

2006 COACHES MANUAL

LCYSA Head Coach
President
Vice President/Sponsors
Registrar
Washington President
Head Referee
Area Coordinators

Cannon Beach: Lisa McClean
Seaside: Liza Garhofer
Jan Villegas
Gearhart: Frank Januik
Warrenton: Mindy Little
Dana Holt

Jerry Boisvert
Fergus Loughran
Jon Graves
Tammy Loughran
Tom Sutherland
Bruce Holt

Astoria: Bill Scott
Staci Miethe
Rudy Rudolph
Tim Fastabend

www.oregonyouthsoccer.org
www.lcysasoccer.com

IMPORTANT DATES

September 9th First Game

September 16th Team Pictures start at 7:30 AM. Report one hour before your scheduled game time. Teams scheduled for 8:00 games can have pictures after their game.

GAME CANCELATIONS

In the rare case of a weather cancellation, notice will be posted at www.lcysasoccer.com by 7:00 AM. If in doubt, check the web site and call your players. We have yet to cancel games due to weather.

If your team is not going to make it to a game, please contact the opposing coach and head referee, to save both confusion and inconvenience.

OTHER INFO

Game schedules will be mailed out to coaches within the next few weeks along with a final roster.

Coaches must have a signed medical release form for all players before they can practice with the team.

LCYSA Recreational Soccer Guidelines

Player Equipment

Soccer Cleats

Shin guards

Long socks over the outside of the shin guard

Red/Blue Jersey (shirt)—young players may wear a plain red or blue shirt if they cannot buy the reversible one; however, alternate team jerseys are not allowed.

No jewelry (including earrings); no hair ties with plastic decorations on them

Introduction

LCYSA, in keeping with the recommendations of Oregon Youth Soccer Association (OYSA) and the US Youth Soccer Guidelines, has adopted the principles of small-sided games. Small-sided games are typically used nation wide in recreational soccer for age U-12 and below. While our preference for our oldest players is to play full field, full team games, we sometimes lack enough players to form enough teams and provide a good game rotation. Thus, team & field size at the U-14 level is determined from year to year. This year, we are able to play full field, full team.

Small-sided games have been found to increase player development through

- More involvement of players in the game
- More touches on the ball
- Increased exposure to simple, realistic decisions
- Increased enjoyment of the game for young players

Playing Numbers

The number of players on the field of play at each age group should promote development and enjoyment of the game while providing a logical progression from year to year. We follow OYSA's recommendation that the following formats be used:

<u>Age Group</u>	<u>Format</u>	<u>Goalkeeper</u>	<u>Ball Size</u>	<u>Game Duration</u>
Under 6 (K)	3 v 3	NO	#3	4 – 8 minute quarters
Under 7 (1 st)	4 v 4	NO	#3	4 – 8 minute quarters
Under 9 (2 nd /3 rd)	6 v 6	YES	#4	2 – 25 min halves
Under 11(4 th /5 th)	8 v 8	YES	#4	2 – 30 min halves
Under 14(6 th -8 th)	11 v 11	YES	#5	2 – 35 min halves

Younger teams should take a 2 minute break between each quarter. Older teams are allowed a 5 minute half time break.

The following is a break down of general rules for each playing level. If you have questions, please contact the head coach, head referee or president for clarification.

U6 (Kindergarten)

For the U-6 age group, children do not typically possess the desire to “share” or pass the ball. Therefore, players need a small field with few players in order to succeed in dribbling the ball in the right direction and turning before going out of bounds. Three players on a side provides the basic unit of a team triangle where all the principles of soccer can be learned. Learning the game for these age groups should be through playing experience without a lot of structured coaching but lots of positive encouragement! No goal keeper allows for increased success in dribbling and scoring.

RULES: Each team needs to provide a coach or parent to “referee” half of the game and keep time. Time is not stopped for substitutions, out of bounds balls etc.
Start each quarter with a **kick off** which should consist of the kicking team making a pass to the left or right to a team mate. We should discourage kids from using the kick off to simply boot the ball at the opposing goal.
Restart the game after a goal is scored by again doing a **kick off**.
Restart after the ball goes out of bounds with a kick in by the opposite team that kicked the ball out. The ball should be put back into play from the spot where it went out of play.
There are no **throw ins, off sides, goal kicks** or **corner kicks** at this level.
Substitutions should be done when the game is halted by an out of bounds ball, goal or break.
Discourage kids from defensively “camping out” in the mouth of the goal.
Hand balls, fouls etc are at the “referee’s” discretion and result in a **free kick** for the team against whom the offense occurred.
Teach fair play, but try not to call too much.

U- 7 (First Grade)

The U-7 age group has a player added to its format to make 4 v 4. This provides the concept of the team diamond and provides three potential players to whom to pass. Field size is increased to allow more movement. Goals must now be scored by shooting from outside an arc painted in front of the goals. The use of the shooting arc improves shooting skills, gets players to look up more, and serves as a safety measure by helping to prevent collisions with the goals.

RULES: **Kick offs** are used to start the game, start each quarter and restart after a goal has been scored.
Kick offs should consist of a pass to the right or left to a teammate. We should discourage kids from using the **kick off** to simply boot the ball at the opposing goal.
Players can be inside the arc, pass through it, dribble through it, etc; they just can’t score from inside it or “camp out” in it defensively.
Restart after the ball goes out of bounds with a kick in by the opposite team that kicked the ball out. The ball should be put back into play from the spot where it went out of play
Goal kicks are used to restart play when the ball crosses the end line. The **goal kick** should be taken from the top of the arc.
Corner kicks are used to restart play when the defending team kicks the ball out across their own end line.

U- 8,9,10 & 11 (Second, Third, Fourth & Fifth Grade)

U-9,10 & 11 have the logical progression of additional players and the use of a goalkeeper. With these age groups, we continue with a small field and team numbers to maximize each player's involvement and contact with the ball as well as to continue to progress their understanding of the principles of the game. The use of a goalkeeper provides an additional challenge for players to score and is a chance for players to try the goalkeeper position.

RULES: **Kick offs** are used to start the game, start the second half and to restart play after a goal has been scored.

Kick offs at this age should start to have some strategic purpose. The object is to press forward and try to retain possession of the ball, not just kick it away. When kicking off, the ball must move forward into the opponent's half of the field on the first pass. Only the first pass has this restriction.

Goal kicks, corner kicks and throw ins are used to restart play after the ball has gone out of bounds.

Off sides is enforced starting at the U-8 (Second grade level on up).

If you have any questions regarding rules, please feel free to discuss them with your referee.

U-12,13, 14 (Middle School)

Depending on the number of players who register, the structure of these games can vary from year to year. All three age groups are combined. Ideally we have teams play 11 v 11.

Players at this level of the game should have a greater level of tactical awareness. Positions of defenders, midfielders and forwards are assigned. Try to provide opportunities for players to try different positions over the course of the season. Emphasize the need for players to support each other in both attack offensive and defensive efforts. Experiment with shots and plays so that kids start to find things that work.

RULES: Same as used and described above for Third, Fourth and Fifth graders.