

## Gretna New Coaches Orientation

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### Equipment Required:

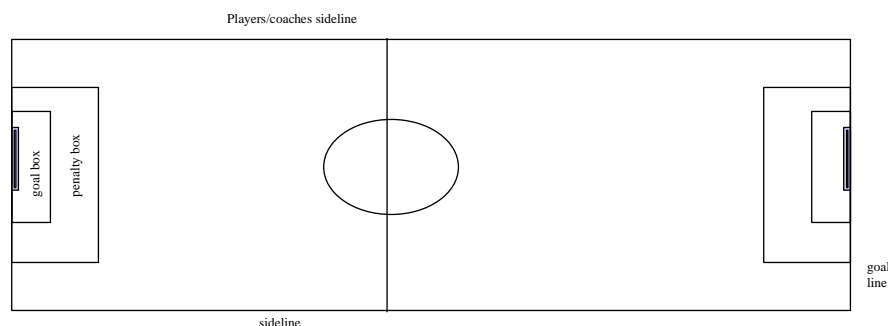
Sarpy County teams: each player brings their own ball, shinguards, uniform, water bottle.

Coach brings game-card, player passes

### Age Specific Items:

	<b>U6 Micro</b>	<b>U7</b>	<b>U8</b>	<b>U9-U10</b>	<b>U11-U12</b>	<b>U13 +</b>
Roster size	6	8	10	12	16	18
Players on field	3	4	5	6	8	11
Ball size	#3	#3	#3	#4	#4	#5
Game time		12 minute quarters	12 minute quarters	25 min halves	30 minute halves	35 minute halves
Goal keeper	no	No	yes	yes	yes	yes
Approx Field Size	20 x 30	30 x 40	30 x 40	35 x 45	50 x 80	65 x 105
Goal Size	micro goals	6' x 16'	6' x 16'	6' x 21'	7' x 21'	8' x 24'
Throw-ins	no	Yes	yes	yes	yes	yes
Offsides	no	no	no	no	yes	yes

### Field Markings:



### Kick-off:

The captain(s) from each team will be called to the center of the field by the referee. A coin toss will determine who kicks off. Two things are decided here: who kicks off, and who defends which goal. The winner decides. The loser gets the other option. On very windy days, it is best to choose to defend the goal with the wind, and use that advantage. On kick-off, the ball is placed in the center of the field. The opposing team may not enter the circle until the ball is played. The ball cannot be kicked backwards on the first touch. It must go forward or sideways. Once played, it must be touched by another player (from either team) before the kicker may touch it again. The kicking team may have as many players inside the circle as they desire. Opposing team is 10 yards away from the ball (hence the 10 yard circle).

### Out of bounds:

The ball is ruled out of bounds when it completely crosses the line. If it is on the line, it is still in. Likewise, if it is on the line entering the goal but has not crossed, it is not a goal. When the ball goes out of bounds, the team that last touched the ball (whether intentional or not) loses possession.

### Throw-in:

When the ball is ruled out of bounds on the sidelines, a throw-in is performed. A legal throw-in has several components: (1) the player must have both hands on the ball, (2) the ball must be thrown directly over the head, not side-armed, (3) both feet must be touching the ground when the ball is released, (4) the player's feet must be on or behind the sideline. Any infraction will force a loss of possession and a throw-in for the other team. Note: In U8, many referees allow a retry as a learning opportunity.

### Goal Kick:

When the ball is played out of bounds by the attacking team, over the line of the defenders goal-line, it is a goal kick for the defending team. The ball must be played anywhere within the goal box area. All opposing players are to be outside the penalty box area (hence the 10 yard rule again). Anyone from the team may take the goal kick (it does not have to be the keeper). As a strategy: with younger kids, make sure that someone is always in the goal when someone else is taking the goal kick. The ball has to leave the penalty box area before it can be played by any other player, either team. If it does not leave the box, or if another player touches it before it leaves the box, the goal kick is retaken. Strategy: never kick to the middle of the field, there is a danger that it will be kicked back into the goal. Always go to the outside.

### Corner Kick:

When the ball is played out of bounds by the defending team, over the goal line on their own defending side, the attacking team gets to take a corner kick. The ball is placed near the corner flag. Opposing players must stay 10 yards back. Attacker either tries to send the ball into an area where a teammate can kick it in, or they may elect to pass the ball to another teammate who may have a better angle. Once the ball is played, it must be played by another player on the field before the kicker can touch the ball again.

### Goal Keepers:

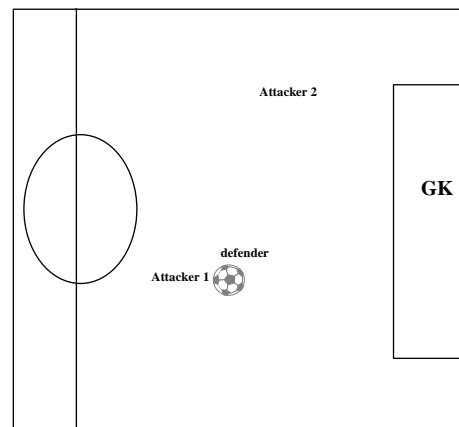
Each team has 1 goal keeper on the field. The goal keepers must wear a different colored shirt than either team. Some keepers have very colored jerseys, some wear white t-shirt, some wear scrimmage vests. The GK may use their hands anywhere within the penalty box area. Once they stop the ball, they can redistribute it in several ways: 1) throw it to a teammate, 2) punt it, 3) place it on the ground and kick it. Once it has been played, the keeper cannot change their mind and pick the ball back up. If the keeper is outside the penalty box area, they may not use their hands, however they may kick it just like any other field player. Strategy: always throw or kick to the side, not down the middle.

### Substitution:

A player(s) can be substituted during several dead balls: 1) beginning of 2<sup>nd</sup> half/quarters, 2) following a goal, 3) during an injury (each team can substitute 1 player), 4) whenever it is your throw-in, or 5) on a goal kick from either team. The coach must inform the referee of intent to substitute. Simply yell: SUB PLEASE will get their attention. New players must enter the field at the half line. Make sure the exchange is fast: yell out the names of players to come off. A GK can also be substituted, however you need to make sure that you inform the referee of a GK change.

### Offsides:

This is difficult to explain. It occurs for U11 and older. Basically, it is used to make sure that some coaches do not “camp” players at the other end of the field, just waiting for a ball so they can kick it in. A player with the soccer ball, dribbling, is never offsides, ever. Offsides is always against a teammate. A teammate is offsides under these TWO conditions: 1) Your teammate is in front of the ball, **and** 2) there is not at least two defenders in front of them (or even with them). A GK counts as a defender. In the following scenario, attacker 2 is offsides because there is only 1 defender (GK) in front of them. Keep something in mind: just because a player is in an offside position, the referee does not call the foul unless the ball is played forward (pass or a shot).



### Referees:

Unlike some sports, soccer does not tolerate the berating of its referees. These referees have within their score of control, the ability to eject players, coaches, and parents. Anyone refusing to leave causes a forfeit for their team. Keep things in mind: many times, we get youth referees. They have played the game, and probably know the rules much better than you do. They have taken a 2 day test and passed. They are intimidated by adults yelling at them. This is the primary reason why good youth referees quit. Always remember: that youth referee is someone's child, and how would you feel is some big bad adults were yelling at your kid?

### Yellow/Red Cards:

The referee carries two colored cards to indicate severe fouls. A yellow card is a warning. Two yellow cards to the same player results in an ejection. The team must play a player down. A red card is an immediate ejection. Red cards get reported to the league. Typical causes: dangerous play, talking back to the referee, yelling or cursing to other team. etc.

### Fouls:

A foul results in either an indirect kick or a direct kick by the opposing team. If in doubt, always instruct your players to ask the referee if the kick is direct or indirect. A direct kick may be kicked directly into the goal, without anyone else touching it. There are certain fouls that result in a direct kick, regardless of where they occur. An indirect kick must be played by another player (intentionally or not) before it can count as a goal. Kicking the ball at goal, and having the GK touch it as it goes in, counts as an indirect kick.

### Penalty Kick:

When a dangerous play occurs within the confines of the Penalty Box, a penalty kick is awarded. This is always a direct kick. It is taken at a spot in front of the goal. All players except the kicker and the GK are to remain outside of the penalty box until the kick is taken. The kicker may not dribble the ball, it is a 1 touch shot. Typical causes: use of hands within the penalty box area by the defending team, dangerous play, etc.

### Game Day:

Have your players arrive 30 minutes early. Begin with stretches, and then ball control. Progress to passing and receiving. The last thing you want is a bunch of players blasting balls into the net. Have someone work with the GK by tossing and kicking balls. Have your game card made out for the referee. Have your players passes ready. If you are home team, have a game ball identified. Make sure no-one is wearing any jewelry. All players must have legal cleats (no baseball shoes unless the front toe cleat has been cut off), and shinguards. Ask the players to tuck in their shirts (referees like this, and it helps them see if the other team is pulling on their shirts during game time).

### Administration stuff:

I highly suggest you get an assistant coach, or at least a team manager. Have them help with the game cards, helping with substitutions, calling tree, making up a treat list, etc.

### Practice Progressions:

Focus on one thing during each practice. Begin with a warmup, then go into an easy breakdown of the skill/technique. This is called the fundamentals. Make sure there is no pressure on the player until they have learned the skill (no defenders taking the ball away). Progress into "match related". This means using the skill in a 3v1 or 4v2 type of activity. This adds some pressure, but allows progression. Then, move into "match condition", where you are playing 8v8 or whatever your roster allows. Keep the practices moving and aerobic, with no-one standing more than a few seconds in a line. Lines are terrible!

- **Suggested U8 progression:** get them using both right and left foot, concentrate on ball control. You cannot progress to passing and receiving if they cannot control the ball. Try to get some shooting drills every so often. Keep the kids spread out. Begin discussing the push-pass method.
- **Suggested U10 progression:** Concentrate on passing and receiving, shooting, drop balls, switching fields. The role of the defender (1<sup>st</sup> and 2<sup>nd</sup> defender). Receiving the ball off the head and the chest is introduced. More shooting.
- **Suggested U12 progression:** Combination plays, such as wall passes, give and go's. Chipping and lofted balls from outside into the attacking third is useful. Introduce the use of space.