

YOUTH SOCCER

Payette County



Recreation

HANDBOOK

Payette County Recreation District

Youth Soccer Rules

All Divisions

The purpose of the PCRD youth soccer league is to provide youth the opportunity to participate in soccer while gaining valuable experience in this international sport, thus promoting healthy recreational use of leisure time.

Payette County Recreation District **does not** provide medical insurance. If a liability waiver has not been signed by a parent/guardian, the child will be prohibited from playing until such waiver is signed.

National Federation High School rules will be used by the Payette County Recreation District. All teams shall abide by the same rules in all situations unless otherwise noted.

1) **REGISTRATION:**

- No player will be allowed to participate until registration has been completed with the Payette County Recreation District.

2) **ELIGIBILITY:**

- Only players registered with PCRD may participate in games or practices.

3) **TEAM FORMATION:**

- Teams will be formed with parity being the main goal of PCRD.
- Coaches and PCRD staff will form the team.
- The Head Coach and one Assistant will be allowed to place their children on their team.

4) **UNIFORMS:**

- Shin guards are **HIGHLY RECOMMENDED** during games and practices.
- Cleats are recommended, but not required.
- Steal cleats are prohibited. A child will not be allowed to participate if worn.
- PCRD reversible jersey is required and can be purchased at the PCRD office.

5) **CONDUCT:**

- The official, at his/her discretion, shall have the authority to eject anyone from the game, which he feels is not conducting himself/herself in an appropriate manner.
- Spectators are invited guests and their support is encouraged as long as it remains positive. Spectators shall not criticize the officials, players or coaches of any team.
- The use of profanity or abusive language is considered to be inappropriate and the offender shall be subject to immediate ejection. This includes all players, coaches, spectators and parents.

6) **FIELDS:**

- No alcoholic beverages or smoking allowed.
- Not pets.
- No glass containers.
- All players and coaches are asked to be courteous and clear the field so that the next game may start on time.

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7) OFFICIALS:

- The Recreation District will furnish officials. In the event that officials do not show, PCRD asks that coaches officiate the game until the situation can be rectified.

8) GAME TIME:

- Please plan to arrive 30 minutes early. This will allow plenty of time for your players to warm up, stretch, and prepare for competition and begin their game on time.
- If a team is short players, we encourage coaches to play short or use players from the opposing team. As additional players arrive, they may be added to the game by notifying the opposing coach and the referee.
- Please notify PCRD if there is a need to cancel/reschedule a game. PCRD will handle all rescheduling as needed.
- Officials and/or PCRD staff are in charge of calling a game due to weather. Officials will *suspend* the game for a minimum of 10 minutes if lightning is observed in the area.

9) OFFICIALS & PARENTS:

- Please remember that the participants are *learning* the skills this game requires. Please understand the participants have a strong sense of fair play. Please keep in mind this is a recreational offering – fun is emphasized and takes precedence over winning or losing. The focus of the game should ALWAYS benefit the youth who are participating.
- Officials for these games may be adults or young people who have played and who are given training and background in the rules. Remember that they are human and make mistakes. It is your job as a coach to show respect and teach your players to do so also. Decisions made by the officials are final.

10) COACHES:

- Please remind your parents that children must be picked up promptly after their games and practices are completed.
- Please abide by the handbook in all situations.
- PCRD considers coaching a privilege. Violations or disregard for the rules set forth in this handbook will not be tolerated. Offenders may be released from coaching responsibilities at any time as deemed necessary by the PCRD staff and/or the Board of Commissioners. The Board of Commissioners will make all final decisions concerning reprimands or dismissal of coaches.
- One coach is allowed on the field to assist players in Division I only.
- GOALS: Skills to be stressed for all ages; follow directions, listen, work with each other, be on time for practice and games, be dressed and ready to play.
 - ❖ **DIVISION I & II:** Learn basic rules, learn how to kick with either foot, how to stop (trap) the ball, proper way to execute "throw-ins", how to dribble using both feet, and how to stop the ball as a goalie, and emphasize the role of each "position." Since the emphasis is on learning to play the game and not on winning, it is to your advantage to play a different goalie each quarter.
 - ❖ **DIVISION III:** Learn the rules; learn name, location, and role of positions; learn how to play each position, basic foot control like dribbling, passing and kicking with both feet, trapping and chip shots. Improve accuracy of passing while in motion, learn different ways to trap the ball, increase the distance and accuracy of throw-ins, increase goalies awareness of shot angles and attack formations, learn both offensive and defensive strategies.
 - ❖ **PRACTICE:** We strongly suggest that you practice no more than 3 times per week. Players should not be kept for practice for more than 1-hour for division I, one and half

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hours for division II, and 2-hours for division III. There are locations available throughout the county. It is best to check with the recreation district or the school office if you are unsure where you can hold practices.

11) PLAYING TIME:

- This is a *recreation* program - All players should be provided playing time equal to a minimum of one half of each game. If disciplinary action that reduces playing time is deemed necessary, the following steps must be taken:
 - ❖ Notify the parents
 - ❖ Notify PCRD
 - ❖ Notify the opposing team

SCHEDULING:

- Payette County Recreation District will schedule all games.
- Coaches will be responsible for scheduling their own practices.

EQUIPMENT (Issued to Head Coaches):

- 5 regulation soccer balls
- 4 orange cones
- 1 goalie shirt
- Soccer handbook

12) HANDSHAKE:

Please plan to have all members of your team (including coaches) thank each member of the opposing team for a well-played contest. This is a display of sportsmanship and all coaches must be good examples of the importance of respect for your opponents.

13) OFFICIALS:

- Be on time.
- Must wear the PCRD official shirt that will be issued to you. You may wear shorts/pants, but must be a solid dark color.
- Don't be afraid to blow your whistle. Explain your calls in a loud, clear voice. Use your hand signals. Do not be intimidated by the coach or the crowd.
- Call all infractions. Take the time to explain the violation to the player. Encourage immediate action.
- If you are unable to do a game that you have been assigned, **YOU ARE RESPONSIBLE FOR FINDING A SUBSTITUTE** the day of the game. If you know of your inability to fulfill your commitment one day prior, please notify the Recreation District at 452-3542 so a replacement may be found.
- If you are officiating division I, please explain the rules and be very kind. Remember, for a lot of the children this is their first experience. **MAKE IT ENJOYABLE FOR THEM.**
- Prior to the game:
 - ❖ Please read the coaches handbook. If you have questions, ask!
 - ❖ You must attend the official's rule clinic.
 - ❖ Introduce yourself to both coaches
 - ❖ Check to ensure the players are wearing proper shoes and shin guards.
- During the game:
 - ❖ If you are in doubt about a rule interpretation, do not stop play to discuss the issue, tell the coach that you will refer the question to the Recreation District and they will contact the coach regarding the ruling. Write the question down on your score sheet or call.

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- ❖ **Curb any unsportsmanlike conduct. Warn offenders. If they are cautioned again they should be ejected from that game. Note the name of the offender on the back of your score sheet.**
- **After each game:**
 - ❖ **Participate in post game handshake IF game conditions allow it.**
 - ❖ **Fill out the score sheet completely and correctly and turn it in to the Recreation District Office. This is how YOU GET PAID. Fill out all the information requested. If you are confused regarding required information, ask! Do not assume it will be filled in by staff. Be sure to sign your score sheet.**

The Following Exceptions To NFHS Rules Will Be Applied:

A. Game Duration:

DIVISION	MINUTES	HALF TIME
I	4 QUARTERS	5 MINUTES
II	4 QUARTERS	5 MINUTES
III	2 HALVES	5 MINUTES

B. All games that end in a tie will remain a tie.

C. Divisions I & II will take indirect kicks for all violations (No Penalty Kicks).

D. All Divisions - Participants may play only one half (1/2) of each game at the goalie position and may only be substituted during half time; Exceptions include illness, injury, etc. Once the goalie is replaced as goalie he can not return as goalie, but may return to the game at any other position.

E. One coach is allowed on the field to assist players in Division I only.

The Basic Rules are as Follows:

A. Coin toss

- ❖ Prior to the game teams will decide the color of jerseys. Girls should be reminded to wear a shirt under their jersey in the event the jersey color needs to change.

B. Game Ball

- ❖ Division I ~ Grades 1-2 will use size 3 ball
- ❖ Division II ~ Grades 3 ~ 4 will use size 4 ball
- ❖ Division III ~ Grades 5 ~ 6 will use size 4 ball

C. Team Size (All divisions will use goalies)

- ❖ Division I ~ Grades 1 ~ 2 will play up to 9 players at a time.
- ❖ Division II ~ Grades 3 ~ 4 will play up to 10 players at a time.
- ❖ Division III ~ Grades 5 ~ 6 will play up to 11 players at a time.

D. Direct Free Kick (Division III only): If a player commits any of the following acts outside the penalty area, a direct free kick will be awarded to the opposing team, at the point of infraction:

- ❖ Kicking or trying to kick an opposing player (includes ejection).
- ❖ Tripping an opposing player with the feet or the body. (Could lead to disqualification)

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- ❖ Jumping on or at an opposing player. (Could lead to disqualification)
- ❖ Attacking an opposing player from the rear. (Could lead to disqualification)
- ❖ Punching or trying to punch an opposing player (includes ejection).
- ❖ Holding or pushing an opposing player with the hands or arms
- ❖ Carrying, hitting or throwing the ball with the hands or arms.
- ❖ EXCEPTION - The goalkeeper may touch the ball with the hands or arms within his own penalty area. DEFENDERS MUST BE 10 YARDS AWAY.

E. Penalty Kick (Division III only)

- ❖ If any of the above infractions are committed within the penalty area, a penalty kick from 12 yards will be awarded to the opposing team.
- ❖ The ball is spotted 12 yards from the goal and only the goalkeeper may defend the goal.

F. Offsides

- ❖ The offsides rule will be adhered to in Division III. In Division II, offsides will be called if and only if the officials feel the violation is intentional or obvious. Offsides will not be called in Division I.

G. Slide Tackling

- ❖ Slide tackling is PROHIBITED!! This physical maneuver can cause injury to players performing the act and those they come in contact with!! Officials should stop play and warn the offender. If contact occurs, officials have the right to send that player off for a specified time or for the remainder of the game. Coaches: please emphasize to your players the importance of not committing this act!!

H. DIVISION I ~ II:

- ❖ Will take indirect kicks for any and all violations.

I. Scoring off a Kick

- ❖ The player taking a direct free kick can score with the kick. Another player must play an indirect free kick before a legal goal can be awarded.

J. Removal from the Game

- ❖ Intentional pushing, shoving, rough play or deliberate kicking of or striking an opponent may result in the player being warned, ejected, or disqualified. If it becomes necessary to warn the same player again, the player will be ejected from the game.

K. Substitutions

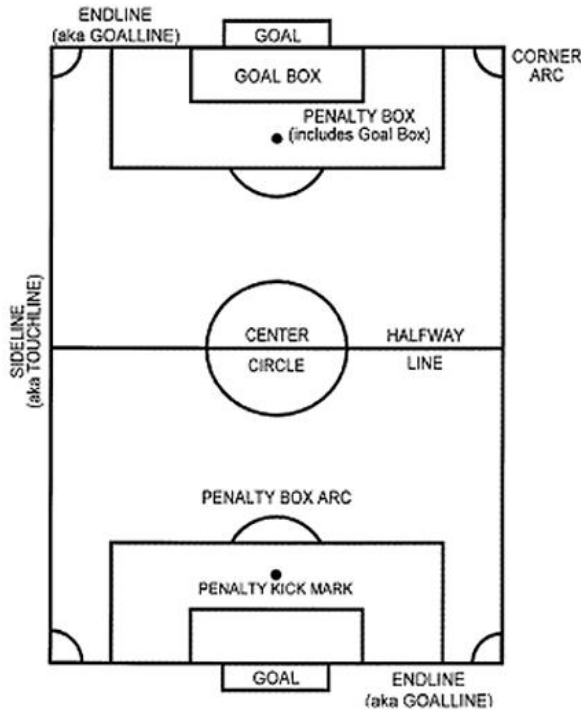
- ❖ The clock does not stop for substitutions. It is recommended that substitutions be done quickly by coaches at quarter breaks or at a dead ball situations. Preferable times for substitutions are as follows:
 - Prior to a throw-in your favor.
 - Prior to a goal kick by either team.
 - After a goal by either team.
 - At half-time (or quarter breaks depending on grade division).
 - In case of injury, substitution may be made only if authorized by the referee, and only by the team with the injured player.

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Basic Rules and Drills

There are 2 different types of soccer that you may be asked to participate in. These are:

- ❖ Regulation Soccer- played with 11 players on each team including one goalkeeper. Requires a great deal of stamina due to the large size of the field. Young players will play as few as 6 up to the full 11.
- ❖ Small-Sided Soccer (SSS)- Usually utilized with younger players on smaller fields. Teams will generally consist of 6 to 8 players, although there are teams as small as 4 on 4, which are generally played without a goalie. The field size is reduced based on the age and number of players on each team. Speed and agility are more sought after than endurance.



DEFINITIONS

Caution ~ a disciplinary action in which the referee shows a player the yellow card (for violating a soccer rule, obviously). A second caution in the same match results in the player being shown the red card (ejected from the game).

Corner Kick ~ a direct free kick that is awarded when the defending team puts the ball over the end line. A corner kick is taken by the offensive team from next to the corner flag.

Dangerous Play ~ an action by a player that the referee considers dangerous to that player or others. Examples are high kicking, playing while lying on the ground, or playing the ball while it is in the possession of the goalkeeper.

Direct Free Kick ~ a free kick that is awarded at the spot of the infraction for a physical contact foul such as tripping, holding, pushing, tackles from behind, jumping into an opponent, or for hand balls. A direct free kick can score by going directly into the goal. It does not have to be touched by anyone other than the kicker.

Drop Ball ~ a method of restarting a game where the referee drops the ball between 2 players facing each other. A drop ball restarts the game after play is stopped for no penalty situation (e.g. after an injury) and in other

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circumstances (more than one soccer rule about this). The ball is dropped where it was last in play or at the nearest point outside the penalty area.

Foul ~ when the referee judges a violation against an opposing player. The team that suffers the foul is awarded with a direct free kick unless the foul is committed by a defensive player inside his own penalty area, in which case the foul results in a penalty kick.

Goal Kick ~ a type of restart that is awarded when the attacking team puts the ball over the end line. The ball is kicked from anywhere inside the goal area away from the goal to restart play. After the kick is taken, the ball cannot be touched again by any player until it is outside of the penalty area.

Indirect Free Kick ~ a free kick that is awarded at the spot of the infraction for other fouls that are judged not to be serious such as obstruction, dangerous play or charging (non-contact fouls), as well as for offside. Indirect kicks must touch another player (either team) before the ball goes into the net in order to score.

Offside (*Division II & III only*) ~ *a difficult soccer rule.*

Not good enough for you? Here it is: a violation that occurs when an offensive player is closer to the opponent's goal than both the ball and the second-to-last opposing player at the time that the ball is passed to the offensive player by his or her teammate. Players cannot be called offside if they are in their own half of the field or if they receive the ball from a throw in, corner kick, or goal kick. When a player is called offside, the opposing team is awarded an indirect free kick.

Obstruction ~ a foul in which a defensive player, instead of going after the ball, illegally uses their body to prevent an offensive player from playing it.

Penalty Kick ~ A kick taken from 12 yards in front of the goal as a result of a contact foul or hand ball that takes place inside the penalty area.

Red Card ~ a referee shows a player a red card to signal that the player has been banned from the rest of the match. A red card can be shown for a single serious offense or as the result of being shown a second yellow card in the same game. After a player is shown a red card, the player must leave the field of play and cannot be replaced by a substitute, meaning that his or her team must finish the match with one player fewer.

Sending Off ~ an ejection resulting from a player being shown a red card. See also Red card.

Throw-in ~ a way to restart play when the ball goes out over the sidelines. The team that did not touch the ball last is allowed an overhead throw.

Yellow Card ~ see "Caution".

FAQs

Question: Can you score directly from a kick-off?

Answer: Yes. Even if no one else touches the ball - GOOAAAALLLLL! **Question:** Can you score directly from a throw-in?

Answer: No. If the ball goes into the goal directly from a throw-in without anyone else touching the ball, that is not a goal. Play would resume with a goal kick.

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Question: When is time stopped?

Answer: Under FIFA rules, game time is kept by the center referee. Technically, game time is never stopped but runs continuously throughout a half. However, the center referee has discretion on how much time to add time at the end of the game or half to compensate for lost time due to injuries, substitutions, or any other delay of the game as determined by the center referee.

In high school or college there vrill sometimes be an official game clock.

Question: If a ball bounces off of a defender and goes in their goal, does it count?

Answer: Yes, it is a - GOOAAAALLLLL!! However, if on a goal kick a wayward defender misskicks the ball and it goes into the goal it doesn't count. Play would resume with a corner kick.

Question: What is the minimum number of players?

Answer: The minimum number of players is left to the discretion of the local, state, or national association. Certainly in youth soccer the number will vary with age level. For regulation play above U-12, seven is considered the minimum number.

Question: Can my child use his/her baseball cleats?

Answer: No. Baseball or softball cleats have a toe cleat which is dangerous in soccer. These shoes are usually allowed if the toe cleat is cut off. Metal cleats are strictly forbidden.

Team Management - Planning Practices

Planning practices can be a difficult task at any level. As a general guideline, follow these tips:

1. Plan on starting drills 15 minutes after the scheduled practice start time to allow for late comers.
2. Have a goal for the practice, hopefully relating to your season goal for the team.
3. Start the practice with a brief meeting explaining the purpose and content of the session.
4. Have a warm-up consisting of light running with the ball and stretching. A lot of individual skill/technique work can happen at warm-ups.
5. Work on group techniques and tactics next.
6. We like a fitness component in the middle of the session and involving ball work. That way players are fresh enough to give you a good read on their fitness level.
7. Next, work on a team tactical drill.
8. Finish of with a game simulation scrimmage.

The exercises in warm-up, technical, tactical and fitness drills should all support the major theme and goal of the practice.

The Net

Taking the theory of soccer coaching to the field, for new coaches and veterans, remembering the ultimate goal of the game: putting the ball in "THE NET".

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The purpose of this series of tips is to provide a coaching framework. Skill development of players is covered in our practice sessions, but the impact of individual and team skill is noted where appropriate.

This series is intended for coaches from youth recreational to senior youth competitive or adult amateur. Anyone coaching beyond these levels will have more depth and understanding of each of the areas discussed.

Part 3: First Time Coaching 6-9 year olds - mini soccer -

Before we discuss our regular topics of System of Play, Tactics, Style and Game Strategy, we believe it to be helpful to:

- ❖ discuss the players we are coaching
- ❖ the recommended coaching approach and emphasis
- ❖ outline what practices should be like
- ❖ provide some basic drills to get you started

The Players:

At this age, we must consider physical and mental development of the children.

Arms and legs are growing faster than the body and the spine. The heart and other circulatory organs are also growing. Muscles are underdeveloped and co-ordination of the body is rather difficult at this age.

They have a desire and need to move around a lot. They like to compete against their peers. Concentration and attention spans are rather low. They are sensitive and trust adult models, i.e. their coach.

Coaching Approach:

In general, demonstrate the exercises and then let the kids go through them freely. Observe from outside the practice area and instruct as little as possible. Let them play a lot in small according to their own level of skill.

The coaching objective must be to provide the kids with an environment which makes them want to come back. Here are the key goals:

1. Develop co-ordination and conditioning through a variety of activities.
2. Foster individual development and teach them how to play in groups.
3. Let them have fun.
4. Encourage them to be involved with sports activities on their own.
5. Introduce them to the basic rules: kick-offs; corner-goal-free kicks; throw-ins

Practice Structure:

Practices should not be longer than 1-1 1/2 hr, in small segments as follows:

1. Warm-up (5 minutes)
 - ❖ free running and play exercises, perhaps introducing some stretching for the older ages.
2. Ball Handling Exercises and Games (10-15 minutes)
3. Break (2 minutes)
4. Co-ordination Exercises and Games (10-15 minutes)
5. Break (2 minutes)

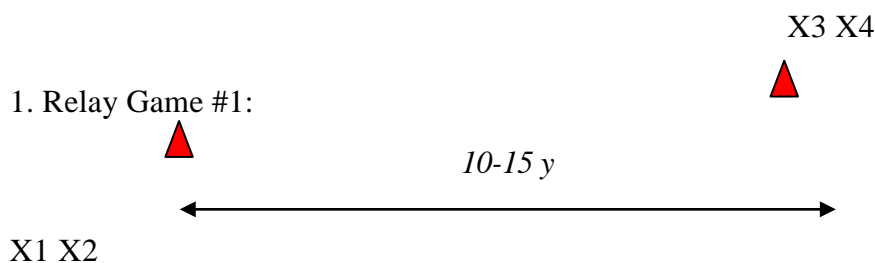
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- Motivational Skill Exercises (10-15 minutes)
 - dribbling, shooting, passing, headers, ball control, 1v1
- Break (2 minutes)
- 4 v. 4 Game (20-30 minutes)

Practice Exercises and Drills

Ball Handling:

- Dribble freely around field, asking players to use right foot, left foot, left-right-left, inside/outside foot.
- Hold ball in hand. Let it drop on a foot and try to kick it up again and catch it.
- Starting in either a sitting, crouching, kneeling, flat on stomach or back position with a ball in hand. Throw ball high in the air and ask players to catch it in various ending positions: sitting-crouching-kneeling-standing



Make as many even groups as you can.

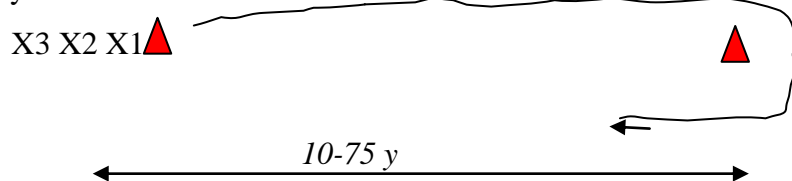
X2 sprints to X3 and touches his hand to send X3, X2 goes behind X4.

X3 sprints to X1 and touches X1 off, X3 takes spot of X1.

X1 sprints to X4 and touches X4 off, X1 goes behind X2.

The race goes on until everyone is back in their starting spot. The group that gets everyone back first, wins.

2. Relay Game # 2:



Make as many groups of 3-4 players as you can.

X1 sprints around far cone and back to touch off X2.

When all players have come around once, the group is done.

The group that finishes first wins.

3. Catch game #1:

Designate a fixed area, size depending on the number of players and age.

Designate 1-3 players as catchers and identify them with a hat, arm band or pinnie.

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Everyone runs around in the area and the catchers have to touch the free runners.
Once touched, the runner changes roles with the catcher.
Who gets caught the least amount of times in 2 minute game.

4. Catch Game #2:

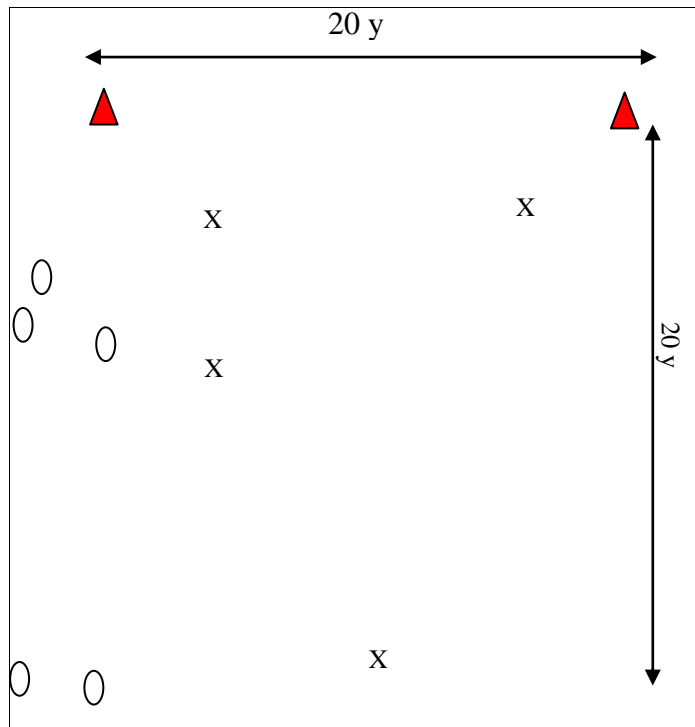
Same area as in game #1.
One player is the catcher, whoever gets caught has to sit down.
How many runners can you catch in 30 seconds?
Rotate everyone through the catcher's job and determine who caught the most.

5. Catch Game #3

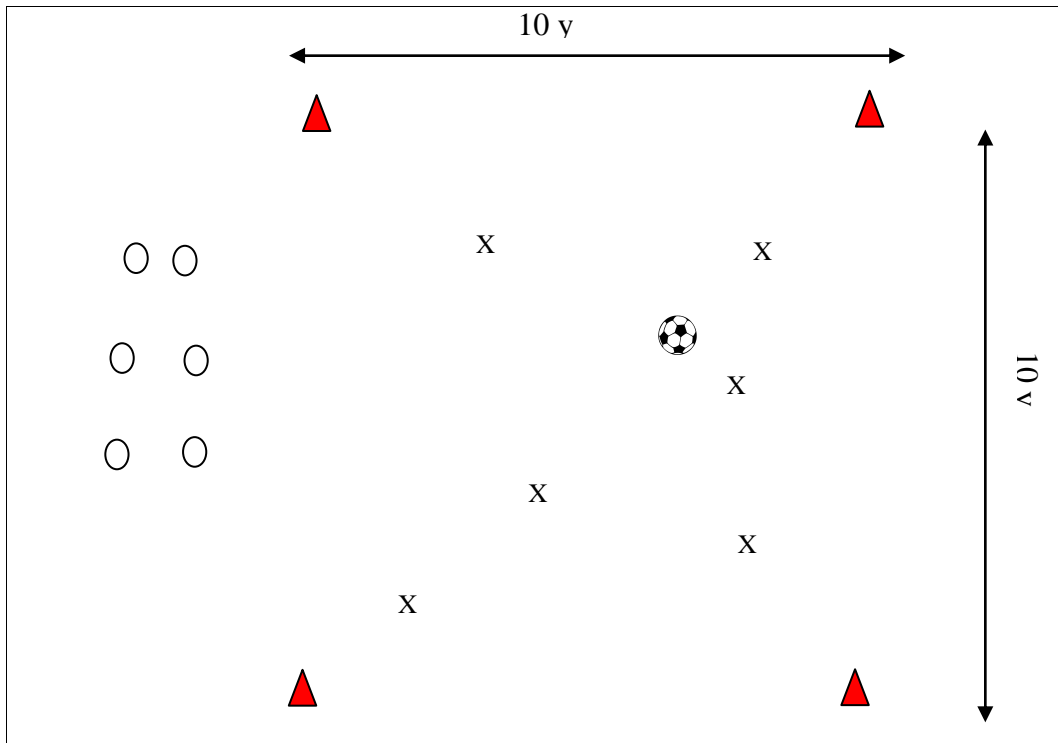
O's are catchers.
First O goes into grid and tries to touch one X. X sits down. After a successful catch, The O goes out and the second O goes in, Touches an X, etc. How long does it take to Catch all X's? Reverse roles.

6. Catch Game #4

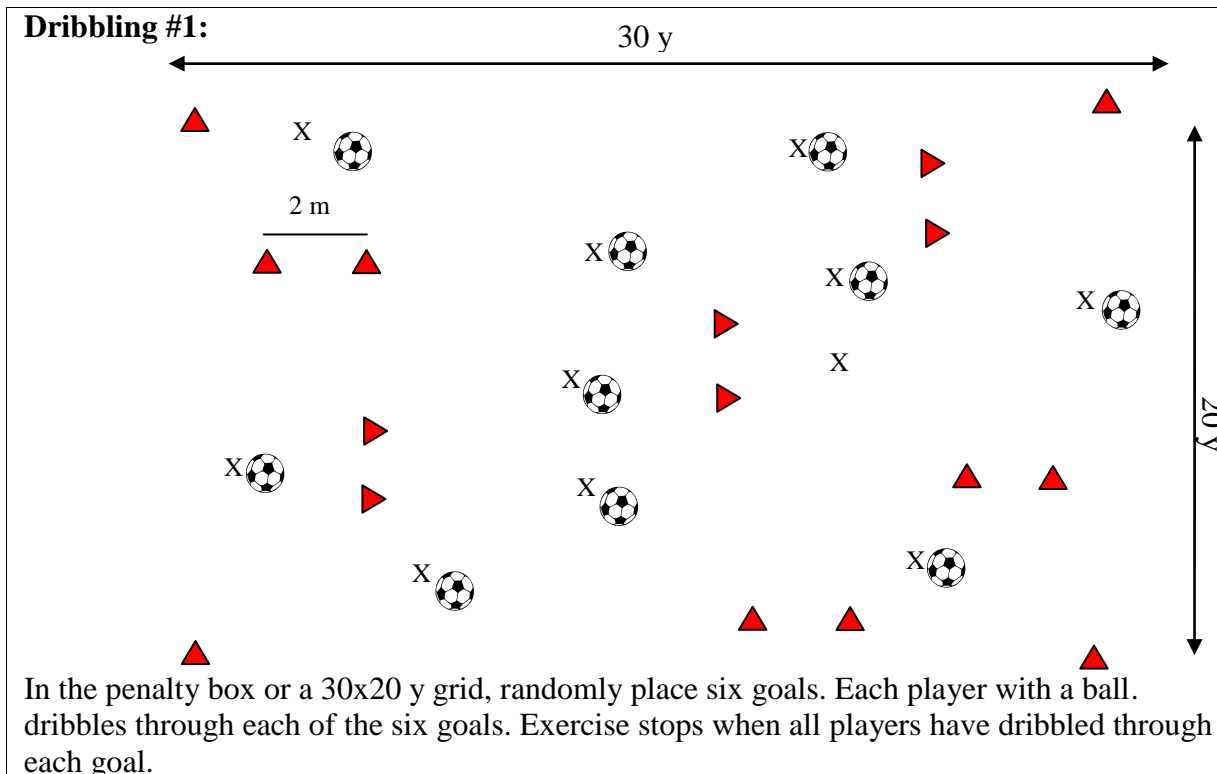
X's in grid are hunters.
2 O's run into grid and X's try to shoot them down but hitting them with a thrown ball.
Once the two O's are hit, they sit down and two more O's come in, etc.
How long does it take to get all O's down?
Reverse roles.



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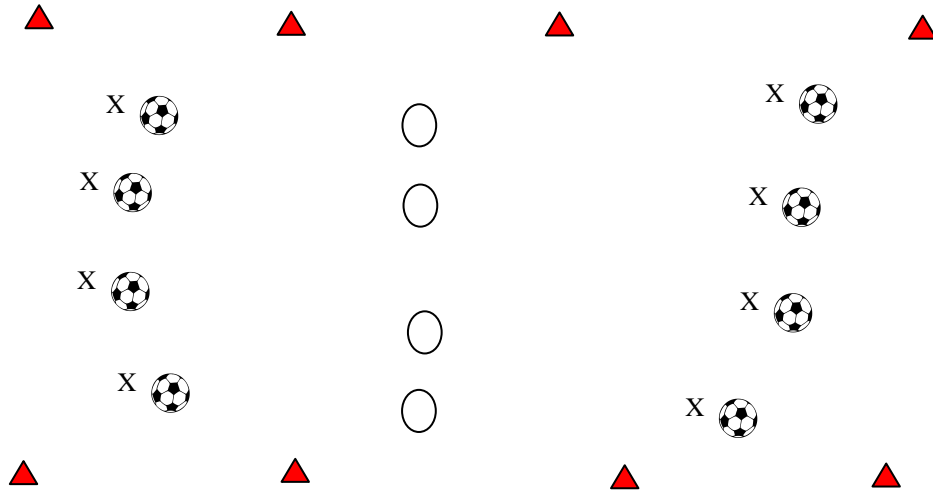


Motivational Skill Exercises



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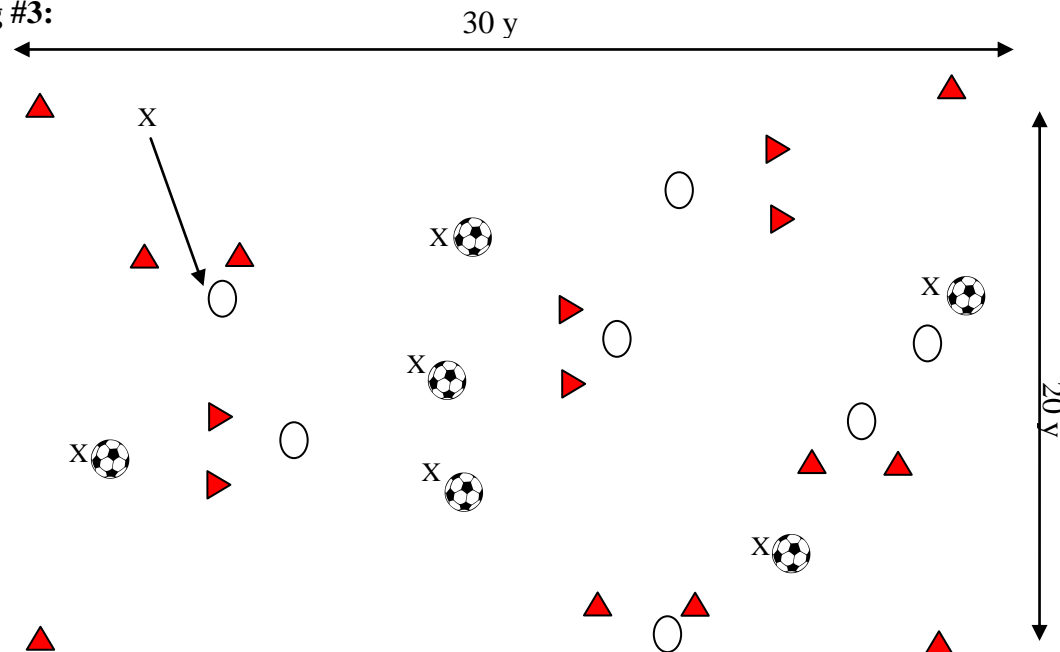
Dribbling #2:



X's try to dribble through middle "river" across to the other "shore". O's try to take ball away and must stay in "river". If they get the ball, they kick it to shore. X who lost ball in river must go and get it back and try again. Each player counts the number of river crossings in two minutes. All groups get a turn in the "river".

Dribbling #3:

Passing:



X's and O's work in pairs through the area of play. They must pass the ball through each of the 3y wide goals to each other, never going through the same goal twice in a row. Each time count the number of goals "scored" in 3 minutes.

Dribbling:

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Half the team in the area the size of the penalty box with legs spread apart as wide as possible to make a tunnel. The other half of the team each have a ball and dribble it. They must pass the ball through each of the tunnels. When everyone has passed through all tunnels, roles reverse.

Shooting #1:

Make 3y wide goals and split team into groups of 4.

Groups of three.

X takes a shot, and then GK turns and faces 0 who takes a shot. Who can score most goals in 2 minutes. Everyone rotates through goalkeeper role. Goalie gives ball back to shooters.

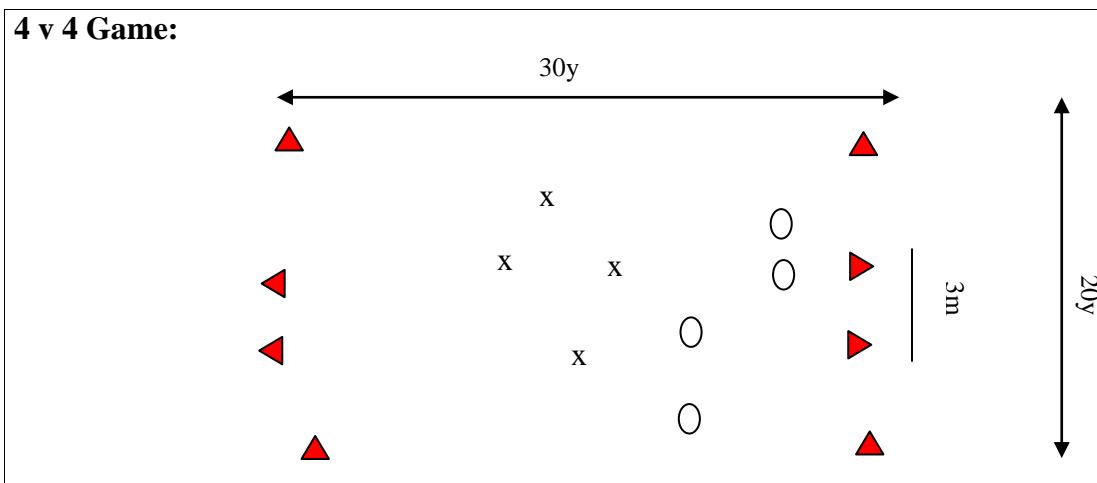
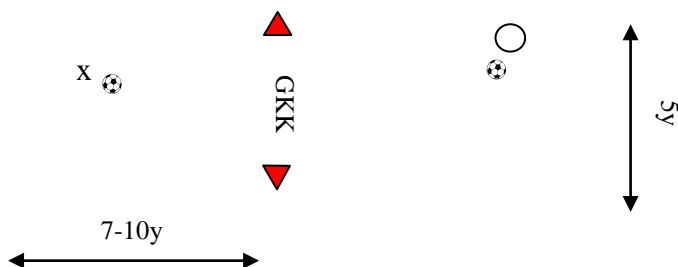
One player is the goalkeeper. The other 3 form a line 7y away from goal and take shots. If a player scores, he becomes goalkeeper, if she misses she goes to back of line.

Go for 5 - 10 minutes depending on success. Make goals wider if necessary.

Shooting #2:

Same as above, except players start 12y from goal and dribble ball to the 7y spot and shoot.

Shooting #3:



4 v. 4 in a free game. Play a tournament format if there are at least 3 teams. Games are 2 minutes in length.

System of Play:

In a 6 (5 +GK) game on a small field, we recommend playing with 3 defenders and 2 forwards or 2 defenders and 3 forwards. No midfielders.

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Tactics:

Make sure that the players know where right, left and center is and encourage them to hold their positions. With 3 defenders/forwards, play them left, center and right. With 2, play them left and right

Style:

At this age, play the game to get to a shot on the other goal as quickly as possible. Encourage both individual and passing plays, but do not scream at the kids from the sideline.

Game Strategy:

When we have the ball we are running forward and we are all attacking.

When we lose the ball, we are all defending and the closest player to the opponent's ball carrier tries to win the ball back.

I have volunteered to be a coach for youth soccer. I have attended the mandatory coaches meeting/read the handbook explaining the rules and regulations of PCRD. I understand the rules and regulations and will abide with all within.

Date: _____

Signature: _____