

Boyne Area 4H Youth Soccer

Grades 5 - 6

Recreation Coaches Hand Book

Table of Contents

DEDICATION.....	3
PHILOSOPHY	4
PLANNING FOR THE SEASON	5
PARENT ORIENTATION MEETING	5
THE PURPOSE OF A PARENT ORIENTATION MEETING.....	5
“TRUTHS” ABOUT CHILDREN AND SPORTS.....	7
PRINCIPLES OF YOUTH COACHING.....	7
UNDER 12: 5TH – 6TH GRADERS	8
TYPICAL CHARACTERISTICS OF U12 PLAYERS.....	8
GAME APPLICATION.....	9
DURATION, RATIO OF BALL TO CHILD AT PRACTICE.....	9
SKILL LEVEL OBJECTIVES	9
LAWS OF THE GAME	11

DEDICATION

This handbook is dedicated to you, the volunteer coach who is in the trenches working with the budding stars of tomorrow. We appreciate the time, effort, and dedication you give, not only to the children of Boyne City, but also the sport of soccer.

This manual was created to help guide you, whether you are a seasoned coach, or if you are just starting out and have never coached soccer before:

The information provided is a guideline to give you a starting point.

- We realize that each and every player is different, as are each and every team.
- We hope this manual is helpful with your coaching endeavors and that you continue to refer to it often throughout your coaching career
- Finally, we wish you an enjoyable season and that you continue to coach for many years to come

As far as the manual is concerned:

- We need feedback...this manual can only get better with your input.

Many Thanks!

The 4H Boyne Area 4H Youth Soccer Committee

PHILOSOPHY

Remember back as a kid?

- You participated in an activity because you could play and have FUN!
- If you didn't have fun...you quit
- If the activity was too hard you quit, too easy and you got bored
- You played because you discovered more about yourself and what you can do
- Winning wasn't the main objective...it was how well YOU performed
- You didn't know strategy or tactics...you just knew YOU
- You learned skills through fun games
- You learned by having as much contact with whatever you were playing with
- You learned by playing all the different positions on the team
- When you were on the side lines...you couldn't wait to get back into the game
- You learned at your own rate

You modeled your behavior by observing how your mother, father and coach acted:

- Towards other players
- Towards the opponents
- Towards the referee
- Towards other parents

YOU, AS A COACH, ARE AN INCREDIBLY POWERFUL ROLE MODEL!

The Boyne Area 4H Youth Soccer Committee wishes that:

- You respect the game of soccer
- You respect the players, opponents, the referee, and parents
- You go about your teachings in a thorough, positive, yet humble manner
- You ensure that players come out of their experience with you as better people, better citizens and better athletes

So please take the responsibility of instructing Boyne's impressionable you with a great deal of care and joy.

Planning For The Season

PARENT ORIENTATION MEETING

To make this your season the **BEST EVER!**

- Hold a parent/coach meeting at the beginning of your first practice session
- The invested time will pay dividends for all concerned throughout the season

The Purpose of a Parent Orientation Meeting

- Enables parents to understand the objectives of the team
- Allows parents to become acquainted with you, the coach.
- Inform parents about the nature (and inherent risks) of the sport.
- Articulate your expectations of them and of their children.
- Enables you to address any parents' concerns.
- Establishes clear lines of communication between you, parents, and players.
- Allows you to obtain parental support (assistant coaches, team parents, etc.).

How Do You Conduct The Meeting?

Introduce Yourself

- Introduce yourself and assistant coaches (or ask for volunteers at this time).
- Give background information about yourself (why you are coaching, experience).

Talk About Your Coaching Philosophy

- Discuss the value of the sport and the health benefits to the children.
- Discuss the philosophy of age appropriate activities.
- State the importance you assign to having fun and developing technique.
- State how you evaluate player development through **skills** and not winning.
- Discuss any team rules and guidelines (e.g., must be there 15 min. before kickoff).
- Let them know that all players will receive equal playing time.

Discuss Team Guidelines

- Specifics of the program (e.g. players must appear with proper shoes and properly inflated ball).
- Practice and game schedule can be given to the parents
- Discuss how players must respect opponents, coaches, officials, and the game itself.
- Required equipment (shirts, socks, shorts, shin guards, water bottle).
- Recommended size of ball and soccer shoes.

For additional coaching resources visit <http://www.soccer-for-parents.com>

- Inherent risks (soccer is a contact sport, albeit a relatively safe one).
- Briefly discuss rules of the game.

Discuss Team Management

- Appoint parents to assist with team duties (snack schedule, help with nets/flags).
- Set up telephone tree and /or car-pooling system.

Furthermore, As a Role Model Coach

- Demonstrate leadership, good sportsmanship, respect, and coach with humility.
- Treat each player fairly.
- Organize practices and teach the game through age appropriate activities/games.
- Provide a safe environment i.e. Inspect playing surface.
- Arrive at practice on time and remain until a parent picks up every child.
- Contribute positively to the development of each player's self-esteem.
- Give regular feedback to players.
- Allow each player to play half of every game.
- Respect referees, know the rules, and conduct yourself respectfully on the field.
- Continue to seek coaching education.
- Define player Responsibilities:
 - Attend practices/games regularly, and arrive on time.
 - Bring proper equipment to each practice and game.
 - Clean your soccer shoes/boots & maintain your equipment.
 - Have your own ball and make sure that it is properly inflated.
 - Inform the coach in advance if it is necessary to miss a practice or game.
 - Try your best at each practice.
 - Work toward good sportsmanship and teamwork.
 - Respect the referees.
 - Be supportive of teammates all of the time.
- Answer questions from the parents.

Discuss Parent Responsibilities, such as

- Do not coach your child during games. Transport your child to and from practices and games on time.
- Be supportive of all the players (criticism does not improve performance).
- Help your child understand that he/she is contributing to a team effort.
- Focus on mastering skills and having fun, not winning.
- Avoid material rewards for your child (the reward is the fun of playing!).
- Attend games and cheer the team.

- Refrain from criticizing the opponents; be positive with all players.
- Respect the referees (They will make mistakes, but they are doing their best)

“TRUTHS” ABOUT CHILDREN AND SPORTS

The four underlying concepts provide a number of truths about children and sports that have been identified in other research.

- Fun is pivotal; if it’s not “fun”, young people will not play a sport.
- Skill development is a crucial aspect of fun. It is more important than winning, even among the best athletes.
- Intrinsic rewards (self-knowledge that grows out of self competition) are more important in creating lifetime athletes than are extrinsic rewards (victory or attention from others).
- The most rewarding challenges of sports are those that lead to self-knowledge

PRINCIPLES OF YOUTH COACHING

- All activities should be age appropriate.
- Give clear, concise brief instructions and correct information.
- There should be a flow of simple to complex activities that is appropriate for the ability of the players and the topic of the practice.
- Maintain a safe and appropriate practice area.
- All activities should promote decision-making.
- All practices should finish with a small-sided scrimmage.

Under 12: 5th – 6th graders

Do you remember being a 10-11 year old?

- You start to understand basic tactical situations of the game and are more aware of movement off the ball and reasons for tactical choices
- You can understand coaches when we talk about space and runs off of the ball
- Changes are occurring in your body both physically and emotionally and socially
- We are experiencing growth spurts and awkward phases
- Some of your friends are taller than you, while others are smaller
- Effective coaching means, we, the coaches need to understand how the 10-11 year old thinks and what makes an activity fun for them
- These children are all growing at different rates and undergoing physical, mental, emotional, and social changes.
- The average age for the beginning of pubescence in girls is 10 years old with a range of 7 to 14; for boys it is age 12 with a range of 9 to 16.
- As coaches, we need to be sensitive to these changes and their social implications when coaching this age group.
- Some players may pick up skills quickly, where as others may struggle.
- We need to be patient and keep open minds about all players through these years.
- They are aware of their struggles more than anyone else as peer evaluation is omnipresent at these ages.
- When we see them struggling, it is important for us to help them and to keep the game fun.

Typical Characteristics of U12 Players

- All children are maturing at different rates
- Players need to warm-up and stretch---muscle pulls and other nagging injuries are common otherwise players will typically understand elemental abstract concepts and hypothetical situations
- They like to solve problems
- Peer evaluation is a constant
- Egos are sensitive
- Coordination may depend on whether or not they are in a growth spurt
- Technique still needs to be reinforced constantly
- Playing too much can lead to overuse injuries

- Playing too much and not feeling like they have a choice in the matter can lead to burnout and drop-out
- This is the dawn of tactics!
- Keep asking the players to be creative and to take risks---we never want them to stop doing these things
- Ask for feedback from them---they will tell you how things are going
- Try to hand over leadership and ownership of the team to them
- Keep it fun!!!

GAME APPLICATION

GameForm:	9 on 9
GameDuration:	2 X 30 minutes
Substitution:	Free
GK Status:	GK share time in order of priority.
FieldSize:	50-55x70 yards for 8 on 8 (U-11) and 55-60x80-85 yards for 9 on 9 (U-12)
BallSize:	4

DURATION, RATIO OF BALL TO CHILD AT PRACTICE

Practices should consist of up to 70 minutes of structured, adult-guided soccer with an additional 15 to 30 minutes allotted for free play/self expression and self improvement.

CONSIDER THIS: Great skill begins with the desire to master the ball and the key elements of the game.

Skill Level Objectives

<u>Age Group</u>	<u>Skill Priorities</u>
Under 10	Continue with all Under 10 foci

Speed dribbling in traffic
Ability to chip the ball
Accurately play long passes
Offensive/defensive heading
Power/Accuracy shooting

Tactical Priorities

Communication
Basic support positions
Receiving the ball away from pressure
Combination play
How and when to switch the point of attack
Pressure on containing
Proper 2 on 2 roles
Introduction to all roles in 3 on 3

8 on 8: Under 12

Laws of the Game

Law 1 – The Field of Play:

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 70 yards maximum 80 yards

Width: minimum 45 yards maximum 55 yards

Field Markings: Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of four (8) yards is marked around it.

The Goal Area: Two lines are drawn at right angles to the goal line 6 yards from the inside of each goal post. The lines extend into the field of play for a distance of 6 yards and are joined by a line drawn parallel with the goal line. The area bounded by the these lines is the goal area

The Penalty Area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, 14 yards from the inside of each goal post . These lines extend into the field of play for a distance of 14 yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines is the penalty area. Within each penalty area a penalty mark is made 8 yards from the midpoint between goalposts and equidistant to them. An arc of a circle with a radius of 8 yards from each penalty mark is drawn outside the penalty area

Flagposts: A flag post not less than 5 feet high, with a non-pointed top and a flag is paced at each corner.

The Corner Arc: A quarter circle with a radius of 1 yard from each corner is drawn inside the field of play.

Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corners and joined at the top by a horizontal crossbar. The recommended distance between the posts is eighteen (18) feet and the distance from the lower edge of the crossbar to the ground is six (6) feet.

Law 2 – The Ball: Size four (4).

Law 3 – The Number of Players: A match is played by two teams, each consisting of not more than 8 players, 1 of whom is the goalkeeper

Substitutions: At any stoppage and unlimited.

Law 4 – The Players Equipment: A player must not use equipment which is dangerous to himself or another player including jewelry. Non-uniform clothing is allowed

Law 5 – The Referee: Registered referee, (level 8)

Law 6 – The Assistant Referees: Use U.S.S.F. registered referees (level 9) or club linesmen/women

Law 7 – The Duration of the Match: The match lasts two equal periods of 30 minutes. There shall be a half-time interval of five (5) minutes.

Law 8 – The Start and Restart of Play: Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least four (4) yards from the ball until it is in play. A kick-off is a way of starting or restarting a play:

- At the start of the match
- After a goal has been scored
- At the start of each quarter of play

Law 9 – The Ball In and Out of Play: A ball is out of play when:

- It was wholly crossed the goal line or touch line whether on the ground or in the air
- Play has been stopped by the referee

Law 10 – The Method of Scoring: A goal is scored when the whole ball passes over the goal line, between the goal posts and under the crossbar, providing that no infringement of the Laws of the Game has been committed previously by the team scoring the goal

Law 11 – Offside: It is not an offense in itself to be in an offside position. A player is in an offside position if he/she is nearer to his/her opponents' goal line than both the ball and the second last opponent. A player is not in an offside position if he/she is in his/her own half of the field or he/she is level with the last two opponents or he/she is level with the ball. A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his/her own team, he/she is, in the opinion of the referee, involved in active play by interfering with the

play, or interfering with an opponent or gaining an advantage by being in that position. There is no offside offense if a player receives the ball directly from a goal kick, a throw-in or a corner kick.

Law 12 – Fouls and Misconduct: The following fouls and misconduct are penalized:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent

A direct free kick is also awarded to the opposing team if a player commits any of the following four offenses:

- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.

An indirect free kick is awarded to the opposing team if a goal keeper, inside his/her own penalty area, commits any of the following four offenses:

- Takes more than six seconds while controlling the ball with his/her hands before releasing it from his/her possession
- Touches the ball again with his/her hands after it was released from his/her possession and has not been touched by another player
- Touches the ball with his/her hands after it has been deliberately kicked to him/her by a team-mate
- Touches the ball with his/her hands after he/she has received it directly from a throw-in taken by a team-mate

An indirect free kick is also awarded to the opposing team if a player, in

the opinion of the referee:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his/her hands

An indirect kick is taken from where the offense occurred.

An indirect free kick is awarded to the opposing team at the center spot on the halfway line, if a goalkeeper punts or drop-kicks a ball in the air from one penalty area into the opponents' penalty area.

Law 13 – Free Kicks: All free kicks are direct and opponents are at least eight (8) yards from the ball until it is in play.

Law 14 – The Penalty Kick: A penalty kick is awarded against a team the commits one of these offenses inside the penalty area:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps on an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately
- Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball

A goal may be scored directly from a penalty kick

Law 15 – The Throw in: A throw-in is a method of restarting play. A goal cannot be scored directly from a throw-in is awarded:

- When the whole ball passes over the touch line, either on

the ground or in the air

- From the point where it crossed the touch line
- To the opponents of the player who last touched the ball.

Part of each foot either has to be on the touch line or on the ground outside the touch line. The player must use both hands and deliver the ball from behind and over his/her head. The thrower cannot touch the ball again until it has been touched by another player. For this age group an improperly performed throw-in can be retaken once

Law 16 – The Goal Kick: The goal kick should be taken within 2-3 yards of the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be 4 yards away from the ball until it is in play. Any member of the team may take a goal kick.

Law 17 – The Corner Kick: A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team. A corner kick is awarded when the whole ball, after being touched by a player of the defending team, passes over the goal line, either on the ground or in the air. The ball is placed in the corner arc at the nearest flag post. Opponents remain at least four (4) yards from the ball until it is in play.