



Handbook for Recreational Soccer Coaches

Revised 8/2015

Contents

SEASONS OF PLAY	3
COACHING	3
ROSTERS	3
ORGANIZING YOUR TEAM	4
UNIFORMS.....	4
GAME DAY	5
Chart 1: Field of Play	6
Chart 2: Goal Dimensions	6
Chart 3: Internal Field Markings	6
RULES OF PLAY.....	7
FOULS AND MISCONDUCT	7
REFEREES	8
PLAYER SAFETY	9
SPORTSMANSHIP	10
COACHES' CODE OF CONDUCT	11
SPECTATORS' CODE OF CONDUCT.....	12
COACHING METHODOLOGY	12
GUIDELINES.....	13
PRACTICE STRUCTURE.....	13
U-8 – General Characteristics	13
Coaching Objectives	14
U-9 – General Characteristics	14
Coaching Objectives	15
U-10 – General Characteristics	15
Coaching Objectives	16
U-11 – General Characteristics	16
Coaching Objectives	17
U12 and Above - General Characteristics.....	17
Coaching Objectives	18
SAMPLE COACHING PLAN	19
COACHES GUIDE SUMMARY.....	21

SEASONS OF PLAY

Within TCYSA, spring, summer and fall seasons are offered to all recreational age groups with the following exceptions: no boys or girls U12 - U19 age soccer is offered in the fall and no boys U16 – U19 age soccer is offered in the spring.

District 7 organizes league play during the fall (boys' u11-u19 and girls' u11-u15) and spring season (girls' u16-19); see organizational chart. Standings are kept in all District 7 leagues and medals are awarded to first and second placed teams.

TCYSA keeps standings in fall for u11 (medals are awarded for first and second placed teams) and in spring for u11-u15 (no medals).

TCYSA organizes summer league play for all ages and no standings are kept. Refer to Summer Soccer Guidance for Coaches and Referees on the TCYSA website for details. Adjustments to standard rules, in effect for the summer season, are set out in the Guidance.

If you are unsure about which league your team is playing in, please contact your club manager.

Travel Expectation - Teams U11 and older should expect some travel to play teams located in Mason, Lewis and Grays Harbor counties during the spring and fall seasons.

Player Pass: A Player Pass enables a player to be a guest player on another team, either for developmental purposes in leagues where standings are kept, or to fill temporary player shortfalls in non-standings leagues. Refer to the Player Pass Rules document on the TCYSA website for details.

TCYSA reserves the right to alter schedules to best serve the strengths/weaknesses of teams.

COACHING

The coach or designated adult (18 years or older, unless approved by the Association) should attend every practice and every game. All coaches, team managers, and assistants must be Risk Management Approved (RMA) through Washington Youth Soccer. There must be an approved adult at all functions.

All teams must have two (2) RMA cleared adults on their roster.

All coaches are encouraged to attend an appropriate level coaching clinic prior to the start of the regular season.

ROSTERS

Rosters are created by club registrars.

Coaches must provide a roster to the referee prior to each game (u8 and older), unless tournament or league rules provide otherwise.

Each team is required to have two registered and RMA coaches on the roster.

Only rostered players may participate in practices and games.

Coaches may not recruit players or “save” spaces on teams for players.

Players may participate in older age divisions, but are not allowed to play in younger age divisions unless granted a waiver by Washington Youth Soccer on medical grounds or by the appropriate Director of Competition for special circumstances.

Girls are permitted to play on boys’ teams, but boys are not permitted to play on girls’ teams.

Roster size is determined by league guidelines. The appropriate Director of Competition may grant a waiver for special circumstances.

Open roster spaces will be filled at the club’s discretion.

Clubs have final decision on rosters.

Contact your club administrator for assistance with your team roster or if you have questions about your club’s roster policy.

ORGANIZING YOUR TEAM

Team Meeting - Once assigned a team roster and your practice day/time/location has been established, contact all the parents with details of your first practice. Request that parents attend the first practice and hold a parent meeting to address important issues.

At the meeting:

- Introduce yourself and outline your credentials (especially a love of the game and a commitment to sportsmanship).
- Lay out what your objectives and expectations are for the players and the team and how you plan to achieve these.
- Address the Spectators’ Code of Conduct and emphasize important points. You may want to give each family a copy.
- Make a list of what your players will need to bring to practices/games and what they should not bring (do bring shin guards, cleats, water bottle, ball; do not bring iPods, jewelry, gum).
- Let everyone know how you plan on communicating with them (phone or email) and let them know that you expect them to respond unless otherwise noted.
- If you want snacks after games and/or practices, ask for a parent volunteer to organize this.

UNIFORMS

Uniforms are the responsibility of the team.

ALL PLAYERS SHALL WEAR SHINGUARDS. Socks must be worn up and over the shin guards.

A minimum "official" uniform is a shirt with a unique number on the back. Goalkeepers shall wear shirt colors that distinguish them from other players.

All players shall wear appropriate footwear. A player may not play in their bare feet. If cleats are worn they must be soccer cleats. Baseball and football style cleats are not permitted.

A player shall not wear anything that may be dangerous to other players or to themselves.

All or any member(s) of a team may wear extra protective clothing against the cold, including gloves without dangerous, protruding or hard objects, provided that: The proper team uniform is worn outermost; and Any hat should be without peak, bill or dangling or protruding or hard objects of any kind; however, the goalkeeper may wear a soft-billed hat; and Referee discretion may be used to determine if an item of protective clothing is considered to go beyond the purpose of providing a means of retaining body heat.

Matching shorts and socks are not required.

Team, club, and sponsor logos are permitted on uniforms.

It is strongly encouraged to keep uniforms simple and low cost.

GAME DAY

Game schedules will indicate if you are the home team.

Home team should provide three properly inflated game balls and place flags or cones on game field corners. Taller, pointed top cones are not suitable for field marking because they may cause injury.

If field markings are faint or non-existent, the home team should mark the field with cones and disk markers.

If goals are missing, home team should mark the goal area with flags or cones.

Home team chooses the sideline for your team and your supporters. With agreement from the home field coach, teams and spectators may share a sideline.

If two teams have identical or nearly identical jersey colors, it is the responsibility of the home team to wear an alternative shirt. Scrimmage vests may be worn. Referee is the final judge on color conflict.

Prior to the start of the game, each coach will provide to the referee an official roster of the team.

Teams need to be prepared to start on time. Referees are expected to wait 10 minutes from the scheduled game start time for teams to be ready.

Score Reporting – All teams are required to report scores of games played in TCYSA and District 7 leagues, even if no official standings are published. The league will email the team contact and request the score. This enables the league to update standings in a timely manner (where appropriate) and to monitor the performance of all teams so that teams are placed in the division that will give them similar level of competition.

Chart 1: Field of Play (the field must be rectangular, not a square)

Field Dimensions (Yards)	Width		Length	
	Min	Max	Min	Max
U8	20	30	25	35
U9	25	35	35	45
U10	35	45	45	60
U11	45	55	50	85
Full Field	50	100	100	130

Chart 2: Goal Dimensions

Goal Posts (Feet)	Width		Height	
	Min	Max	Min	Max
U8	6	12	6	6
U9	8	18	6	6
U10	12	18	6	6
U11	18	24	6	8
Full Field	24	24	8	8

Chart 3: Internal Field Markings

(yards)	Center Circle (Radius)	Penalty Area		Goal Area		Penalty Spot
		Depth	Width	Depth	Width	
U8	4	None	None	3	6 + width of goal	None
U9	6	None	None	4	8 + width of goal	None
U10	8	10	20 + width of goal	5	10 + width of goal	8 (penalties optional)
U11	10	14	28 + width of goal	6	12 + width of goal	10
Full Field	10	18	44	6	20	12

Note:

- (1) Goal kicks and outgoing free kicks (for offenses within the goal area) are taken from any spot in the goal area. Inward free kicks for offenses committed within the goal area are taken from outside the goal area (ball is moved perpendicular to the goal line).
- (2) In many leagues and tournaments penalty kicks for u11 are taken from twelve yards where the goal frame is full-field size (24x8 feet).

RULES OF PLAY

A summary of important rules is set out on the final page of this booklet.

A coin is tossed; the away team calls the toss and the team that wins the toss then decides which goal it will attack in the first half or period of the match. The other team takes kick-off to start the match. The teams will alternate the kick-off prior to the start of the second half. Teams will only switch ends at half time of a game.

Start of Play: The ball will be placed at the center of the field by the referee and the game will start with one player taking a kick into the opponent's half of the field, after a given signal by the referee. At the time of the kick-off, every player will be in his/her half of the field. Every player of the opposing team, to that of the kicker, shall be outside the center circle and on his/her side of the half-way line.

The ball is in play when it is kicked and moves forward. The kicker shall not play the ball a second time until it has been touched or played by another player. For any infraction of these laws, the referee will explain the proper procedure and appropriate restart.

Restart of Play: After a goal has been scored, the game shall be restarted in like manner by a player of the team that gave up the goal.

To start the second half, the game will be restarted with a kick-off by a player of the opposite team to that of the player who started the game.

Restarting play after temporary delay: In the case of a temporary suspension due to injury or any unusual situation, if one team is clearly in possession of the ball, the game shall be restarted by an indirect free kick by the team in possession of the ball at the point where the ball was when play was suspended. Should there not be clear possession at the time play is suspended due to an injury or any unusual situation, there will be a drop ball at the spot where the ball was declared dead. The ball shall be deemed "in play" when the ball has touched the ground; it may not be kicked by a player until it has hit the ground. A goal may not be scored from the first touch off a dropped ball.

Ball In and Out of Play: The ball is out of play when it has wholly crossed the goal line or the touchline, whether it is on the ground or in the air. The ball is also out of play when the referee has stopped the game.

Method of Scoring: A goal is scored when the whole of the ball has crossed the whole of the goal line on the ground or in the air between the goal posts and under the crossbar (or the equivalent space if flags are used to designate the goal). As in all judgment calls, the referee's decision will be final.

In the case the goal marker (cone or flag) is knocked over or moved as a result of a direct hit by the ball and it crosses the goal line, the goal will not be allowed. In this case, the ball shall be put into play by either a goal kick or a corner kick, depending on who touched the ball last. The ball striking the inside of the goal marker and deflecting into the goal shall constitute a good goal. As in all judgment calls, the referee's decision is final.

FOULS AND MISCONDUCT

Free Kicks shall be classified under two headings: "Direct", from which a goal can be scored by a direct free kick against the offending side and "Indirect", from which a goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing through the goal.

For penalty kicks the ball is placed directly in front of the center of the goal. The kicking distance ranges from eight to twelve yards, depending on the age group (see Chart 3 above).

Charging the Goalkeeper

No player shall make physical contact with the goalkeeper, harass the goalkeeper or attempt to play the ball once the goalkeeper has control of the ball in any manner and to any degree whatsoever. Having control of the ball includes situations where the goalkeeper holds the ball on the ground with one or both hands.

Direct Kicks shall be awarded for the following intentionally committed offenses:

1. Kicking or attempting to kick an opponent
2. Tripping or attempting to trip an opponent
3. Jumping at an opponent
4. Charging an opponent
5. Spitting at an opponent
6. Striking or attempting to strike an opponent
7. Holding an opponent
8. Pushing an opponent
9. Tackling an opponent in an illegal manner
10. Deliberately handling the ball with any part of the arm or hand, with the exception of the goalie within his/her own penalty area.

A penalty kick is awarded if any of the above offenses occurs within the offender's own penalty area while the ball is in play, irrespective of the location of the ball.

Indirect Kicks shall be awarded for the following offenses:

1. Dangerous play (e.g. high kicking close to an opponent)
2. Charging fairly (shoulder to shoulder) when the ball is not within the playing distance of the players involved
3. Impeding an opponent's access to the ball
4. If the goalkeeper retains possession of the ball for more than six seconds
5. If the goalkeeper touches the ball with hand or arm after a deliberate kicked pass from a team mate or after a throw-in from a team mate
6. If the goalkeeper touches the ball with hand or arm after he/she has already released possession of the ball and before another player (either team) has played the ball
7. If a player prevents the goalkeeper from releasing the ball from his/her hands
8. If a player commits any other offence for which play is stopped to caution or send off a player

REFEREES

All TCYSA club home games will be officiated by referees approved and assigned by or on behalf of TCYSA.

It is the responsibility of the club of the home team to make certain referees are present.

In the event that a referee is not present, both coaches will mutually agree upon one. If one cannot be agreed upon, each coach will referee one-half. If you are playing in a District 7 league, please refer to District 7 Standing Rules and Regulations for direction on how to proceed if referees are not present.

Particularly at the younger age divisions, less experienced/in-training referees may be officiating. Please be respectful.

The referee has a responsibility to enforce the Laws of the Game to the best of his/her ability. It is not the place of the players, coaches or spectators to make the job of the referee more difficult by dissent through words or actions.

TCYSA and its clubs are serious in their commitment to player safety while recognizing that soccer is a contact sport and, accordingly, carries some risk. If a coach believes that players are being subjected to unacceptable risk during a game, the coach has the option to remove the team from the field, inform the referee why he/she is doing so, and file a report with the club or league administrator. The coach should not dissent against the calls being made on the field by the referee. The coach should not engage in argumentative behavior during or after the game. Coaches must respect that many referees are relatively young and inexperienced. Coaches are expected to create a positive and supportive environment for young referees during games, one that will encourage and enable referees to stay in the game and build their capability.

The clubs and association have zero tolerance for abuse of game officials and will not tolerate dissent or profanity, whether directed at referees or otherwise.

Referees are encouraged to take appropriate action to maintain control over the game. Any player, coach or team official who is given a card or sent off the field of play or sidelines for abuse of a referee will be subject to the disciplinary provisions and process of Washington Youth Soccer.

Referees are required to show a yellow/red card to a coach/team official/player who is being cautioned/ejected. Referees should request coaches to deal with spectators where necessary. TCYSA and its clubs expect coaches to be proactive in controlling their sidelines.

All red card offenses carry an automatic, minimum, suspension of one game, unless successfully appealed. Many offenses carry longer suspensions.

Referee Feedback – Forms to evaluate your game official’s performance can be found at www.thurstoncountysoccer.com under “downloads”. If you have a comment (positive or negative) this is the appropriate channel for delivering your message. Do not engage in abuse of referees at the field, including dissenting comments directed towards the referee.

A coach does not need to know the referee’s name in order to file a report. Asking a referee, especially a young one, his/her name can be perceived as intimidating during or after a game.

PLAYER SAFETY

Coach should report unsafe field conditions or field lining issues to his/her club manager as soon as possible.

No jewelry is allowed, including pierced earrings/studs, for the safety of the other players. Jewelry may not be taped over; taping does not render it safe.

If a player is down on the field, it is a show of good sportsmanship for the team in possession of the ball to kick the ball out of bounds intentionally to stop play so that the injured player may be attended. On the re-start of play, the team in possession should intentionally play the ball to a player on the opposing team.

Goalkeeper safety must be stressed. The ball may not be played by an opponent when the goalkeeper is in possession of the ball. Possession is defined as having the ball trapped between one hand and a surface (ground, other hand, goal post, keepers own body, etc.).

If lightning or thunder is occurring at the field, play should be halted and players should clear the area immediately. The game may resume only when 30 minutes have elapsed since the last lightning strike. If one or both coaches decide to terminate the match, the home coach must report this fact to the Director of Competition.

If a player is injured, Washington Youth Soccer provides secondary insurance. The Player Injury Medical Claim form can be found at www.washingtonyouthsoccer.org, under Resources/Parents/Insurance Medical Injury Process. Form must be completed and submitted within 30 days from injury by a coach or manager who was present at the time of the injury.

SPORTSMANSHIP

Teams should not run up the score against opponents. As a show of good sportsmanship, TCYSA recommends score difference should be no greater than five-eight goals at the end of the game. Younger age games on smaller fields typically have more potential for larger goal differences.

Coaches are required to take actions to limit large differences in scores during games where the teams are not well matched: player positioning, giving weaker players more playing time, shooting with weaker foot, no scoring rule, etc.

The coach is responsible for his own behavior as well as that of his players and spectators. All participants are required to show good sportsmanship towards the opposing team and the referee. Minimizing goal differences should be achieved without embarrassing weaker teams.

Coaching from the sidelines is permitted but not recommended. Coaching must be done in a civil manner and the tone of voice will be informational and encouraging, not demanding or critical. Coaches and spectators may not address comments at players on the opposing team unless the comment is positive and encouraging. Adults are expected to be sensitive to how comments might be received by player, particularly young players.

No spectators, players or coaches are allowed to be positioned behind a goal or between the goal line and even with the top of the 18-yard line of the penalty area or the equivalent line in mod-soccer games.

Players (not on the field of play), coaches and spectators must remain two yards behind the touchline.

The number of substitutions shall be unlimited unless a specific competition determines otherwise. Substitutions will be allowed in order to give opportunity for all players to get equal playing time and to balance rather than run up the score. Please make certain the referee has given consent before sending players onto the field. Substitutions may be made, with consent of the referee, during any stoppage of play.

The use of noisemakers, cow bells, horns or other such devices at fields are prohibited – it is your responsibility as coach to enforce this rule.

If a player or coach receives a red card, there is an automatic one match (minimum) suspension and an adult must leave the field and parking area immediately. Youth players may stay with their team but may not participate further in the match. The one match suspension may be increased to reflect more serious offenses. A referee may instruct a coach to request a spectator leave the field area. The coach must comply with the instruction but should not physically eject the spectator. If the spectator fails to comply with the request the referee may terminate the match. The coach must report such incidents, within 24 hours of the match, to the appropriate Director of Competition and the coach's club.

At the end of each match, shake hands with opposing team, coaches, and thank the referee. Have your players thank the referee(s) also.

COACHES' CODE OF CONDUCT

As a coach in the TCYSA soccer program, I realize that I am responsible for the emotional, physical and skill growth of each player through his/her participation in soccer.

With regard to players on my team:

1. I will endeavor to learn more about the game of soccer.
2. I will learn the laws of the game and the specific laws for my team's age group.
3. I will strive to be a good instructor and a positive role model for my players.
4. I will teach my players to understand and play within the letter and spirit of the laws of the game.
5. I will always put winning in its proper perspective; we win when we do our best no matter what the score is.

With regard to opposing teams:

1. I will endeavor to make my team a positive role model.
2. I will not coach, nor allow my players to play, with intent to cause injury to opposing players.
3. Players, spectators and I will not display hostile behavior toward players on, and supporters of, the opposing team.
4. I will applaud good play by players on my team and the opposing team.
5. I will emphasize winning without boasting and losing without bitterness.

With regard to referees:

1. I recognize that the referee is responsible for the application of the laws of the game and the exercise of judgment.
2. I believe that referees, just as coaches and players, do their best to be impartial.
3. I will instill in my players and spectators a respect for all referees.
4. My players, spectators and I will never address a referee before, during or after a game in a demeaning fashion.

With regard to my parents and spectators:

1. I will instruct my parents in the appropriate manner in which to demonstrate good sportsmanship.
2. I will ask that they not instruct players unless asked to be part of the coaching staff.
3. I will involve parents whenever I can.
4. I will instill respectful behavior from my parents by being what I want them to be.

SPECTATORS' CODE OF CONDUCT

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character.”

I commit to the following:

- I will remember that children participate to have fun and that the game is for them.
- I will inform the coach of any disability or ailment that may affect the safety of my child or the safety of others.
- I will learn the rules of the game and the policies of the league.
- I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other team or league event.
- I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing or taunting, refusing to shake hands, or using profane language or gestures.
- I will not encourage any behaviors or practices that would endanger the health or well-being of the athletes.
- I will teach my child to play by the rules.
- I will teach my child that doing one's best is more important than the outcome of the game.
- I will encourage my child to compete fairly.
- I will never ridicule or yell at my child or other participant for making mistakes.
- I will emphasize skill development and practices and how they benefit my child.
- I will respect the officials and their authority during games and will never question, discuss or confront coaches or referees at the game field.
- I will speak with my team coach at an agreed upon time and place to discuss any concerns I might have.
- I will refrain from coaching my child or other players during games and practices, unless I am a designated coach or assistant for that team.

COACHING METHODOLOGY

Coaching Kit (bring to all training sessions and games):

- Detailed Roster with parent contact information

- Medical release forms
- Coach Handbook
- First Aid Kit
- Ball, flags, cones, scrimmage vests and/or any equipment issued to you for your team's use

GUIDELINES

As much as possible eliminate laps, lines and lectures.

Most training should be done with the ball.

Emphasis should be placed on individual improvement.

Praise as much as you can. Make corrections to individual players as quietly as possible. Praise big, correct small.

Have the practice plan already in mind before you arrive at the field.

Keep the training session focused upon one topic; passing or dribbling

Keep activities simple and easy to understand.

Try to be challenging but realistic, not so challenging that the player gets frustrated or bored.

Activities should resemble the game.

Training session should flow from the simple to the complex.

PRACTICE STRUCTURE (increase the length of time for each activity as training sessions go from 60 minutes to 90 minutes)

U-8 and U-9's - 60 minutes, U-10 and U-11's – 75 minutes, U-12 and older – 90 minutes.

10 minutes – warm up activity with the ball.

5 minutes – dynamic or static stretches.

10 to 15 minutes of individual or small group game.

10 to 15 minutes of a large group game.

15 minutes for a large group game that resembles the game they will play.

5 minute cool down and static stretch.

TRAINING PLANS – AGE GROUP CHARACTERISTICS

U-8 – General Characteristics

- Self-concept and body image are beginning to develop and are very fragile. Easily bruised by adults; negative comments carry great weight.
- Great need for approval from adults.
- Dislike personal failure in front of peers.

- Ridicule from the coach in front of the group is very destructive.
- Attention span is improving.
- True playmates emerge with the inclination toward pairs activities. They want social acceptance. They want everyone to like them. Inclined more toward small group activities.
- Still in motion – twitching, jerking, etc, are second nature physical movements.
- Beginning to develop some physical confidence. Still into running, jumping, climbing and rolling. They like to show individual skills.
- The child's heart rate peaks sooner and takes longer to recover. Children elevate their core temperature more quickly and take longer to cool down than adults. Lack a sense of pace – they go flat out. They will chase the ball until they drop.

Coaching Objectives

- Encourage dribbling with both feet, kicking the ball with both feet, and collecting the ball with both feet.
- Develop the role of the goalkeeper/sweeper.
 - how to use hands
 - coming out to narrow the angle of shots
 - moving out to edge of keeper area and beyond to clear using long kicks with either foot
 - using the hands to throw the ball back into play
- Rotate players into all roles. Encourage cooperation by field players. When to pass, when to dribble are decisions you want them to start making.
- Basic attacking shape, triangle and diamond, should be emphasized. Emphasize creating width and depth in attack.
- Basic defending 1v1 should be stressed. Team defending, getting back behind the ball, should be emphasized.
- Continued practice on throw-ins.
- Show how to attack and defend corners and free kicks.

U-9 – General Characteristics

- Ability to stay physically active is increasing, but still prone to heat injuries more than adults.
- Gross and small motor skills are more refined.
- They have the ability to sequence thought and actions.
- They are starting to think ahead.
- They have an increased sense of responsibility. They will remember to bring their own water and ball, keep their jersey tucked in, carry own stuff.
- Beginning to recognize tactical concepts such as changing the direction of the ball or moving the ball forward along the outside and crossing the ball.

- Repetitive techniques are very important, but keep it dynamic.
- Continued positive reinforcement needed.
- Attention span is increasing. You can give explanations that they can comprehend, but be brief.
- Peer pressure is very significant.
- Team identification is important.

Coaching Objectives

- Dribbling emphasis; using both feet, keeping the ball close, changing direction, lots of 1v1 activities.
- Working in pairs or threes; lots of 2v1, 3v1, 2v2, 3v2 activities. Sharing the ball important.
- Continue to work on the triangle and diamond shapes. Work on getting wide and forward when in possession of the ball.
- Show the concept of team support, wide on each side of the ball and long support.
- Team defending important. Players need to be two way players.
- Continue to work on U-8 keeper techniques and concepts.
- Provide lots of activities that encourage players to shoot on goal.

U-10 – General Characteristics

- Ability to stay physically active is increasing, but still prone to heat injuries more than adults.
- Gross and small motor skills are more refined than 1 year ago.
- They have the ability to sequence thought and actions.
- They are starting to think ahead two and three moves. Beginning to make better decisions as to when to tackle the ball and when to delay.
- They have an increased sense of responsibility. They will remember to bring their own water and ball, keep their jersey tucked in, carry own stuff.
- More capable of recognizing tactical concepts such as changing the direction of the ball or moving the ball forward along the outside and crossing the ball.
- Repetitive techniques are very important, but keep it dynamic.
- Continued positive reinforcement needed.
- Attention span is increasing. You can give explanations that they can comprehend but keep it brief.
- Becoming more serious about “their play”.
- Peer pressure is significant.

Coaching Objectives

- Continued emphasis on dribbling, passing (along the ground and lofted passes), collecting the ball both along the ground and out of the air (new).
- Develop an understanding of player with the ball, players supporting the ball, and the player(s) creating length in attack.
- Develop the concept of goal side and inside of the first defender.
- Develop the ability of 1v1 defending, delay and tackling.
- Begin the idea of the second or covering defender.
- Teach the offside rule.

U-11 – General Characteristics

- Need more flexible activities to help prevent injury as they are maturing.
- Overuse injuries, and high attrition rates come from a failure to stress skill development and learning enjoyment.
- Beginning to develop ability to sustain complex coordinated skill sequences.
- Beginning to think in abstract terms.
- They have an increased ability to acquire and apply knowledge.
- Players need a problem solving approach. Soccer must present the ability to think creatively and solve problems while moving.
- More directional games to targets, zones or goals.
- Continue development of basic techniques with limited pressure but in a realistic challenging environment.
- Continue development of basic defending 1v1, delay, pressure on the ball, control, and restraint.
- Develop an understanding of how defending applies to all roles on the field.
- Work on second, covering defender.
- Basic skills in cooperative play (passing, control, shooting).
- Introduce heading and a variety of ways to control the ball out of the air.
- Continue work on team shape in attack, width and depth.
- It is important that players begin to learn the different roles: front players, midfielder, defender in light of the increased numbers on the field and the size of the field.
- Greater instruction of the offside rule.

Coaching Objectives

- Since there are now three lines of play (3 defenders, 2 midfielders, 3 forward or 3 defenders, 3 midfielders and 2 forwards) it is important to work team structure. How do the three lines work together? Team shape; length and width.
- Continue working on individual techniques in a dynamic, problem solving manner; dribbling, collecting along the ground, passing (especially the lofted ball), shooting, collecting balls out of the air. Start teaching heading.
- Teach the offside rule.
- Continue working on basic defending 1v1, delay pressure on the ball. Get players to understand the second defender role, cover or support.
- Introduce the principles of play using the terms of:
 - Defense: immediate pressure, delay, support, concentration, support
 - Attack: width, depth, mobility, penetration, balance, improvisation
- Work on team play, all three lines moving together transitioning from attack to defense.

U12 and Above - General Characteristics

- Need more flexible activities to help prevent injury as they are maturing.
- Overuse injuries, and high attrition rates come from a failure to stress skill development and learning enjoyment.
- Beginning to develop ability to sustain complex coordinated skill sequences.
- Beginning to think in abstract terms.
- They have an increased ability to acquire and apply knowledge.
- Players need a problem solving approach. Soccer must develop the ability to think creatively and solve problems while moving.
- More directional games to targets, zones or goals.
- Continue development of basic techniques with limited pressure but in a realistic challenging environment.
- Continue development of basic defending 1v1, delay, pressure on the ball, control, and restraint.
- Develop an understanding of how defending applies to all roles on the field.
- Work on second, covering defender.
- Basic skills in cooperative play (passing, control, shooting)
- Introduce heading and a variety of ways to control the ball out of the air.
- Continue work on team shape in attack, width and depth.
- It is important that players begin to learn the different roles: front players, midfielders, defenders, in light of the increased numbers on the field and the size of the field.
- Greater instruction of the offside rule.


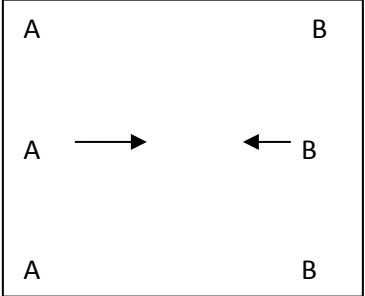
- Self-esteem is dependent upon peer acceptance. Players have a strong team bond.
- More emphasis can be placed on understanding the principles of play both in defense and attack because of the growing ability to solve problems and acquire knowledge.

Coaching Objectives

- Introduction to the 11 a-side game.
- Further develop the individual techniques of dribbling, passing, collecting the ball with a variety of surfaces, and heading. There needs to be greater pressure in a challenging, motivating environment.
- Players need to be challenged to transition as a unit from attack to defense and vice versa.
- Further development of the roles on the field.
- Emphasize being a two way player, attacker and defender.
- It is now possible to work in larger groups of 6 or 7 to solve the problem.
- Teach the principles of defense; immediate pressure, delay, depth, balance, concentration, controlled restraint.
- Teach the principles of attack; depth, width, mobility, penetration, improvisation

SAMPLE COACHING PLAN

Topic	Age Group	Coaching Points
Dribbling at Opponents	U-10 players – 12 players on a team	<ol style="list-style-type: none"> 1. Close control of the ball 2. Change of direction 3. Change of speed
Activity	Description	Diagram
Warm Up – Free Dribbling in a prescribed area	Create an area 20 yds. by 20 yds. Players dribble using both feet. Then with their right foot only. Then with their left foot only. Only rule; don't run into anyone.	
Stretching – 3 to 5 minutes		
Return to the area	<p>Players dribble freely with their right foot. On command they must stop the ball with the sole of their right foot. After about 2 minutes repeat with the left foot. Show players a stop and go move (stop the ball and use the outside of the same foot to start again). Be sure to practice both feet. Show them another stop and go move (stop the ball with the right foot and roll the ball to the left to start). Now have them dribble freely and on command STOP have them execute one of the moves.</p>	
1v1 to goals	Divide players into 3 groups of 4. Pair up the members of each group. Play 1v1 to small goals (the resting players can act as the goal by spreading their legs apart). Play about 2 minutes and change the resting and active players. Play several rounds of this	

<p>3v3 to Zone</p>	<p>Create 2 fields approx. 20 wide by 30 long. At each end create a 6 yd. zone. Players play 3v3 inside the area and score by dribbling into the zone and maintaining possession of the ball.</p>	
<p>Alternative Game Walkabout</p>	<p>Create an area 20 wide by 30 long. Divide team into two groups, one with a ball and one w/o. One group should have scrimmage vests on. The group with the ball can dribble at any speed. The object is to get to the other end with the ball. The players w/o a ball can only walk but are trying to win the ball from the dribblers and kick it out of the area. When all dribblers' balls are out, ½ of the game is over. Change roles and go again. Time each group. The dribblers who held the ball longer are the winners.</p>	
<p>Ending Game 6v6 to a goal or a zone</p>	<p>Play 6v6 to a goal on a field that is 50 yards long by 40 yards wide. Give a point for every goal that is scored and for every time a player beats an opponent in a 1v1 duel.</p>	

Age Group	U8	U9	U10	U11	U12	U13/14	U15/16	U17/19
Ball size	#3	#4	#4	#4	#4	#5	#5	#5
Game time (minutes per half) 1	25	25	25	30	30	35	40	45
Roster size (minimum/ maximum) 2	4 / 9	5 / 11	6 / 13	9 / 14	11 / 18	11 / 18	11 / 18	11 / 18
Players on field	4	5	6	9	11	11	11	11
Slide-tackling 3	No	No	No	Yes 3	Yes	Yes	Yes	Yes
Goalkeeper punts & dropkicks	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Offside rule 4	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Penalty kicks 5	No	No	No 5	Yes	Yes	Yes	Yes	Yes
Direct free kicks	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Indirect free kicks	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Free kick defender distance (yards)	4	6	8	10	10	10	10	10
Retake on throw-in or kick-off	Yes	Yes	No	No	No	No	No	No
Throw-in defender distance (yards)	2	2	2	2	2	2	2	2
Goal scored from goal kick	No	No	Yes	Yes	Yes	Yes	Yes	Yes

- 1** The Summer Recreational League plays 30 minute halves for all ages from U11-U18.
- 2** Some roster sizes may be different from WYS guidelines.
- 3** Slide-tackling is not allowed at U11 recreational level in TCYSA. It is permitted at U11 competitive level and in recreational leagues and tournaments outside TYCSA.
- 4** The offside rule does not apply at the U8 and U9 levels, but the teams must respect the spirit of the rule and referees are advised to penalize players for abuses.
- 5** Some leagues and tournaments permit penalty kicks at U10 level. TCYSA Recreational Leagues do not.

COACHES GUIDE SUMMARY

- Substitutions at all age levels are unlimited, at any stoppage in play, with referee approval.
- There is no requirement to rotate the goalkeeper position at any age but clubs have, in the past, recommended it for U8 and U9 levels.
- The goalkeeper restriction on a deliberate pass back applies at all age groups.
- Coaching from the sideline is permitted but not recommended. There is no coaching beside the penalty area (or the equivalent at younger age groups) or the area behind the goal line.
- Coaches and referees are encouraged to be familiar with specific rules, requirements and restrictions which may be set for leagues and tournaments.
- Coaches are required to provide a roster to the referee prior to each game.
- Coaches are responsible for the control of their sideline at all times.
- Goal kicks and outgoing free kicks (for offenses within the goal area) are taken from any spot in the goal area. Inward free kicks for offenses committed within the goal area are taken from outside the goal area (ball is moved perpendicular to the goal line).

Questions:

Coaches please contact your club.

Thurston County Youth Soccer Association, July 2015