

HERSHEY SOCCER CLUB

RECREATIONAL COACHES' MANUAL

2011 Fall Season



Direct questions to the appropriate Age Group Coordinator or the Vice President of Recreation at
533-1894 or jssnavely@hotmail.com

For information, refer to the Hershey Soccer Club website at
www.hersheysoccer.com

MISSION STATEMENT OF THE HERSHEY SOCCER CLUB, INC.

The vision and goal of HSC is to provide the highest quality youth soccer program in Central Pennsylvania.

- It is our mission to provide all interested youths of Hershey with a positive soccer experience through participation and fair competition while teaching our players basic soccer skills, team play, and sportsmanship in a safe and enjoyable atmosphere.
- To provide a rewarding experience for parents, volunteers, coaches, referees and board members through outstanding organization, excellent facilities, open communication and fairness.
- To work synergistically with other soccer clubs, local schools, and our community.
- To develop in all of our players a love of the game.

COACHES CODE OF ETHICS

In accordance with the National Youth Sports Coaches Association and the Eastern Pennsylvania Youth Soccer Association (EPYSA), each volunteer coach pledges to:

- Place the emotional and physical wellbeing of their players ahead of any personal desire to win.
- Treat each and every player as an individual.
- Do their best to provide a safe play situation for their players.
- Organize practices that are fun and challenging.
- Demonstrate by example, fair play and sportsmanship.
- Remember that they are a youth coach and that the game is for children and not adults.

RULES AND GUIDELINES

In order to further HSC's mission of fair play and sportsmanship:

- All players will enjoy equal playing time in each game and throughout the season.
- All players will, if possible given equal playing time, should never sit out two quarters in a row.
- If a player sits out two quarters in a game, then they should play three quarters in the next game.
- No player will play the same position for more than two quarters per game.
- All players will play equivalent time at both defensive and offensive positions.
- Playing time will not be determined by attendance at practices.
- No scores or team standings will be recorded.
- A protective zone will be maintained around the goal keeper in order to avoid injury.
- If a team is overmatched, the opposing coach will play some of their less skilled players on offense.
- If a team is ahead by more than 5 goals, the losing team has the option to add an additional player to the field.
- Opposing teams will occupy opposite sides of the field during games to avoid possible confrontations.

- The referees' calls will not be contested and will be considered final.
- HSC will strictly enforce these rules and guidelines.**

CONDUCT OF COACHES, PARENT/GUARDIANS AND PLAYERS

This is a recreational program intended solely for the enjoyment of our children.

- The desire to win will not overshadow the need for acceptable, civil behavior by all.
- The behavior of coaches, parent/guardians and players must be example of fair play and civility for our children.
- The coaches are ultimately responsible for the behavior of their players and their parent/guardians.
- HSC expects that all coaches, parent/guardians and players treat the referees with respect. They are simply young people giving their very best efforts to the game of soccer.
- Regardless of the correctness of the call, referees will not be challenged.
- Any uncivil behavior displayed by coaches, parent/guardians or players during games or at a practice that is directed at other coaches, parent/guardians, players or referees will be immediately dealt with by HSC.

HSC BOARD MEMBERS

Board Position	Name	Phone	Email
President	Chris LaCoe	312-1719	clacoe@gmail.com
Vice President, Recreation	Jeff Snavely	533-1894	jssnavely@hotmail.com
Vice President, Travel	Maribeth Briggs	583-0977	briggspa5@aol.com
Treasurer	Eric Bryan	534-1969	embryan@hotmail.com
Referee Coordinator	Chris LaCoe	312-1719	clacoe@gmail.com
U5-U6 Coordinator	Victoria Sontheimer		vss2@live.com
U7-U8 Coordinator	Tim Cotter	298-1606	cottersdunmovin@comcast.net
U9-U10 Coordinator	Jeff Snavely	533-1894	jssnavely@hotmail.com
U11-U12 Coordinator	Jeff Snavely	533-1894	jssnavely@hotmail.com
7 th /12 th Grade Coordinator	Doug Brown	534-9122	jbtaco1036@aol.com

All questions should first be directed to the Group Coordinator or the Vice President of Recreation at 533-1894 or jssnavely@hotmail.com

Additional information may be found at the **HSC website:**
<http://www.hersheysoccer.com>

Dear Coach:

Thank you for volunteering to coach HSC soccer this fall. Without your help and dedication the soccer program could not be successful. We hope you and your team have a fun and safe season! The following information will help you plan and achieve a great season.

THANKS AGAIN AND ENJOY THE SOCCER SEASON!

COMMUNICATIONS

Your respective grade level coordinator (see previous page) is your primary communication contact. Please do not hesitate to call if you have any questions, concerns or suggestions. If you need to speak with someone else, please direct your questions or concerns to the VP of Recreation.

PAPER WORK

All coaches and assistant coaches must complete a registration form and a US Youth Soccer Disclosure Statement before the first team practice. This paper work must be completed before jerseys and equipment can be handed out.

COACHING MATERIALS

- Equipment, coaching information and instruction manuals, uniforms, rosters, schedules, registration forms, USA Soccer Disclosure Statement, picture information are handed out at the Coach's Kickoff.
- Coaching information can be found at <http://www.youthsoccer.org>, the official web page of US Youth Soccer.
- Instructional videos can be checked out from the Derry Township Public Library.
- **All equipment must be returned to the Age Group Coordinator at the end of the season.**

***Sign up for Free Isoocer.org coaching software for video skill programs and other useful coaching tools. Check this out!**

PLAYER NOTIFICATION

The coach should notify each player and their parents by phone within one week of receiving your rosters. All players should be notified at about the same time to avoid unnecessary anxiety for players and their parents.

Schedule a parents' meeting before the first practice so the coach can review the league rules, practice and game details and for the players, their parents and the coaches to meet one another.

PRACTICES

·IF IT IS FUN, THEY WILL COME!

- Practices can begin as of the second week of August.
- Depending on the age and makeup of the team, practices should be between one and one half hour practices, generally once a week.
- Always start practices and pre-game with a warm-up. Coaching primers and manuals provide drills, contests and instructional ideas.
- Have a set schedule of the different skills and drills you will be working on. One new skill can be introduced at each practice with other time intervals used for repetition of skills that have already been introduced. Working on only one new skill at each practice will enable the players to learn through repetition and minimize confusion.
- We encourage continuing to practice during the week once games begin. Soccer skills cannot be acquired during Saturday games alone. Please notify your age group coordinator if you will not be using one of your designated practice days or you need to change your practice day. Fields are tight and other teams may want to use the open fields.
- Attend coaching clinic for review and guidance of drills and program plans for your individual teams. These are provided at no cost to all recreational coaches and volunteers.

GAME DAY POINTS

- The team should arrive 15–20 minutes before game time to allow for time for warm-ups, preparation of line up, and referee player check.
- Have your parents take turns providing both a halftime snack (traditionally orange quarters) and a snack and drink for the end of the game.
- Equipment boxes:** Corner flags are in the equipment boxes at each field. **The lock combination for the boxes at Palmdale, Brookside, the Middle School and Shank Park is 1234.** Coaches from the first game of the day should take the corner flags and game ball from the box, set up the flags and give the game ball to the referee to be passed

on for the next games. The coaches of the last scheduled game should return the equipment to the box and lock it.

·A coach in the U5-U6 age group is allowed on the field during the game for the **first** through the **fourth** games of the season to assist his or her players. The coaches will remain off the field for the last two games.

·Coaches are not allowed on the end lines to assist the goalkeeper.

·**RAINOUTS:** The VP of Recreation will contact the age group coordinators by 8:00 AM on game day if that day's games are to be canceled due to the weather. The coordinators will then contact the coaches. **All** games for that day will be canceled and **No** official makeup games will be scheduled. If two coaches, by mutual consent, choose to make up a game, check with the coordinator for field availability. The Saturday after the last scheduled game is also available for makeup games.

·The players in the U5-U6 age group should be discouraged from cherry picking (standing in front of the opposing goal) although off sides is not called for this age group.

·**REFEREES ARE NOT TO BE YELLED AT OR CONFRONTED DURING THE GAME.** They are only kids doing the best job they can. The coaches are responsible for maintaining a respectful atmosphere toward the referees among the parents, players and coaches. Referees are essential to the game. The soccer season should also be a positive experience for them. Uncivil behavior will not be tolerated. Please emphasize this with all players and spectators before the game.

·**REMEMBER KIDS LEARN BY EXAMPLE.** If a situation arises that becomes a problem, please call your respective age group coordinator or the VP of Rec.

·**KEEP THE GAME FUN FOR YOUR PLAYERS!** Standings and scores are not kept. The goal is to learn soccer skills and to have fun!

TEAM MEETING

·This is a very important step and can be done easily before or after a scheduled practice.

·Share the coaching philosophy and appropriate game time behavior with your team and their parents. Emphasize soccer is for the kids and is to be a positive experience and we as a community are to be supportive of the players, coaches and the referees.

·Emphasize the following:

1. The objective of soccer is to have fun and play safely.
2. Sportsmanship is more important than winning at all costs.
3. Standings are not kept, success is measured by how much fun the players have.
4. All players will play all positions, and a minimum of two full quarters. If goalkeeper is too stressful, the player will not be required to play this position.
5. Players, parents, referees and coaches must treat each other with mutual respect.

- Handout rosters, practice schedules, game schedules, map, parents letter, uniforms, photo day info., phone chain list and snack schedule for the games. It is easier to assign snack dates, and then allow individuals to switch dates as needed.
- Ask for volunteers to help coach, setup the phone chain and snack schedule, etc.
- Confirm that soccer is played rain or shine, unless otherwise notified. The age group coordinators will contact all coaches if games are canceled.

COACHING LICENSE

If you would like information on obtaining a higher level Coaching License or would like more information, contact HSC at 533-1894 or jssnavely@hotmail.com.

Hershey Soccer Club Recreational League Rules of Soccer		
No.	Title	Description
1	Field of Play	11 v 11 :100 x 50 yards (football field) 8 v 8/9 v 9 :80 x 50 yards (U13 & up: 80 by 60 yards) 7 v 7/5 v 5 :50 by 30 yards 3 v 3 :40 by 20 yards The field of play is bounded at each of the ends where the goals are located by the goal line. The lines bounding the field of play connecting the goal lines are touch lines. The goal area is in front of the goal bounded by the goal line to a line paralleling the goal line 4-6yards into the field of play (U13-U19: 6 yards) and from the goal uprights to lines perpendicular to the goal line 4-6 yards (U13-U19: 6 yards) out from each goal upright. The penalty area is in front of the goal bounded by the goal line to a line paralleling the goal line 12-18 yards into the field of play (U13-U19: 18 yards) and from the goal uprights to lines perpendicular to the goal line 12-18 yards into the field of play (U13-U19: 18 yards). The penalty mark is centered on the goal and half-way between the “6-yard” line of the goal area and the corresponding parallel lines of the penalty area. The outer edge of these delineating lines defines a goal area, penalty area or field of play. Age groups U5-U6 & U7-U8 - only a goal area is provided for the keeper. Age groups U9-U19 - a goal area and a penalty area are provided for the keeper.
2	Ball	U5-U8: size #3, U9-U12: size #4, U12-U19: size #5
3a	Number of players Including keeper	U5-U8: 4-6 players, U13-U19: 8 players The number of players will be determined depending on the number of registrants, the size of the team rosters and the need for equal playing time. If a team trails by 3 points, it may add a player, and if by 6 points may add 2 players. Max 15 players on a team roster at game time.
3b	Substitutions	All players are to receive equal playing time at all positions. U5-U12: Substitutions allowed at any time. U13-U19: Substitutions at own team’s throw-in or for both teams at a goal kick or kick off and made with permission from the referee. Players are to receive equal playing time and may be substituted without limitations.

4	Equipment	Each player is required to wear the team shirt . Socks are to completely cover shin guards, which are required. Shoes are required and may have soccer cleats only. The keeper’s jersey must be a different color from the players and the referees or wear a pinnie. No jewelry or watches are allowed – no exceptions - due to risk of player injury. Eyeglasses must have straps. According to the Committee on the Prevention of Sports Injuries of the American Academy of Pediatrics, eye protection and mouth guards may offer protection from facial injuries.
5a	Referees	All decisions are final. Treat referees with respect. Coaches are responsible for controlling the players and the spectators. If a coach has any concerns about the referee he/she should contact the age Group Coordinator or the VP of Rec who will resolve the problem ASAP. Each coach is provided referee fees at the beginning of the season and is to provide half the fees for a game to the referee before the start of the game. Please contact the referee coordinator, if the referee fails to show up for the game. Provide the field location, the time and date of the game and the coaches’ name.

5b	Referee decisions	Referee determines that each player has the correct equipment before the beginning of the game. If a player is injured, the referee stops game and allows the injured player to be attended. Restart is according to the state of play at the time game was stopped. If a team is fouled but retains possession of the ball, the referee allows play to continue stating loudly “play-on” and swinging both arms forward. If the fouled team loses the ball in the first few seconds after the foul, the referee blows the whistle and stops play and awards a restart to the fouled team according to the foul. A referee may caution a player with a yellow card or send off a player with a red card. The referee keeps game time.
6	Linesman	Two linesmen per game although historically at younger ages there are no linesman. One (parent) may be supplied by each team. Linesman indicates when the ball is completely over the touch or goal lines and out of play. Referee has final jurisdiction.
7a	Duration of match	Age group U5-U8: 4x12 minute quarters , Age group U9-U12: 2x25 minute halves , Age group U13-U19: 2x30 minute halves . Game clock does not stop.
7b	Time between play	Referees allow 5 to 15 min between quarters or halves according to the need of the players and as agreed to with the coaches before the game begins. Water breaks can be provided within a quarter or half if the coaches and referee agree to this before the beginning of the game.

8a	Start and restart of play – kick off	<p>A coin toss is conducted with team captains before the beginning of the game. The team winning the coin-toss selects which goal to attack in the first half; the teams switch goals for the second half. The other team takes the kick-off to start the first and second quarters (U9-U19: first half). The team that won the coin toss then starts off the third and fourth quarters (U9-U19: second half) with the kick-off.</p> <p>Ball must travel forward at least one yard before being touched by another player. Kicker cannot touch ball before it is touched by another player (otherwise indirect free kick by opposing team at point of second touch).</p> <p>After each goal, the team whose goal was scored on kicks off.</p> <p>During a kick off all team members must be on their own half and outside the center circle (at least 10 yards away from the ball).</p> <p>A goal may be scored directly from a kick off.</p>
8b	Start and restart of play – dropped ball	<p>A dropped ball restarts a game if it is stopped while the ball is in play for any reason not specified in the laws of the game.</p> <p>The referee drops the ball where it was when play was stopped. The ball is in play when it touches the ground. It is the referee's discretion how close players may be to the point where the ball is dropped.</p>
9	Ball in and out of play	<p>On the ground or in the air, the ball is out of play only when it has completely crossed over the outer edge of the goal lines or touch lines bordering the field of play. Goal posts, corner flags and referees are in play. Ball must be completely over the outer edge of a delineating line to be outside of that area either at the goal area, penalty area or field of play.</p>
10	Scoring	<p>The ball must enter the goal completely crossing the goal line and not have been propelled by arm or hand of player on attacking team. There is no overtime in a tied game.</p>
11a	Offside position	<p>It is not an offense to be in an offside position until the ball is struck.</p> <p>When a teammate propels the ball, a player is in an offside position if the player's head, body or legs are closer to the opponent's goal than both the ball and the second to last defender.</p> <p>Player is not offside on throw-in, corner kick, goal kick or in his own half of the field.</p>
11b	Offside offense	<p>U5-U8: no offside. U9-U19: offside offense enforced.</p> <p>A player is penalized for being offside if in the opinion of the referee:</p> <ul style="list-style-type: none"> - the player interferes with play by touching or playing the ball - interferes with an opponent playing or attempting to play the ball - gains an advantage by playing the ball from that position. <p>Restart is an indirect free kick at the infraction point.</p>
12	Foul/Misconduct	<p>A foul or misconduct results from an action that gives an unfair advantage to the offender or risks the health of an opponent.</p>
12a	Foul/Misconduct Direct Free Kick	<p>U5-U8: restart is an indirect free kick. U-9 & up: restart is a direct free kick. Free kick taken from point of infraction or a penalty kick if occurring in the penalty area.</p> <p>U5-U12: Seven actions against an opponent are judged by the referee to be a foul: kicks or attempts, trips or attempts, strikes or attempts, jumps at, charges, holds or pushes. Intentional carrying, striking or propelling the ball with hands or arms is a direct free kick foul. Slide tackling is not permitted and considered a direct free kick foul.</p> <p>Grades 7 & up additionally two fouls: spitting at an opponent, attempting to gain possession of the ball from an opponent with the feet contacting the player before touching the ball. Slide tackling is not permitted and considered a direct free kick foul.</p>

12b	Foul/Misconduct Indirect free kick	<p>Indirect free kick taken from point of infraction: dangerous play, impeding the progress of an opponent, charging the keeper or delaying game. Keeper must release ball with hands within 6 seconds. Any other penalty not previously mentioned in Law 12.</p> <p>U5-U12: As soon as the keeper attempts to play the ball, no opposing player may approach the keeper. Keeper may handle the ball only inside of the goal area (U9-U12: penalty area).</p> <p>Grades U9-U12: Additionally, a keeper may not handle a ball kicked to him by a teammate.</p> <p>Grades 7 & up FIFA Laws of Game apply.</p>
12c	Foul/Misconduct “Yellow card” offenses Cards are not given	<p>U5-U12: restart is indirect free kick from point of infraction:</p> <ul style="list-style-type: none"> -Entering/leaving field without referees permission -Persistent infringement of the laws -Show by word or action disagreement with the referee’s decision -Unsportsmanlike conduct. -Two of the above offenses and the player or coach is ejected for the remainder of the game. <p>Grades 7 & up: FIFA Laws of the Game apply. Additionally, slide tackling is prohibited.</p>
12d	Foul/Misconduct “Red card” Offenses Cards are not given	<p>U5-U12: restart is indirect free kick from point of infraction:</p> <ul style="list-style-type: none"> -Violent conduct or play -Foul or abusive language -One of the above offenses and the player or coach is ejected for the remainder of the game. -A sent off player may be replaced. <p>Grades 7 & up: The FIFA Laws of the Game apply. A sent off player may be replaced.</p>
13	Free kicks	<p>Direct free kick – A goal can be scored by a direct shot. Indirect free kick – The ball must first be touched by another player before a goal can be scored.</p> <p>Opposing players must give distance for a free kick: U5-U8: 6 yards, U9-U10: 8 yards, U11 & up: 10 yards.</p> <p>Grades U5-U12: ball is in play after moving at least one yard and the kicker cannot touch the ball before another player (otherwise indirect free kick by opposing team from point of second touch).</p> <p>Grades 7 & up the FIFA Laws of the Game apply.</p>
14	Penalty Kick	<p>U5-U8: only indirect free kick on goal area “6-yard” line nearest point of infraction.</p> <p>U9-U12: if any Law 12a direct free kick foul occurs inside of penalty area when ball is in play. The penalty kick is taken from the penalty kick mark centered on the goal and half-way between the “6-yard” goal area line and parallel penalty area line.</p> <p>U5-U12: All players except keeper and kicker outside of penalty area (U5-U8: goal area). Keeper must remain stationary on the goal line in the goal until ball is kicked. Kicker can play ball after touched by another player (otherwise restart is indirect free kick by opposing team from point of second touch). Ball is in play when kicked and moved forward. Play all rebounds.</p> <p>Grades 7 & up: FIFA Law of Game applies.</p>

15	Throw-in	<p>Throw-in by a team at point where ball completely crosses touch line last touched by the opposing team. Ball must be thrown over the head, held by both hands and released while over the head. Both feet must remain on the ground. Goal cannot be scored directly from a throw-in. Thrower may not touch ball until touched by another player (otherwise indirect free kick by opposing team from point of second touch). Opposing players must be at least 2 yards away from throw-in.</p> <p>U5-U8: improper throw-in is redone with instruction.</p> <p>U9-U12: improper throw-in results in loss of possession and opposing team takes throw-in.</p> <p>Grades 7 & up FIFA Law of Game applies.</p>
16	Goal Kick	<p>Goal kick is awarded to defending team when ball completely crosses goal line outside of goal after being last touched by attacking player. Defending team may place ball anywhere inside of goal area. Kicker cannot touch kicked ball after in play until touched by another player (otherwise indirect free kick by opposing team from point of second touch). Attacking players must be outside of goal area. Goal kick retaken until ball is in play.</p> <p>U5-U8: ball is in play after kicker propels ball outside of goal area completely over line defining the goal area.</p> <p>U9-U12: ball is in play after kicker propels ball outside of penalty area (completely over line defining penalty area).</p> <p>Grades 7 & up: FIFA Law of Game applies</p>
17	Corner kick	<p>Corner kick is awarded when defending team last touches ball before it completely crosses the goal line outside of the goal. Ball is kicked by attacking team from quarter circle around corner flag (without moving flag) and may be kicked directly into goal to score. Kicker cannot touch ball until after it contacts another player (otherwise indirect free kick by other team from point of second touch). No offsides at corner kick.</p> <p>U5-U12: Ball is in play after being kicked and moving 1 yard.</p> <p>Opposing players must be at least: U5-U8: 6 yards, U9-U10: 8 yards, U11-U12: 10 yards.</p> <p>Grades 7 & up: FIFA Law of Game applies.</p>