

Youth Soccer Coaches Handbook

2019 SEASON

Dedication

This handbook is dedicated to the hardworking volunteer coaches who make our soccer program possible. We appreciate the time, effort, and dedication you give to the children of Town of Ayden. The staff of Ayden Arts and Recreation Department offers many thanks for helping us provide this opportunity to the youth of our Town. We hope that you find this handbook helpful in your coaching endeavors.

Many Thanks!

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Mission Statement

*The mission of Ayden Arts and Recreation Department
is to provide high quality, diverse and accessible programs, services and facilities that enhance
the quality of life for all ages, cultures, and abilities.*

Philosophy

The game of soccer is just a game. The number one reason (well documented in a number of studies) children participate in youth sport is to have fun. If you take the fun out of sports, you take the child out of sports. It is detrimental to the player if there is too much pressure placed on them too early to achieve a result rather than simply experiencing the sheer joy of a youth game. As a coach you want to create a stress free relaxed environment for your team. Let your kids know that it is okay to make mistakes. Get to know your kids individually and determine what they need to be successful. For some kids it might be a specific skill. For others it might be encouragement or even something as simple as acknowledgment.

Ayden Arts and Recreation youth soccer is not about how many wins or losses are accumulated! Proper soccer development is achieved by children participating in age appropriate activities so that they are able to experience, comprehend, and execute the game as it relates to where they are in their cognitive development. It is achieved by all of the team members receiving equal playing time. It is achieved by teaching the skills, rules and vocabulary of the game. Finally, it is achieved by teaching sportsmanship. Learning about winning and losing, playing by the rules, and respecting an opponent are just as important as learning soccer skills.

The Ayden Arts and Recreation wants you to respect the game of soccer, respect the players, the opponents, the referee, and the parents. Go about your teachings in a thorough, positive, yet humble manner. Players should come out of their experience with the coach as better people and better citizens, not just better soccer players.

Role of the Coach

As a coach in youth sports, one must assume the responsibility of ensuring that each participant has an enjoyable and safe experience learning basketball. To fulfill these responsibilities, a coach must wear many different hats. Listed below are some prominent roles a coach may take on.

Facilitator

- Set up the conditions and environment for learning.
- Give only positive feedback (sarcasm and negativity should never occur).
- Encourage players to give each other positive feedback.
- Coaches should be enthusiastic, organized, patient, sincere, and fair.
- Practices should be conducted in the spirit of enjoyment and learning.
- De-emphasize winning and losing and emphasize sportsmanship and fun.
- Invite parents to help and participate.

Positive Role Model

- Work with all players equally.
- Treat each team member with equal regard and respect.
- Demonstrate respect for opponents, referees, parents, spectators, opposing coaches, and opposing players.
- Show respect and responsibility for the game of basketball.

Understand who you are coaching

- Children are not defined by chronological age only.
- Each child matures and develops at a different pace.
- Treat each child as a unique individual.
- All activities should be age appropriate.
- Recognize that kids participate for different reasons. Some may be there because their older siblings play and it is expected in their family that they play. Some may play because they have a parent that is a frustrated athlete and wants to live through their child. Some may play because all their friends do, and they want to be with them. Others may play because they love basketball.

“THERE IS NO GREATER GIFT THAN THAT OF A GOOD COACH”

Bruce Brown (Former college coach)

Coaches' Responsibilities and Guidelines

Coaches are role models for teaching the fundamentals of the sport, sport skills, tactics and sportsmanship. Coaches are responsible for their personal conduct and behavior, as well as, the conduct and behavior of players. Coaches are required to follow the Ayden Arts and Recreation Department guidelines at all times. A coach who does not follow the guidelines provided by the Ayden Arts and Recreation Department will need to meet with the Arts and Recreation Department Recreation Director in order to continue to coach. All volunteer coaches shall be “at will coaches,” and may be discharged by the Ayden Arts and Recreation Department with or without cause. Only coaches who have been approved by the Ayden Arts and Recreation Department will be allowed to go on the field of play or court during practices and games.

Responsibilities and Guidelines

Coaches participating in Ayden Arts and Recreation Department youth sports shall:

- Be reliable, and on time. (The first to arrive and the last to leave...)
- Be responsible for distributing a game/practice schedule to parents/guardians prior to the beginning of the season.
- Have with you, at all practices and games, the Emergency Contact Information forms for each child on the team.
- Be responsible for making sure first aid kits are on-site at every practice and game. Ayden Arts and Recreation Department will supply these kits.
- Be responsible for ensuring players’ parents/guardians are informed of changes to the game or practice schedule. This includes cancellations the day of the game or practice.
- Ensure that each player receives playing time in games according to Ayden Arts and Recreation Department policy on playing time. Equal participation in the program as a whole is the desired goal.
- Be responsible for communicating Ayden Arts and Recreation Department playing time policy as well as their own philosophy regarding playing time to parents/guardians & athletes prior to the start of the season.
- Have all players and team coaches shake hands after the completion of the game.
- Never play an injured or bleeding player. Think of the player first and not the team's final outcome.
- Conduct themselves in a professional manner at all times, and shall refrain from directing abusive or sarcastic language or gestures toward officials, other coaches or players.
- Serve as a role model for players and spectators.
- Ensure that Ayden Arts and Recreation Department equipment is accounted for, and maintained in usable condition and returned promptly at the end of the season.
- Leave facilities in the same or better condition than they were when the team arrived.

Coaches' Code of Conduct & Code of Ethics

I will honor the fact that youth sports exist for youth, not adults.

Expected Behavior:

- Maintaining a positive, helpful and supportive attitude.
- Exercising your authority/influence to control behavior of fans and spectators.
- Exhibiting gracious acceptance of defeat or victory.
- Accepting and adhering to all league rules and policies related to participation of adults and youth. Playing all players according to the equal participation rules established by the league and the follow the spirit of those rules.
- Fulfilling the expected role of a youth coach to adopt a "children first" philosophy.
- Allowing and encouraging the players to listen, learn and play hard within the rules.
- Placing emphasis on fun, participation and team.

I will do my very best to make youth sports fun for my child and other children involved.

Expected Behavior:

- Recognizing the differences of each child and treating each player as an individual while demonstrating concern for their individual needs and well-being.
- Encouraging all players, regardless of skill level, to be included as a member of the team.
- Recognizing that some physical tasks, drills and demands are not appropriate for all youth.
- Recognizing that youth may vary greatly in physical, social and emotional maturation and considering these factors when setting up competitions and when interacting with youth.

I will do my best to organize practices that are fun and challenging for all my players.

Expected Behavior:

- Establishing practice plans that are interesting, varied, productive and aimed at improving all players skills and individual abilities.
- Devoting appropriate time to the individual improvement of each player.
- Conducting practices of reasonable length and intensity appropriate for the age and conditioning of the players.

I will exercise good sportsmanship by demonstrating positive support for all players & officials at every game, practice or other sports event.

Expected Behavior:

- Adopting the position, teaching and demonstrating that it is our basic moral code to treat others as we would like to be treated.
- Abiding by and supporting the rules of the game as well as the spirit of the rules.
- Providing an environment conducive to fair and equitable competition.
- Using the influential position of youth coach as an opportunity to promote, teach and expect fair sportsmanship and fair play.

I will make sure all children play in a safe, healthy environment.

Expected Behavior:

- Maintaining a high level of awareness of potentially unsafe conditions.
- Protecting players from sexual molestations, assault, physical abuse and emotional abuse.
- Correcting or avoiding unsafe practice or playing conditions.
- Using appropriate safety equipment necessary to protect all players.
- Seeing that the players are provided with adequate adult supervision while under the coach's care.

I will insist that my team exercise good sportsmanship toward coaches, officials, fans, and other players.

Expected Behavior:

- Becoming knowledgeable, understanding and supportive of all applicable game rules, league rules, regulations and policies.
- Teaching and requiring compliance of these rules among players, so that with this understanding good sportsmanship can be maintained.
- Teaching techniques that reduce risk of injury to both the coach's own players and their opponents.
- Discouraging illegal contact or intentional dangerous play and administering swift and equitable discipline to players involved in such activity.

I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol. I will refrain from their use at all Ayden Arts and Recreation Department youth sports events.

Expected Behavior:

- Being alcohol and drug free at all team activities or in the presence of players.
- Refraining from the use of any type of tobacco products at all team activities or in the presence of your players
- Refraining from providing any type of alcohol, drug or tobacco products to any of your players

- Encouraging parents to refrain from the public use of tobacco products or alcohol at team activities.

I will place the safety and physical development of my players ahead of my personal desire to win.

Expected Behavior:

- Using appropriate language in appropriate tones when interacting with league officials, players, game officials, parents and spectators. *At no time is profanity acceptable.*
- Including all players in team activities without regard to race, religion, sex, body type, national origin, ancestry, disability, ability or any other legally protected classification.
- Treating all players, league officials, game officials, parents, and spectators with dignity and respect.
- Playing all players according to the equal participation rules established by the league and the playing by the spirit of those rules.
- Encouraging youth to participate in other sports and activities to promote all aspects of their development.
- Allowing reasonable absences from practices.

I will support other coaches and league officials.

Expected Behavior:

- I will back and support league officials and coaches when working with my players and parents. I will enforce league rules.
- If I have concerns or questions, I will direct them to recreation staff or coach at an appropriate time, not during a practice or game. I will not criticize another coach, an official, or a recreation staff in front of my players or parents.
- I will cooperate and offer assistance whenever I can.

I will remember that children play, referees call, fans cheer and coaches TEACH. Anytime someone steps out of their area of responsibility, a strain is created on every other areas involved.

Offense & Penalty

Coaches may not conduct themselves in an unsportsmanlike manner at any time and may be removed from the coaching staff if they do. Regardless of the situation, we expect our coaches to act with the upmost respect and integrity in any scenario.

Note: Coaches are subject to ejection from a game without warning. This will result in an immediate ejection, removal from the premises, and a minimum one (1) game suspension.

- **Offense:** Failure to follow established guidelines, rules, policies and procedures as applicable to related sport
- **Penalty:** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum One (1) game suspension.

- **Offense:** Malicious obscene/profane/vulgar verbal abuse directed towards another individual.
- **Penalty:** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum two (2) game suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

- **Offense:** Racist or other language that could incite a riot.
- **Penalty:** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum two (2) years suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

- **Offense:** Physical aggression towards another; pushing, shoving, striking or touching another individual.
- **Penalty:** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum five (5) years suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

- ***Offense:*** Any violation of North Carolina law; possession of firearms, knives, explosive devices weapons or under the influence of alcohol, narcotics, controlled substances, chemical or drug paraphernalia; assault with or without a weapon.
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum five (5) years suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

Youth Sports Players

A growing body of research literature finds that in addition to improved physical health, sport plays a primarily positive role in youth development, including improved academic achievement, higher self-esteem, fewer behavioral problems, and better psychosocial. Many studies focus on the effects of sport on the five “C’s” competence, confidence, connections, character, and caring, which are considered critical components of positive youth development. It has long been thought that the many facets of playing sport—the discipline of training, learning teamwork, following the leadership of coaches and captains, learning to lose, provide lifelong skills for athletes.

Four Truths about Children and Sports

- Fun is pivotal. If it isn’t fun, children will drop out of sports.
- Skill development is a crucial aspect of fun.
- Intrinsic rewards (self-knowledge that grows out of self-competition) are more important in creating lifetime athletes than are extrinsic rewards (victory or attention from others).
- The most rewarding challenges of sports are those that lead to increased self-knowledge, self-improvement, self-confidence, and self-esteem

Age Group Characteristics

Before you are able to effectively coach the children that have been entrusted to your care, you need to understand the characteristics of whom you are developing. It is imperative that you understand that when you are dealing with children that you take the time to comprehend where they are currently in their own development.

Ages 4 - 6

From a physical perspective (psychomotor), children in this age group perform activities at full speed. Then they need frequent rests and then they go again. Movements such as running, hopping, skipping and maintaining balance are not fully developed at this age.

From a mental perspective (cognitive), they have a short attention span, can only perform one task at a time and only if its given with basic instructions. They don’t have a clear understanding of the team concept and tactics are useless. Everything revolves around themselves and the ball.

From a social (psychosocial) standpoint the children need to feel secure in practice and in games. The coach needs to be sensitive in selecting activities that allow social interaction with the other players in their group. They are easily bruised psychologically. Elimination games are highly discouraged. They will also tend to exaggerate their accomplishments-let them.

Ages 7 - 9

This is the stage where players begin to understand the concept of passing to a teammate.

From a physical standpoint they still lack a sense of pace and tend to exert themselves hard and then drop. They are now starting to develop some physical confidence in themselves and they are still into running, climbing, rolling and jumping.

From a mental perspective they feel if they tried hard then they performed well (regardless of the activity's outcome). They are beginning to show a limited ability to tend to more than one task at a time.

From a social perspective they have a great need for approval from adults and like to show off individual skills. Negative comments carry great weight. Their playmates start to emerge and they will start to move towards small groups. They want everyone to like them at this age. You should be positive with everything that you do.

Ages 10 – 12

Children at this age are on the edge of childhood and adolescence. It can present a multitude of problems, but also an abundance of potential.

From a physical standpoint strength and power become a major factor in their performance. Their muscles mature and they realize how much more they can do on the court. Their coordination significantly improves and it shows up in the execution of a child's technical ability.

From a mental perspective they can sequence thoughts and perform complex tasks. A coach can expect his players to understand the game and use teammates to solve problems. They are usually eager to learn.

From a social perspective whether a child enters puberty early or late is significant. Girls tend to form cliques while boys take a more broad approach to team relationships. The manner in which they feel about themselves can determine how they relate to their teammates. Sometimes popularity influences self-esteem.

Ages 13 - 16

From a physical standpoint they are experiencing many physical changes. They are entering puberty where boys' voices are changing; they are experiencing a growing spurt.

From a mental perspective they are expanding to include more abstract thinking. They are beginning to understand cause and effect and are ready for more in-depth and more long-term experiences. They also like to set goals based on their needs and interests. They are also moving

from fantasy to reality where their life goals or career are concerned.

From a social perspective a child at this age are transitioning into involvement with opposite sex groups. They are more interested in what their peers say than their parents' advice. They do search for adult role models outside of their parents

Players' Responsibilities and Expectations

Participation in youth sports programs can have a lasting and meaningful effect on children's lives. Therefore, it is the goal of the Ayden Arts and Recreation Department to provide the highest quality of athletic programs to ensure that a child's experience with sports is a positive one. It takes the cooperation of everyone involved, including the participant, to make this happen. The Ayden Arts and Recreation Department has established the following responsibilities for participants to adhere to:

- Players will listen to their coaches and be respectful of their elders.
- Players will take care of the facilities, equipment, and uniforms which they are given or participate in.
- Players will make sure to eat the right foods and drink plenty of water before and after practices and games.
- Players will avoid all types of taunting and belittling remarks to their teammates or opponents.
- Players will show good sportsmanship at all times, win or lose.
- Players will not make sports a priority over schoolwork or family.
- Players will participate for the love of the game and social interaction with peers.

Players Code of Ethics

Players are expected to conduct themselves in a positive manner regarding their youth sports experience and accept responsibility for their participation by following the Players Code of Ethics Pledge:

- I will encourage good sportsmanship from fellow players, coaches, officials, and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot.
- I will expect to receive a fair and just amount of playing time.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, gender, creed or abilities, and I will expect to be treated accordingly.
- I deserve to have fun during my sports experience and will alert parents or coaches if it stops being fun!
- I deserve to play in an environment that is free of drugs, tobacco, and alcohol and expect adults to refrain from their use at all youth sporting events.
- I will encourage my parents to be involved with my team in some capacity because it's important to me.
- I will do my very best in school.
- I will remember that sports are an opportunity to learn and have fun.

Offense & Penalty

Players may not conduct themselves in an unsportsmanlike manner at any time and may be removed from the league if they do. Regardless of the situation, we expect our players to act with the upmost respect and integrity in any scenario.

Note: Players are subject to ejection from a game without warning. This will result in an immediate ejection, removal from the premises, and a minimum one (1) game suspension.

- ***Offense:*** Failure to follow established guidelines, rules, policies and procedures as applicable to related sport.
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum One (1) game suspension.

- ***Offensive:*** Malicious obscene/profane/vulgar verbal abuse directed towards another individual.
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum two (2) game suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

- ***Offense:*** Physical aggression towards another; pushing, shoving, striking or touching another individual.
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum one (1) year suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

- ***Offense:*** Any violation of North Carolina law; possession of firearms, knives, explosive devices weapons or under the influence of alcohol, narcotics, controlled substances, chemical or drug paraphernalia; assault with or without a weapon.
- ***Penalty:*** Not necessarily proceeded by a warning...immediate ejection, removal from the premises and a minimum three (3) years suspension. This includes regular and tournament games, practices, award ceremonies or any other Ayden Arts and Recreation Department function(s).

Player Safety

As a volunteer coach you will have the care, custody, and control of someone else's children. In this capacity you have the potential to create and to prevent accidents and injuries.

- You must provide adequate supervision to your players. The health and safety of your team members are entrusted to your care. You must provide adequate supervision to avoid foreseeable accidents and injuries. NEVER leave players unattended! NEVER leave after a game or practice until all parents or guardians have arrived!
- Evaluate your players and determine any limitations that they may have. Be sure players are physically and mentally capable of performing the e required skills. Evaluate injuries as they occur and determine if it is safe for the player to play.
- If any minor or major injuries occur, always fill out an accident report and give it to a recreation staff member.

Care and Prevention of Injuries

The first line of defense in the treatment of injuries is to prevent them. Factors that can prevent injuries are:

- The proper use of equipment
- No jewelry allowed
- Make sure there is ample water and rest periods
- Make sure players don't return too early from an injury

The care of an injured athlete should begin the moment an injury occurs. Immediate care will reduce the severity of the injury and possibility of long-term disability. Upon seeing an injured player on the court a coach should:

- Stay composed
- Determine if a player is conscious and coherent (if not, dial 911)
- Question the player in regards to the injury
- Avoid moving the player if it appears major in any way
- Inspire confidence and reassure the player
- Determine how the injury occurred

After determining that an injury is not life threatening, the nature of an injury can be further determined. Note the position of the injured part. Is it swollen or deformed? Compare the injury with the uninjured opposite body part. Do not move the injured part.

PLANNING FOR THE SEASON

Holding a pre-season parent meeting is beneficial for the parents, players and coach. Take this opportunity to inform parents of the goals and expectations as outlined in the Youth Basketball Coaches' Manual.

Parent Orientation Meeting

All Coaches are encouraged to establish effective lines of communication with the team parents early in the season by holding a parent orientation meeting. This may take the form of a casual discussion at your first practice. The time you invest will pay dividends for all concerned throughout the season. If a meeting is impossible, then the following information could be put in a letter to parents/players. But, a face-to-face meeting is preferred.

Purpose of a Parent Orientation Meeting

- Enables parents to understand the objectives of the team.
- Allows parents to become acquainted with you, the coach.
- Inform parents about the nature (and inherent risks) of the sport.
- Articulate your expectations of them and of their children.
- Enables you to address any parents' concerns.
- Establishes clear lines of communication between you, parents, and players.
- Allows you to obtain parental support (assistant coaches, team parents, etc.).
- Designate a "Team Mom" to arrange a schedule for snacks and refreshments for each game.

Important Points to Cover

- Introduce yourself and assistant coaches (or ask for volunteers at this time).
- Give background information about yourself (why you are coaching, experience)
- Coaching philosophy
- Discuss the value of the sport and the health benefits to the children.
- Discuss the philosophy of age appropriate activities.
- State the importance you assign to having fun and developing technique.
- State how you evaluate player development through skills and not winning.
- Discuss any team rules and guidelines.
- Let them know that all players will receive equal playing time.
- Discuss how players must respect opponents, coaches, officials, and the game itself.
- Briefly discuss rules of the game.
-

Youth Soccer Rules

Age Requirements:

A player's age as of May 31st the current year will determine the age group they participate in:

Mini Might League: ages 4-6 (Co-ed)

Pee Wee Boys League: ages 7-9

Pee Wee Girls League: ages 7-9

Junior Boys League: ages 10- 12

Junior Girls League: ages 10- 12

Senior Boys League: ages 13-16

Senior Girls League: ages 13-16

Example: A player is 10 years old on June 1, 2019 will play in the 7-9 year old division.

A younger player may participate in an upper age division with a request from the parent and approval from the recreation staff. However, after one game in the upper age division, the player will be ruled ineligible to participate in his or hers respective age group and must remain in that age group for the current season.

Rosters and Registration:

- All players will be entered into the draft every year.
- The draft will take place following the registration period. A second draft may occur to fill remaining roster spots.
- Draft order will be determined by picking numbers out of a hat.
- For other Draft rules see Youth Sport Manual

Fields Rules and Sportsmanship:

- No alcoholic beverages are allowed on recreation property. This is a state law. If necessary, proper legal action will be taken to enforce this rule.
- A coach, player, or spectator with alcohol on their breath will be asked to leave the recreation area.
- No tobacco products—smoking, chewing, dipping, etc. Are allowed on the field or practice area.
- No profanity
- No negative cheering
- Children not participating **MUST BE** under supervision by a parent/adult at all times. No children may be unattended at any time in any facility.

Equipment:

- Shoes - Tennis shoes or molded sole shoes with multiple cleats are acceptable.
- Molded multiple cleats, studs or bars less than ½ inch in diameter or width that does not extend more than ½ of an inch from the sole and are not of an extreme conical design is permissible. Detachable fiberglass or steel-tipped cleats are not legal.
- Shinguards - Use of shinguards is required, either commercial or custom made shinguards deemed safe by the game officials. All players must wear shinguards under their stockings. Shinguards will not be furnished by the Ayden Arts and Recreation Department.
- Mouthpieces are not required.
- Jewelry, which includes hair beads, will not be permitted.
- Soccer Balls – Practice and game balls will be provided by the Arts and Recreation Department. The sizes to be used are as follows:
 - Mini Might League #3
 - Pee Wee League #4
 - Junior League #5
 - Senior League #5
- Jerseys- Players shall wear the game jerseys supplied by the Recreation Department. If a player does not have the issued jersey, a temporary substitute jersey may be worn without numbers that does not conflict with the color of the opposing team's, referee's or goal keeper's jersey. The referee shall be informed of the temporary shirt prior to the game.
- Players may wear long sleeve or short sleeve undergarments that do not conflict with the referee or goal keepers jersey.
- Shorts- Shorts or long pants are approved in any color that has no belt loops or buckles. Shorts or pants with pockets are acceptable.

League standings:

League standings will be determined by the following formula.

- Win = 2 points
- Tie = 1 point (there is no overtime period)
- Loss = 0 points

Mini Might League - Scores and league standings are not kept.

Player Participation:

- Participation & Substitution: Each player must play a minimum of half of the game. (except in the case of injury, illness, or other emergency situation)
- Players may be substituted anytime the play/ball is ruled dead.
- **Caution:** A player issued a yellow card for a caution must leave the field of play and may return at the next legal substitution opportunity.
- A coach who has a player arrive after the start of the game but prior to the start of the third quarter must play him or her in two full quarters of playing time. However, if a player arrives after the start of the third quarter, the coach has the option to play this player or not in the fourth quarter. If the tardy player is placed in the game at the beginning of the quarter, he/she cannot be replaced unless an injury occurs.

General Games Rule:

Ayden Arts and Recreation Department will utilize the National Federation of High School rules except as modified within:

- Girls will be allowed to hold their arms over their chests for protection. Judgment on the move will be called by the officials.
- No slide tackling allowed
- Heading will not be allowed.
- Bicycle kicks or other high kicks that are potentially dangerous are not allowed
- A goal cannot be scored directly from a kick-off

Division Rules

Mini Mites

Mini Mites 4-6 years old: This non-competitive league to teach this age group the fundamentals of soccer.

Game Rules:

- Goal 4'high x 6' wide
- Field 15 yd. x 30 yd.
- Ball size 3
- Games will consist of four (4) 6 minute quarters
- 6 players on the field
- 7 minimum / 9 maximum players
- Each team is allowed 3 coaches on the roster.
- The official time will be kept on the field by the referee.
- Halftime will last 3-5 minutes.
- No score is kept for the Mini Mites league.

League Rules:

- Heading will not be allowed. Penalty: Indirect Free Kick at the point of the infraction.
- Off-Sides - This will not be enforced unless a clear advantage or disadvantage is apparent to the official.
- Minimum Players to Start - teams have no minimum to start however; both teams will play with a balanced number for example, 4 vs. 4 or 5 vs. 5. When additional players arrive, they must enter the game immediately.

Pee Wee League

Pee Wee (Boys & Girls) 7-9 years old: This league is to teach the fundamentals, skills, and team building.

Game Rules:

- Goal 6'5" high x 12'wide
- Field 45 yd. x 60 yd.
- Ball size 4
- Games will consist of four (4) 10 minute quarters
- 7 players on the field
- 8 minimum 10 maximum players on a team
- Each team is allowed 3 coaches on the roster.
- The official time will be kept on the field by the referee.
- Halftime will last 4-5 minutes.

League Rules:

- Heading will not be allowed. Penalty: Indirect Free Kick at the point of the infraction.
- Bicycle kicks or other high kicks that are potentially dangerous are not allowed and will fall under the “Dangerous Play” call.
- Minimum Players to Start - teams have 5 players to start however; both teams will play with a balanced number for example, 5 vs. 5 or 6 vs. 6. When additional players arrive, they must enter the game immediately.
- No slide tackling allowed
- A goal cannot be scored directly from a kick-off

Junior League & Senior League

Junior (Boys & Girls) 10-12 years old & Senior League (Boys and Girls) 13-16 years old:
These leagues develop gross motor skill fundamentals and competitive play.

Game Rules:

- Goal 6'5" high x 18'5" wide
- Field 80 yd. x 40 yd.
- Ball size 5
- Games will consist of four (4) 12 minute quarters
- 11 players on the field
- 12 minimum / 14 maximum players
- Each team is allowed 3 coaches on the roster.
- The official time will be kept on the field by the referee.
- Halftime will last 4-5 minutes.

League Rules:

- Heading will not be allowed. Penalty: Indirect Free Kick at the point of the infraction.
- Bicycle kicks or other high kicks that are potentially dangerous are not allowed and will fall under the “Dangerous Play” call.
- Minimum Players to Start - teams have 9 players to start however; both teams will play with a balanced number for example, 9 vs. 9 or 10 vs. 10. When additional players arrive, they must enter the game immediately.
- No slide tackling allowed
- A goal cannot be scored directly from a kick-off

Complaints/Ineligible

Complaint against Officials, Supervisors Procedures

Complaints concerning officials, supervisors, and other aspects of the program can be made in writing at any time after the game has been played.

The Recreation Department will not recognize protests that will alter the scores or outcomes of games.

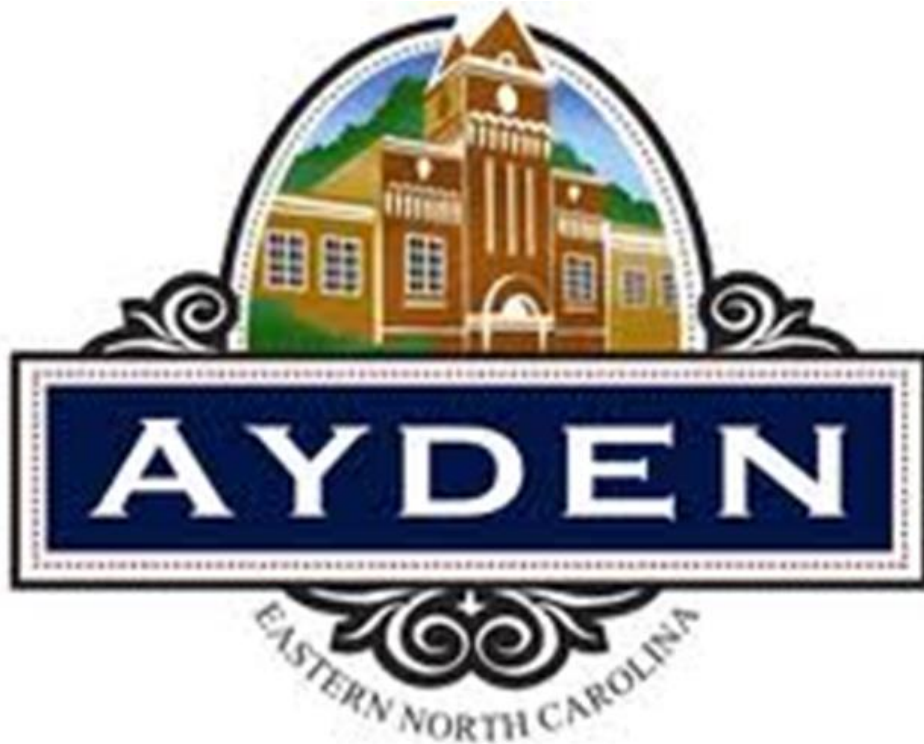
Players/Forfeits

Requests for determining eligibility of a player can be made at any point during the season by head coaches. When requesting the inquiry, coach must give players known name, jersey number, and team for which he/she participated. Teams will forfeit all games in which an ineligible player participates.

Complaint against Coach Procedures

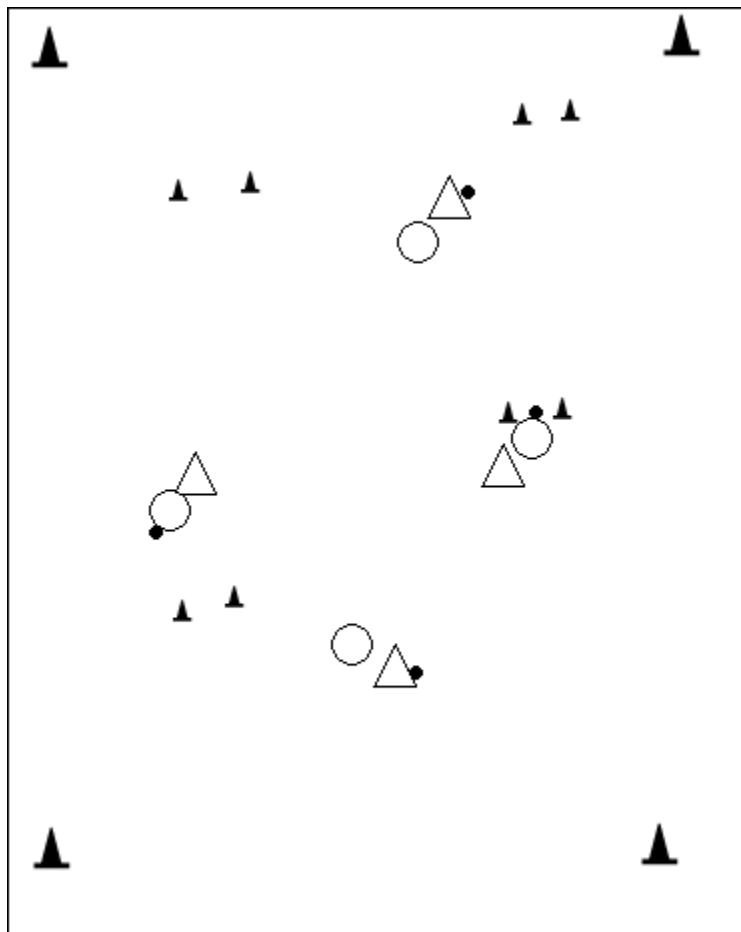
This section outlines the procedures Ayden Arts and Recreation Department will use when the Department receives a complaint against a coach in an Ayden Arts and Recreation program.

- Gather information and document eyewitness accounts of the event(s) that took place from interested parties involved to determine if a violation of the letter or intent of the Coaches' Code of Ethics Pledge has occurred. This may include the officials, other coaches, parents and children.
- Require the coach to attend a meeting with the Recreation Director to address the complaint and to offer his/her side of the incident. This meeting will be documented.
- Ayden Arts and Recreation Department has the authority to determine the severity of the situation and whether or not the affected coach has violated the expected behaviors outlined under each of the canons of the Code of Ethics Pledge.
- Ayden Arts and Recreation Department Director has the authority to enforce the appropriate range of disciplinary actions outlined in *Offense & Penalty* section of this manual



Appendix

1 V 1 Dribbling Through Gates



1 V 1 Dribbling Through Gates

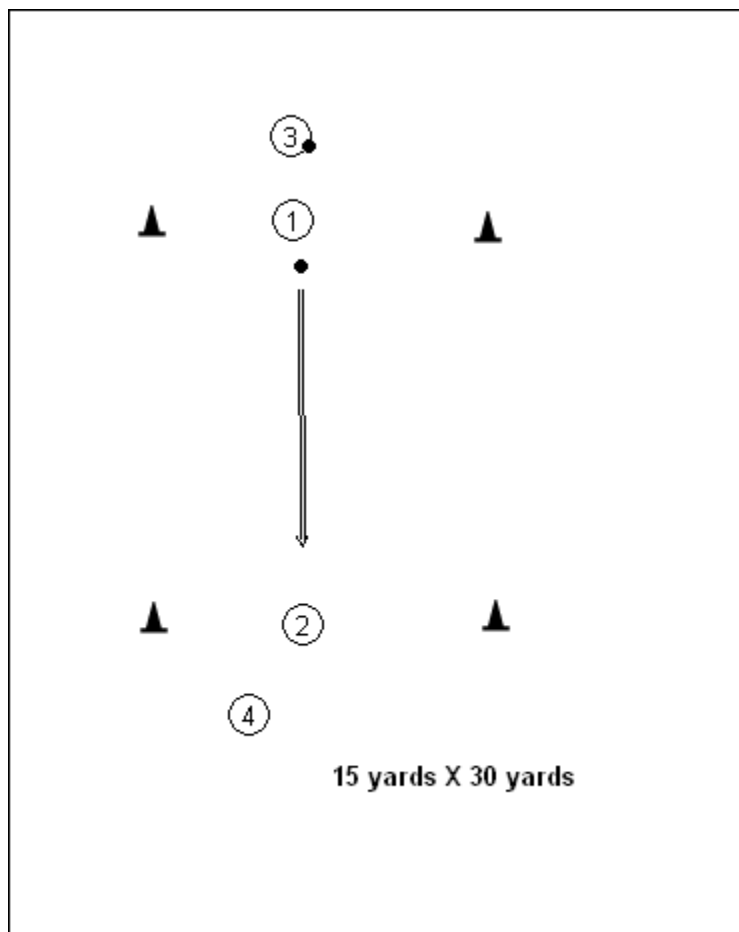
Good Dribbling Warm-up

Setup- Large field with a bunch of "cone gates" about one yard apart. Pair up players One of the two players needs a soccer ball.

The Game- On the coaches whistle, players try to dribble through as many gates as possible while the other player tries to steal the ball. Play for a certain amount of time. 30 to 60 seconds. Cannot go through the same gate twice in a row. One point for each gate. If the other player steals the ball, he gives it back to attacker. When time is up, switch positions.

Player with most points wins.

1 V 1



1 V 1

Set up a bunch of small fields / grids.
4 players at each field.

Object of the game is to dribble the soccer ball across the opposite line.

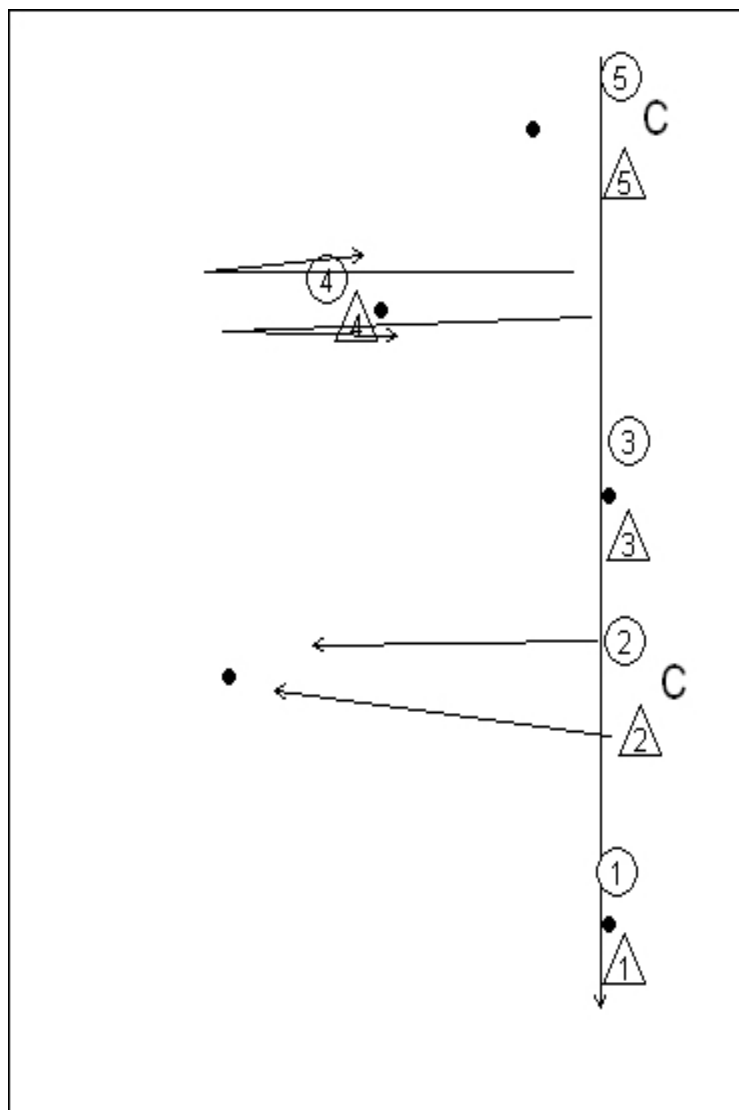
How to play- player 1 kicks ball to player 2. ONCE player 2 touches the ball, players 1 can enter the field and play defender.

Player 2 tries to score a point by dribbling over the line at the opposite end of the field. When a player scores or ball goes out of bounds, they get off the field and switch sides so next time player one will play offense. The game resumes quickly with players 3 and 4.

Make sure player 3 has a ball and is ready to go.

Variations- to score, player has to STOP the ball on the end line.
Play 2v2.

1v1 Dribbling with Fitness Twist



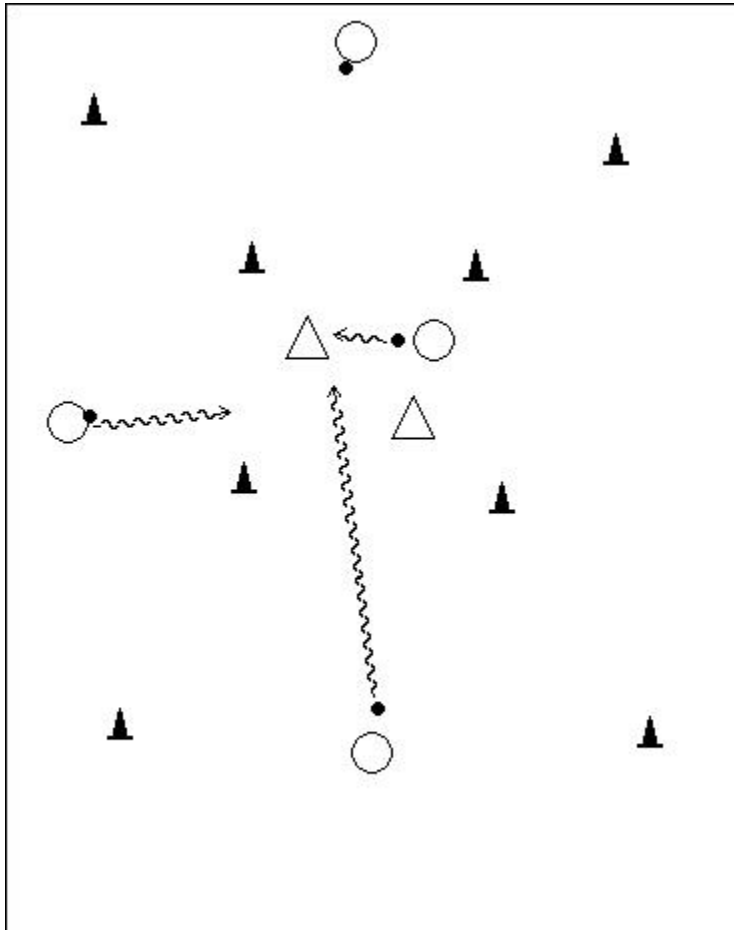
1v1 Dribbling with Fitness Twist

Set-up- Use or make a line on the field. Pair up players and have them sit indian style (legs crossed) and facing away from the field (or facing towards the coaches). Each pair has a soccer ball between them.

The Game- The coaches go around to each of the pairs and kicks the ball into the field. Once the ball is kick, the two players get up as fast as they can from indian sitting position and each player races to the ball and tries to win and dribble the ball back to the line. The player who does this wins one point. They sit again and wait for the coach to come and kick the ball again.

Player with most points wins.

Big Square Little Square or Haunted House



Big Square Little Square (older kids) or **Haunted House**(younger kids).

Set up one large grid 25x25(big square) and a small grid inside (little square) 10x10.

The smaller grid on the inside is the "Haunted House".

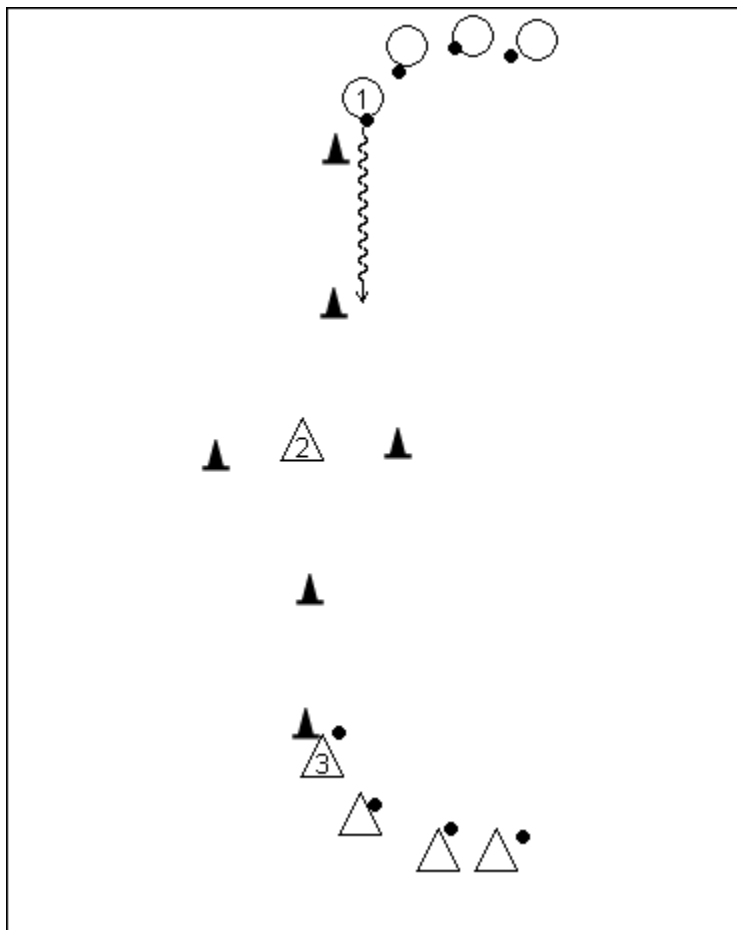
The Triangle players are the "Zombies" and start inside the "Haunted house".

4 to 8 players on the outside dribble from one side of the grid to the other side. Dribbling through the "haunted house". If a Zombie steals the ball, they get to go to the outside and the player that lost the ball becomes a "Zombie".

1 point for every time a player dribbles through the haunted house.

Play for 10-15 minutes,

Breakaway Shooting Game



Breakaway Shooting Game

Player 1 starts by dribbling to cone and has to shoot before he gets to the next cone.

If player 2 saves the ball, he keeps ball and runs to the end of the line **on his team**. If player 1's shot is wide, player 2 gets the ball and goes to the end of the line **for his team**

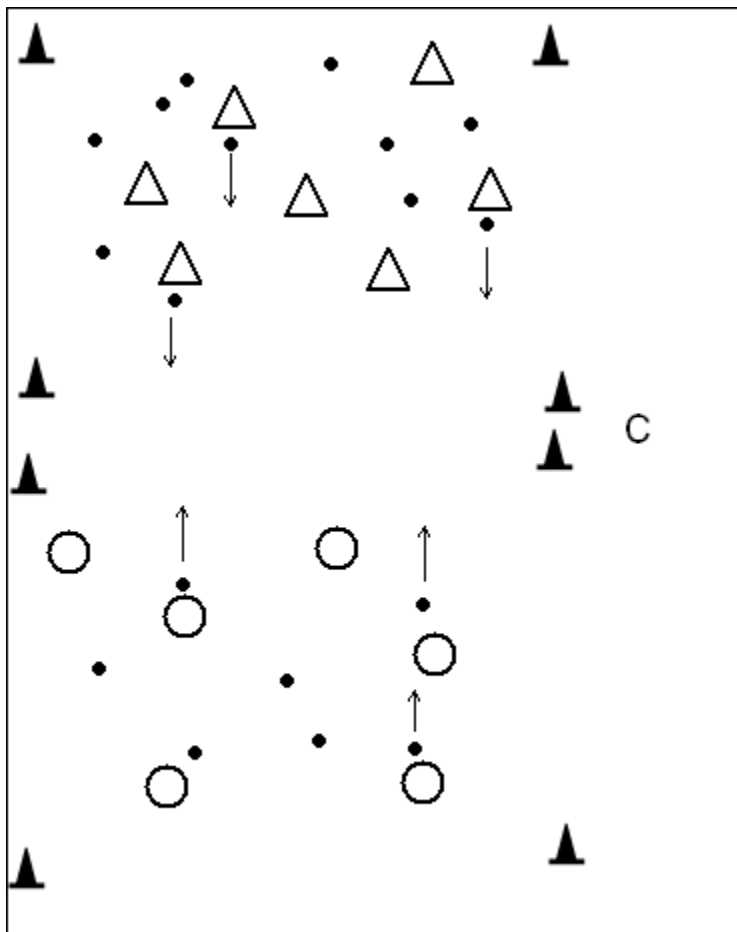
After Player 1 shoots, he becomes the goalie.

It is now player 3's turn to dribble and shoot. After he shoots, he or she then becomes the goalie and player 1 goes to the end of the line on his team

First team to 15 wins.

Coaching Points - eventually the players on the shooting team need to shoot before the goalie gets set up. And the players that just shot realize they need to hustle to play goalie.

Keep your Yard Clean



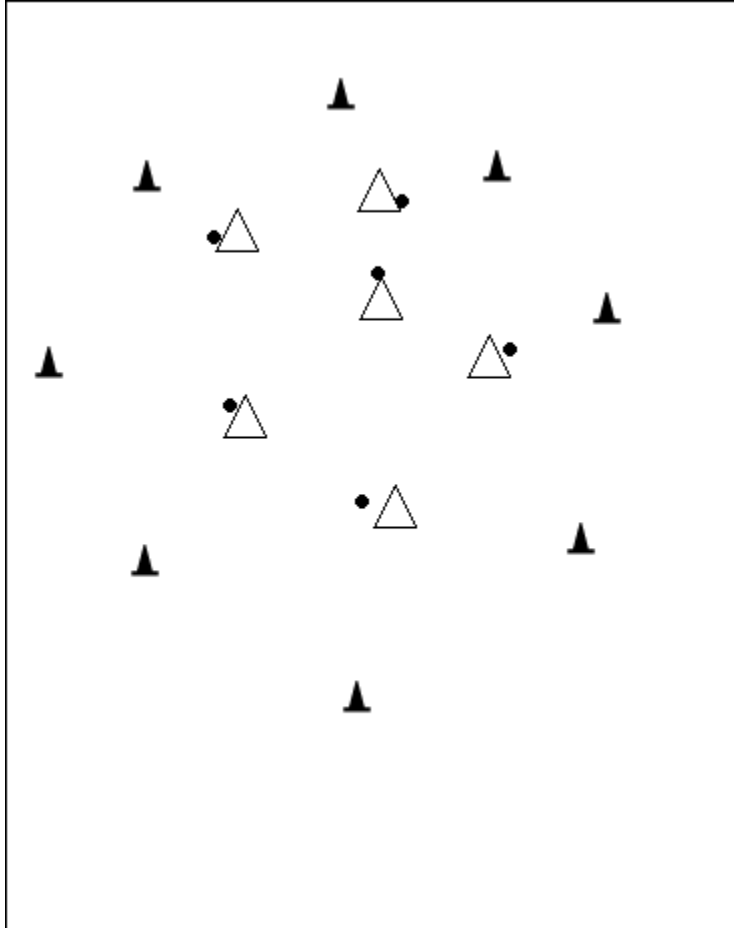
Keep your yard clean

The object of the game is to keep your yard clear of soccer balls. Good drill for passing practice.

The set up. Two 40x40 grids next to each other.

The Game- two equal teams, one in each grid. Each player has a ball to start the game. On the coaches whistle, the players try to pass the ball from their yard into the opposing teams yard. When the coach blows the whistle(3-5 mins), play stops, the team with the least amount of balls in their yard wins. Coaching points-tell the players what type of pass they have to use. LEFT FOOT ONLY ? Deductions for balls too high. Have each coach stand behind grids to keep balls in play

Knock Out-an old classic



Knock Out- a old classic

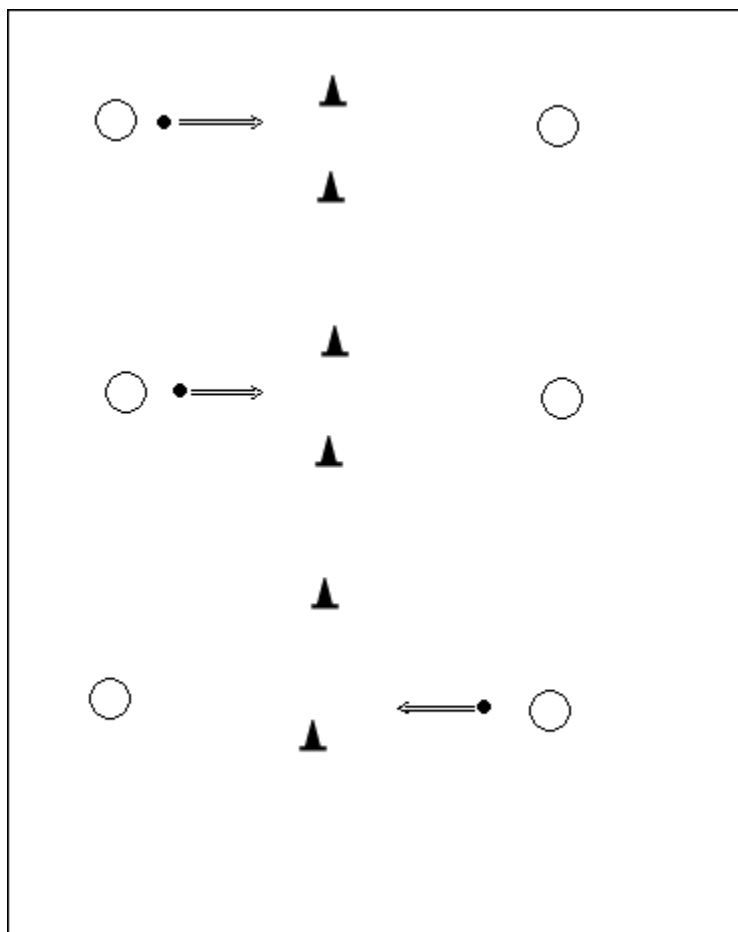
Set-up

Create a large circle with cones.
4-18 players each with a soccer ball
inside the circle.

Object of the game is for players to try to kick other soccer players balls out of bounds while protecting his or her own soccer ball.

Player who kicks out most wins..

Passing Through Gates



PASSING THROUGH GATES

Setup- split group into pairs. Use cones to create gates about three yards apart.

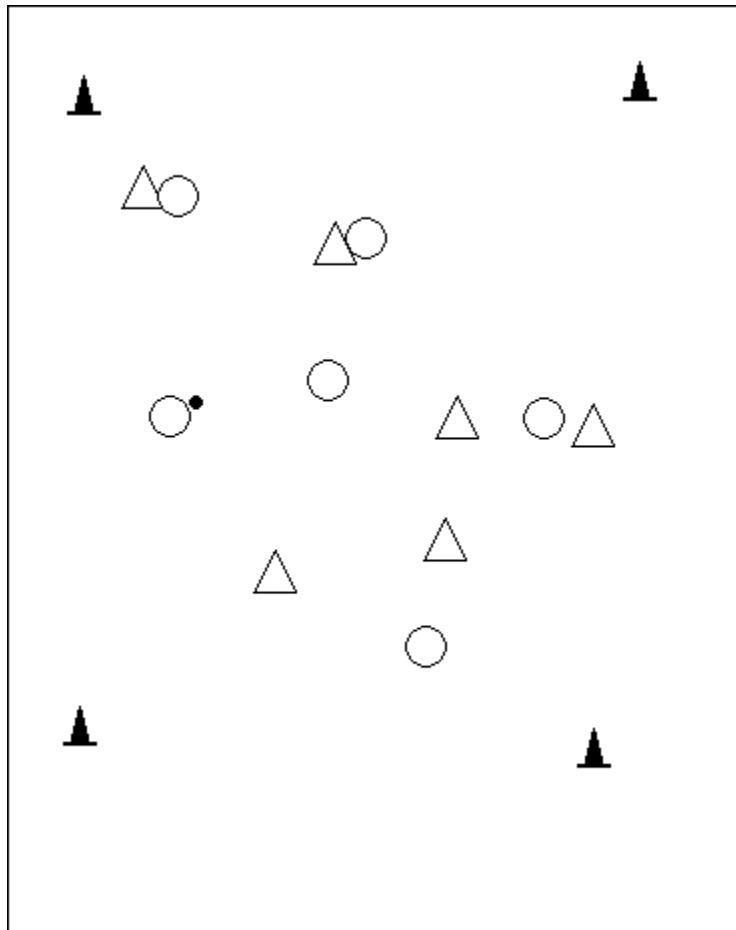
Each player takes a turn trying to pass the ball between the gates. A point is awarded each time the ball goes through the gates without touching a cone. Players keep track of their own points

Play for 3-4 minutes.

Loser does pushups

Make the game easier or tougher by adjust the size of the gates or by adjusting the distance between the two players

Spread Out



Spread Out

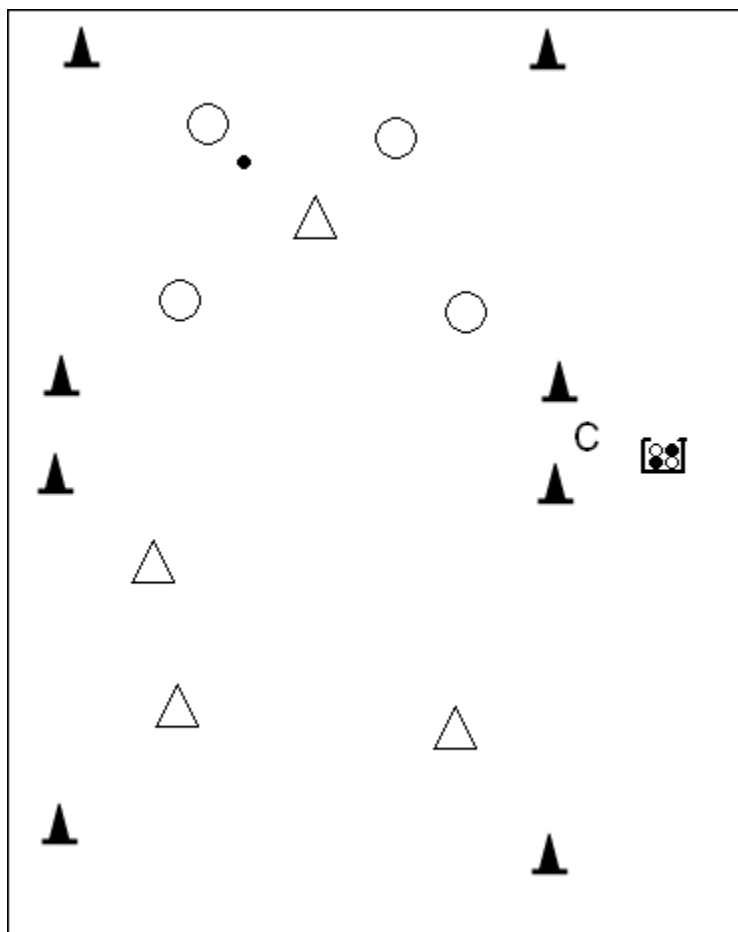
Set up- two teams in field with one soccerball.

The game- to teach the concept of spreading out- players play keep away by catching and throwing the ball with their hands. When a player has the ball, he cannot run, and tries to throw ball to team mate that is spread out.

At the end of 3 minutes, when the coach blows the whistle, the team with the soccer balls wins.

Progress to a soccer style game of keep away

The Bank Game



THE BANK GAME- Passing with pressure

Setup - two teams of 4 or 5 players. Each in a 40 X 40 grid (adjustable).

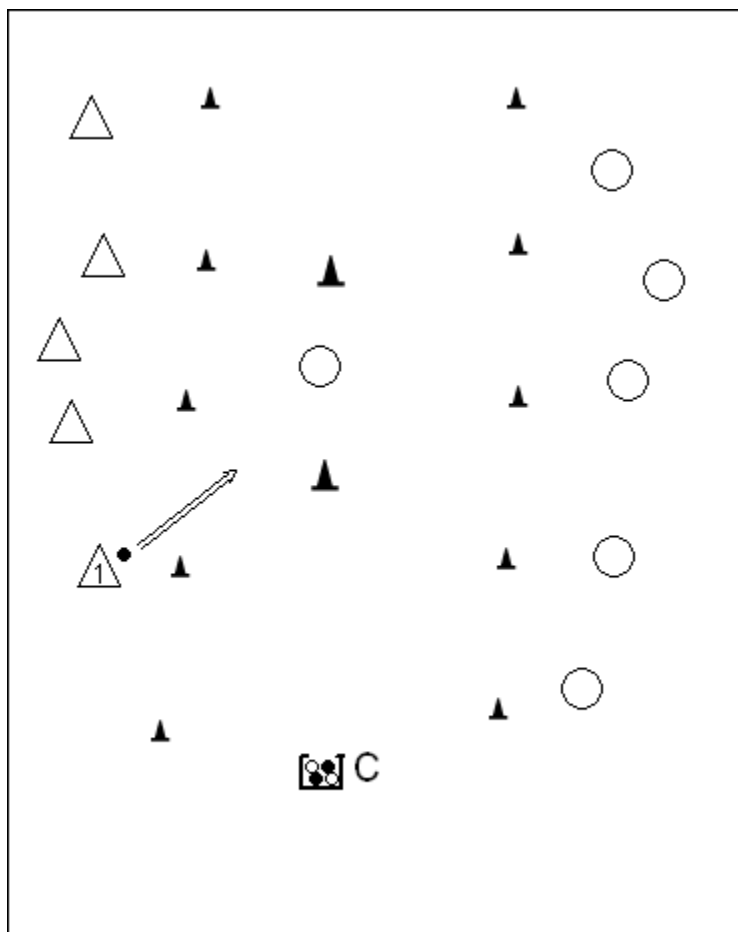
The Game- the coach sends a soccer ball into O's teams grid. The opposing team sends 1 players to play as a defender. The O's try to connect 4 passes in a row without the defender stealing or kicking ball out of bounds. Each time a team accomplishes this, they can make 100 bucks. Once they make a hundred bucks, they have 2 choices. Go for another hundred bucks or bank the money. To bank the money, they have to send the soccer ball back into the opposing teams grid and THEY send a defender to try to steal the ball. If the ball goes out of bound or is stolen, the coach sends a ball into the others teams grid.

Progressions- send in more than 1 defender.

make grids smaller

To make game easier make grid larger and add a offensive player

The Shooting Game



THE SHOOTING GAME

Setup- create two lines about 30 yards apart. Use cones to make a goal in the middle.

The Game-coach gives the ball to a team on one side. The opposing team sends a player into the goal.

Player 1 shoots the ball towards goal. If the goalie makes a save, he rolls the ball back to his O team and goes back behind the line with the rest of the O's.

Player 1 who shot now has to become the keeper. An O player will then take a shot on Player 1. If he scores or misses, the ball will roll to the other side. The player who shot, now becomes the keeper and Player 1 goes back with his team.

Eventually becomes a fast paced shooting game.

Updated: 3/15/2019 Ayden Arts and Recreation Department