini games determines winner

**Soccer 7's Guidelines**

The modified playing rules for U-9's and U-12's are designed with the players' emotional level, and their need for activity and involvement in mind. The rules borrow from street soccer and from basic coaching theory, and continue to omit the most contentious adult rules, such as offside, until U-13 and older.

## U-5/6 Playing Guidelines

### **1.0 Number of Players**

The recommended number of players for U-6 games is 3v3. Games of 4v4 can be used to accommodate additional players. Goalkeepers are not recommended for this age.

### **2.0 Roster Size**

With the Play Day format, there are no rosters. The Play Day format is an inclusion based model that provides for 100% participation.

### **3.0 Field Dimensions**

The field of play shall be rectangular, with the recommended size for 3v3 being 25-30 yards by 20-25 yards.

### **4.0 Markings**

In reality, field markings for U-6 games are unnecessary; however, chalk lines or disc cones can be used to mark out the fields when needed.

### **5.0 Goals**

Corner flags, placed 12 feet apart, provide the most efficient means of creating multiple goals. If finances allow, the recommended goal size for U-6 is 6 feet by 12 feet. Small hockey goals are not recommended because they are too narrow to encourage the vision to shoot from distance. When the suggested goal size is not available, other common sizes, such as 6 feet by 6 yards and 7 feet by 7 yards will suffice.

### **6.0 The Ball**

The recommended ball for all players younger than seven is a "lightweight" size four. These balls feel like volleyballs and are easier for young players to kick and control. In the absence of lightweight size four balls, size three balls should be used.

### **7.0 Duration of Play**

With the "Play Day" format, players can compete in between two and six games per day for a total of 45-60 minutes of active participation, depending on player interest. Rest breaks should follow each play period.

### **8.0 The Referee**

A coach or parent should monitor play, but let the players make their own rules and call their own fouls. Tell them that they are the referee for their own game. The primary concerns of the adult are the safety and enjoyment of the players. Only one adult should be on the field to help the players and "coaching" from the sidelines should be minimized.

### **9.0 Offside**

Offside does not apply to U-6 play.

### **10.0 Restarts**

At the U-6 level, let the players restart by a kick-in, or dribbling into the field. If there is a mob, then the field coordinator can push the ball into an open space and let the game start. The kick-off can be played backwards from the center spot to ensure possession. All players should begin the game in their own half of the field. There are no corner kicks, the attacking team can restart from the goal line as well as goal kicks. No Throw-ins, restart on the dribble or with a kick-in. Following a goal, any field player from the attacking team can restart the game by dribbling or passing the ball into play from the goal line. A supply of balls can be put at each goal to keep the game going.

### **12.0 Misconduct**

A player who blatantly tries to injure an opponent or who continually breaks the rules should be removed from the game. The player may be allowed to reenter the game after a cooling off period at the discretion of the coach and game manager.

### **13.0 Penalty Kicks**

None

## U-7/8 Playing Guidelines

**1.0 Number of Players**  
The recommended number of players for U-7/8 games is 4v4. Games of 5v5 can be used to accommodate additional players. Formal goalkeepers are not recommended for this age, but players at the back of the team can take the role of goalkeeper or the first one back can be the sweeper keeper and some players will "rest" in goal. Let the players decide on goalkeepers.

### **2.0 Roster Size**

With the Play Day format, there are no rosters. The Play Day format is an inclusion based model that provides for 100% participation.

### **3.0 Field Dimensions**

The field of play shall be rectangular, with the recommended size for 4v4 being 35-40 yards by 25-30 yards. Games of 5v5 can also be played on this space.

### **4.0 Markings**

All field markings should be clearly visible using either chalk or cones. When playing 5v5, the goalkeeper's area should be marked 10 yards out from each goal or can be an arc shape. This area should extend from sideline to sideline.

### **5.0 Goals**

Corner flags, placed 12 feet apart, provide the most efficient means of creating multiple goals. If finances allow, the recommended goal size for U-7/8 is 6 feet by 12 feet. Small hockey goals are not recommended because they are too narrow to encourage the vision to shoot from distance. When the suggested goal size is not available, other common sizes, such as 6 feet by 6 yards and 7 feet by 7 yards will suffice.

### **6.0 The Ball**

The recommended ball for all players younger than age nine is a lightweight size four.

### **7.0 Duration of Play**

The game should consist of 10-minute periods. With the Split Game format, each "mini game" will consist of two 10-minute halves. Players would compete in four 10-minute periods (two min-games) per day. If the traditional single-game format is used, teams should play four 10-minute periods. In all cases, a 5-minute break should follow each 10-minute period.

### **8.0 The Referee**

At the community level, registered referees are not necessary and a coach or parent should monitor play from the sidelines. The primary concerns of the adult are the safety and enjoyment of the players.

### **9.0 Offside**

Offside does not apply to U-7/8 play.

### **10.0 Restarts**

All restarts are indirect and opponents must be at least 4 yards from the ball and should be started with a kick-in or dribble-in. At the community level, any illegal restarts should be retaken, with an explanation of the rule provided to the player.

### **11.0 Start of Play**

The kick-off can be played backwards from the center spot to ensure possession. All players should begin the game in their own half.

### **12.0 Corner Kicks**

Corner kicks should be taken in the usual manner.

### **13.0 Goal Kicks**

When the ball crosses the goal line outside of the goal and was last touched by an attacker, the game is restarted when any player from the defending team (the new attackers) passes or dribbles the ball back into play.

### **14.0 Goals**

When a goal is scored, any attacking player can restart the game by passing or dribbling the ball back into play. No formal kick-offs are taken, except at the start of play.

### **15.0 Throw-ins**

The game should be restarted with a kick-in from the spot where it left the field of play.

### **16.0 Misconduct**

A player who blatantly tries to injure an opponent or who continually breaks the rules should be removed from the game. The player may be allowed to reenter the game after a cooling off period at the discretion of the coaches and game manager.

### **17.0 Penalty Kicks**

None

### **18.0 Sliding and Slide Tackling**

No dangerous slide "tackling" is allowed at the U-7/8 level, but players can legally slide to play the ball if there is no danger of injury to an opponent.

## U-9-U12 Playing Guidelines

### 1.0 Number of Players

The maximum number of players for U-9 and U-10 is 7v7. One player shall be designated as the goalkeeper. In order to maximize playing time, learning and enjoyment, it is recommended that teams be divided in half to play "Split Games."

### 2.0 Duration of Play

The game shall consist of 15-minute periods. With the "Split Game" format, each "mini game" will consist of two 15-minute halves. Players would compete in four 15-minute periods (two min-games) per day.

If the traditional single-game format is used, teams should play four 15-minute periods. In all cases, a 5-minute break

### 3.0 Roster Size

should follow each 15-minute period.

Each member league has discretion over roster sizes. The recommendation for leagues using the 5v5 and 6v6 Split Game format is 14 players, at 7v7 you should have 16 players rostered. For leagues using the traditional single game format, rosters of 7 players are recommended for 5v5 and roster of between 8 and 9 are recommended for 6v6 to 7v7.

### 4.0 Field Dimensions

The field of play shall be rectangular, with the recommended size for 5v5 being 45 yards by 35 yards and the recommended size for 7v7 being 50-55 yards in length by 30-35 yards in width.

### 5.0 Markings

All field markings should be clearly visible using chalk or paint. The goalkeeper's area should be marked 10 yards out from each goal and can be a box or an arc. This area should extend from sideline to sideline. A half way line should also be marked from sideline to sideline.

### 6.0 Goals

The minimum goal size is 6 feet by 12 feet. Six feet by 18 feet and 7 feet by 21 feet goals are also commonly used. In addition, corner flags or regulation size goals (8 yards by 8 feet) can be used if smaller goals are not available.

### 7.0 The Ball

The recommended ball for all players under ten is a size four.

### 8.0 Determining a Winner

In the Split Game format, each 30-minute "mini game" win is worth two points and each tie is worth one point. When two teams play a Split Game format, the total number of points available is eight (4 games x 2 points). Regardless of the number of goals scored in each game, the team accumulating the most points out of eight over the two games is the winner. The purpose of the 8-point format is to eliminate the need to track the aggregate score between games. The outcome of each game is a win (2 points), a tie (1 point), or a loss (0 points) with the actual score from one mini-game unaffected by the score of the other. The "spirit" of the Split Game format provides for coaches to ensure teams and games are as even as possible. Players may be changed from mini-game to mini-game, although this movement should normally take place only between periods.

### 9.0 The Referee

Each game should have a registered referee. In the absence of a registered referee, a coach or parent shall monitor play; the primary concerns of the referee or the supervising adult are the safety and enjoyment of the players.

### 10.0 Offside

Offside does not apply to U-9/10's.

### 11.0 Restarts

All restarts are indirect and opponents must be at least 4 yards from the ball.

### 12.0 Start of Play

Following the coin toss and following each goal, the kick-off can be played backwards from the center spot to ensure possession. Players should remain in their own half of the field until the ball is kicked.

### 13.0 Corner Kicks

When the ball crosses the goal line and was last played by a defender, the game is restarted with a corner kick.

### 14.0 Goal Kicks

When the ball crosses the goal line and was last played by an attacker, the goalkeeper shall restart play in possession.

Possession is defined as holding the ball in the hands. The ball can be kicked, dribbled or thrown into play, but cannot be punted, volleyed, half-volleyed or thrown directly over the half way line in the air (restart: IFK from half way line). Once the ball is placed on the ground, it becomes live.

### 15.0 Goals

Following a goal, the game shall be restarted with a kick-off from the center of the field.

### 16.0 Kick-ins

When the ball crosses a sideline, the game shall be restarted with a kick-in from the spot where it left the field of play. The substitution of kick-ins for throw-ins allows attacking players greater passing range and improves the possibilities of maintaining possession from this restart. Teammates can move farther away from the ball and the goalkeeper will often be within range as a safe supporting option.

#### **17.0 Misconduct**

A player who blatantly tries to injure an opponent or who continually breaks the rules should be removed from the game. The player may be allowed to reenter the game after a cooling off period at the discretion of the referee.

#### **18.0 Penalty Kicks**

None. All fouls are indirect, except in the case of Obvious Goal Scoring Opportunities (see 19.0)

#### **19.0 Obvious Goal Scoring Opportunities (OGSSO)**

When an attacking player is fouled during an obvious goal scoring opportunity (OGSSO), or a defender illegally stops the ball from entering the goal, the game is restarted with a direct free kick at an open goal taken from the half way line. All players, except the defending goalkeeper, should stand behind the ball, while the defending goalkeeper should stand beside the goal. If the goal is made, the game is restarted with a kick off. If the attempt is missed, the ball becomes dead and the defending goalkeeper starts the game in possession from inside the goal area.

#### **20.0 Pass Back Rule**

The pass back rule is not in effect for U9/10 players. The goalkeeper is allowed to pick the ball up when it has been deliberately kicked to him or her by a teammate, provided the goalkeeper is inside the 10-yard area.

#### **21.0 Sliding and Side Tackling**

No "dangerous" slide tackling is allowed at the U-9/10 level, but players can legally slide to play the ball if, in the opinion of the referee, there is no danger of injury to an opponent.

#### **22.0 Advantage**

The FIFA interpretation of the advantage rule is applicable to small-sided games. Where possible, the referee will attempt to maintain flow in the play. This often involves the application of the "advantage rule."