



Shakopee Soccer Association Recreational Coaches Manual

It is important that you as parents/coaches starting with this age group have minimal involvement in the actual game – all you need to do is tell the players which goal they need to score in! Let them have fun and assist them where necessary to enjoy the game even more. In principle there are no rules, just a ball and six, eight or twelve players running and trying to get the ball into the opposition's goal! Kick-off is determined by a choice between the "captains" as to which hand the "match leader" has his or her whistle in, or coin, or grass with soil or any other alternative. A game is started with a kick forward to a team-mate from the middle of the halfway line. The opposition must be 15 feet away from the ball at this time. Note: If the player kicks the ball into the goal without a teammate touching the ball, it is not counted as a goal; when it deflects off a defender into the goal, it is counted as a goal. For the under 5, 6, 7 and 8 years of age group only, when a goal is scored, there is no kick-off but a restart from the back line.

Game Day

Warm-up

The following warm-ups are recommended:

- Before the match starts the "coach-parent" will have to do a short warm-up. This can be done by starting with a small-sided game or position game between the members of the team (3 v 3, 4 v 3, 5 v 2).
Or,
- Put the players in a circle of 25 feet and let them dribble the ball to a team mate and take his/her position. Later pass the ball and take his/her position, or the coach stands in the middle and passes the ball to a player and receives it back and the player runs around the circle until he/she is back in his/her own position etc.

Game Play

The one hour games are divided up as follows: first 10 minutes warm up drills (passing, practice skills learned on training night, etc.). Then play two 20 minute halves with a 5 minute half time break. The last 5 minutes will incorporate the penalty shoot-out detailed below.

Penalty Shoot-out

Directly after each match every player is allowed to take a "penalty" from the 20 foot spot.

First, all players of the A-team and second, all players of the B-team take their penalty kicks (free shot from 20 foot spot – no goalkeeper).

Role of the Referee (Coach)

Under 5-8 years of age

Your role as a parent coach will be to assist the players during the game. Do your best to keep the game moving fluently and with minimal breaks and be more of a game leader than a referee. Your main role as game leader is to explain to the children that when the ball goes behind the back line or when a goal is scored the game is restarted from the back line. Keep the opponents 15 feet away from all restarts. Note: soccer is a contact sport and each action is dealt with at the time it occurs. Explain the foul in simple terms, restart and let the game continue!

Under 9-11 years of age

Your role as a parent coach will be to act as an "instructing referee". Your "official" role is to control the game to ensure it is played fluently and instruct the players on how to behave, what a foul is, what a free kick is and how to throw in etc. You may correct the players without blowing a whistle or stopping the game. If it occurs a second time, you should stop the game and let them do it again. Keep the opponents 15 feet away from all restarts. Note: Soccer is a contact sport and each action is dealt with at the time it occurs. Explain the foul in simple terms, restart and let the game continue!

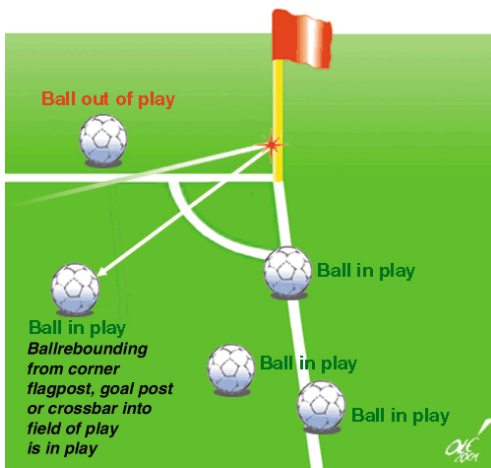
Laws of the Game

Field of Play



Ball in and out of play

The ball is out of play when it has **wholly crossed** the goal line or the back line, or when play has been stopped by the referee.



Ball crossing the side line

Under 5-8 years of age

No throw-ins are used, instead players are awarded a kick from behind the sideline. To encourage quick restarts and decision-making under pressure, the team in possession has three seconds to recommence the play from a restart. This can be done by the match leader having a countdown of "Ready-set-go!". When the match leader shouts out: "Go!", the ball is deemed to be in play and the defending team can encroach within the 15 foot zone and attempt to win the ball.

Under 9-11 years of age

Throw in: Player faces the field of play, part of each foot either on or behind the touch line, uses both hands and delivers the ball from behind and over his or her head. The thrower may not touch the ball again until it has touched another player. If he/she does, then a free kick is awarded against him/her.

Ball crossing the back line after touching the defending team last

Under 6-11 years of age

Corner kick.

Ball crossing the back line after touching the attacking team last

Under 5-8 years of age

Goal kick off the ground from the back line.

Under 9-11 years of age

Goal kick from anywhere inside the penalty box.

Method of scoring

A goal is scored when the **whole ball** crosses the line. When original goals or goal posts (poles) are not available and cones are used for goals then a goal is scored when the ball passes between the cones without knocking them over.

Offside

There is no offside for the under 5–11 year-old age groups.

Fouls and misconduct

There are only indirect free kicks (a goal may not be scored directly from the kick) with the exception of a penalty kick (refer below). All indirect free kicks within the penalty area shall be taken outside the 20 foot penalty box line.

Fouls and misconduct are:

- 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
- tackles an opponent to gain possession of the ball
- making contact with the opponent before touching the ball
- holds an opponent
- spits at an opponent
- handles the ball deliberately
- plays in a dangerous manner
- impedes the progress of a player

Under 5-8 years of age

No player is allowed to deliberately handle the ball with his or her hand and or arm anywhere on the field.

Under 9-11 years of age

Only the goalkeeper is allowed to handle the ball, and only inside their penalty area. No other player is allowed to deliberately handle the ball with his or her hand and or arm anywhere on the field.

Penalties

A penalty kick is given because of deliberate "hand ball" in the penalty area or when the opponent commits a deliberate serious foul such as: kicking an opponent, striking an opponent, tackling an opponent in a dangerous manner etc.

Under 5-8 years of age

The penalty kick is taken from the 20 foot spot with an empty goal – all other players must stand behind the halfway line.

Under 9-11 years of age

The penalty kick is taken from behind the 20 foot line with a goalkeeper in position – all other players must stand behind the halfway line. When a penalty kick is taken, the next penalty kick has to be taken by another player until all players have been used.

Additional Information

Competition

- No competition or official recording of scores, results, finals and statistics.
- Games will focus on player development and enjoyment.

Playing Format

- For Under 5 - 6 we will be playing a 3 v 3 with no goal keepers
- For Under 7 – 8 will be playing a 4 v 4 with no goal keepers
- For Under 9, 10 and 11's we will be playing 6 v 6 with goal keepers

Some practical recommendations

- All players must get an equal amount of playing time.
- Three-goal margin rule: When the difference in score between the two teams reaches three or more goals at any point during the match the losing team is allowed to restart from the middle line when a goal is scored against them instead of from their own back line – Under 8 years of age and below.
- When an individual player is completely dominating the game and has already scored three goals and their team is winning by a three-goal margin, he/she can only score another goal when one of their team-mates has scored a goal. This will help to encourage good players to include other members of their team and assist them in creating opportunities for others. If the particular player scores a fourth goal before any of his team-mates has scored and the goal margin is three or more goals, the goal does not count and play is restarted with a goal kick/dribble.
- The game leader must use common sense to ensure that the game flows as much as possible. He or she must assist the players in getting the game moving quickly. He or she should try to encourage as many players as possible to get involved. The idea is that the game leader is not punishing players but “instructing” them and helping them to enjoy the game all of the time. Most fouls and hand balls at this level are committed through lack of coordination. There is rarely any intent. Try to give advantage to the attacking team when you can. Be fair to both sides.