



**Hauppauge Soccer League, Inc.**

## **Coaches Handbook**



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# NOTES



# General

## HSL Goal

The way to have successful soccer program is that we are all on the same page with the training practices. In this manual, we have outlined the basic skills, rules, techniques and tactics to be taught for each age group.

## WELCOME!

First and foremost we would like to take this opportunity to thank all of the coaches, assistants, team parents and volunteers who have dedicated themselves to making this a fun and successful program for our children. The HSL Intramural program has enjoyed growth in the past few seasons. We've seen many more young ladies trying and staying with soccer (no doubt we are riding the wave put in motion by our U.S. Women's National team's success). Additionally, our Division of youngest players has grown tremendously.

It is only because soccer is such an enjoyable experience for these youngsters that this has been the trend. We would like to recognize you Coaches *who volunteer* your time to make this sport such an enjoyable experience for the children. If you encounter parents on your team who have an interest in volunteering, please speak to them about getting involved as a coach, assistant, team parent, etc.

There are no standings in any of the Hauppauge Soccer League Intramural Divisions. The emphasis should be on fun and learning, and not on winning. You should place Skills-Development as paramount and try to keep your practices *fun*. Do this and your players will come to your practices and their skills will improve and your games will be more exciting and rewarding. You have the ability to make a positive impression on a young person by allowing them to have fun, and to develop self-esteem (which is far more important and satisfying than racking-up a 10-0 record when you coached 7-year-olds).

## DIVISIONS

The HSL Intramural Divisions break down as follows:

- Division 1:** 4 year olds; co-ed division.
- Division 2:** 5 year olds; co-ed division.
- Division 3:** 6 and 7 year olds; boy and girl division.
- Division 4:** 8 and 9 year olds; boy and girl division.

At approximately 9 years of age, players can try-out for a "travel team", which plays its games against teams from other towns. Travel teams typically require a higher level of commitment from both player and parent as well as a higher level of player development. Additionally, there is certainly a more competitive atmosphere in "Travel".

Alternately, older players (10+) may play in the Interleague Divisions (Intermediates and Juniors). These teams compete in the Suffolk County Interleague program, which provides an arena for Intramural teams to compete against teams from neighboring towns. As with HSL's Intramural program, there are no standings kept in the *Interleague*.

## Getting Started

Find out from your division coordinator when and where you can practice. Space is at a premium so share all the space and please try to work things out. Younger teams (Division 1 & 2) should limit practice to 45 min or 1 hour per week. As the players get older, practices can be increased in frequency and length. Division 3 and 4 teams may practice twice a week for about an hour each time; older teams may extend twice-a-week practices to 90 min.

The two main objectives for any soccer practice are (1) to have fun, and (2) to learn to become better soccer players. In order to achieve the second objective, it is important that you develop teaching goals for the season before you start. You will ordinarily have only two to three practices before the first game. Since you will not have time to teach everything, choose the topics you want to focus on and build your practices around these topics. Some of the topics you should consider include dribbling, passing, receiving and shooting. As an intramural coach there will likely be a huge disparity in the level of play between your most skilled player and your least skilled player. *You are the coach of both of them and neither should be short-changed!* So your practice must challenge both.

Identify one or more assistant coaches. Assistant coaches are extremely valuable. They make it possible to divide players into smaller groups so that each player gets individual attention. Parents who would like to help but feel they lack the necessary skills should be encouraged to attend practice to help shag balls and direct traffic. It is hard to have too many helpers, especially with younger players. A preseason Parent Orientation Meeting is an excellent way to solicit help.

Prepare a bad weather contingency plan. Inform your players and parents before the season whether you will practice in the rain or cancel practice. Even if you plan to practice in the rain, you should not have practice when conditions are dangerous, for example when there is lightning or if the field has become too wet to permit safe play. If you do need to cancel practice due to adverse weather, have an organized plan to inform parents. Again, the Parent Orientation Meeting is the time to set up a telephone tree and get email addresses, which can make this job much easier.

At the first practice it is valuable to establish team rules concerning attendance, listening carefully, respecting teammates, *etc.* You will be most successful if you do this with the cooperation and consent of the players themselves. Make it clear to all what the penalty will be for breaking team rules (*e.g.* time out from practice or a scrimmage). This is also a good time to set realistic team goals for the season (*e.g.* to have fun, to work together as a team, to practice good sportsmanship).

Some other ideas on team discipline:

- Keep your players busy so they don't have time for mischief. If you have kids standing in line all the time, you are inviting disaster!
- Be positive: say "Please walk" instead of "Don't run".
- Try to deal with problems before they get worse.
- *Speak* with the culprit first, before resorting to other disciplinary measures.
- If time outs don't work, then talk to the parents; ask them to attend practice, if necessary.

Work on your communication skills. Many coaches can speak clearly, use appropriate words well enough and have content that is appropriate to young players. *However, most coaches need a great deal of work on listening to young players, controlling and reading non-verbal cues, and understanding the emotional responses of different athletes to what they say.* The better you understand your players, the less trouble you are likely to have with misbehavior.

## Practice

As the coach you set the number, duration and schedule of practices. As you plan your practices with the help of the information that follows, remember these tips to keep players' interest and avoid boredom:

1. **BE PREPARED.** Have a plan for what you will cover during the practice.
2. **KEEP IT SIMPLE.** Give a short demonstration with a minimum of talk, then have the players work on the drill. MAXIMIZE touches for each player.
3. **MAKE IT FUN.** Sometimes the drills in books just don't work for you and/or your players. Don't fight it to the point of frustration. Be prepared to switch to something you know they can handle. Get all of the players involved. Turn "drills" into games. Give the players many touches of the ball and chances to shoot and score.
4. **PROGRESSION.** Strive for a progressive acquisition of basic skills. Begin with relatively simple drills. Add movement and then opposition to simulate game conditions. Always consider the age and skill level of your players. The percentage of time spent on practice without opposition should decrease as players become older and more skillful. Restricting space and number of touches are other ways to make drills more demanding.
5. **LET THEM PLAY.** Always have time when the players just play. The game is the best teacher.
6. **SAFETY** - always be safety conscious with your players.
7. **EVALUATE YOURSELF** - Every once in a while ask yourself, "Why am I coaching?" and "How do I measure my success?" This will help you evaluate your techniques and your progress.

Your practice planning should begin *before* you first get together with the team and should continue throughout the season as you plan for each practice.

Have a *written* plan for each practice. You cannot have a good practice if you do not have an idea of what you want to accomplish during that practice. The plan may be written out in detail on a practice planning form (see sample **Soccer Practice Planner** in Appendix A), or it may just be notes jotted on the back of an envelope, but it really should be written. Writing down your plan will help you think through the equipment and setup you will need for the topics to be covered. Save these plans as a record of performance and to help develop a progressive program for the season.

Keep the practice focused. If you are trying to teach new skills, your practice should concentrate on a single major topic (*e.g.* passing), rather than on many different topics.

Practices should follow a progression: warm-up, teaching, drills, and scrimmage.

Be prepared to change your plans! Weather, field conditions, the number of players who come to practice, can all affect your plans. Be flexible and adjust to conditions. You may also need to extend the time spent on a particular drill if the players are having difficulty acquiring a particular skill. If it is especially hot, allow for more frequent water breaks and reduce the physical intensity of practice.

After the season starts it is helpful to take a few minutes of practice to discuss the previous game, emphasizing what your team did well, what can be improved upon, and what the goals should be for the coming week.

### ***Alternatives to practice***

Instead of a practice, take your team to a soccer game. Local high schools, colleges or universities may have teams that would be exciting to watch (call to ask whether you can get your team in free or at a reduced rate). Renting or borrowing a soccer video is another alternative, especially for older teams.

## **SOCCER PRACTICE PLANNER**

The basic structure for a successful practice is:

- 1) Warm-up and stretching (preferably including a soccer ball)
- 2) Instruction - Teaching Soccer Rules, Techniques & Tactics
- 3) Drills (Skill Games)
- 4) Small Sided Games (1 v 1, 2 v 2) and/or Scrimmages

### **1) Warm-up**

Plan warm-ups so that each player uses a ball. Incorporate games and exercises that emphasize a lot of touches and dribbling. If possible, use or create conditioning exercises that require the players to work with a ball rather than just running; the kids will have more fun and they will learn more soccer skills!

Be sure to include stretching at the end of the warm-ups. Younger players don't need a lot of stretching, but you should start the habit early. Try to use stretching exercises that require a ball; again, the kids will enjoy it more and it increases their familiarity with the ball.

### **2) Instruction - Teaching Soccer Rules, Techniques and Tactics**

Soccer players do not automatically know how to execute the various rules, techniques (skills) and tactics associated with the game. Even after learning the basic skills, players need instruction on how and when to use the techniques they have learned in a game situation. We have outlined for each age group the rules, techniques and tactics you should strive to cover with your team.

Our job as coaches is to teach our players the basic techniques and give them the knowledge of the game and confidence in themselves that will help them reach their full potential as soccer players. Here are some tips to help you teach the fundamentals to your players:

- Explain the importance of the technique (keep it short!). The players are more apt to want to learn if you tell them how and when the technique fits into a game setting.
- Give 3 or 4 key points to help the players perform the technique.
- Demonstrate the technique
- Organize the team into small groups. The smaller the better, depending upon the technique and the amount of help you have.
- Practice the technique. Observe the players trying to do the technique.
- Make corrections as necessary. Be positive and try to point out when the technique is being done well; however, you must correct technique that is being done wrong. You can do this without directing your corrections at any particular player. If none of your players can perform the technique, you need to reconsider whether it is appropriate for their age and experience level.

### **Teach Using Progressions**

The basic idea in teaching soccer techniques is to start simple and increase the level of difficulty.

- Start with the simplest elements of the technique. Let the players learn initially without any pressure
- Gradually add more elements of the skill.

- Gradually increase the difficulty level of the activity. Increase difficulty (pressure) by:
  - Ø increasing the number of players executing the skill in a limited area
  - Ø reducing the space available for executing the drill
  - Ø specifying the direction the player must move
  - Ø adding a passive defender ("shadow defense")
  - Ø adding an active defender
- Finally, perform the skill in the way it would be used in a game.

### 3) **Drills (Skill Games)**

There are countless drills and many books and videos are available. Some popular skill games are included here for your immediate use (see Appendix B).

You don't need 100 drills. Pick a few drills (say, 10) and work at them.

Step 1 - Explain the drill (why it is done, how it is done).

Step 2 - Demonstrate the drill (slowly, step-by-step).

Step 3 - Execute the drill.

Step 4 - Figure out what went wrong (it's often the instructions); fix it, and start over!

Remember: showing is better than talking.

Some drills will not work well at first. Maybe they need a small adjustment (e.g. too many players, or players standing too close or too far apart).

Repetition of drills builds skills. It can also be boring. So use variations of drills, and don't repeat the same drill too often. If your players are not enjoying and not learning from a particular drill, find another that focuses on the same skills.

Start a drill simply and progress to the harder stuff. For example, begin with a simple passing triangle; then introduce a chaser.

Play with the kids! Sometimes you should join in the drill as a participant rather than as a coach. Not only will the kids enjoy it, but you will gain a better appreciation of the skills you are asking them to master.

IDEA: Call a parent from the sidelines to be goalkeeper for a shooting drill!

Experiment! Don't be afraid to try new ideas.

Split the team into small groups for you and your assistants to teach a drill; then rotate. This keeps more players busy and allows more individual attention.

When organizing the kids into small groups, consider their abilities. For example, in some dribbling or passing drills it might be best to have pairs with similar abilities. Conversely, in competition (e.g. 2v2) you might pair stronger and weaker players for balance.

Start a drill slowly. WALK through it first, then do it at half speed, and finally at full speed.

#### 4) **Small Sided Games and Scrimmages**

Complete your practice with a small sided game (*i.e.* 3 v 3, 5 v 5). Try to make the skill you practiced earlier a "condition" of the game. For example, in a practice that emphasized passing, the players of a small sided scrimmage must complete 2 or more passes before they can shoot on the goal. Another example, in a practice that emphasized "drag backs", the players can score points by performing the "drag back" at the appropriate time. Make the scrimmage as much like a competitive game as possible, utilizing the rules of soccer modified for the appropriate age.

##### ***Small-sided scrimmage(1 v 1, 2 v 2, 4 v 4):***

- Fewer players, thus each player gets more touches on the ball.
- Small field and small goal requires more control and passing.
- Small goal encourages accuracy.
- HIGHLY RECOMMENDED IN PRACTICE FOR ALL AGES!
- If you have a large team and sufficient space, run two games simultaneously.

##### ***Scrimmage with conditions:***

- Maximum 5 touches: to encourage passing.
- Minimum 2 touches: to encourage control (no one-touch "passes").
- Minimum 5 touches: to encourage dribbling.
- Must pass 3 times before allowed to shoot: rewards passing and good spacing.

##### ***Uneven scrimmage:***

- 5 v 2 with no goals: forces passing. (The larger team counts passes.)

##### ***Open scrimmage:***

- Full game simulation.
- All players, one game.
- Enforce rules more strictly to encourage fair play; it also gives players free kick practices.
- Play another team occasionally, if possible; practice subs and positions.

## **Game Day**

### **Set-up and Takedown**

Each team is usually responsible for one or more setups/takedowns of the field equipment during the season. The equipment for the fields is kept in the small blue trailer (on the grounds of Hauppauge Middle School) across Lincoln Blvd. (The gray trailer is the School's trailer; do not use this trailer or take equipment from it.) The key is located in a lockbox on the trailer door. The combo is **5102** and is not to be given out (**this number is for Coaches eyes only**). Do not write this number down on any roster, schedule, etc. that may be seen by parents or players. When leaving the trailer, make sure it is locked. Place the key back in the box when your done. Teams doing a Takedown must return the field equipment to this trailer.

When assigned Field Set-Up, Goals and/or Corner Flags must be set-up ½ hour prior to game time! This is the Coach's responsibility. (Try to get a few parents to do this so that you can warm-

up your team.) To avoid delays in game starts which will impact the entire day's schedule; this must be complied with! Check with your Division rep if you're not sure of the *type* or method of setup for your division.

Even though each team is required to clean up their side of the field after their game, the takedown team coach is responsible for making sure that the entire field/complex and the garbage can areas are clean before you leaving. (Before you start taking down the nets, ask your players to "police the area".)

- **Division 1:** Division 1 fields use PUG goals (Pop-Up-Goals), which come in pairs in their own bag. Each pair of goals should be centered at each short-end of the field. (Put the bag for the field's pair of PUG goals in one of the goals, that way it won't blow away.) Fields are 20 yards wide by 30 yards long. If you have Setup/Takedown in Division 1, you are responsible for setting up/taking down all the fields. If you are assigned takedown, make sure that the goals get back in their bags and the equipment gets back into the trailer that day. There may be a rescheduled game waiting to use that equipment which cannot take place if the equipment is not put back into its proper location. If you do not have takedown, but *do* have a game in the final session of the day, please move the field equipment on your field down to the guardrail side of the field. This will be a big help to the coach who is doing takedown. It takes only a few minutes and helps out your fellow coach.
- **Division 2, 3, 4 and Interleague:** The goals will be located at the fields. Please place them on the field (Two adults can easily move one of these goals.) and secure them with sandbags. If the goals are not secured, the referees are instructed not to begin the game. Position the four corner flags in place. ***YOU ARE ALSO REQUIRED TO AT TAKE DOWN MOVE THE GOALS BACK TO THE FENCE LINE OR GUARDRAIL OUT OF THE WAY OF THE MIDDLE OF THE FIELD!!!! Please make this happen. The school district was nice enough to allow us to use the field let's treat this request with the up-most respect.***

#### The Home Team:

- Chooses which side of the field they prefer. (The team with Setup chooses their side for the day's first game.)
- Supplies the game ball
- Players wear their Blue shirt (Away Team wears white)
- Supplies an adult to ref the game if the regular referee does not show (substitute ref should be agreed upon by both coaches).

#### Coaches

- It is mandatory that both coaches meet with the referee before every game to confirm the rules for your division. Our refs work games in several divisions, and it is easy to be confused about the differences in rules from one division to another.
- Coaching is not permitted from:
  - Ø Both sides of the field (for the same team)
  - Ø Along the Penalty Box areas at both ends of the field (except in Division 1)
  - Ø Behind the goals (except in Division 1)
  - Ø On the field itself (except in Division 1 — one coach per team, only)
  - Ø *Parents are not permitted in these locations either, and it's the coach's responsibility to let the parents know!*
- The Half-Game Rule (no Ifs, Ands or Buts!): **Coaches must play ALL players a minimum of a half a game.** This is a bare minimum. Three quarters of a game is preferred and is considered the norm.
- Five Goal Rule (Avoiding a Big Blowout): In the event of a one-sided score, do not exceed a 5-goal advantage. For instance, if you are winning 6 to 1 at halftime, make a sincere effort to limit any additional scoring to prevent exceeding a 5-goal lead. If this means having to take players off the field ("playing down") then do so, but do it subtly.

Being overly obvious about trying to hold the score down can be as bad as a “blow out” score. You can also swap players to balance the teams. Even though we’re not keeping standings, you must keep track of the score. Consistently “running up the score” embarrasses the losing players and simply won’t be tolerated by the HSL Board! (If the player *draft* has gifted your team with strong players, it is your responsibility to try and keep every game as competitive as possible for both teams.)

#### **Coaches/Parental Behavior:**

- HSL has instituted a **zero tolerance policy** for all Coaches, Parents and Fans. The focus is to help improve the quality of fun; the children shall have while playing soccer. A copy of the HSL’s Code of Conduct will be given to each child’s parent to sign.
- Except in the Division 1 and Division 2, coaches are not permitted on the field during a game without permission from the Referee. Violation can result in a Red Card and suspension. Coaches are responsible for parental behavior on the sidelines, and may receive a red card for a spectator’s actions (spectators do not get red cards). If a coach receives a red card, he or she **MUST** leave the field and adjacent area immediately.
- **Coaching Tip:** Keep your parents informed about these rules. (For example, make sure that the Keeper’s dad isn’t standing next to the goal, shouting instructions. Your Keeper will thank you!) Also, make sure that the parents are aware that they cannot go on to the field if their child gets injured. Only the coaches can go on the field, and that’s only after the ref has given you permission to do so! (You *will* be faced with this situation; please prepare for it!)
- If you have a “problem parent” who has either ignored your requests to behave appropriately, or is someone you just don’t feel comfortable dealing with, contact your Division Rep and the club will deal with the situation.
- The abuse of referees will not be tolerated.

#### **WEATHER CONDITIONS/CANCELLING AND RESCHEDULING GAMES**

- The Intramural Coordinator and V.P. of Operations are responsible for canceling a game or series of games due to inclement weather prior to the start of play. Once a game has started, the decision to stop play is up to the Referee (parent-referees in the case of the Division 1). The Intramural Coordinator will contact the Division Reps, who will contact the coaches, who will contact the parents on their individual teams. *Individual coaches should not call the Intramural Coordinator unless they have tried to reach their Division Rep(s) first! Parents on your team must contact the coach(es) first.*
- Games will be played in light rain and/or cold temperatures. A rainy morning does not necessarily result in the cancellation of the entire schedule for the day. Morning games may be canceled, but if the forecast calls for conditions to improve, afternoon games may still be played. Your Division Rep will keep you informed.
- Rescheduling of canceled games is done via the Intramural Coordinator only. Coaches are not permitted to reschedule or cancel games between themselves. (Refs are paid if they show up whether there’s a game or not; don’t waste club money by paying for a ref with no game!) Coaches should work out a day and time for their make-up game, but must have it approved by the Intramural Coordinator who must then contact the Referee Coordinator to provide a ref for the game. Once this has been done, the Intramural Coordinator will contact the Division Rep with his approval; the division rep will contact the coaches. **Rocky Road Field’s availability as a game field during the week is severely restricted, so rescheduled games in Divisions 2 or 3 will be limited to the weekends.**
- If you have made arrangements prior to your game date to cancel your game (you’ll be missing several players that day, it’s your daughter’s communion, etc) and you have a *Setup* or *Takedown*, it’s still **your** responsibility to get the Setup or Takedown done. The easiest way to do this is to “switch” with another coach, ask them to do your Setup/Takedown on the day in question and you’ll take one of theirs in place of it. Make sure that the division rep knows that the switch was made.

## UNIFORMS AND EQUIPMENT

- *Important for all New Players on your Uniforms* must be purchased at Port Jefferson Sporting Goods, phone # 366-2252, located in the Daffy's Shopping center on Main Street in Smithtown (across the street from their old location). Make sure your players request the HSL Intramural uniform which consists of a Blue jersey, a White jersey, Blue shorts, and Blue socks. Official HSL *Intramural* uniforms are to be worn during all games. **Travel uniforms are not permitted for Intramural play.**
- Hard Shin Guards are required and must be covered by socks. Players without shin guards will not be permitted to play, and there are absolutely no exceptions to this rule!
- All players must wear cleats, except for the Squirt Division where they are not required.
- For practices, make sure that your players show up with their shin guards, a ball and water (or Gatorade, etc). Start them out at an early age understanding that this is "the way you play soccer".
- What should you have in your coach's bag?
  - Ø Game Ball
  - Ø Ice Packs (Soft Shell) Supplied by HSL
  - Ø Simple First Aid Kit (Band-Aids and Tissues are usually all you'll need.)
  - Ø Ball Pump
  - Ø Whistle / Stop Watch
  - Ø Scrimmage Vests ("Pinnies")
  - Ø Clipboard or Folder with copies of your roster and schedule, as well as these guidelines.
  - Ø You should also have a few small cones or disks for practices.

## MISCELLANEOUS

- If a serious injury to a player requiring professional medical attention occurs during a practice or game, the coach must report it to the Registrar within 24 hours.
- Please do not run on to the field if one of your players gets hurt. 99% of injuries are minor bumps and bruises. If the referee doesn't see the injured player, you should bring it to his/her attention, but the Rules State that the referee must first stop the game, then wave you on to the field. Use common sense, however. If an injury looks serious, don't hesitate to help your player.
- In using "cold packs" please note that their coldness is generated by chemical reaction within the pack. Contact with the skin (and certainly the face, eyes, etc) should be avoided, as the chemicals may leak out. Use a cooler to keep some "real" ice on hand for situations of an injury, especially a face injury. Never use "cold packs" on the face.
- Non-registered players are not insured and may not practice or play in tournaments or games with your team; they must be registered with HSL first. (This applies to Intramural, Interleague, and Travel teams.) There is no problem for an Intramural player to get additional practice with another Intramural team. As coaches, it is your right to permit or restrict players from other teams to practice with you. In the *spirit* of Intramurals, getting players to play as often as possible is certainly encouraged so long as players, coaches and parents are all in accord.
- Ratings are confidential ("For Coach's Eyes Only")! They should not be discussed with spouses, players or parents.
- Coaches are responsible for keeping the fields clean. Leaving bottles, cups, wrappers, orange peels, etc. on the practice or game field is unacceptable. Either the Coach or Team Parent should bring a plastic bag for garbage to every game. Please discourage your team (and/or their younger siblings) from digging holes in the field or sideline. In addition to ruining the field, it sets up a perfect venue for a sprained ankle.
- Coaches should not carpool with a non-coaching parent. Parents often do this in an attempt to pick the coach they want, which is against club policy. You must make your parents (and your spouse) aware of this rule. Head and Assistant Coaches generally carpool with each other, but if you have a special circumstance, please explain it to the Registrar and the HSL Board will make every effort to help you out. Also, carpools must be mutually requested, using the official HSL carpool form.

- Keep the parents on your team informed. Communicate with them regularly about practice and game schedules (and changes). Also, educate them about the rules of soccer (like why the ref may not stop the game as soon as a player is injured, or the difference between an incidental and intentional handball). Don't forget to educate them about rules of our club (like carpool guidelines and the ½ game rule). Feel free to photocopy and distribute to your parents the appropriate sections of this handout. The more our parents know about soccer and HSL, the better.
- If you have any questions, problems, or comments, we are here to help you. We only ask that you follow the line of communication. You should first speak to your Division Rep; if he or she cannot help you (for whatever reason), call the Intramural Coordinator. If he cannot help, he will put you in touch with someone who can. The HSL is run entirely by volunteers, like you, who give their time and effort to provide an organized program for the children of our community. If you have any parents who show a high level of interest and enthusiasm, please speak to them about getting involved in the club.

### **COACHES AND PLAYER EVALUATIONS**

- At the end of the season, Coaches will be asked to evaluate and rate their players. In the appendix of this handbook is a Player Rating Form: You should use these forms to help you to objectively evaluate your players' level of skills development. Copies of these forms will be distributed at Ratings Night as well as may be downloaded from the HSL website ([www.hauppaguesoccerleague.com](http://www.hauppaguesoccerleague.com)). All player evaluations and ratings are confidential and should not be shared with your players or parents. Division 1 and 2 players are not rated. Division 2 players are rated at the end of the Spring Season. This way we can balance teams when these players begin Division 3.
- At the end of the season, your players' parents will be asked to evaluate and rate your performance as a coach. This form is also listed in the appendix. The evaluation will cover your relationship with your players, parents; your preparedness for practices and games; your practice and teaching techniques, etc. This information will be kept confidential and will be used by HSL in developing training programs for our players and coaches.

# Division 1

<b>Field Size:</b>	25 yards long x 15 yards wide
<b>Ball Size:</b>	#3
<b>Goal Size:</b>	PUGG(Pop up goals)
<b># of players on Field:</b>	4, no goalie
<b>Duration of Game:</b>	4 quarters/10 minutes long, 2 minutes between quarters
<b>Playing Time:</b>	At least 50% of the game. No one player can play more than three (3) quarters. Coaches are allowed on the field.

## ***No Slide Tackling Allowed!***

<b>Ball In and Out of Play:</b>	Kick-In
<b>Fouls:</b>	Shall result in an Indirect free kick and all infractions must be explained to player. No penalty kicks. Players must be three yards away.
<b>Offsides:</b>	None
<b>Substitutions:</b>	Unlimited
<b>Goal Kicks:</b>	Must clear five (5) yards.
<b>Corner Kicks:</b>	No corner kicks.

## Instruction Items

### ***RULES:***

- Kick-off
- Boundaries

### ***TECHNIQUES:***

- Dribbling
- Introduction to Juggling
- Pass and Receiving
- Shooting
- Defending

### ***TACTICS:***

- Positions
- Passing
- Marking

Three to four year olds should have fun and develop an appreciation for the game of soccer. The emphasis should be on playing. Formal skills learning has little relevance to these young soccer minds. Game activities such as 3 a side play or other fun situations where each player has a ball are strongly recommended. Only introduce more technique-oriented practices when it is apparent they have developed the desire - through play - to improve their skills.

Listed below are some techniques that you can reasonably expect to introduce to kids by the time they are four years old. The major emphasis for the youngest players should be on getting comfortable with the ball while introducing basic techniques. "Coaching" should be kept to a minimum; teach through enjoyable games and exercises. Tactics are not important at this age. Be patient!

### **Dribbling**

#### **A. Techniques**

- Dribbling with inside of foot (R and L)
- Dribbling with outside of foot (R and L)
- Dribbling with bottom of foot (R and L)
- Running with the ball for speed
- Turning with inside of foot (R and L)

#### **B. Principles**

- Close control in close space
- Keep head up to see the ball and the developing play
- Small controlled steps ... ball should be kept approximately 2-3 feet in front of you.
- Strike the ball with either the inside or outside of the foot (softly and not with the toe)
- Look up frequently to establish eye contact
- Change speed and direction

### **Introduction to ball juggling**

- Continuous bouncing of ball off head, shoulders, thigh, foot, *etc.* without the ball touching the ground ... This will develop ball control.

### **Passing**

#### **A. Techniques**

- Push pass (inside of foot) for short passing on the ground (R and L foot)

#### **B. Principles**

- Discourage kicking with the toes
- Inside of the foot pass
  1. Ankle locked
  2. Foot slightly up at the toe
  3. Thigh turned outward
  4. Look up to establish eye contact
  5. Connect with the middle of the ball just before the instep
  6. Follow through (contributes to direction and pace of the pass)
- Outside of the foot pass
  1. Ankle locked
  2. Foot pointing slightly downward at the toe

3. Leg swings across the ball
4. Ball should spin when locked

### **Receiving ("trapping")**

#### **A. Techniques**

- Inside of foot (R & L)
- Outside of foot (R & L)

#### **B. Principles**

- Use relaxed stance, knees slightly bent
- Keep ball close
- Move toward the ball (don't wait for it to come to you)
- Inside or outside of the foot used most often
- Foot surface first touching the ball should be withdrawn slightly on contact to take the momentum out of the ball ("cushioning")
- Ball should not be stopped completely, but under close control
- Redirect ball in front or to the side in anticipation of moving in that direction to pass or dribble

### **Shooting**

#### **A. Techniques**

- Lace kick with both feet (R & L)

#### **B. Principle**

- Head down
- Ankle locked with foot pointing downward at the toe
- Strike the ball with the laces of the shoe
- Accuracy before power (avoid shooting directly at the goalkeeper)

### **Defending**

#### **A. Techniques**

- Challenging
- Clearing

#### **B. Principle**

- Decrease space and time (for the opponent)

# Division 2

<b>Field Size:</b>	30 yards long x 20 yards wide
<b>Ball Size:</b>	#3
<b>Goal Size:</b>	6 x 12
<b># of players on Field:</b>	5 (4 + Goalie)
<b>Duration of Game:</b>	4 quarters/10 minutes long, 2 minutes between quarters/ 5 minute half time
<b>Playing Time:</b>	At least 50% of the game. No one player can play more than three (3) quarters not more than one (1) quarter as Goalie. Coaches are allowed on the field, but as the season progresses, the coaches should try minimizing their time on the field.
<b>Positions:</b>	1 Forward, 2 midfielders and 1 defender (sweeper)
<b>No Slide Tackling Allowed!</b>	
<b>Ball In and Out of Play:</b>	Throw-In
<b>Fouls:</b>	Shall result in an Indirect free kick and all infractions must be explained to player. No penalty kicks. Players must be three yards away.
<b>Offsides:</b>	None
<b>Substitutions:</b>	Unlimited
<b>Goal Kicks:</b>	Must clear five (5) yards.
<b>Corner Kicks:</b>	No corner kicks.

## Instruction Items

### **RULES:**

- Kick-off
- Throw-in
- Goal kick
- Boundaries

### **TECHNIQUES:**

- Dribbling
- Juggling
- Passing & Receiving

- Shooting
- Defending
- Trapping
- Restarts

### **TACTICS:**

- Introduction of "Diamond" shape
- Positions
- Passing
- Marking

By now, young players have become familiar with soccer and "handling" the ball - both with feet and hands. More formal skills learning can now take place. Remain cautious about using drills that have players waiting in line. While more structured exercises are good for developing the essential skills, be aware the concentration level of these players is low. If possible, split the group into two (it would be helpful to have an assistant) and work two groups at once; or one group on skills practice while the other plays a game.

Five year olds should have fun and develop an appreciation for the game of soccer. Listed below are some techniques that you can reasonably expect to introduce to kids by the time they are seven years old. The continued emphasis for the youngest players should be on getting comfortable with the ball while introducing basic techniques. "Coaching" again should be kept to a minimum; teach through enjoyable games and exercises. Tactics are not important at this age. Be patient!

### **Introduction to the Diamond Shape**

4v4 provides the minimum numbers needed for all of the principles of play. One player is up top for penetration. Two are needed for width and one holds back to supply depth. In 4v4 the responsibilities are very clear. All tasks are covered and none are shared which keeps things simple.

*Four v four is the optimum number for teaching in small-sided games. It has all of the necessary elements without any duplication.*

Small-sided games allow the players more touches on the ball. It also puts the player in a greater percentage of coaching moments. That means, not only does he or she have to deal physically with the ball more often but he or she is also involved more mentally. His concentration must be greater because the action will be quicker; there is nowhere to hide. This is an important element in developing the playing mentality.

### **Dribbling**

#### **A. Techniques**

- Dribbling with inside of foot (R and L)
- Dribbling with outside of foot (R and L)
- Dribbling with bottom of foot (R and L)
- Running with the ball for speed
- Turning with inside of foot (R and L)

#### **B. Principles**

- Close control in close space

- Keep head up to see the ball and the developing play
- Small controlled steps ... ball should be kept approximately 2-3 feet in front of you.
- Strike the ball with either the inside or outside of the foot (softly and not with the toe)
- Look up frequently to establish eye contact
- Change speed and direction

### **Ball juggling**

- Continuous bouncing of ball off head, shoulders, thigh, foot, *etc.* without the ball touching the ground ... This will develop ball control.

### **Passing**

#### **A. Techniques**

- Push pass (inside of foot) for short passing on the ground (R and L foot)

#### **B. Principles**

- Discourage kicking with the toes
- Inside of the foot pass
  1. Ankle locked
  2. Foot slightly up at the toe
  3. Thigh turned outward
  4. Look up to establish eye contact
  5. Connect with the middle of the ball just before the instep
  6. Follow through (contributes to direction and pace of the pass)
- Outside of the foot pass
  1. Ankle locked
  2. Foot pointing slightly downward at the toe
  3. Leg swings across the ball
  4. Ball should spin when locked

### **Receiving ("trapping")**

#### **A. Techniques**

- Inside of foot (R & L)
- Outside of foot (R & L)

#### **B. Principles**

- Use relaxed stance, knees slightly bent
- Keep ball close
- Move toward the ball (don't wait for it to come to you)
- Inside or outside of the foot used most often
- Foot surface first touching the ball should be withdrawn slightly on contact to take the momentum out of the ball ("cushioning")
- Ball should not be stopped completely, but under close control
- Redirect ball in front or to the side in anticipation of moving in that direction to pass or dribble

### **Shooting**

#### **A. Techniques**

- Lace kick with both feet (R & L)

### **B. Principle**

- Head down
- Ankle locked with foot pointing downward at the toe
- Strike the ball with the laces of the shoe
- Accuracy before power (avoid shooting directly at the goalkeeper)

## **Defending**

### **A. Techniques**

- Challenging
- Clearing

### **B. Principle**

- Decrease space and time (for the opponent)

**Goalkeeping** (Not applicable at this age level.)

## **Restarts and set plays**

### **A. Techniques**

- Kickoffs
- Throw-ins
- Goal kicks

### **B. Principle**

- Possession is everything on restarts
- Throw-ins
  1. Ball MUST go directly over the head
  2. Both hands must remain on the ball (R and L thumbs meet behind the ball; thumbs and fingers of both hands form a W)
  3. Both feet must be on the ground (not necessarily flat; it is permissible to drag the toe of the trailing foot)
  4. As soon as ball is released, player should get back onto the field (often to receive a return pass)

# Division 3

<b>Field Size:</b>	50 yards long x 30 yards wide
<b>Ball Size:</b>	#3
<b>Goal Size:</b>	6 x 12
<b># of players on Field:</b>	6 (5 + Goalie)
<b>Duration of Game:</b>	4 quarters/12 minutes long, 2 minutes between quarters.
<b>Playing Time:</b>	At least 50% of the game. No one player can play more than three (3) quarters; not more than one (1) quarter as Goalie. Coaches are not allowed on the field. No one should coach the goalie from behind the goal.
<b>Positions:</b>	2 Forward, 1 midfielder and 2 defenders (sweepers)
<b>No Slide Tackling Allowed!</b>	
<b>Ball In and Out of Play:</b>	Throw-In
<b>Fouls:</b>	Shall result in an Indirect free kick and all infractions must be explained to player. Players must be three yards away.
<b>Offsides:</b>	Referees will call Goal-hanging (waiting behind the defense for a through-ball).
<b>Substitutions:</b>	Unlimited
<b>Goal Kicks:</b>	Must clear penalty area.
<b>Corner Kicks:</b>	Opponent must be six (6) yards away.

## Instruction Items

### **RULES:**

Kick-off  
Throw-in  
Goal kick  
Penalty kick  
Corner kick  
Drop ball  
Indirect free kick  
Offside – “Goal Hanging”

## **TECHNIQUES:**

Dribbling  
Juggling  
Passing & Receiving  
Shooting  
Defending  
Shielding  
Goalie -Catching, Throwing, Punting, Diving, Punching

## **TACTICS:**

- Continued emphasis of “Diamond” shape
- Positions
- Passing
- Marking

### **Dribbling**

#### **A. Techniques**

- Dribbling with inside of foot (R and L)
- Dribbling with outside of foot (R and L)
- Dribbling with bottom of foot (R and L)
- Running with the ball for speed
- Turning with inside of foot (R and L)
- Begin teaching fakes

#### **B. Principles**

- Close control in close space
- Keep head up to see the ball and the developing play
- Small controlled steps ... ball should be kept approximately 2-3 feet in front of you.
- Strike the ball with either the inside or outside of the foot (softly and not with the toe)
- Look up frequently to establish eye contact
- Change speed and direction

### **Ball juggling**

- Continuous bouncing of ball off head, shoulders, thigh, foot, *etc.* without the ball touching the ground ... This will develop ball control.

### **Passing**

#### **A. Techniques**

- Push pass (inside of foot) for short passing on the ground (R and L foot)

#### **B. Principles**

- Discourage kicking with the toes
- Inside of the foot pass

1. Ankle locked
  2. Foot slightly up at the toe
  3. Thigh turned outward
  4. Look up to establish eye contact
  5. Connect with the middle of the ball just before the instep
  6. Follow through (contributes to direction and pace of the pass)
- Outside of the foot pass
    1. Ankle locked
    2. Foot pointing slightly downward at the toe
    3. Leg swings across the ball
    4. Ball should spin when locked

### **Receiving ("trapping")**

#### **A. Techniques**

- Inside of foot (R & L)
- Outside of foot (R & L)

#### **B. Principles**

- Use relaxed stance, knees slightly bent
- Keep ball close
- Move toward the ball (don't wait for it to come to you)
- Inside or outside of the foot used most often
- Foot surface first touching the ball should be withdrawn slightly on contact to take the momentum out of the ball ("cushioning")
- Ball should not be stopped completely, but under close control
- Redirect ball in front or to the side in anticipation of moving in that direction to pass or dribble

### **Shooting**

#### **A. Techniques**

- Lace kick with both feet (R & L)

#### **B. Principle**

- Head down
- Ankle locked with foot pointing downward at the toe
- Strike the ball with the laces of the shoe
- Accuracy before power (avoid shooting directly at the goalkeeper)

### **Defending**

#### **A. Techniques**

- Challenging
- Clearing

#### **B. Principle**

- Decrease space and time (for the opponent)

## **Goalkeeping**

### **Positions and Systems of play**

#### **A. Techniques**

- Attackers (forwards, wings)
- Defenders (fullbacks)

#### **B. Principles**

- All positions have both offensive and defensive responsibilities
- Players must learn to recognize when direction of play changes

### **Creating and exploiting space on the attack**

#### **A. Techniques**

- Spreading out, side to side and end to end
- Attacking the flanks
- Crossing the ball

#### **B. Principles**

- Simplest way to create space is to spread out and increase the distance between defenders
- Players should spread out quickly when possession is achieved

### **Restarts and set plays**

#### **A. Techniques**

- Kickoffs
- Throw-ins
- Goal kicks

#### **B. Principle**

- Possession is everything on restarts

### **Shielding**

- Legs bent
- Shoulders down
- Arms at the sides used as a means of keeping an opponent away from the ball, or to stall for time waiting for a teammate to get open for a pass.

### **Heading**

- Lean back at the waist
- Lunge into the ball
- Strike the ball with the middle of the forehead

## **Throw-ins**

- Ball MUST go directly over the head
- Both hands must remain on the ball (R and L thumbs meet behind the ball; thumbs and fingers of both hands form a W)
- Both feet must be on the ground (not necessarily flat; it is permissible to drag the toe of the trailing foot)
- As soon as ball is released, player should get back onto the field (often to receive a return pass)

## **Soccer Tactics**

### **General**

- Play positions (the various roles can be understood *even as players rotate positions*).
- Get open and call for the ball.
- Look and listen for passing opportunities.
- Pass and move to space and/or to support.
- Work to build and maintain triangles - the basic structure for passing and support.
- Always support the player with the ball (forward and rear support within passing distance).

### **Team Offense**

- Maintain possession of the ball.
- Keep the offense wide in order to spread (and weaken) the opponents' defense and to create space for scoring opportunities.
- Penetrate as deeply as possible with every pass, without unduly risking loss of possession.
- Finish attacks with shots on goal.

### **Team Defense**

- Support and communication are critical.
- Pressure opponents to decrease their "comfort zone".
- Delay opponents' attack when your team first loses possession of the ball to permit defense to regroup.
- Mark "goal-side" to defend against shots on goal.
- Mark "ball-side" to defend against easy passes.
- Maintain defensive balance on the field; guard against reversing the ball (crossing passes).
- Mark tighter as you get closer to your goal.
- Concentrate defense in front of the goal as the ball approaches your goal (limiting space available for goal shots) and direct ball away from goal.

### **Kick off**

- Short pass and dribble.
- Short pass and pass back (triangle).  
(Note that the "long boot" is not encouraged!)

### **Throw-in**

- Throw to an open teammate if possible (first look for the farthest unmarked player).

- Throw toward the other team's goal.
- Throw down the touchline.
- Throw to your goalkeeper (this is not considered an illegal pass back).
- Take throw-ins quickly (before the defense can set up) but always under control.
- Throw the ball so that it can be controlled in the air.
- Thrower should re-enter the field quickly to be open for a return pass.

### ***Goal kick***

- Big kick up the side of the field.
- Avoid kicking the ball across the front of your goal.
- Consider having a defender take goal kicks while the goalkeeper maintains position to guard goal.

### ***Free kick***

- Close to goal, direct - shoot!
- Close to goal, indirect - short pass and shoot.
- Far from goal - big kick toward the front of the opponents' goal.

### ***Corner kick***

- Big kick into the opponents' goal area.
- Short pass and dribble or cross.

# Division 4

<b>Field Size:</b>	70 yards long x 40 yards wide
<b>Ball Size:</b>	#4
<b>Goal Size:</b>	6 x 12
<b># of players on Field:</b>	7 (6 + Goalie)
<b>Duration of Game:</b>	2 - 25 minute halves, 5 minutes halftime.
<b>Playing Time:</b>	At least 50% of the game. No one player can play more than three (3) quarters; not more than one (1) quarter as Goalie. Coaches are not allowed on the field. No one should coach the goalie from behind the goal.
<b>Positions:</b>	2 Forward, 1 midfielder and 2 defenders (sweepers)
<b>No Slide Tackling Allowed!</b>	
<b>Ball In and Out of Play:</b>	Throw-In
<b>Fouls:</b>	Shall result in an Indirect free kick and all infractions must be explained to player. Players must be three yards away.
<b>Offsides:</b>	The standard offside rule applies. Offside is determined when the ball is played; a player can be in an offside position, but not be offside (if he/she is not involved in the play).
<b>Substitutions:</b>	Unlimited
<b>Goal Kicks:</b>	Must clear penalty area.
<b>Corner Kicks:</b>	Opponent must be six (6) yards away.

## Instruction Items

### **RULES:**

Kick-off  
Throw-in  
Goal kick  
Penalty kick  
Corner kick  
Drop ball  
Indirect free kick  
Offside

## **TECHNIQUES:**

Dribbling  
Foot trap  
Heading  
Turning  
Thigh trap  
Juggling  
Shielding  
Chest trap  
Volleying (half & full)  
Fakes  
Pass (inside foot)  
Shooting  
Pull back  
Pass (outside foot)  
Chipping  
Tackling  
Curving  
Goalie - \*Catching, \*Throwing, Punting, Diving, Punching

### **Dribbling**

#### **A. Techniques**

- Dribbling with inside of foot (R and L)
- Dribbling with outside of foot (R and L)
- Dribbling with bottom of foot (R and L)
- Running with the ball for speed
- Turning with inside of foot (R and L)
- Begin teaching fakes

#### **B. Principles**

- Close control in close space
- Keep head up to see the ball and the developing play
- Small controlled steps ... ball should be kept approximately 2-3 feet in front of you.
- Strike the ball with either the inside or outside of the foot (softly and not with the toe)
- Look up frequently to establish eye contact
- Change speed and direction

### **Ball juggling**

- Continuous bouncing of ball off head, shoulders, thigh, foot, etc. without the ball touching the ground ... This will develop ball control.

### **Passing**

#### **A. Techniques**

- Push pass (inside of foot) for short passing on the ground (R and L foot)

#### **B. Principles**

- Discourage kicking with the toes
- Inside of the foot pass
  1. Ankle locked
  2. Foot slightly up at the toe
  3. Thigh turned outward
  4. Look up to establish eye contact
  5. Connect with the middle of the ball just before the instep
  6. Follow through (contributes to direction and pace of the pass)
- Outside of the foot pass
  1. Ankle locked
  2. Foot pointing slightly downward at the toe
  3. Leg swings across the ball
  4. Ball should spin when locked

### **Receiving ("trapping")**

#### **A. Techniques**

- Inside of foot (R & L)
- Outside of foot (R & L)

#### **B. Principles**

- Use relaxed stance, knees slightly bent
- Keep ball close
- Move toward the ball (don't wait for it to come to you)
- Inside or outside of the foot used most often
- Foot surface first touching the ball should be withdrawn slightly on contact to take the momentum out of the ball ("cushioning")
- Ball should not be stopped completely, but under close control
- Redirect ball in front or to the side in anticipation of moving in that direction to pass or dribble

### **Shooting**

#### **A. Techniques**

- Lace kick with both feet (R & L)

#### **B. Principle**

- Head down
- Ankle locked with foot pointing downward at the toe
- Strike the ball with the laces of the shoe
- Accuracy before power (avoid shooting directly at the goalkeeper)

### **Defending**

#### **A. Techniques**

- Challenging
- Clearing

#### **B. Principle**

- Decrease space and time (for the opponent)

### **Goalkeeping**

#### **Positions and Systems of play**

##### **A. Techniques**

- Attackers (forwards, wings)
- Defenders (fullbacks)

##### **B. Principles**

- All positions have both offensive and defensive responsibilities
- Players must learn to recognize when direction of play changes

#### **Creating and exploiting space on the attack**

##### **A. Techniques**

- Spreading out, side to side and end to end
- Attacking the flanks
- Crossing the ball

##### **B. Principles**

- Simplest way to create space is to spread out and increase the distance between defenders
- Players should spread out quickly when possession is achieved

#### **Restarts and set plays**

##### **A. Techniques**

- Kickoffs
- Throw-ins
- Goal kicks

##### **B. Principle**

- Possession is everything on restarts

#### **Shielding**

- Legs bent
- Shoulders down
- Arms at the sides used as a means of keeping an opponent away from the ball, or to stall for time waiting for a teammate to get open for a pass.

#### **Heading**

- Lean back at the waist

- Lunge into the ball
- Strike the ball with the middle of the forehead

### **Throw-ins**

- Ball MUST go directly over the head
- Both hands must remain on the ball (R and L thumbs meet behind the ball; thumbs and fingers of both hands form a W)
- Both feet must be on the ground (not necessarily flat; it is permissible to drag the toe of the trailing foot)
- As soon as ball is released, player should get back onto the field (often to receive a return pass)

### **Soccer Tactics**

#### **General**

- Play positions (the various roles can be understood *even as players rotate positions*).
- Get open and call for the ball.
- Look and listen for passing opportunities.
- Pass and move to space and/or to support.
- Work to build and maintain triangles - the basic structure for passing and support.
- Always support the player with the ball (forward and rear support within passing distance).

#### **Team Offense**

- Maintain possession of the ball.
- Keep the offense wide in order to spread (and weaken) the opponents' defense and to create space for scoring opportunities.
- Penetrate as deeply as possible with every pass, without unduly risking loss of possession.
- Finish attacks with shots on goal.

#### **Team Defense**

- Support and communication are critical.
- Pressure opponents to decrease their "comfort zone".
- Delay opponents' attack when your team first loses possession of the ball to permit defense to regroup.
- Mark "goal-side" to defend against shots on goal.
- Mark "ball-side" to defend against easy passes.
- Maintain defensive balance on the field; guard against reversing the ball (crossing passes).
- Mark tighter as you get closer to your goal.
- Concentrate defense in front of the goal as the ball approaches your goal (limiting space available for goal shots) and direct ball away from goal.

#### **Kick off**

- Short pass and dribble.
- Short pass and pass back (triangle).  
(Note that the "long boot" is not encouraged!)

#### **Throw-in**

- Throw to an open teammate if possible (first look for the farthest unmarked player).
- Throw toward the other team's goal.
- Throw down the touchline.
- Throw to your goalkeeper (this is not considered an illegal pass back).
- Take throw-ins quickly (before the defense can set up) but always under control.
- Throw the ball so that it can be controlled in the air.
- Thrower should re-enter the field quickly to be open for a return pass.

### ***Goal kick***

- Big kick up the side of the field.
- Avoid kicking the ball across the front of your goal.
- Consider having a defender take goal kicks while the goalkeeper maintains position to guard goal.

### ***Free kick***

- Close to goal, direct - shoot!
- Close to goal, indirect - short pass and shoot.
- Far from goal - big kick toward the front of the opponents' goal.

### ***Corner kick***

- Big kick into the opponents' goal area.
- Short pass and dribble or cross.

# Appendix A: Practice Plan

Activity	Description	Diagram	Coaching Points
Warmup			
Instruction			
Drills (Skill Games)			
Small Sided Games/Scrimmages			

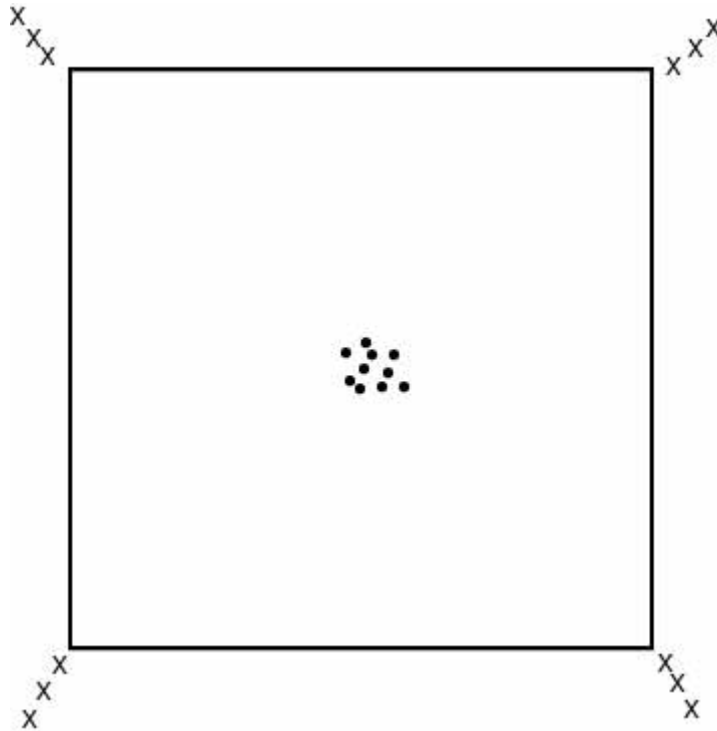
# Appendix B: Skill Games

## I. Warmup Drills

### *Fine Soccer Drill*

Here is a fun warm up game working on dribbling, turning, fitness and teamwork.

This game works for groups of 8-16 players and requires a 25 x 25 grid and 9 balls. An equal number of players start in each corner and the balls are in the middle (see diagram below for the setup)



The way the game is played is that the first person in each line sprints to the middle, gets a ball and dribbles it back to the corner. Then the second person goes. From the second person on they can take the ball either from the middle or from one of the other corners (players may not shield the ball). Only one person per line can be away from the corner at any one time. Also, a player away from the corner can only have one ball in their possession. The first team to get three balls in their corner wins. While this might seem like a very simple game, you will see right away that there is a lot of touches on the ball, movement and communication (the players who are not running are telling their teammate where to get the ball from in order not to allow another group to get three balls in their corner).

After doing this a couple of times, you can put restrictions in such as left foot only, outside of the foot only, having to touch the ball on every step etc. In a relatively short period of time, the team can get a spirited warm up going with a lot of touches and a lot of communication.

### ***Body Parts Warm-up Game***

This soccer drill focuses on the younger player's dribbling skills and the ability to think quick on their feet while holding the ball close. Create a grid about 15X15 yards. All the players should

be inside the grid with a ball of their own. The coach shouts a part of the body that the player uses to stop the ball. For example right foot, left foot, knee, etc.

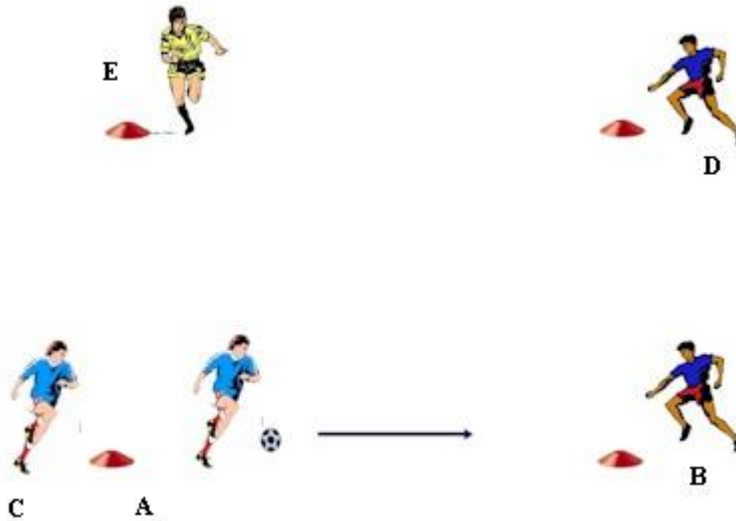
**Coaching Points:**

- \* Encourage players to constantly move and zig-zag while dribbling.
- \* Keep Close possession.
- \* Head up to avoid collisions.

**Focus:**

Technical Dribbling

**Pass & Drop Warmup**



**Setup:**

5 Players, 1 Ball and 4 Cones. Four cones are laid out to form the corners of a square box. Box may be any size depending upon what you are working on in practice. For a general warm-up start with a 15 yard by 15 yard square.

To start the exercise Player A and Player C are on the same cone. Player A has the ball at his feet. Players B, D and E are at the other three cones in a clockwise or counter-clockwise direction.

Player A passes the ball to Player B and then runs toward Player B and receives a “drop pass” from Player B. Player A then makes a one-touch pass to Player D. Player D drops the ball to Player B. Player B makes a one-touch pass to Player E. Player E drops the ball to Player D. Player D makes a one-touch pass to Player C. Player C drops the ball to Player E. Player E makes a one-touch pass to player A and the process starts all over.

After the first pass the procedure for each player is basically the same as he works his way around the square. It is to receive a pass and drop it back in the direction that it came from and then move halfway to the next cone (opposite of the direction he dropped the pass) and await a drop pass. He is to receive the drop pass and make a long pass to the opposite cone.

**Across-Field Warm-Up**

This drill is mainly focused on technical skills during warm up. Players are divided into two equal groups. Group 1 stands along the touchline with Group 2 about 5 yards away facing their partner. Players in Group 2 should have a ball. The player in Group 2 holds the ball in their

hands and jogs backwards across the field making tosses to their partner. The player in Group 1 jugs forward and receives the ball in the all and returns the ball to their partner. When the players reach the other touchline, the roles should be switched and return to the other touchline. The players should work on one of the following skills each time across the field.

1. Receive the ball with the inside of the foot alternating right and left.
2. Receiving the ball with the instep alternating right and left.
3. Trapping the ball with the thigh and returning it to the thrower.
4. Trapping with the chest and returning it to the thrower.
5. Heading back to the thrower – should make the receiver do jumping headers as well.

**Variations:**

\* Reverse the direction of the thrower and the receiver where the thrower jogs forward and the receiver jogs backwards.

**Coaching Points:**

- \* Good body positioning behind the ball.
- \* Controlled touches before playing the ball back.
- \* Getting a good warm-up.

**Focus:**

Technical Passing, Technical Receiving

***Combination Play Warmups***

***Two man passing***

Pair up your players with one ball. They pass back and forth in a grid. The grid size is dependent on the number of players. The space should be ample enough to allow for spacing.

***Overlap***

Set up in groups of three. Player 1 passes to Player 2; Player 3 overlaps P1 to receive the pass from P2. Once the sequence is established P1 can start the sequence by first dribbling towards P3 (creating space for P3 to run into) before passing to P2.

***3 man combos***

One third of the players are on the outside of a large area; the rest of the squad are paired up. Each pair will locate a free player on the outside and start the combination with a pass to that player. Players will switch after each combination.

***Fun Dribbling Warm-up***

This is a fun warm-up game that is a great ice-breaker at the beginning of the season or the beginning of a camp to get the kids warmed up with a light, fun dribbling game. These exercises might be a bit advanced for the beginner

soccer player. Create a grid that is approximately 20X20 yards. Organize the team into groups of two. Each group of two players needs one ball.

**Instructions:**

One player will work while the other player rests. Roll through each of these 3 exercises.

1. While inside the grid, the player without the ball should stand with their legs spread apart. On the coach's command, the other player with the ball should dribble and play their ball through the legs of any of the players with their legs spread and run around the standing player and receive the ball on the other side. Each time the player successfully plays the ball between a set of legs that player gets a point. Have each player compare their score to their partners score.
2. Next, have the player without the ball lay on their side. Now the player must dribble up to the player laying on their side, stop the ball, and flick the ball OVER the player laying on their side and jump over that players legs. To avoid injury, instruct the players to ONLY approach the player from the backside. Again have the players count each time they successfully flick the ball over the human wall and compare their scores to their partner's score.
3. Finally, instruct the players without the ball to stretch their calf muscle by crossing their legs and leaning forward touching their hands to the ground. Their position should almost be a pushup position with their hands and feet on the ground like a bridge. Now, have the players with the ball pass the ball underneath the player making the bridge (between their feet and hands), and jump over the feet part of the bridge. Again, have the players count the number of times they successfully knock the ball under the bridge and jump over their feet. Have them compare their scores to their partner

**Coaching Points:**

- \* Keep the players moving
- \* Head up and aware of what's going on around them
- \* Keeping the ball close
- \* Using all parts of the foot to perform the exercises.
- \* Have fun!

**Focus:**

Technical Dribbling

## ***II. Dribbling***

### ***Line Soccer***

Provide a 20 yd. x 20 yd. grid (or approximately 1 sq. yd. per player). Setup teams of 1, 2 or 4. One team attacks one direction and the other teams attacks in the opposite direction. The team scores by stopping the ball on the end line.

### ***Beehive***

Provide a 20 yd. x 20 yd. grid (or approximately 1 sq. yd. per player). Each player has a ball. Players dribble inside the grid randomly using correct techniques and practicing avoiding other players. Players should practice inside and outside foot dribbling, stopping, changing direction, and maintaining control while in the beehive.

### ***King of the ring***

Provide a 20 yd. x 20 yd. grid where each player has a ball. One player or the coach is "it" without a ball. Players start to dribble in the grid while trying to avoid having their ball kicked out of the grid by the player who is "it". Players can reenter the grid after retrieving their ball and completing some type of small skill penalty activity, like juggling the ball twice on their feet or knees or dribbling around a nearby tree before returning to the grid.

### ***Red Light - Green Light***

Just like the traditional game except the players dribble their balls forward and must learn to control and stop their balls on the "red light" command. Line all the players up and have the coach be the traffic cop. Send out of control players back to the starting line.

### ***Attack and Protect***

Provide a 20 yd. x 20 yd. grid. Each player has a ball. Players dribble around in the grid trying to kick another player's ball out of the grid while at the same time protecting their own ball. Provide the players with a skill "condition" that they must complete before they may reenter the grid.

### ***Spiderman***

Provide a 20 yd. x 30 yd. grid. Each player should have a ball. The coach starts as the first spider. The players dribble around the grid while trying to avoid the tag of the spider. When a player is tagged by the coach, they join hands and go after new prey. Each successive tagged player makes the web of the spider grow bigger, but , alas, less organized. Young players will request this game constantly.

### ***Soccer Tag***

This soccer drill is good for younger players ages under 5 through under 8. This is a fun soccer drill that allows players to gain confidence on the ball while getting a lot of touches. Build a grid that is approximately 20X20 (or larger depending on the number of players involved). Each player should have a ball and position them inside the grid. Instruct the players to tag (touch) other players within the grid. Once the player gets tagged they must hold that area of the body that was tagged while still dribbling while avoiding other tags and attempting to tag others. If players are tagged a 2nd time they must hold both tagged areas while dribbling. If the player is tagged a 3rd time, the player must move to the outside of the grid and perform an exercise such as 25 toe touches, 4 juggles, 25 foundation touches, or push-ups before rejoining the game.

#### **Coaching Points:**

- \* Keeping the ball close to the player.
- \* Head up where they can see ball and players.
- \* Use all parts of the foot while dribbling (inside, outside, bottom, heel, top)

#### **Focus:**

Technical Dribbling

## **III. Passing**

### ***Keep Away Circle***

Players pair up and stand across from each other around a circle of cones. One player or the coach stands inside the circle and tries to intercept passes made between the players. Passes completed between partners count as goals. Change the player inside the circle after a pass is intercepted or after a short time interval.

### ***Cone Game***

Players pair up and stand across from each other around a circle. Set up 6 or 8 cones in the middle of the circle as targets. Partners try and knock over the cones in the middle with accurate passes.

### ***Triangle Pass***

Set up a three player triangle. Each group has one ball. Players pass to each other around the triangle shape. Make sure they reverse the direction of their passes from time to time. After a certain level of proficiency is reached, add a defender to the center of the triangle who will try to intercept the ball.

### ***Four Corner Pass***

Set up a 10 yd. x 10 yd. grid with cones at each of the four corners. Four players work with one ball, one player on each side of the grid. A fifth player defends inside the grid. Players may only run between the cones on their side of the grid as they attempt to pass the ball across the grid. Change the middle player often to keep the play crisp and fast.

### ***Star Wars***

This classic game is very exciting for younger players! Set up a 10 yd. x 20 yd. grid. Have all the players line up at one end prepared to run to the other end. The coach or a player stands just outside the grid at midway with several balls at the ready. On command the players attempt to run to the endline while evading balls kicked at them by the coach. All shots should be kept below waist level. Players hit by the balls become new additional shooters until only one runner is left.

### ***5v2 Rotating Defenders***

This drill will focus on keeping possession by making good passes as well as good passing decisions, moving to open space, and good communication. Start by setting up a 12X12 grid, with 5 attackers and 2 defenders. The attackers should pass to one another until a defender wins the ball, or the ball is knocked out of play. Once the play is dead, the defender who has been in the longest comes out as an attacker and the attacker who lost the ball now becomes the defender and play resumes.

#### **Variations:**

- \* Adjust grid (larger = easier; smaller = harder)
- \* Adjust the number of attackers (4 attackers vs 2 defenders)

#### **Coaching Points:**

- \* Vision
- \* Changes in the direction and speed of play
- \* Appropriate use of 1st touch
- \* Appropriate use of short or long passing
- \* Good passes to feet
- \* Good first touch
- \* Good decision making (make play easy)
- \* Speed of play/decisions

#### **Focus:**

## **IV. Shooting**

### ***Marbles***

Players are organized into pairs, each with a ball. Standing with his back to the field of play, the first player throws his ball over his head. The second player then kicks his ball from the starting point and tries to hit the ball that was thrown. Play alternates by kicks until one ball is hit. The players then reserve and start again. Coaches should emphasize instep kicks for length and side of the foot kicks for accuracy. Make it a condition that every other game is left foot only!

### ***Four Goal Game***

Set up four cone goals about two yards wide in each corner of a 20 yd. x 30 yd. grid, Divide players into two equal teams. Players may score at any of the four goals. This game encourages teamwork and results in lots of shooting.

### ***Shoot Between Cones***

Set up a cone row with cones spaced 3 to 5 yards apart. Pair up players and position one player on each side of the cone row facing the cones and each other. Players should start close to the row of cones at first, striking the ball between the cones. The partner receives the ball and strikes it back between the cones. Move players farther away from the cones as their technique and accuracy improve.

### ***Go For Goal***

Players form two lines on either side of the coach who is standing about 18 to 20 yards from a goal of any size. The coach serves the ball toward the goal while one player from each line races to win the ball and shoot. As skills progress, add a goalkeeper. The coach should encourage correct shooting technique and a good first touch on the ball.

### ***Dribble Cones and Shoot***

Set up two cone lines for a dribble weave about 30 yards long with a 2 yard goal at the end. Divide players into two lines or teams. Players must dribble through the cones and score at the goal at the end before the next player in line starts.

## **V. Other Games**

### ***Preventing Bunching***

Scrimmage using a Dutch 4X4 training method field - 40X30 yards. Two goals 6-8 feet wide at each end set nearer to the side than to each other. Indirectly teaches spatial thinking (very hard to do). Attackers could look up (new concept for 7 year olds) and make a choice as to which goal to attack, i.e. which goal was most open. Forces defenders to cover an open goal AND a goal that was likely to be attacked. Whenever defenders magnetized to the ball and subsequently got burned when play quickly switched to the more open goal and a goal was easily scored, I would stop and give a 15 second lecture, citing the situation that just occurred, about why its wrong for every defender to race to the ball. The situation was repeated many times before they finally

started catching on. When the players start bunching remember to blow the whistle and ask why; before too long. they will scatter as soon as they hear the whistle blow.

### ***The Numbers Game***

Young players will play this game for hours! Set up a 20 yd. x 30 yd. grid with goals at each end. Divide players into two teams and place each team on one of the end lines. Number the players 1 - 6 (or use colors for very young players). The coach stands at the halfline and serves a ball into the grid while calling a number. Players who are called sprint off their end line to win the ball, play 1 v 1, and try to score. Players standing on the end line may keep the ball in play but may not protect the goal. The coach should try 2, 3, 4, etc. numbers. Ball can be served on the ground or in the air.

### ***5 v 5 Pass and Strike***

Set up a 30 yd. x 30 yd. grid with two opposing goals. Divide players into two 5 person teams. Players must pass the ball to each team member or make 4 complete passes before they can shoot on goal. If the ball is taken by the opponent the team must start over in its pass count.

### ***Crab Soccer***

Set up a 20 yd. x 30 yd. grid with goals at each end. Divide the players into two teams or a minimum of 5 v 5. Players must walk on their hands and feet simultaneously while trying to pass the ball to teammates and scoring. This game really encourages teamwork because of the difficulty in movement by the players.

### ***Bees***

One they really seem to like is to dribble in an area (tell them they are bees and to buzz), then after awhile, have the coaches (or a few parents) walk around inside the area. It is the job of the "bees" to "sting" the big people with the ball (a pass or kick). The need to keep looking for a target and hitting it. They really seem to enjoy this one.

### ***"Sharks & Minnows" or "Freeze Tag"***

Again, mark of an area (20x20, or whatever makes sense for the number of kids) and have each kid with a ball (minnows). Then release a shark into the area (one of the kids without a ball). The sharks job is to get the other kids balls. I play for just a touch, can also have kick out of the area. Once a ball has been played, the dribbler (minnow) is frozen, have them take the ball over their head and put their legs apart. To be unfrozen (released), another player (minnow) needs to put a ball between their legs (usually dribbled). Switch the sharks every 30 seconds to a minute.

### ***"Wave Game"***

Another game is with a 20x20 area (easily could be bigger). Have all the kids with a ball at one end. Their job is to dribble inside the square to the other end. Start with the coach or other person in the middle. They are to try and kick the ball out of the area. If a person loses their ball, they help in the middle. Play starts on a go command, so there is a big wave of people trying to get across.

### ***"Rapid Fire"***

Can also play this where the person in the middle has all of the balls and they try to hit the runners (below the waist) with a good pass/kick. For U7s, this can be a bit hard...

# Appendix C: Soccer Terms

## A

**ADVANTAGE RULE** -- a referee can decide not to call an infraction if allowing play to continue creates an advantage for the fouled team.

## B

**BACKS** -- nickname or abbreviation of the name given to the defenders who line up in the rear, in front of the goalkeeper; the name refers to the left and right fullbacks as well as the centerbacks, also known as sweepers.

**BANANA KICK** -- a kick with exceptional curve.

**BICYCLE OR SCISSORS KICK** -- a strike where the player's body is horizontal in mid-air and the ball is struck over the player's head; this type of kick was popularized by Brazilian great Pele.

**BOOKED** -- a term referring to a player's name being written down by a referee for either a yellow or red card infraction.

**BOOTS** -- soccer cleats.

## C

**CENTER** -- when a ball is passed from the wings into the penalty area of the field; also known as a cross.

**CENTER FORWARD** -- striker who leads the attack.

**CENTER HALF MIDFIELDERS** -- creative force in the midfield; generally where plays are started.

**CHIP** -- a high, arching shot that is lofted over the heads of defenders or the goalkeeper.

**CLEAR** -- a defensive kick that attempts to get the ball out of a scoring area, particularly the penalty area.

**CONCACAF** -- represents the region of North and Central America and the Caribbean basin; acronym drawn from full name -- Confederation of North, Central American and Caribbean Football; based in New York; president is Jack Warner of Trinidad & Tobago and general secretary is Chuck Blazer of the United States; founded in 1961; current membership stands at 30 nations; will be represented by three nations in 1998 World Cup.

**CONMEBOL** -- represents South American soccer region; acronym drawn from full name -- Confederacion Sudamericana de Futbol; based in Asuncion, Paraguay.

**COPA AMERICA** -- one of the oldest international soccer events, the Copa America pits the national soccer teams of the CONMEBOL; recently two teams from the CONCACAF -- the United States and Mexico -- have competed as invited members; the tournament began in 1917 and has been played at least every four years but often special editions are scheduled in off years; the tournament takes place in a host country.

**COPA LIBERTADORES** -- a club competition that matches the winners of the 10 South America soccer associations; the tournament began in 1960 but has undergone several format changes;

**CORNER KICK** -- a free kick taken by an attacking player whenever a defender last touches the ball before it crosses the goal line.

## D

**DANGEROUS PLAY** -- an action on the field ruled by the referee that will likely cause an injury; will at minimum draw a yellow card but could draw a red card for the offending player.

**DIRECT FREE KICK** -- awarded as the result of a foul, such as kicking, tripping, holding or pushing; the kick is taken from the point of the infraction and the designated player taking the kick may score directly without another player having to touch the ball.

**DROPPED BALL** -- the referee drops the ball onto the ground between two opposing players; it signals the resumption of play after the referee has stopped it for an infraction other than a foul. (Example: play will be halted due to an injury to a player.)

## E

**EUROPEAN CHAMPIONS LEAGUE** -- a competition in addition to the UEFA Cup which matches clubs which won their national leagues in a head-to-head, home-and-away tournament; the league is an elimination tournament and is played in addition to the regular league schedule.

**EUROPEAN CUP** -- UEFA sanctioned competition which occurs every four years between World Cup finals; field includes national teams from throughout Europe; tournament started in 1960;

**EUROPEAN CUP WINNERS CUP** -- a club competition pitting the winners of league cups in the prior year in head-to-head competition; cup tournaments are opened to all divisions of a national league, meaning that quite a few surprise teams have found their way into the European Cup Winners Cup tournament; this tournament is an elimination, home-and-away tournament.

## F

**FIFA** -- World governing body of soccer; founded in 1904; acronym stands for Federation Internationale de Football Association; based in Zurich, Switzerland

**FIFA WORLD CUP TROPHY** -- Established in 1974 to replace the Jules Rimet Trophy. West Germany became the first winners of the FIFA World Cup Trophy in 1974.

**FLANK** -- the sides of the field also known as the wing.

**FRIENDLY** -- essentially an exhibition match with no impact on international competitions; often used to benefit up-and-coming players or sharpen top players for upcoming tournaments or qualifying.

## G

**GOAL** -- the manner in which points are scored in soccer; to score, the ball must completely cross over the goal line and into the goal; a goal counts as one point.

**GOALS** -- standing in the center of the goal lines; each goal consists of two wooden posts, 24 feet apart, and a crossbar, 8 feet above the ground.

**GOAL AREA** -- a 60-foot wide by 18-foot deep rectangular area in front of each goal.

**GOALKEEPER** -- defends the goal; the only player who can handle the ball within the penalty area with his hands.

**GOAL KICK** -- a free kick taken either by the goalkeeper or member of the defending team when the attacking team puts the ball over the goal line.

**GOAL LINES** -- lines which runs from corner flag to corner flag across each end of the field of play and which the goal is situated; represents the end of the playing area at the far end of each side of the field.

**GOLDEN GOAL** -- where a game ends with the scoring of a goal in overtime rather than by the expiration of an extra time period; used in some international soccer tournaments, particularly in Europe.

## H

**HALF** -- one of two 45 minute periods in a 90 minute match.

**HALFBACKS** -- midfielders responsible for marking assignments.

**HANDBALL** -- infraction called when a player other than a goalkeeper intentionally plays a ball with his hand; if a defender handles within the penalty area, a penalty shot is awarded; if the goalkeeper handles the ball outside the penalty area, a direct free kick is awarded.

**HAT-TRICK** -- a term referring to a three-goal performance in a single match by an individual player.

**HEADER** -- when a player uses his head to shoot, pass or control the ball.

## I

**INDIRECT FREE KICK** -- awarded for less serious infractions to the team fouled; for a goal to be scored on an indirect free kick, a player other than the kicker must touch the ball before it can be scored; the kick is awarded from the point of infraction.

**INJURY TIME** -- time added to the end of either half by the referee to compensate for time lost due to injuries during each half; the determination of injury time is solely the responsibility of the referee.

**INTERCONTINENTAL CUP** -- a club competition consisting of a single match between the winner of the European Champions Cup and the Copa Libertadores of South America; played in Tokyo since the mid-1980s; tournament started in mid-1960s.

**INTERNATIONAL PLAYER** -- player selected to play for his country's national team.

## J

**JULES RIMET TROPHY** -- Original World Cup Trophy. Retired by Brazil in 1970 after becoming the first nation to win the World Cup three times. Named after Jules Rimet, FIFA's first president.

## K

**KICK-OFF** -- the start of a game.

## L

**LINESMAN** -- two officials who are stationed outside of the touchline to indicate when a ball is out of play or offsides.

## M

**MARK** -- the close defending of an opposing player.

**MATCH** -- a term, British in origin, used to describe a game; matches last 90 minutes, with a 12-minute rest between halves.

**MIDFIELDER** -- players who line up in front of defenders and behind strikers; creative members of the team whose role is to link the forwards and defense.

## N

**NUTMEG** -- when an attacker moves forward by passing a ball through an opponent's legs.

## O

**OFFICIAL FIFA BALL** -- a ball that meets the specifications of the international sanctioning body; between 27 and 28 inches in circumference and 14-to-16 ounces in weight.

**OFFSIDE** -- an infraction which occurs when an attacker sends a pass to a teammate without two defenders, which can include a goalkeeper, between the teammate and the goal.

**OFFSIDE TRAP** -- a defensive scheme which attempts to push defensive players forward in the hopes of putting an attacking player offside.

**ONE-TIME** -- when an attacker strikes a shot off a pass or rebound without stopping the ball to gain control.

## P

**PENALTY AREA** -- a 24-yard wide by 18-yard deep rectangular area in front of each goal; the area in which the goalkeeper can use his hands.

**PENALTY KICK** -- awarded for any personal fouls or for intentionally handling of the ball by a defending player within the penalty area; a penalty shot is taken from the designated spot, 12 yards from the goal line in the center of the penalty area, with only the goalkeeper defending the shot.

**PITCH** -- a British term used to define the field of play; the field of play is rectangular, with dimensions not more than 130 yards nor less than 100 yards in length, and not more than 100 yards and not less than 50 yards in width; for international matches, such as the World Cup, the length shall not be more than 120 yards nor less than 110 yards and the width shall not be more than 80 yards nor less than 70 yards.

## Q

## R

**RED CARD** -- the card shown to a player being ejected from a match by the referee; players ejected cannot be substituted for, and often a red card offense carries a penalty of additional matches missed.

**REFEREE** -- the only on-field official charged with enforcing the rules of the game; acts as timekeeper as well; has the authority to expel a player from a game for repeated fouling or misconduct behavior.

## S

**SAVE** -- the goalkeeper stopping a scoring opportunity by either catching the ball or knocking it away from the goal.

**SHIELDING** -- when a player places his body between an opponent and the ball; often precedes an offensive maneuver during an attack.

**SHOOTOUT** -- a tie-breaking procedure; occurs after extra time in international matches; occurs after regular time in Major League Soccer; there are two basic methods: a) in international matches, shootouts are determined with penalty kicks; b) in Major League Soccer and other North American leagues, the situation is a one-on-one where the attacker takes possession of the ball from 35 yards away, and has to dribble and score against the opposing goalkeeper.

**SLIDE TACKLE** -- sliding into the ball and knocking it away from an opponent; if the player executing a slide tackle hits the attacker's legs before striking the ball, it results in a foul; if poorly executed, a slide tackle will result in a foul with either a red or yellow card being issued (this is also referred to as a professional foul).

**STRIKERS** -- terms used for forwards or attackers; target player to whom the rest of the team will look during its attack; chosen for their scoring abilities.

**SUNDAY SHOT** -- a desperation shot from long out that remarkably results in a goal.

**SWEEPER** -- defender who plays behind the back four with no marking assignments; the link who supports both defensive and attacking play; works in unison with his goalkeeper.

## T

**THROW-IN** -- the method of restarting play when the ball has crossed the touchlines; a throw-in is awarded to the opposing side of the team which knocked the ball out of play.

**TOUCH LINES** -- the boundary lines running the full length of the field on each side of the playing area.

**TRAP** -- the use of any legal part of the body to gain control of an airborne ball.

## U

**UEFA** -- represents the European soccer region; acronym stands from full name -- Union of European Football Associations; based in Geneva, Switzerland

**UEFA CUP** -- competition among European club teams; a field of selected number of teams is drawn from UEFA member leagues throughout Europe; qualified teams include the top positioned teams in most leagues (although poor performing leagues are generally limited in representants), and in select leagues teams up to fifth place in the standings are invited to compete; the tournament is run in addition to the regular season with mid-week matches generally the rule.

**U.S. CUP** -- international friendly tournament hosted annually by the United States except in World Cup final years; tournament was first played in 1992.

## V

**VOLLEY** -- a shot where the ball is struck while still airborne.

## **W**

**WALL** -- the line of players used to prevent a direct kick from scoring; lined up 10 yards from where the direct kick is taken.

**WINGER** -- player on left or right side of the attack whose role is close to the touchline; supports forwards and midfielders.

**WORLD CUP** -- the mother of all international soccer competitions; held every four years in a host country with national teams representing 32 countries (increased from 24 following the 1994 World Cup); 30 teams qualify in competitions with automatic bids going to the past champion and host nation; the tournament has been played every four years since 1930, with the exception of 1942 and 1946 due to World War II.

## **X**

## **Y**

**YELLOW CARD** -- a caution card showed to a player by the referee after a dangerous play foul; a second yellow card in the same match earns the offending player a red card and automatic ejection; some leagues and tournaments have rules regarding the receipt of yellow cards in successive matches, which often result in a one-game ban.

## **Z**

# Appendix D: Code of Conduct

## Hauppauge Soccer Code of Conduct

Children's sports are supposed to be fun for the children. Unfortunately, many parents, fans and coaches do not realize that their actions, whether verbal or non-verbal, can have a lasting emotional effect on the children. Too many children are leaving sports activities due to adults unfairly taking the fun away. Parents, fans and coaches who follow this simple code can help reinforce what sports is all about...Being Fun For Everyone.

The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six core principles:

Trustworthiness...Respect  
Responsibility...Fairness  
Caring...Good Citizenship

## Code of Conduct

1. I will not force my child to participate in sports.
2. I will remember that children participate to have fun and that the game is for youth, not adults.
3. I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
4. I will learn the rules of the game and the policies of the league.
5. I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event.
6. I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands; or using profane language or gestures.
7. I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
8. I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
9. I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
10. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance.
11. I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
12. I will never ridicule or yell at my child or other participant for making a mistake or losing a competition.
13. I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize games and competition in the lower age groups.
14. I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15. I will supervise all of my children and assume full responsibility for them during all practices and games.
16. I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place.
17. I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
18. I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team.

I also agree that if I fail to abide by the aforementioned rules and guidelines, I will be subject to disciplinary action that could include, but is not limited to the following:

- Verbal warning by official, head coach, and/or head of league organization
- Written warning
- Parental game suspension with written documentation of incident kept on file by organizations involved
- Game forfeit through the official or coach
- Parental season suspension