

Benton Youth Soccer Association Coaching Packet and Rules

Knowledge. Coaches should know their sport well and we appreciate you wanting to learn more!

Personality. Children like coaches who are friendly, happy, patient, understanding and have a sense of humor.

Authority. Children like coaches to be firm but fair, like to be worked hard they don't like to be shouted at.

Taking personal interest. As they get older and more able, many young athletes like coaches to take an interest in the things they do besides sport.

Reaction to performance. When they do well, children like the coach to say "Well done" but they don't like them to "go over the top." (OTT) When they do poorly, they like to be given some encouragement and told what went wrong. They want to be told how to correct mistakes and not to be shouted at or ignored.

Encouragement. Most children, particularly in team sports, like to have the coach shout encouragement to them when they are competing.

Decision making. Few young children express a wish to have a say in the decisions which affect them; they expect coaches to coach and trust them to make the right decisions. As they get older and more experienced, they are more likely to want to be consulted. This may be the case with 13+ children.

Organization. Children like coaches to be organized and present structured coaching sessions. They also like them to take responsibility for seeing that they are in the right place at the right time.

Instruction and feedback. Children do like to be shown what to do, how to do it and to have mistakes corrected. In short - teach them!

DO:

- Be aware of the effect you have upon growing children.
- Find out what the kids expect to get out of sport with you.
- Be firm, fair and organized.
- Give credit where it is due and give help where it is needed.
- Be consistent.
- Provide learning experiences: teach.
- Make practice and competition fun; it needn't be silly.
- Set challenging goals tailored to the individual.
- Recognize the value of friendships between children.
- Show your approval whenever you can.
- Listen to the children.
- Relax and enjoy yourself with the kids.
- Emphasise learning skill, not competing.
- Reward children for effort.
- Help children over the realisation that they might not have the ability of others.
- Build confidence by being positive.

- Reduce competitive expectations.
- Help those who do not want to compete.
- Tell children about how outcomes are affected by things other than their own ability.
- Remember that mistakes are part of learning.

DON'T:

- Put kids down for not doing as well as you wanted.
- Shout and humiliate them.
- Ignore them when they need some support.
- Blind them with science they don't need.
- Overdo the praise; they won't believe you.

RULES:

1. No Hands, please

A couple of points to clarify.

First, the rule for a hand ball includes using any part of the body from the tips of the fingers to the shoulder.

Second, the proper way to look at this soccer rule is that a player cannot “handle” the ball. A ball that is kicked and hits a player’s hand or arm is not a handball. This means that the referee must use his or her own judgment to some extent in determining whether or not a hand ball is accidental contact or a purposeful attempt to gain an advantage.

2. Throw-ins

A throw-in is taken when the ball crosses a sideline and leaves the field. The two basic soccer rules for a proper throw-in are to have both feet on the ground and to throw the ball with both hands over the head, starting behind the head.

For teaching purposes it is common to allow players under the age of 8 to take more than 1 attempt.

3. Corner Kicks & Goal Kicks

A corner kick or goal kick is taken when the ball leaves the field across the endline. If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out, play is restarted with a corner kick.

The goal kick is taken from anywhere inside the “goalie box” or “smaller box.” It can be taken by any player, not just the goalkeeper.

The corner kick is taken from the corner nearest to where the ball left the field.

You may be confused at times in youth soccer games to see a goal kick retaken. This is because the FIFA soccer rules state that the ball is not back “in play” until it leaves the penalty area, the large box outside of the “goalie box”. No one can touch the ball until it leaves the penalty area, and if the ball is not kicked properly to leave the area, the kick must be retaken.

4. Fouls

The common rule of thumb on fouls is “If it looks like a foul, it probably is.”

A player cannot kick, trip, jump at, charge, strike, push, hold, or spit at an opponent.

What you need to know as a coach is that bumping or going shoulder-to-shoulder while competing for a ball is *not a foul* until the hands or elbows come up. This is a bit of a judgment call and not all referees will call it the same way. Some soccer rules are actually not black-and-white. Remember though, the referee is ALWAYS right.

5. Direct Free Kicks

On a direct kick you can score by kicking the ball directly into the goal.. An indirect kick must be touched by another player before it can go into the goal – that is the kicker and a second person.

In general, a direct kick comes from a contact foul or handball. Everything else is indirect.

6. Penalty Kick (Grades 2-8 only)

A penalty kick results from a contact foul or hand ball by the defending team within the penalty area – the large box on either end of the field.

The ball is placed on the penalty spot, 12 yards in front of the center of the goal.

All players must remain outside the penalty area and the penalty arc until the ball is kicked. The goalkeeper must have both feet on the goal line until the ball is kicked.

If after the ball is kicked, it rebounds off of the goal or the keeper and stays on the field, the ball is “live” and anyone can play it.

7. Two-touch Rule

A player cannot touch the ball twice in a row when putting the ball in play. This also applies to throw-ins. A player cannot throw the ball in and then kick it.

7. Good Sportsmanship

Good Sportsmanship is important, above all else!!!! Yelling at kids or other coaches by parents or fans will NOT be tolerated. Coaches are there to help each other and to help the children learn. Parents should be encouraging positive habits.

8. Goalie “pass back”

A player IS allowed to pass the ball BACKWARDS to the goalie in a game. However the goalie is NOT allowed to touch the ball with his or her hands. The goalie is treated as any other player and must not allow the ball to touch the arms or hand. They must kick the ball to get rid of it. They are NOT allowed to pick it up and throw it, even inside the goalie box. A header back to the goalie can be picked up. A goalie can also pick it up if the ball was deflected by a team mate’s body (as long as it wasn’t a pass)

9. Kick off

On the kick off the ball may go forward or backwards.

10. Yellow and Red cards

Yellow card is a warning, and 5 minute time out. 2 Yellows is a red card.

Red card results in ejection from game. High kicks are not allowed and will result in a yellow card.

Equipment:

Soccer shoes are recommended. The type and condition of cleated shoes must be inspected for safety before use. No front spike allowed. Must wear shirt provided by BYSA and black shorts are preferred. Shin guards are mandatory, and must be covered by the socks provided by BYSA. Players MUST wear the correct color socks and jersey. Socks cannot be mixed, white, purple, orange etc.

No Jewelry is allowed at all, boys or girls.

Start of Play:

The game should be started with a kick-off in the middle of the field. The ball can go forward or backwards. As of 2016 this is a new rule. The coaches determine which team starts the game with a coin flip and the opposing teams starts the second half. Coaches will ensure that opponents are at least five yards from the spot of the kick. Teams will also switch sides at half time.

(K-1) (heading the ball not allowed)

Number of Players: 4 on 4

Ball Size: 3

Field Size: 15 X 30

Goal Size: Pop up goals will be used.

Substitutions: Between periods, at halftime and for injuries.

Playing time and duration: No player should play four periods until everyone has played three periods. Periods are 4, 8 minute quarters with a 6 minute half time.

Only one coach on the field for each team. Additional coaches must remain on the sidelines. These fields are barely big enough for the 8 kids, so just one coach on the field per team.

No goalies should be “manning” the goalie area. We all agreed that two defenders can be left in the back field, but no one in the goalie box.

Official: One or both of the coaches should “officiate”. The games are intended to be an opportunity for the very youngest of our players to experience the fun of playing. The barest of minimum rules are needed and should be applied with a generous amount of flexibility. Let the players have the freedom to play with minimum interruption.

Coaches must stress that players sit on one side of the field, fans on the other. Players should be encouraged to sit with their team during the game, not the audience

(2-3) (heading the ball not allowed)

Number of Players: 6 on 6

Ball Size: 3

Field Size: 25 X 50

Goal Size: 6 foot tall by 10 feet long by 6 feet deep.

Substitutions: Between periods, at halftime and for injuries.

Playing time and duration: No player should play four periods until everyone has played three periods. Periods are 4, 10 minute quarters with a 5 minute half time.

Goalies: Goalies MUST wear their goalie shirts that were provided to all coaches. The goalie cannot touch the ball with their hands outside of the goalie larger box. They have to kick it, not reach down and grab it. The goalie can touch the ball with their hands inside both of the two goalie boxes. They are the only one allowed to touch the ball. Offensive players must leave the goalie alone if they are bending over to get the ball. We do not want anyone getting kicked in the head or body. Please stress how important this is to your players. When the goalie puts the ball back in play, they can throw it, sling it with one arm, or kick it. It is NOT the same throw in that a player must

do from the sidelines. They may come all the way out to the second goalie box line to do this. If they cross that line, then the ball is turned over to the other team. When the goalie throws in or kicks a ball, it must leave the goalie boxes before someone can touch it. A player cannot rush towards the ball, crossing into the box to get the ball on a throw it. Once it crosses the line, it is fair play.

In play/out of bounds. The ball is still in play if it lands on the outside perimeter lines. It is considered out of bounds only after it crosses the line. Being just inside the line or on the line is fair play and the play continues.

Slide kicking and heading. There is to be NO slide kicking or headers at this level. Please discourage this so we do not have to add fouls at this level. It is not safe for this age group. Slide kicking is not allowed at any age.

Refs. We will try to provide refs at as many of the 2-3 games as we can. You may not have one at every game you play. Coaches should remain on the sidelines to coach the game. The only exception to this is if a coach has agreed to ref the game. If there is a parent or extra coach who wants to serve as the ref, then they control the game, and all other coaches stay with their team members on the sidelines.

Throw ins. Practice proper throw ins with your players. Two hands on the ball, feet must stay on the ground, with the ball thrown over the head. No “one handed throw ins” or “sling throw ins” from the sidelines. Only the goalie is allowed to do this from the goalie boxes.

Coaches must stress that players sit on one side of the field, fans on the other. Players should be encouraged to sit with their team during the game, not the audience.

(4-5) **(heading the ball is allowed)**

Number of Players: 7 VS 7

Ball Size: 4

Field Size: 30 X 60

Goal Size: 7 feet tall by 20 feet long by 7 feet deep.

Substitutions: . Prior to throw-ins, prior to a goal kick, after a goal, after an injury, at half time.

Playing time and duration: No player should play four periods until everyone has played three periods. Periods are 2, 20 minute halves with a 5 minute half time

Official: High School Soccer players will be officiating the games, with parents as linesmen.

Coaches must stress that players sit on one side of the field, fans on the other. Players are encouraged to sit with their team during the game, not the audience.

(6-7-8) **(heading the ball is allowed)**

Number of Players: 7 vs. 7 (Spring of 2021 only)

Ball Size: 5

Field Size: ~~50 X 90~~ 30X60 (Spring of 2021 only)

Goal Size: ~~24 feet by 8 feet~~ 7 feet tall by 20 feet long by 7 feet deep. (Spring of 2021 only)

Substitutions: Prior to throw-ins, prior to a goal kick, after a goal, after an injury, at half time.

Playing time and duration: Each player should play at least 50% of the playing time.

Periods are 2, 2

0 minute halves with a 5-10 minute halftime.

Official: Trained refs will be officiating the games, with parents as linesmen.

Coaches must stress that players sit on one side of the field, fans on the other. Players should be encouraged to sit with their team during the game, not the audience.

OFFSIDES RULE INFORMATION

Offside

Offside Position

It is not an offense in itself to be in an offside position.

A player is in an offside position if:

- he is nearer to his opponents' goal line than both the ball and the second last opponent.

A player is not in an offside position if:

- he is in his own half of the field of play or
- he is level with the second last opponent or
- he is level with the last two opponents.

15 different examples (scenarios) that will likely help you fully understand the Soccer Law 11 - Offside.

Just move the mouse pointer over the images to see larger views.



1 2 3 4 5 6 7 8



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0 1 2 3 4 5

Offense

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

- interfering with play or
- interfering with an opponent or
- gaining an advantage by being in that position.

No Offense

There is no offside offence if a player receives the ball directly from:

- a goal kick or
- a throw-in or
- a corner kick

Infringements/Sanctions

For any offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.