

K-5th Grade Soccer

Coaches Handbook



Fall 2019

Dear Coach,

Welcome to the 2019 Robbinsdale, Crystal and Golden Valley Recreation Departments Fall Soccer Program. The following manual is provided to familiarize and orient you to the youth soccer program and to provide you with information to help you organize and conduct practices.

The primary goal of our youth athletic programs is to provide an experience that is both recreationally enjoyable and rewarding to the players, coaches and families of the program participant. The objective is to instruct the youth in the basic positions and techniques of the game. It is our hope that all individuals involved in the program will make every effort to ensure that the athletic venture is a positive learning and rewarding experience.

The information contained in this manual will help guide you through the soccer season. Suggestions are provided for running practices, drills and how to work with different age groups.

If you have any questions, comments or concerns during the course of the season, please call Dillon Ronan at 763-531-1171,

To a good season,

Ryan Parks
Robbinsdale Recreation
Recreation Supervisor

Alyssa Trumbower
Robbinsdale Recreation
Program Coordinator

Dillon Ronan
Crystal Recreation
Program Coordinator

Heidi Weiler
Golden Valley Recreation
Program Coordinator

YOUTH ATHLETIC GOALS AND OBJECTIVES

The purpose of the Recreation Department's youth athletic programs is to provide a healthy recreation experience in an environment where a child can have fun while developing physical skills and emotional maturity through interaction with other children and adults.

The goals are to provide opportunities for all area youth by giving them a chance to participate in an organized league, with quality coaching and instruction in the basic fundamentals of the sport, as well as encouraging a lifetime involvement in sports.

To achieve these goals and objectives, we need the cooperation and assistance from the athlete's parents and coaches. Every decision concerning the youth athletic programs of the Recreation Department is made to benefit all the youth participating. If you, as a coach and/or parent, experience problems or have concerns regarding the program, please contact the Crystal Recreation office at 763-531-0052, Robbinsdale Recreation office at 763-531-1278 or the Golden Valley Recreation office at 763-5122345.

PLAYER'S BILL OF RIGHTS

1. Right of the opportunity to participate in sports regardless of level of ability.
2. Right to participate at a level that is commensurate with each child's developmental level.
3. Right to have qualified adult leadership.
4. Right to participate in a safe and healthy environment.
5. Right of each child to share in the leadership and decision making of their sport participation.
6. Right to play as a child and not as an adult.
7. Right to proper preparation for participation in the sport.
8. Right to an equal opportunity to strive for success.
9. Right to be treated with dignity by all involved.
10. Right to have fun through sport.

Coaches Activities Checklist

- Are the activities fun?
- Are the activities organized?
- Are all the players involved in the activities?

- Is creativity & decision making being used?
- Are the spaces used appropriately?
- Is the coaches' feedback appropriate?
- **3 L's - No LINES, No LAPS, No LECTURES**

Characteristics of U-6 Players

- Short attention span.
- Can attend to only one problem at a time.
- May understand simple rules that are explained briefly and demonstrated.
- May or may not understand or remember: what lines mean on the field; what team they are on; what goal they are going for. We need to be patient and laugh with them as they get 'lost' on the field.
- Easily bruised psychologically. Shout praise often. Give "hints", don't criticize.
- Need generous praise and to play without pressure. No extrinsic rewards (trophies, medals, etc.) should be given for winning.
- Prefer "parallel play" (Will play on a team, but will not really engage with their teammates. Thus, a 3 against 3 game is, in reality, a 1 against 5 game because they all want the ball at the same time.
- Very individually oriented (me, mine, my).
- Constantly in motion, but, with no sense of pace. They will chase something until they drop. They are easily fatigued but recover rapidly.
- Development for boys and girls are quite similar.
- Physical coordination limited. Eye - hand and eye - foot coordination is not developed. Need to explore qualities of a rolling ball.
- Love to run, jump, roll, hop, etc.

Involving the Parents

It is imperative that coaches **get the parents involved**. Not only are they a major resource for your team, but the U-6 player still views their parents as the most significant people in their lives. A pre-season meeting should be held with the parents so that objectives and team policies can be addressed. Some topics that you may want to address at this meeting are:

- Discuss the laws of the game.
- Practice and game schedules. How you feel about starting and ending on time, what your attendance expectations are, what you think is a good excuse to miss training.
- What each player should bring to practice: filled water bottle, soccer attire, shin guards (Cleats are not mandatory.)

- Identifying the team helpers- assist with phone calls or make a calling tree, organize game treats, etc.
- Carpool needs.
- Most importantly, your philosophy about coaching U-6 players. Let them know that everyone plays; that the game does not look like the older player's games; that you are there to ensure that their player is safe and has a good time, as well as learn about soccer.
- What your expectations for them are during game time. How do you want them to cheer? Do they know that they should not coach from the sidelines?

Coaching Rationale

It is important to understand at the outset that players coming to any sport prior to the age of 6 years old, in general, do not do so by their own choice. As a result, their coaches need to give them something about which to get excited. Further, at this age, learning to play soccer is secondary to most other things in their lives.

With the above assumptions, let's look at some things that we can do to energize the U-6 players, and, hopefully, get them to the point where they will enthusiastically initiate the sign up for next year!

- Each session should be geared around touching the ball as many times as possible. Involve the ball in as many activities as possible. Basic movements such as running, skipping, hopping, etc. need to be emphasized. If these can be done while kicking, catching, rolling, or dribbling a ball... all the better!
- Training should not last for more than one hour. This is primarily due to physical fatigue and attention span considerations. Any more than this may lead to their and your burnout.
- Have as many different kinds of activities ready as you can get into one hour. Emphasis needs to be placed on what is FUN!
- Remember, although they may have very similar birthdates, their physical and/or mental maturity may vary as much as 36 months. Activities need to accommodate these individual differences whenever possible.
- Team play and passing is an alien concept to these players. They know that if they pass the ball, they may never get it back. In fact, they often will steal it from their own teammates. Do not get uptight if they do not pass, let them dribble to their heart's content.
- Plan for at least 4, 90 second drink breaks, especially in warmer weather. Their "cooling system" is not as efficient as in older players.

Typical Practice Session

Here are some items that should be included in a U-6 training session:

Warm-Up: A brief warm-up is appropriate in order to get the players thinking about soccer and to prepare them physically for the time ahead. This should involve individual body activities that may or may not involve the ball. They can chase their ball as it is thrown by the coach, bringing it back with different parts of their body. Or, they can chase someone with their ball at their feet. Static stretching is also appropriate at this time, again, hopefully done with the ball.

"Soccernastics" activities are very appropriate, like: rolling the ball with the bottom of their feet, with their elbows, backwards, with the back of their neck while holding on to it; throwing it up and catching it; keeping it up with their feet while sitting.

Individual Activities: Follow the warm-up with some kind of individual activity, not a real 1 v 1 game, but some kind of activity where players act as individuals in a game environment. An example would be a kind of tag game, or "Red Light - Green Light", or a game where players are trying to knock their ball through gates. Keep players in motion at all times. Avoid having them wait on lines. Play games of "inclusion" instead of games where the "loser sits".

Play the Game: Move on to the real game, but, make sure it is a 2 v 2, 3 v 3, or 4 v 4 game. Switch the game every 5 minutes or so. Be creative. Play with 4 goals, or 2 balls. Play with or without boundaries. Use cones if you don't have real goals. Keep players involved. Have more than one game going on at a time if necessary. It is important that every player has a chance to shoot on goal as often as possible.

Warm-Down & Homework: Finish the session with a warm down. Give them some more stretches to do with the ball. You may want to review what you started the session with. Also, give them some homework so that they practice on their own. Think of some ball trick that you would like to see them try to do, like, bounce it off their thigh and then catch it. It is important to finish on time. This is especially essential if the players are really into it. Stop at this point and you will get an enthusiastic return.

GAME AND PLAYING RULES

AGE GROUP BREAKDOWN

All participants will participate in their own grade level. The grade level determination will be the grade they are enrolled in during the 2019-2020 school year.

EQUIPMENT

- Players must provide their own shoes. Cleats may be worn, but they **must be rubber molded** and no longer than 1/2". Screw-in type cleats will not be allowed. All players must wear shin-guards.
- It is strongly suggested that all players **wear mouthguards**.
- If the child wears glasses, they should have a band.
- NO JEWELRY ALLOWED.
- No player shall be allowed to play with a cast or brace unless it is so designed to eliminate possible injury.
- T-shirts will be furnished by the Department.
- The K-3 grade leagues will use size 4 soccer balls. The 4-5 league will use size 5 soccer balls. The Department will furnish this equipment.
- Coaches are responsible for returning equipment at the end of the season.

****Referees have the authority to ask players to remove improper equipment. ****

LINE UP

K-1st Grade

Consists of 5 players (no goalie) on the field. Any formation.

2nd-3rd Grade

Consists of 6 players (including 1 goalie) on the field. Any formation.

4th-5th Grade

Consists of 8 players (including 1 goalie) on the field in any formation combination of the following:

- Defense- right, center, left
- Midfield- right, center, left
- Forwards - outside right, inside right, center, inside left, outside left

All Grades

Game starts with a kickoff in the center of the field. All players, except the player taking the kick-off must be in their own half of the field. Opposing team must stay out of the center circle until the ball is kicked. The ball is put in play when it is kicked in any direction.

THE GAME

International Soccer rules will apply with the following *modifications*:

K-1st Grades

- Games will consist of four quarters of playing time.
- K-1 quarters will be 8 minutes in length.
- Officials will stop game at 4-minute (halfway) mark for substitutions.
- One coach from each team will be allowed on the playing field to assist their team with positioning, following the ball, etc. through the fourth game.

2nd-3rd Grades

- Grades 2-3 quarters will be 10 minutes in length.
- There will be a one-minute break between quarters.
- Officials will stop game at 5-minute (halfway) mark for substitutions.
- Referee must be told if a goalie is being changed. Violation of this rule will result in an indirect free kick.

4-5th Grades

- Games consist of 2 halves of playing time.
- Each half will be 25 minutes in length.
- There will be a 5-minute rest period between halves.
- Coaches are not to play the ball or get in the way of players or officials.
- Substitutions can be made on either team's goal kick or any re-start kick off (half time or after a goal). Referee must be told if a goalie is being changed. Violation of this rule will result in an indirect free kick.

All Grades

- Game time is running time.
- The clock will be stopped for injuries and to correct major playing errors. In case of an injury, an official time out will be called. A first aid kit is available from the referee. Please re-read the first aid material in your manual.
- **All players must play in each half and be on the team roster to be eligible for league play.** Any team reported using non-rostered players would forfeit that game.
- Each team will be allowed 2 one-minute time-outs per half. Your team must have possession of the ball to call a time-out. The coach or a player on the field may call time-out.

Beginning the Game

The referee will toss a coin to determine choice of ends and the kickoff. For K-3 grades, a place kick at mid-field by offense starts the game and each quarter. For 4th-5th grades, a place kick at mid-field by offense starts the game and second half.

Ends are changed after the second quarter for K-3 graders games, and the team that did not kick off at the start off the game (and the second quarter) will kick off for the third and fourth quarter. Ends are changed at the end of the first half for grades 4-5 games, and the team that did not kick off at the start off the game will kick off for the second half.

For all grade levels, every player shall be in his/her half of the field and the defense will be at least 10 yards from the ball until it is kicked off. A goal cannot be scored directly from a kick-off. If the ball is not properly kicked forward, it will be re-kicked.

Play Area

To put the ball into play from the **sideline** a player from the team opposite to that of the player who last touched the ball last will throw it (in any direction) in the general area it went out of play. Grades K-3rd will get two chances to throw-in. Grades 4th-5th grades will get two chances to throw-in. If not done correctly, it will become the possession of the other team.

When the defensive team kicks the ball out of their own **end**, the offensive team reenters the ball with a corner kick kicked from one of the corners (where the flag is – if present). If the offensive team kicks it out the opposition's end, the defensive team reenters the ball with a goal kick that is placed halfway between the goal line and the penalty area line. Either a defender or a goalie may take the kick.

If the ball touches a referee or another **temporary suspension** occurs; the ball will be dropped in at the point where the infringement occurred. The ball will not be dropped in the penalty area but dropped at the nearest point outside the penalty area. **The ball is in play as soon as it touches the ground.** The ball is out of play when it completely crosses the goal line or the boundary line AND when game has been stopped by the referee. The referees will blow the whistle when ball is out of play.

Scoring

A goal is scored when the ball has completely passed over the goal line between the goal posts and under the crossbar, provided it has not been carried, thrown or propelled by hand or arm.

In the K-3 leagues a goal will be allowed when the following is met: three different players from the same team touch the ball, or the shot is taken from the offensive end of the field.

After a goal is scored, the re-started with a kick off by the non-scoring team from the center of the field in the same process as the starting kick-off. Standings will not be kept in this league. All other in-house soccer rules apply.

Offside (4-5 league only)

A player is offside when he/she is nearer the opponent's goal than the ball at the moment the ball is played unless: he/she is in his/her own half of field of play; there are two opponents, including the goalie, nearer to their goal line than he/she is; he/she receives the ball direct from a goal kick, a corner kick, a throw-in or when it is dropped by the referee.

Illegal Use of Hands:

The referee will blow the whistle when the ball hits a player's body on the arm between the shoulder and hand. If the infraction takes place in the playing field play will stop and an indirect kick will occur. Players should be at least 5 yards away from the ball on an indirect kick. If the infraction occurs in the goalie box area a penalty kick will occur. **NO DIRECT PENALTY KICKS ALLOWED.**

Injuries

In the event of a serious injury, the Recreation Department does not allow coaches or referees to transport an injured player. This is the responsibility of the parent/guardian. The referee will direct someone to go to the park shelter and call 911 with the parent/guardians approval.

SPORTSMANSHIP

We realize how important it is to stress good sportsmanship and to show this value by example when working with the young athletes. You are reminded that this league is a learning experience for everyone (parents, coaches and officials included). Show good sportsmanship by not escalating mistakes into anything other than the design of this league: **A FUN, YOUTH ORIENTATED PROGRAM.**

In any athletic program, the element of competition may sometimes overshadow the overall recreational experience. To ensure against overzealousness by coaches, parents and players, the following rules will be enforced to ensure proper conduct by all:

1. Foul language

- First offense - warning to parent, coach or player and coach. Referee will display a yellow card to offender. Play is stopped and an indirect kick is given to opposing team.
- Second offense - parent, player or coach will be removed from the game. Referee will display a red card to offender. Play is stopped and an indirect kick is given to opposing team.
- NOTE: Only the coach can discuss a situation with the referees during stoppage of play. If any player or coach argues with a referee on a call, the foul language rule applies.

2. Threats to officials, either verbal or physical

- First Offense - player will be removed from the game and suspended from the next game. Referee will display a red card to offender. Play is stopped and an indirect kick is given to opposing team.
- Second Offense - player suspended for duration of the season. No refunds will be given. Referee will display a red card to offender. Play is stopped and an indirect kick is given to opposing team.

3. Just a few important points to remember:

- Win without gloating
- Lose without complaining
- Treat your opponent with respect
- If a player or teammate makes a mistake, offer encouragement, not criticism
- Accept the judgment calls of the official

Referees

The referee is the official of the game. He/She has the right to eject from the game any player, coach, or spectator for unsportsmanlike conduct. The referee has the authority to make decisions on any situation not covered in the rules. No protests are allowed. All disputes must be settled on the field with the **final decision being made by the referee.**

WEATHER

Games are normally played rain or shine. Teams should report to the field. In case of rain or questionable weather, the referees and coaches will decide if the game is to be played at the field.

The referees have the authority to cease all activity during inclement weather. Absolutely no activity is to take place when it is lightening and all persons must leave the playing field. Teams may wait in the warming house. Games can be delayed and if the storm passes, play can be resumed.

PARK ORDINANCE

City ordinances state: "No person shall mark, deface, disfigure, or tamper with any piece of park property." "No person shall throw or discard any debris in the park other than in proper receptacles." "No glass containers allowed in the park area." "The presence of beer and/or liquor in parks is prohibited." All ordinances are enforced.

****NOTICE: Crystal and Robbinsdale parks are tobacco free. ****

GLOSSARY OF SOCCER TERMS

Corner Kick A direct free kick taken by the attacking team from the one-yard arc at the corner of the field after the ball goes over the goal line having last been touched by a defending player.

Direct Free Kick A kick awarded on a personal foul which can score directly from the kicker's foot.

Dribbling	To move the ball along the ground using the feet while keeping the ball under control.
Drop Ball	A means used by the referee to put the ball back into play after a temporary suspension of play when neither team is awarded possession of the ball.
Goal Area	An indirect free kick taken by the defensive team after the ball goes out of bounds over the goal line having last been touched by an attacking player. The kick is taken from anywhere within the half of the goal area closer to where the ball went out of bounds.
Goal Line	The out of bounds line at each end of the field.
Heading	The technique of hitting the ball with the head. Not recommended in this league.
Indirect Free Kick	A free kick which cannot score a goal unless touched by one other player besides the one taking the kick.
Kick-off	The starting of play from the middle of the field at the beginning of each period and after a goal has been scored.
Offside Position	When a player is ahead of the ball while the ball is being played by a member of his/her team unless: He/she is in their own half of the field There are two opponents nearer their goal than he/she is The opponent touches the ball The ball is received directly from a corner kick, goal kick, throw in or drop ball.
Offside	A player who is in an offside position when the ball is played to him.
Penalty Area	The area in front of the goals where the goalkeeper is allowed to use their hands.
Penalty Kick	A free kick awarded the kicking team after a defending player commits a personal foul within his penalty area. The kick is taken from a spot 10-12 yards in front of the goal and no player except the kicker and goalkeeper, who must be stationary with both feet on the goal line, may be within the penalty area until the kick is taken.
Striker	A central attacking forward.
Sweeper	A free back behind the last line of defenders.

Throw-in The way of putting the ball back into play after it goes out of bounds over the touchline.

Touchline The side boundaries of the field.

Wing A forward who generally positions himself and plays near the side boundaries of the field.

LAWS OF SOCCER

Place kick

- Ball shall be at center of the field.
- Ball shall not be deemed in play until it has traveled the distance of its own circumference.
- Every player shall be in his own half of the field and every player of the opposing team shall remain outside the circle that locate at the center of the field.
- Kicker shall not play the ball a second time until it has been touched or played by another player.

Penalty kick

- Ball shall be at penalty-mark that is inside the penalty area.
- All players shall be outside the penalty area at least 10 yards away from and behind the penalty mark.
- Goalie is only allowed to move and stay on his own goalie line until ball is in play.
- Kicker must kick a ball forward and shall not allow playing the ball a second time until it has been touched or played by another player.

Any infringement of this law:

- By the defending team, the kick shall be retaken if a goal has not resulted.**
- By the attacking team other than by the player taking the kick, if goal is scored it shall be disallowed and the kick retaken.**
- By the player taking the penalty kick, committed after the ball is in play, the indirect free kick shall be awarded to the opposing team.**

Throw-in

- The thrower at the moment of delivering the ball must face the field of play and part of each foot shall be either on the touch line or on the ground outside the touch line.
- The thrower shall use both hands and shall deliver the ball from behind and over his/her head.
- Ball in play as soon as it enters the field of play
- The thrower shall not be allow to play the ball again; until it has been touched or played by another player.
- Goal shall not be scored direct from throw in.

Any infringement of this law:

- If the ball is improperly thrown in shall be taken by a player of the opposing team.**

- b. If the thrower plays the ball a second time before it has been touched by another player, an indirect free kick shall be awarded to opposing team.**

Goal Kick

- If goalie receives and has control of the ball, he shall be allow kicking the ball back into play
 - If the ball is not kicked beyond penalty area, the kick shall be retaken.
- If the ball is not kicked beyond penalty area, but it is touched by attacking team; the indirect free kick shall be awarded to the defending team.
- If the ball is kicked over the goal line by attacking team, the ball shall be kicked direct into play beyond the penalty area from any point within the goal area by the player of the defending team.

Any infringement of this law:

- a. If the player who takes the kick plays the ball the second time before it has been touched or played by another player, an indirect free kick shall be awarded to the defending team from the place where the infringement occurred.**

Direct free kick: (A player committing any of the following offenses)

- Kick or attempts to kick an opponent
- Tripping an opponent
- Jumps at an opponent
- Strikes or attempts to strike an opponent
- Charges an opponent
- Pushes an opponent
- Any type of tackling an opponent

If the above offenses are committed by the defending team and inside the penalty area, the penalty kick shall be awarded to the attacking team.

Indirect free kick: (a player committing any of the following offenses)

- Playing in a manner considered by the referee to be dangerous.
- Charging fairly, i.e. with the shoulder, when the ball is not within playing distance of the players concerned and they are definitely not trying to play it.
- Interpose body to form obstacle to an opponent.
- Charging the goalkeeper.
- Indulges in tactics, which in the opinion of the referee, are designed to hold up the game and waste time and give an unfair advantage to his own team.

Drop Ball:

- During injury time out or any unusual circumstances such as the temporary stoppage of the game due to rain or interference to the games from coaches, parents or spectators.

Substitution

- Substitution for 1st & 2nd graders shall be allowed during a place kick, goal kick, throw in, and corner kick with disregard of ball possession.

