

2019 Coaches Manual

www.oregonyouthsoccer.org

www.lcysasoccer.com

IMPORTANT DATES

September 7th - First Game

September 28th - Team Pictures for all BLUE teams (indicated on your schedule) – pictures start at 7:30 AM. Report one hour before your scheduled game time.

October 5th - Team Pictures for all remaining teams – pictures start at 7:30 AM. Report one hour before your scheduled game time.

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. Games have only been cancelled twice in the past 20 years, so it is a rare event.

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.

COACHING ISSUES AND SUPPORT

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LCYSA Recreational Soccer Guidelines

General Instructions

The primary focus of our recreational soccer program is to improve soccer skills through a fun and kid-friendly program. LCYSA requires that all kids in the rec program play ½ of every game, or at least enjoy equal playing time as their teammates. In rec soccer, less emphasis is placed on winning than on getting all of the kids involved in the game. Players and coaches looking for a more competitive program are encouraged to try out for LCYSA’s Classic Soccer program. Tryouts are held in the spring for the following fall season.

Additionally, coaches need to remember to model true sportsmanship. This includes encouraging your own team as well as your opponent. Coaches also need to remember to treat referees with respect and courtesy. LCYSA expects all of its coaches to meet a high standard in the area of sportsmanship.

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 nationwide in recreational soccer.

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. The following formats are used:

<u>Age Group</u>	<u>Format</u>	<u>Goalkeeper</u>	<u>Ball Size</u>	<u>Game Duration</u>	<u>Goal Type</u>
Under 7 (K)	3v3	NO	#3	4 – 8 minute quarters	PUG
Under 8 (1 st)	4v4	NO	#3	4 – 8 minute quarters	4’ X 6’
Under 9 (2 nd)	5v5 (or 4 v4)	NO	#4	3 – 15 min periods	4’ X 6’
Under 11(3 rd /4 th)	7v7 (or 6v6)	YES	#4	2 – 30 min halves	7’ X 21’
Under 12/13(5 th /6 th)	8v8 (or 7v7)	YES	#4	2 – 30 min halves	8’ X 24’
Under 14/15 (7 th /8 th)	9v9 (or 8v8 or 7v7)	YES	#5	2 – 35 min halves	8’ X 24’

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.

U7 (Kindergarten)

For the U-7 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- 8 (First Grade)

The U-8 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-9 (Second Grade)

The U-9 age group adds another player to the field. Field size is increased to allow more movement, and throw-ins replace kick-ins for side-line out of bounds. Goals are still scored by shooting from outside an arc painted in front of the goals. Again, 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 half 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 on the sidelines with a throw in by the opposite team that kicked the ball out. The throw in should be taken from the spot where the ball 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- 11 (Third & Fourth Grades) &U-13 (Fifth & Sixth Grades)

U-10, 11, 12 & 13 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-10 (Third/Fourth grade level on up).
- If you have any questions regarding rules, please feel free to discuss them with your referee.

U-14 & 15 (Middle School)

Depending on the number of players who register, the structure of these games can vary from year to year. 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-Sixth graders.