

## Ogden Soccer Club Coaches Guide Spring 2014

Thank you for coaching!

We want to make this an enjoyable experience for everyone involved. Please let us know things we should add for future coaches.

In addition to the cards and book in your equipment bag, the Massachusetts Youth Soccer League has some great coaching resources:

[http://www.mayouthsoccer.org/coaching/the\\_coaching\\_manual.aspx](http://www.mayouthsoccer.org/coaching/the_coaching_manual.aspx)

### **Game Day Basics**

1. Arrive at the field 10 - 15 minutes before game time. Have the children warm up with some passing, dribbling and shooting. If there is a game before yours, use the open spaces around the field.

2. The referee will need to borrow the whistle and stop watch from one of the coach's bags. Some referees will do team captains. An easy way to keep track of this is to have your snack provider be captain that day. Your team captain can also lead the team in the handshake at the end of the game.

3. Five minutes before game time the referee will do a check in. If both teams are ready prior to that, let the referee know and you can get started.

Referee Check-in:

- a. Team lines up on the sideline
- b. Referee checks that each player has shin guards. Socks must always cover the shin guards.
- c. Check for jewelry. **NO JEWELRY IS ALLOWED!**
- d. Check shoes. Players must be wearing tennis shoes or soccer shoes. They can't have a cleat at the tip. **NO BASEBALL CLEATS!**
- e. Jerseys are tucked in.

4. Coin toss – not all refs will do this

5. Players go out on the field and game starts.

6. Barring injury, your players should receive equal playing time.



## **Age Level specifics: U6**

### **Skills to work on:**

Moving ball towards own goal

Dribbling

Throw-ins – Proper throw in technique and where to stand when offensive or defensive

Stationary kicks (corner kicks)

Passing (once they are ready to move past basic ball handling)

**More importantly, U6 kids should be having fun and developing an appreciation for the game of soccer. Teach through games and be patient.**

### **Game - 3 vs. 3**

\*Match is divided into 4 equal, 6-minute quarters. 2-minute break between quarters and 5-minute half

\*Team that wins coin toss chooses which goal it will attack. Other team gets to kick-off.

\*Each team alternates taking the kick-off at the beginning of a new quarter

\*Do not switch goals at half

\*A goal may be scored directly from the kick-off

\*After a team scores a goal, the other team kicks-off

\*The kicker can't touch the ball a second time until it has touched another player. At the U6 level, players are given a 2nd chance if they double kick the ball.

\*Any fouls (pushing, kicking, holding an opponent) result in an in-direct kick.

\* All free kicks are taken from where the foul occurred. Opposing players must be 4 yards away from the ball until it is in play.

\*All kicks that go out of bounds on the back lines are corner kicks.

\*Throw-ins are awarded when the ball goes out of bounds on the sidelines.

Make sure the thrower is behind the sideline, keeps both feet on the ground, uses both hands and throws the ball from behind and over his/her head. The thrower may not touch the ball again until it has touched another player. The ref does not need to blow the whistle before the throw-in. A goal cannot be scored directly from a throw-in. At the U6 level, players are given a 2nd chance if this happens.

\*There are NO GOALIES. DO NOT allow players to stand in the goal box during the game.

## **Age Level specifics: U8**

### **Skills to work on:**

Working together as a team

Field position (forwards and defender)

Ball Handling

Passing

Corner and goal kick positioning (for kicker and offensive and defensive players on the field)

### **Game - 4 vs. 4**

\*Match is divided into 4 equal, 8-minute quarters. 2-minute break between quarters and 5-minute half

\*Team that wins coin toss chooses which goal it will attack. Other team gets to kick-off.

\*Each team alternates taking the kick-off at the beginning of a new quarter

\*Switch goals at half.

\*A goal may be scored directly from the kick-off

\*After a team scores a goal, the other team kicks-off

\*The kicker can't touch the ball a second time until it has touched another player

At the U8 level, players are given a 2nd chance if they double kick the ball.

\*Any fouls (pushing, kicking, holding an opponent) result in an indirect free kick.

\* All free kicks are taken from where the foul occurred. Opposing players must be 4 yards away from the ball until it is in play.

\*Goal kicks are used if the opposing team kicks the ball out of bounds on the defending teams goal line and corner kicks are used when defending team kicks the ball out of bounds on their goal line.

\*Throw-ins are awarded when the ball goes out of bounds on the sidelines. Make sure the thrower is behind the sideline, keeps both feet on the ground, uses both hands and throws the ball from behind and over his/her head. The thrower may not touch the ball again until it has touched another player. You do not need to blow the whistle before the throw-in. A goal cannot be scored directly from a throw-in. At the U8 level, players are given a 2nd chance if this happens.

\*There are NO GOALIES. DO NOT allow players to stand in the goal box during the game.

## **Age Level specifics: U10**

### **Skills to work on:**

Working together as a team – setting up plays

Field position roles (i.e. striker, forward, mid-fielder, defender, goalie)

### **Game - 6 vs. 6**

- \*Match is divided into 2 equal, 20-minute periods. There is a 5-minute half
- \*Team that wins coin toss chooses which goal it will attack. Other team gets to kick-off.
- \*The team that wins the coin toss takes the kick-off to start the second half of the match.
- \*Switch goals at half.
- \*A goal may not be scored directly from the kick-off.
- \*After a team scores a goal, the other team kicks-off.
- \*The kicker can't touch the ball a second time until it has touched another player. The opposing team gets possession if this happens.
- \*Any fouls (pushing, kicking, holding an opponent) result in an indirect free kick.
- \* All free kicks are taken from where the foul occurred. Opposing players must be 8 yards away from the ball until it is in play.
- \*Goal kicks are used if the opposing team kicks the ball out of bounds on the defensive team line and corner kicks are used when defending team kicks the ball out of bounds on their goal line.
- \*Throw-ins are awarded when the ball goes out of bounds on the sidelines. Make sure the thrower is behind the sideline, keeps both feet on the ground, uses both hands and throws the ball from behind and over his/her head. The thrower may not touch the ball again until it has touched another player. The ref does not need to blow the whistle before the throw-in. A goal cannot be scored directly from a throw-in. The opposing teams gets possession if this happens.
  
- \*GOALIES are used. Goalies may use their hands anywhere in the large box. If they step out of the box with the ball in their hands, it is a handball and a penalty kick should be awarded.

After the goalie has possession of the ball, all players must move back 8 yards. The goalie has 10 seconds to get rid of the ball once everyone has moved away.