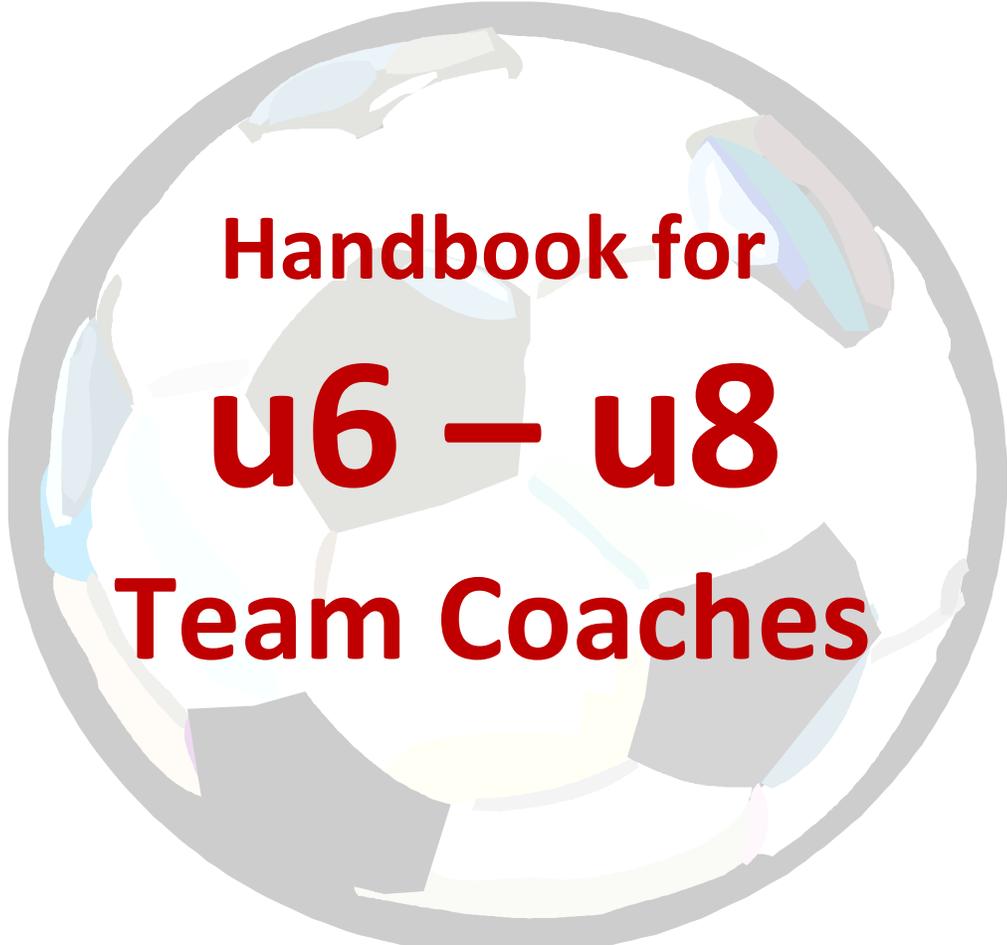




Arlington & Falls Church, Virginia

Arlington Soccer Association



**Handbook for
u6 – u8
Team Coaches**

***A full season's worth of enjoyable practice plans,
successful team management strategies
and other helpful ideas for the youth soccer coach***

A MESSAGE FROM BOB BIGNEY,

TECHNICAL DIRECTOR FOR THE ARLINGTON SOCCER ASSOCIATION:

Greetings Coaches;

First, let me say THANKS! for volunteering your time and energy to coach a youth soccer team. My goal as the Technical Director for the Arlington Soccer Association is pretty simple:

- 1) Make sure the children are enjoying the game of soccer and learning the skills required to play the game;*
- 2) Make sure the coaches (that would be you) are enjoying the game of soccer and learning the skills that will allow the players to do goal #1.*



I hope that you enjoy coaching your team almost as much as your players enjoy playing for you. The more our players love playing, the more they will want to get out and play. And the more they get out and play, and spend time with the ball, the better they will become.

This handbook is designed to give the framework (and some ideas) for a full season's worth of practices. I realize that the schedule outlined here may not be exactly the one you have with your team. Even with the practice plans I have provided – you should make each idea and activity your own. Take the activities in this handbook and put your personality into them, make them fit your team.

*My one piece of advice is, for those days when you are running late from work, have not been having a good day, have no idea what you are going to do at soccer practice – **“let them play!”** Some of the greatest practices I have ever seen, done by the best coaches I have watched, are simply setting up a couple of goals, rolling out a ball, and letting the kids have fun as they play.*

Have fun, laugh and enjoy coaching the greatest game in the world. Thanks for all you do.

Bob Bigney

Technical Director

Arlington Soccer Association

u6 – u8 Handbook Outline:

PART I - Helpful Information

- Judging a 'Good Coach'
- Characteristics of under 6 children
- Characteristics of under 8 children
- Team Management Ideas
- Equipment Checklist
- What to Expect for under 6 Children
- What to Expect from under 8 Children
- First Aid Information for Soccer Coaches

PART II - Practice Activities

Characteristics of Well-Selected Games

- Week 1 Practice Plans
- Week 2 Practice Plans

Activities Checklist

- Week 3 Practice Plans
 - Week 4 Practice Plans
 - Week 5 Practice Plans
 - Week 6 Practice Plans
 - Week 7 Practice Plans
- ### *The Jungle Soccer Game*
- Week 8 Practice Plans

PART III – Game Day

- What to do (and not to do) during games.

PART IV - ASA Information and Procedures

- What every ASA coach needs to know.



PART I

Helpful Information

JUDGING A “GOOD COACH”

- A “good coach” is someone who knows that winning is wonderful – but not the real triumph of sports.
- A “good coach” is someone who goes to work early, misses meals, gives away weekends, and plays havoc with family schedules so he or she can help out a group of youngsters.
- A “good coach” is someone who stays a half hour or more after practice to make sure that everyone of the players has a safe ride home.
- A “good coach” is someone who rarely hears a mom or dad say “Hey Thanks”, but receives a lot of advice on game day.
- A “good coach” is someone who makes sure that everyone gets to play.
- A “good coach” is someone who teaches young people that winning is not everything; but lies in bed at night staring at the ceiling wondering whether they might have done anything differently to have turned a loss into a win.
- A “good coach” is someone who can help a child learn to take mistakes in stride.
- A “good coach” is someone who helps a child to develop abilities and confidence that sometimes did not exist before.
- A “good coach” is someone a youngster will remember long after the last game has ended and the season is over.



“Thanks Coach!”
For everything you do



Coach Bob Says - "Children are not just smaller versions of adults. They think, move and act very differently. Getting to know what they are like will help us coach them more effectively."

Characteristics of U-6 Children



- Short attention span. High imagination.
- Understands only simple rules.
- Limited understanding of time & space.
- Individually oriented (me – my – mine).
- Constantly in motion. Love to run and jump.
- Easy fatigue – rapid recovery.
- Psychologically easily bruised. Needs praise.
- Little or no concern for team activities.
- Physical and psychological development of boys and girls quite similar.
- Eye and hand/foot coordination most primitive. Catching skills are not developed.
- Prefer larger, softer balls and nerf balls.
- No sense of pace (goes flat out)

Characteristics of U-8 Children



- Attention span increasing.
- Beginning to deal with more than one task.
- Inclined more towards group activities.
- Developing playmates.
- Still in constant motion.
- Likes to show skill. Need for approval.
- Still very sensitive. (dislikes personal failure in front of peers).
- Easily hurt by comments.
- Wants everybody to like them.
- Beginning to develop physical coordination (most can ride a two wheeler bike).
- Still into running, jumping, climbing and rolling.
- Still lack sense of pace (goes flat out).
- More into the “real ball” through imitations of the big guys.

Team Management Ideas



Coach Bob Says - "My Top 10 Ideas to grab the attention of your players - and run a smooth practice session."

IDEA #10 – Use colored pennies (vests, bibs) to distinguish teams or groups of players. It makes it easier for the players and easier for the coaches.

IDEA #9 – Whenever you want to speak with the group of players, take all the soccer balls away from players. Also, make sure no distractions are behind you – the players will look right past you!

IDEA #8 – When you arrive at the field, mark out the area you will be using, for whatever activities you will be doing, in advance. It will save you time later and make you look like a really organized coach!

IDEA #7 – To get the activity restarted, to get the players to come to you, to get whatever you want done quickly - use the countdown method. Just start counting 5, 4, 3, 2, 1. Hey, it worked for my mother!

IDEA #6 – Sometimes, a player will not be too interested in playing the game you have set up. They may want to do their own thing with their own ball. As long as they are safe, give them the time to do so. You can tell them "come back and join in whenever you want."

IDEA #5 – If you are waiting for the players to get ready, or to listen to the instructions, simply tell them, "will start when everybody is ready." See if some players get the others to stop fooling around and get ready to play. That will be much more effective.

IDEA #4 – To really be sure that the players understand the rules and objectives of the activity – ask them to tell you what they should be doing. "Which goal are you trying to score in?"

IDEA #3 – Use a whistle. Not everyday, and not like football coaches do, but sometimes it can be a great attention getter. Referees use them in the games, you can too.

IDEA #2 – Make it competitive (in a fun way). "Don't be the last one over here" "See who can pick up the most cones" or keeping track of and rewarding good behavior, are all great ways to motivate your players to do the right things.

and, IDEA #1 – hold a meeting with the parents of the players you will be coaching. Get them involved. At this meeting, go over the following items:

- | | |
|-------------------------------|--------------------------------------|
| *player/family expectations | *practice times & locations |
| *team rules | *what you want your players to learn |
| *philosophy of the team/coach | *medical concerns for any player |

Equipment Checklist

As the coach, it is most often up to you to be prepared for players who forget things. It will be helpful if you prepare a bag that goes with you to all practices and games. In this bag, you should have:

- Players' MEDICAL RELEASE FORMS! – These should be provided to you by your club manager. Have these with you at all practices and games; make sure that the emergency contact information is included.
- MEDICAL KITS - A simple kit for games and practices is a good idea for every coach. A kit should include:
 - ✓ Ice (and `zip-lock' bags), or some cold compress packs
 - ✓ Band-Aids
 - ✓ Antibiotic ointment
 - ✓ Bee sting relief ointment
- PUMP and inflating needle
- SHIN GUARDS
- BALLS: If possible, have a good quality ball available for the games. Each player should have his/her own ball and bring it to practice. However, bring any spares you may have to practice because someone is likely to forget one.
- CONES (about a dozen) Different sizes and colors are helpful. Use these to set up small areas for practice activities.
- BIBS/ PENNIES/VESTS: These are used to divide up teams for activities and games.
- CLIPBOARD or NOTEPAD: Some coaches prefer these for practice plans, medical release forms, substitution schedules, etc.
- WATER: A coach should have water available during practice and at the game. Have the players bring their own water bottles (but keep an extra bottle in your bag or cooler for the occasional forgetful player).

Good Idea #1

Make sure each player on your team has a soccer ball - and brings it to every practice.

(as the coach, you should probably bring 3 or 4 extra balls to practice - because you know some players will leave their ball at home!)

U6 Soccer Players

THINGS YOU CAN EXPECT

- ✓ Most players cry immediately when something is hurt. Some cry even when something is not hurt.
- ✓ No matter how loud we shout, or how much we "practice" it, they cannot or will not pass the ball.
- ✓ Somebody will come off the field in need of a toilet. Somebody will stay on the field in need of a toilet.
- ✓ The only player to hold a position is the goalkeeper (if you play with one). Don't even consider teaching positional play.
- ✓ Twenty seconds after the start of a game, every player will be within 5 yards of the ball.
- ✓ Several players will slap at the ball with their hands, or pick it up. Several parents will yell at them not to do that.
- ✓ A model rocket that is launched from a nearby field will get 99% of the player's attention. By all means, stop whatever you are doing and go watch for a couple of minutes!
- ✓ During a season, you will end up tying at least 40 - 50 shoelaces.
- ✓ They will do something that is absolutely hysterical. Make sure that you laugh!



U8 Soccer Players

THINGS YOU CAN EXPECT



- ✓ There will be at least 200-300 falls during the season, but now they will usually pick themselves back up.
- ✓ The puddle in front of the goal is still too tempting to resist.
- ✓ Keep a spare pump in your bag, as the players usually do not realize that their ball is flat until they try to kick it, or the coach tells them that it is flat.
- ✓ Some of the girls are a lot tougher than the boys.
- ✓ They will still want to wear a pinnie, even when the color is identical to their shirt.
- ✓ It will be impossible to remember who is whose best friend as you try to make up teams.
- ✓ School conflicts will come up... please, let them go (they must face their teachers five days a week).
- ✓ They will wear their uniform to bed.

Some Basic First Aid Information for Soccer Coaches

The following is taken from information on the VYSA website (www.vysa.com)

Prevention of Injuries

The first line of defense in the treatment of athletic injuries is to prevent them. A well-planned program accomplishes this: competition among equal ability groups, proper warm-up, and adherence to the Laws of the Game. Other factors that can lead to the prevention of injuries are as follows:

- Proper use of equipment (shin guards, no jewelry, uniforms designed for climate).
- Upkeep and monitoring of playing surfaces.
- Proper fitting shoes/boots.
- Ample water supply and sufficient number and length of rest periods.
- Avoid scheduling practice during the hottest periods of the day and when there is intense humidity.
- Full rehabilitation of an injury prior to return to play, determined by a physician.
- Recommendation of a physical exam by qualified personnel prior to participation.

The coach or assistant coach should be responsible for assisting with injuries, which includes attending a certified first aid course and knowledge of state and local ordinances. It is recommended that the coach follow-up a player's injury with a conversation with the player's parent. Each coach should have and know how to use a First Aid Kit that includes, but is not limited to: Team Safety and Information Card, plastic bags, and ties for ice, ice, tape, band aids, antiseptic, sterile pads, towelettes, gauze pads, elastic wrap, antibiotic cream and rubber gloves (care should be given to avoid contact with blood and body fluids and to use proper disposal of items soaked with such fluids).

Injury Care

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

- Stay composed.
- Make sure that the airway is clear.
- Determine if the player is conscious.
- Determine how the injury occurred.
- Question the player to determine the location and severity of the injury.
- If the player is unable to continue, assist him/her to the sideline unless it is a head injury, then do not move and call for emergency help.

After determining that the injury IS NOT life threatening, the nature of the injury can be further determined.

- Note the position of the injured part.
- Look for swelling and deformity.
- Compare it with the opposite side.
- Do not move the injured body part.

Treatment for minor injuries such as sprains, strains, and contusions is referred to as R.I.C.E. (Rest, Ice, Compression, Elevation). R.I.C.E. treatments should occur immediately after the injury and a general rule is to ice for 20 minutes on and 20 minutes off – three consecutive times. The treatment helps in three different ways:

- Applying Ice to the injured area causes the blood vessels to constrict, limiting circulation to the injured area.
- Applying Compression with an elastic bandage inhibits the accumulation of blood and fluids in the area; thereby, minimizing pain and swelling.
- Resting & elevating the injured area decreases fluid accumulation and helps reduce muscle spasms.

Some Familiar terms coaches should know:

- Sprain – ligaments are bands of tissue that attach bone to bone and stabilize joints. A sprain is an injury to one or more ligaments.
- Strain – a tearing injury to a muscle or a tendon (tendons attach muscle to bone).
- Contusion – a blow to a muscle or tendon caused by an outside force, which causes hemorrhaging to surrounding tissue.
- Abrasion – a loss of surface area of skin. The area should be cleaned with an antiseptic to prevent infection. An antibiotic ointment should be applied to keep the wound moist and destroy any bacteria present.

Heat Injuries Coaches Should Be Aware of:

- **Heat Cramps** – an involuntary contraction of muscle or a muscle group that is repetitive and rapid in nature. Care – rest, drink water, and stretching.
- **Heat Exhaustion** – surface temperature approximately normal, skin pale and clammy, profuse perspiration, tired, and weak, headache – perhaps cramps, nausea, dizziness, possible vomiting and possible fainting (the player will most likely regain consciousness as the head is lowered). Immediate Care – move to a cool area, air-conditioning best, have the player lie down with feet elevated, remove restrictive apparel as appropriate, cool with wet cloths or by fanning, if alert – water may be given (1/2 glass per 15 minutes), if player vomits – take to hospital immediately and always refer to physician for further diagnosis, treatment and prior to return to activity.
- **Heat Stroke** – body temperature is high, skin is hot, red and dry, sweating mechanism is blocked, pulse is rapid and strong, player may lose consciousness. Immediate Care – seek immediate medical care (Call 911), while waiting; treat as above for heat exhaustion keeping in mind that if you reduce the body temperature too rapidly it can cause internal bleeding.

General Principles When Handling an Injured Player:

- Avoid panic; use common sense; seek professional help.
- Check for breathing, bleeding, consciousness, deformity, discoloration, and shock.
- Dependent upon the nature of the injury, avoid moving the player.
- Inspire confidence and reassure the player; determine how the injury occurred.
- Use certified athletic trainers when available; always ERR on the side of caution.
- It is recommended that if a player has had medical attention, he/she must have written permission from the doctor to return to activities.



PART II

Practice Activities

CHARACTERISTICS OF WELL – SELECTED GAMES

1. **Opportunities to experiment and experience are abundant and continuous.**
2. **A broad range of differences can be accommodated. Progressive challenges can be built in to allow individuals to participate at their own personal level.**
3. **Effort has been made to reduce potential for emotional and social, as well as physical injury.**
4. **Goals and purposes are clear, consistent, and attainable.**
5. **Feedback is usually immediate and frequent, allowing a participant to experience relationships between cause and effect.**
6. **Errors are expected and forgiven.**
7. **There is usually an almost instant opportunity to try again (to adjust, to repeat, to recover).**
8. **Perseverance and coping with temporary frustration is encouraged by the format of the game.**
9. **Self-control frequently contributes to achieving the goal.**
10. **No player is eliminated – either blatantly or subtly.**

Good Idea #2

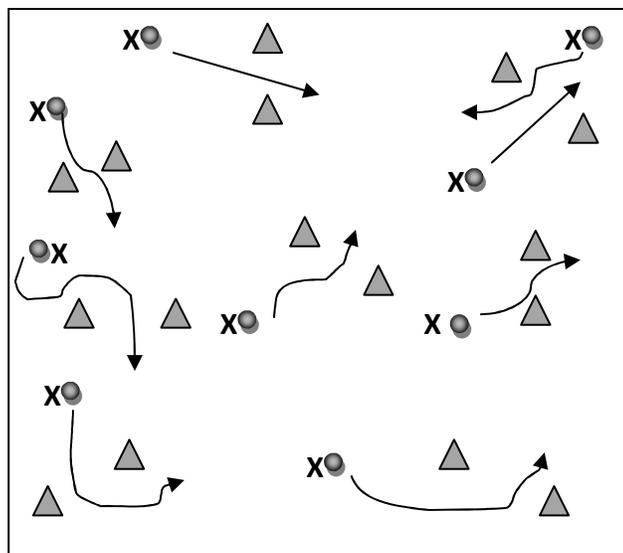
Give each activity you do at practice a name!
Players will get to know the names of the activities, what they need to do and how they are set up. Feel free to use the names I have given them - or make up your own names. Have fun!

Week 1 Practice Plan

Activity #1 – “Doorways”

Each player with a ball, inside a marked area (grid).

- 1) Players move around with the ball
Free dribbling, trying to find some open space.
- 2) Set pairs of cones “doorways” around the grid.
Give players involvement with placing the cones.
 - Players now dribble around and try to dribble through the doorways.
 - Stop and show (let players demonstrate) how to dribble with the ball close to the foot.
 - Players receive a point each time they dribble through a “doorway”.
 - 30 seconds to score as many points as possible.
 - Stop and ask how many points were scored.
 - Give a second try – players must try to beat their score from the first round.
Players are competing against themselves – not each other.



Coaching Points:

Good dribbling technique – “Don’t kick it with your toe”

Head up to look around & decide where to go

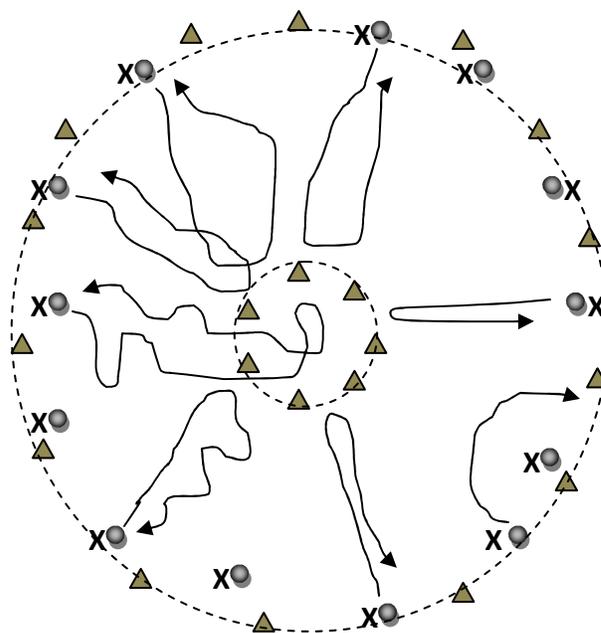
Close control of the ball – “Keep it close to your foot”; “No Collisions!”; “Stay inside the area”

Activity #2 – Circles

- Each player with a ball, standing in a big circle (marked with cones).
- A smaller circle is marked with cones on the inside of the larger circle.
- On the command, players dribble toward the small circle, make a turn and come back to their spot on the big circle.
Demonstrate (let the players show) how to make tight turns with the ball
- Give a count down (5, 4, 3, 2...) for the players to get to the middle & back.

Bonus Game:

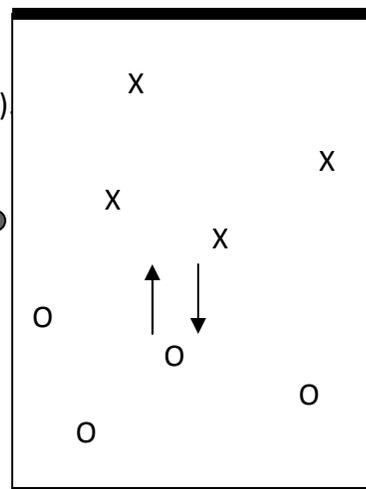
Players dribbling inside the small circle – coach tries to tag the players. Now move into the big circle. Coach tries to tag the players – ask the players “which was easier for you?” Can they recognize that more open space is better?



Week 1 Practice Plan (cont.)

Activity #3 – “Boss of the Balls”. Across the Line.

- Divide players into 2 teams of 4 players per team (or 4 teams on 2 fields)
- Mark a field with cones. Size depends on the number of players.
- All the soccer balls are with the coach (the BOSS OF THE BALLS!) at the middle of one sideline.
- Coach rolls in a ball, each team tries to dribble or kick it across the end line; the other team is going the other way.
- After a team gets the ball across the end line, or if the ball goes out, the players leave the ball – the coach serves in another ball. After all the balls are gone, count up how many are behind each line – and then bring them back to the coach.
- Start the game again

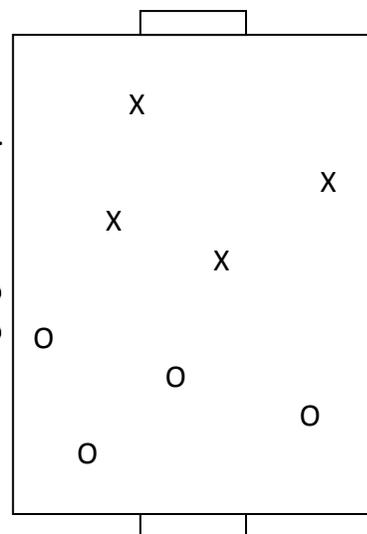


Coach can impact the game, or involve a player, by how he/she serves the new ball into the game.

Coach can serve in 2 or 3 balls at the same time!

Activity #4 – THE BIG GAME. “Boss of the Balls”

- Divide players into 2 teams of 4 players per team (or 4 teams on 2 fields).
- Teams should not be more than 4 players per team.
- Mark a field with cones. Size depends on the number of players.
- Mark a goal at each end (cones, flags, bags, trashcan)
- All the soccer balls are with the coach (the BOSS OF THE BALLS!) at the middle of one sideline.
- Coach rolls in a ball, each team tries to kick it through the goal at one end; the other team is going the other way.
- After a team scores a goal, or if the ball goes out, the players leave the ball – the coach serves in another ball.
- After all the balls are gone, the players must get them and bring them back to the coach.
- Start the game again.



Coach can impact the game, or involve a player, by how he/she serves the new ball into the game.

Coach can serve 2 or 3 balls at the same time!

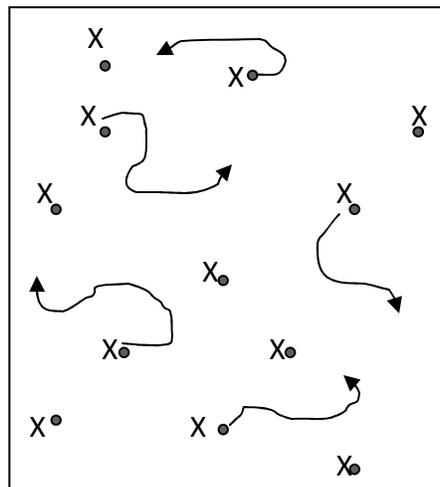


Coach Bob Says - “The game is the best teacher. Put your players into game-like situations during practice – and then do your coaching in that game”

Week 2 Practice Plan

Activity #1 – Dribbling Games

- All the players, with a ball each, inside a marked area.
- Free dribbling, trying to control the ball and find some open space. No collisions, stay inside the grid.
- Players must follow the coach’s commands:
 - “Stop!” or “Freeze!”
 - “Right foot only!”
 - “Left foot only!”
 - “Stop the ball with your _____”
 - Elbow; Knee; Shoulder; Butt

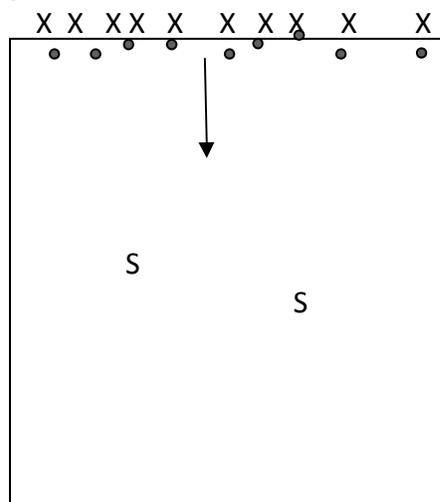


Coaching Point – always have the ball under control; close to the foot.

Activity #2 – “Sharks & Minnows”

(or do you prefer “Foxes & Rabbits”?)

- Using the same area, have all players line up on one end of the field. These are the “minnows”. Each has a ball.
- Select 2 “sharks”. They stand in the middle of the field.
- On the command, the minnows try to dribble their soccer ball from one end of the field to the other.
- Watch out for sharks! The sharks try to kick the soccer balls outside of the field. If a ball goes out, it is out.
- If a minnow’s ball gets kicked out, they become a shark and try to help the sharks the next turn.
- If a minnow makes it all the way to the other end, they are safe. They wait for the next round.
- Wait for that turn to end, see how many sharks there are, and then send the minnows back the other way. **Last 2 minnows get to start as sharks for the next game.



Activity #3 – THE BIG GAME. “Boss of the Balls”

- Divide the players into 2 teams (or 4 teams on 2 fields).
- Mark a field with cones. Size depends on the number of players.
- Mark a goal at each end (cones, flags, bags, trashcan)
- All the soccer balls are with the coach (the BOSS OF THE BALLS!) at the middle of one sideline.
- Coach rolls in a ball, each team tries to kick it through the goal at one end; the other team is going the other way.
- After a team scores a goal, or if the ball goes out, the players leave the ball – the coach serves in another ball.
- After all the balls are gone, the players must get them and bring them back to the coach.
- Start the game again.



COACHING ACTIVITIES CHECKLIST

Coaches – go through this checklist when planning your activities; or after a practice.
Can you say YES to these questions?

- ✓ **ARE THE ACTIVITIES FUN?**
- ✓ **ARE THE ACTIVITIES DEVELOPMENTALLY APPROPRIATE?**
- ✓ **ARE THE ACTIVITIES ORGANIZED?**
- ✓ **DO THE ACTIVITIES MOVE FROM SIMPLE TO COMPLEX?**
- ✓ **IS THE INFORMATION CLEAR, CONCISE, AND CORRECT?**
- ✓ **ARE THE PLAYERS INVOLVED?**
- ✓ **IS CREATIVITY AND DECISION-MAKING BEING USED?**
- ✓ **ARE THE SPACES BEING USED SAFE AND APPROPRIATE?**
- ✓ **IS THE COACH'S FEEDBACK APPROPRIATE?**
- ✓ **ARE THERE IMPLICATIONS FOR THE GAME?**

Good Idea #3

After a few weeks of practice, ask the players what their favorite activities are - or ask them what they would like to do at practice. Their answers might surprise you and help you plan what you will do.

Week 3 Practice Plan

Activity #1 – “Doorways”

Same set up as week 1.

- Each player with a ball inside a grid.
- Pairs of cones inside the grid make “doorways” or “goals”.
- Player scores a point every time he/she dribbles through a doorway.
(No – you can’t just go back & forth through 1 doorway)
- Challenge players to score as many points as he/she can in 30 seconds.
- Ask players how many points they scored (we don’t really care about the points, but it will later be a challenge for each player)
- Give everybody another try – now they must try to beat their score from the first time.



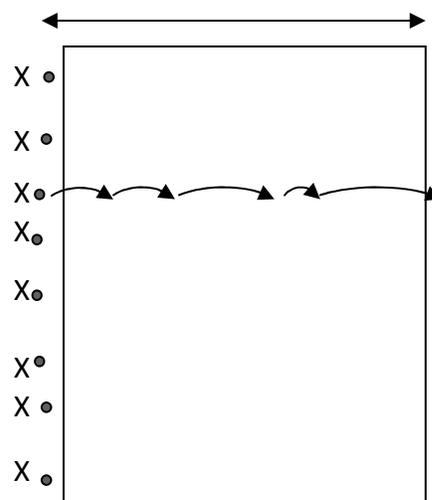
Coach Bob Says -
“Always end a practice with a BIG GAME! An opportunity for players to score goals and have the freedom to play!”

Activity #2 – Cross the Line Game

- Each player with a ball on one side of the field.
- Players try to kick the ball across the opposite line – but only using the **exact** number of kicks the coach says.
“Try to kick it across the other line using only.....”

- 6 kicks*
- 4 kicks*
- 2 kicks*
- 10 kicks*

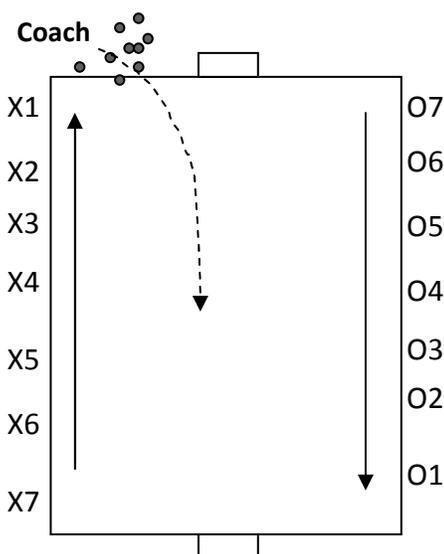
Once they get to the other side, tell them how many kicks they need to use to come back. Alternate feet!



Activity #3 – THE BIG GAME “Line Soccer”

- Divide the players into 2 teams (or 4 teams on 2 fields).
- Make small goals at each end of the field.
- Line each team up along the sideline of the field. X’s and O’s
- Give each player on a team a number, 1 – ??
- Players should be numbered in the opposite direction.
- One team is going for one goal; the other team is going the other way. *Make sure they all know.*
- Coach has all the balls in one corner of the field.
- As the coach rolls out a ball, he/she shouts a number - **“3!”**
- The number 3’s from both teams run out to play 1 vs 1.
- When the ball goes out, or in the goal, players return to their team.
- Coach calls out another number.

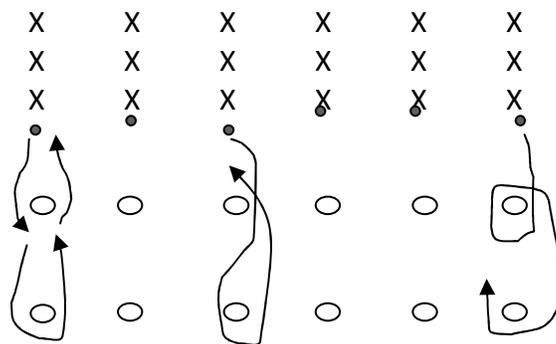
**players on the side can keep the ball in and kick it to their teammate*



Week 4 Practice Plan

Activity #1 – Relay Races

- Lines of players (no more than 3 on each team) with 1 ball at the front of each line.
- 1st player goes, then the next, then the last.
- 1st team back to starting position is the winner
- Complete 3 or 4 races.

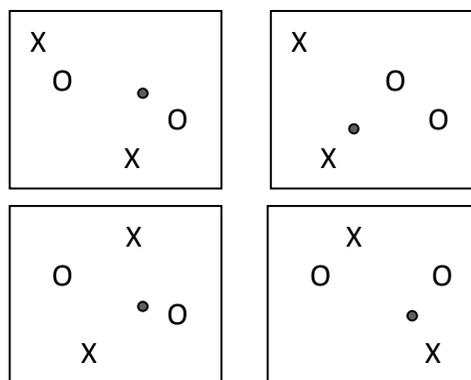


1st race – ball in hand to 1st cone, dribble to end cone & back to middle cone, ball in hand to start
 2nd race – dribble to 1st cone, all the way around the cone, dribble to 2nd cone, ball in hand to start
 3rd race – dribble to last cone, ball in hands and above head back to start

Activity #3 – “Keep It Away”

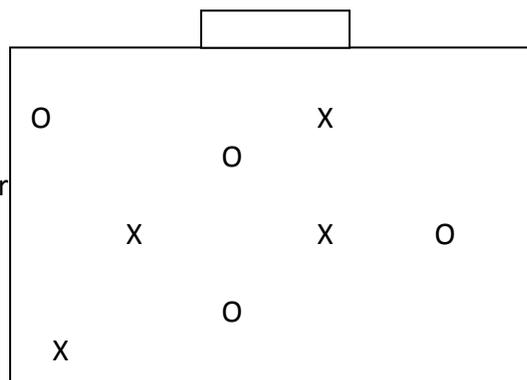
- Set up as many small areas (grids) as you need for 2 vs. 2 keep away games.
- 4 players (2 working together on a team) inside each grid.
- 1 ball in each grid.
- Players try to work together to keep it away from the other players.

Provide some helpful ideas in between rounds.



Activity #2 – “World Cup”

- Divide players into 2 teams. Both teams inside a grid in front of one goal. Cones or flags for the goal are fine.
- Coach is on top of the grid with all the balls.
- Coach serves a ball into the grid. Both teams challenge for the ball and shoot for the same goal.
- Team without the ball defends – tries to get it back.
- Team that scores the goal gets the point.
- When a ball goes out, players leave it – coach serves in another ball.



Shooting Technique (instep drive shot)

- ☆ Non-kicking foot pointed toward target
- ☆ Kicking foot toe pointed down; Ankle locked
- ☆ Eyes on the ball (head down)
- ☆ Contact the ball under the body
- ☆ Strike ball with the shoelaces (instep)
- ☆ Follow through toward target
- ☆ Kick and go through the ball

**When all the balls are gone, players bring them back to coach – start again.*

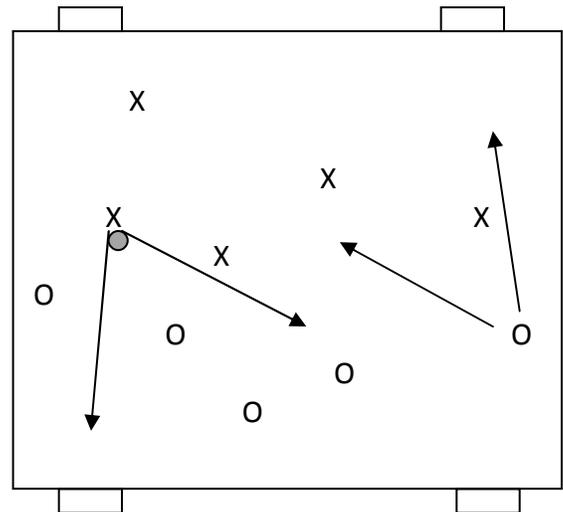
**Play 2 or 3 rounds – some quick instruction in between rounds.*

Activity #4 – THE BIG GAME “4 Goal Game”

Divide the group into 2 teams (or 4 teams on 2 fields)
Mark out 4 goals on each field, wide on each end line
Each team attacks 2 goals and defends 2 goals

**As a team goes for one goal, and it gets crowded,
they should try to go to the other goal.*

**Game can be played with 6 goals (3 at each end),
with a goal in the middle + 2 wide goals.*



Coach Bob Says - “Many of the activities you use at practice can be modified to meet the needs of the players. Dribbling games where 1 player has a ball can easily be turned into passing games where the players work in pairs.

If the players are having an easy time with an activity, try making the space to play in smaller. If the activity is too hard for the players, make the space bigger.”



Week 5 Practice Plan

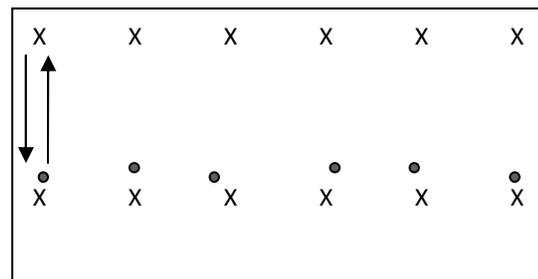
Activity #1 – Follow the Leader

- Whole group inside a marked area. Size depending on number of players.
- Players with a partner – 1 ball per pair.
- Player without the ball is the leader. Jogs around. Moving all around.
- Player with the ball must follow, about 5 yards behind.
- Switch roles.
- Slow at first, then increase speed of jogger.

Activity #2 – Partner Skills

- Keep same partners, 1 ball per pair.
- Partner without the ball on the line, partner with the ball about 5 yards away.

- 1) Passing back & forth, ball on the ground
 - Control the ball (stop it); then pass back
 - Inside of the foot to pass & receive



Technique for passing & receiving (inside of the foot)

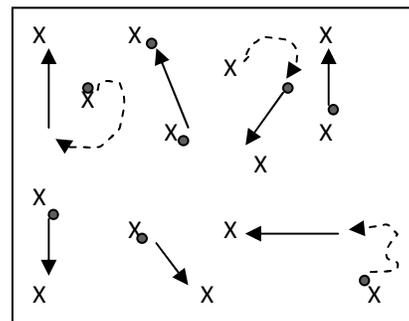
- ☆ Non-kicking foot pointed straight ahead
- ☆ Kicking foot toe turned to the outside & up, foot at 90° angle, ankle locked
- ☆ Passing – strike the ball under the body, follow through to target
- ☆ Receiving – same foot position, start with foot out to meet the ball, relaxed knee & receiving leg, cushion as the ball hits. “like catching an egg”

- 2) Partner serves the ball in the air (two-handed, underhand throw) to the other partner.
 - Control out of the air with the foot & pass back
 - Control out of the air with the thigh & pass back
 - Control out of the air with the chest & pass back

After receiving the ball, partner uses an inside of the foot pass to return it to the partner. Partner who is serving catches the ball & serves again. After 1 minute, switch the roles.

Activity #3 – Pass & Move Inside the Grid

- 1 ball between 2 partners
- Inside of the foot passing & receiving – but now on the move inside a marked area (grid).
- Partners are free to move wherever they want inside the grid.
- Dribble the ball a few touches, then make an inside of the foot pass to the partner.
- Partner receives with the inside of the foot, dribbles, and then passes back.



Week 5 Practice Plan (cont.)

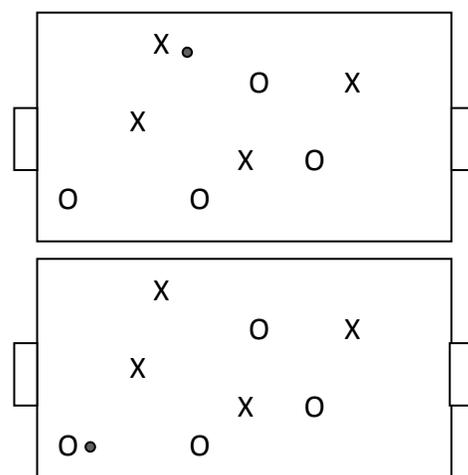
Activity #4 – “Partner Knockout”

- Partners dribbling and passing inside the grid (same as activity #3)
- When the coach says “Go!” players try to kick out the other soccer balls – while keeping their soccer ball inside the grid.
- Partners must keep their ball with one of the players. Other is free to roam.
- Partners can pass the ball between them to keep it from being kicked out.

If a pair’s ball gets kicked out, they must go to the side of the grid, make 10 passes back & forth – and then they are back in the game. No elimination of players!

Activity #5 – THE BIG GAME.

- Divide the players into 4 teams on 2 fields.
- Mark each field with cones. Same size as your game fields.
- Mark a goal at each end (cones, flags, bags, trashcan)
- When a ball goes out over the side, restart it with a kick in or a throw-in. *Kick-ins for u6 & u7 teams; throw-ins for u8 teams.*
- After a team scores a goal, restart the game with a kickoff.
- Try to make the game as similar to the Sat. game as possible.
- Stop the game and provide some instructions, then restart.



Coach Bob Says - “During the big game at the end of your practice, look for that “teachable moment”, the time for you to provide some instruction. Yell “STOP” or “FREEZE”, step in to provide your instruction (only about 30 seconds worth), then start the game again. This is a great way to teach - while the players are enjoying a game.

Week 6 Practice Plan

Activity #1 – “Fetch It”

- Each player with a ball, dribbling around freely.
- Players should control the ball close to the foot and look for some open space.

After a few minutes of free dribbling, stop and add:

- Players should dribble the ball over to the coach (or 2 coaches).
- Hand it to the coach when the player gets there.
- Coach throws the ball out into a space, player must go get it and dribble it back to the coach.
- If 2 coaches, players must alternate the coach they go to.

Options to this activity:

- 1) Coach is on the move, players must find the coach
- 2) Coach tells the players how they have to bring the ball back
 - a. With 1 hand only
 - b. With 2 elbows only
 - c. With 1 hand & 1 ear only
 - d. Dribbling with the right/left foot only
 - e. Dribbling with the bottom of the foot only

Activity #2 – “Shooting”

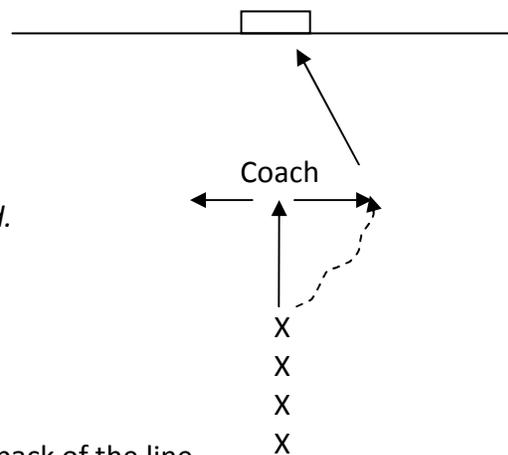
- One line of players in front of a coach, in front of a goal
**no more than 4 – 5 players in a line*
**set up goals with cones and use as many goals as needed.*
**enlist parents to help as coaches (servers)*
- 1st player in line makes a pass to the coach
- coach passes the ball out to one side (change sides)
- player runs in and shoots it through the goal.
- After the shot, the player gets the ball and returns to the back of the line
**Keep the line moving quickly.*

Option to this activity:

- After the player shoots, he/she becomes the goalkeeper for the next shooter.
- After facing 1 shot as the goalkeeper, that player gets the ball and goes to the back of the line

Good Idea #4

Give your players the freedom to think for themselves and make their own decisions. If you do it in practices, they will do it during the games



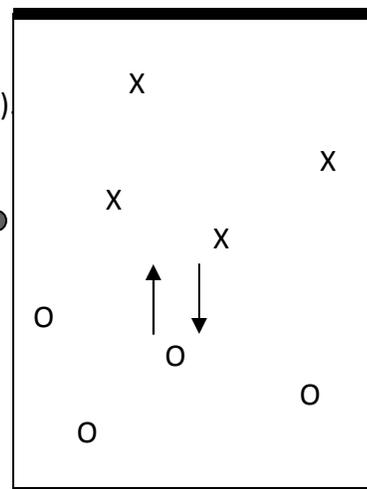
Shooting Technique (instep drive shot)

- ☆ Non-kicking foot pointed toward target
- ☆ Kicking foot toe pointed down
- ☆ Ankle locked
- ☆ Eyes on the ball (head down)
- ☆ Contact the ball under the body
- ☆ Strike ball with the shoelaces (instep)
- ☆ Follow through toward target
- ☆ Kick and go through the ball

Week 6 Practice Plan (cont.)

Activity #3 – “Boss of the Balls”. Across the Line.

- Divide players into 2 teams of 4 players per team (or 4 teams on 2 fields)
- Mark a field with cones. Size depends on the number of players.
- All the soccer balls are with the coach (the BOSS OF THE BALLS!) at the middle of one sideline.
- Coach rolls in a ball, each team tries to dribble or kick it across the end line; the other team is going the other way.
- After a team gets the ball across the end line, or if the ball goes out, the players leave the ball – the coach serves in another ball. After all the balls are gone, count up how many are behind each line – and then bring them back to the coach.
- Start the game again

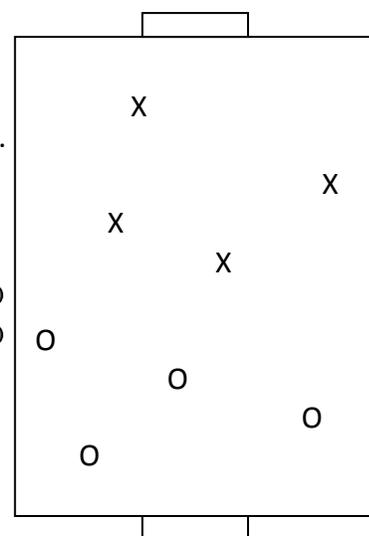


Coach can impact the game, or involve a player, by how he/she serves the new ball into the game.

Coach can serve in 2 or 3 balls at the same time!

Activity #4 – THE BIG GAME. “Boss of the Balls”

- Divide players into 2 teams of 4 players per team (or 4 teams on 2 fields).
- Teams should not be more than 4 players per team.
- Mark a field with cones. Size depends on the number of players.
- Mark a goal at each end (cones, flags, bags, trashcan)
- All the soccer balls are with the coach (the BOSS OF THE BALLS!) at the middle of one sideline.
- Coach rolls in a ball, each team tries to kick it through the goal at one end; the other team is going the other way.
- After a team scores a goal, or if the ball goes out, the players leave the ball – the coach serves in another ball.
- After all the balls are gone, the players must get them and bring them back to the coach.
- Start the game again.



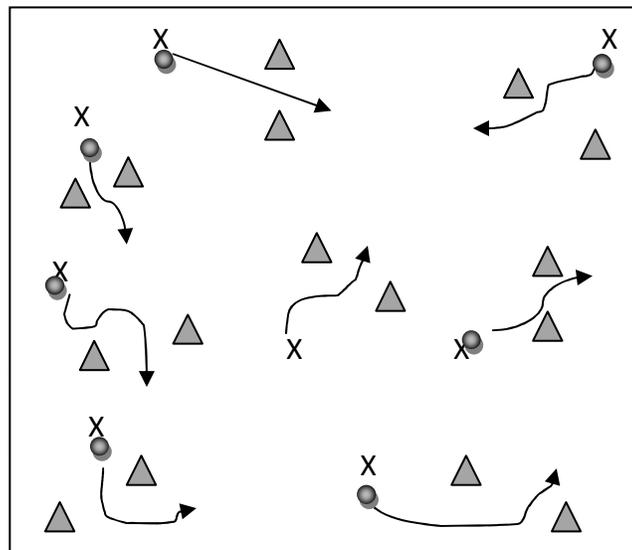
Coach Bob Says – “In the Boss of the Balls game, as all the balls get kicked out, and the coach doesn't have any more to put into play - announce, *“What do we need before the next game can begin?”* Let all the players round them up and bring them to the center. Then start the next game.

Week 7 Practice Plan

Activity #1 – “Doorways”

Each player with a ball, inside a marked area (grid).

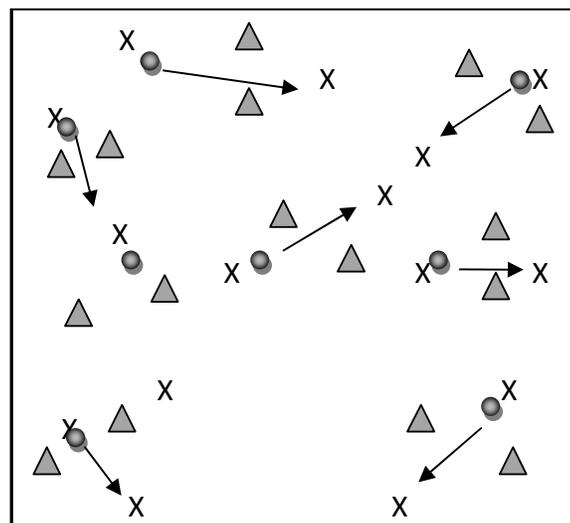
- 3) Players move around with the ball
Free dribbling, trying to find some open space.
- 4) Set pairs of cones “doorways” around the grid.
Give players involvement with placing the cones.
 - Players now dribble around and try to dribble through the doorways.
 - Stop and show (let players demonstrate) how to dribble with the ball close to the foot.
 - Players receive a point each time they dribble through a “doorway”.
 - 30 seconds to score as many points as possible.
 - Stop and ask how many points were scored.
 - Give a second try – players must try to beat their score from the first round.
Players are competing against themselves – not each other.



Activity #2 – “Doorways with Partners”

Same set up as Activity #1 – but this time the players are paired up. 1 ball for 2 players to use.

- Players dribble around and pass the ball through the ‘doorways’.
- One partner passes the ball through the doorway to the other partner on the other side.
- Partners then move to another doorway.
- Give the group 30 seconds to score as many points as they can.
- Partners score a point for each doorway they pass the ball through in 30 seconds.



Stop, ask how many points each group scored, and then give them another try. The object is to beat their score from the first round. Each group should try to improve on their score.

Option to this activity:

*while the partners are trying to score points, one coach (or two) moves around and stands in a doorway. If there is a coach standing in a doorway, it is CLOSED. Partners cannot score in that doorway and must go somewhere else. Coaches are always on the move, closing doorways.

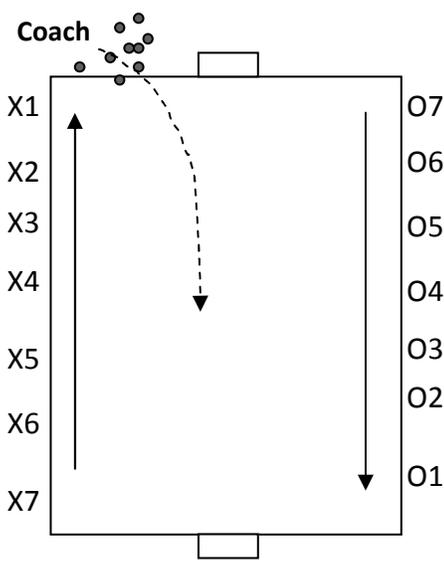
Week 7 Practice Plan (cont.)

Activity #3 – THE BIG GAME “Line Soccer”

- Divide the players into 2 teams (or 4 teams on 2 fields).
- Make small goals at each end of the field.
- Line each team up along the sideline of the field. X's and O's
- Give each player on a team a number, 1 – ??
- Players should be numbered in the opposite direction.
- One team is going for one goal; the other team is going the other way. *Make sure they all know.*
- Coach has all the balls in one corner of the field.
- As the coach rolls out a ball, he/she shouts two numbers - “3 and 5”
- The number 3's and 5's from both teams run out to play 2 vs 2.
- When the ball goes out, or in the goal, players return to their team.
- Coach calls out another set of numbers.

**players on the side can keep the ball in and kick it to their teammate*

**coach calls out 2 numbers (2 vs 2); 3 numbers (3 vs 3) or 4 numbers (4 vs 4)*



THE BIG GAME

So, one day in the jungle, the animals and the insects were playing each other in a big soccer game. The animals kicked off and the giraffe passed the ball over to the monkey. The monkey dribbled down field and passed to the elephant, the elephant over to the rhinoceros. The rhino took a shot that zoomed past the insect's goalkeeper, the bumblebee. **GOAL.** 1 - 0 for the animals.

The insects took the kickoff. The hornet passed the ball over to the moth. The moth dribbled down, but the monkey came in with a powerful tackle and stole it away. The monkey passed it over to the hippopotamus; the hippo made a long pass to the cheetah, who dribbled around the horsefly and shot it past the bumblebee. **GOAL.** 2 - 0 for the animals. The animals were really in control.

It goes on like this all during the first half. The insects were really outmatched. The halftime score was 5 - 0 for the animals.

At the start of the 2nd half, the insects made a substitution. The centipede came in for the horsefly. The insects kicked off and the wasp passed it over to the centipede. The centipede took off on a wonderful, swerving dribble. Nobody could steal the ball from him. The centipede went past the elephant, around the giraffe and shot past the zebra. **GOAL** for the insects.

The animals were not too worried. The monkey took the kickoff and passed it over to the rhino. The rhino started dribbling and **WHAM**, the centipede hit him with a 37 leg tackle and stole the ball. The centipede passed over to the hornet, got the return pass and dribbled down field. The centipede shot - **GOAL.** 5 - 2 for the animals. The insects were gaining confidence. The centipede was amazing.

The second half went on like this. The centipede, with his 100 legs, was unstoppable. He scored 6 goals and set up the hornet to score 3 others. The insects won the game 9 - 5.

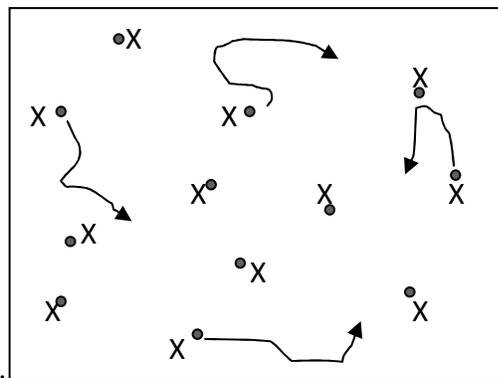
After the game, the insects' team was celebrating in the locker room. The TV cameras and newspaper reporters were all around the star of the game, the centipede. One reporter asked, "Mr. Centipede, you are such a wonderful player, scored all those goal in the second half. You were the best player out there - but where were you during the 1st half?"

The centipede looked up and said, "I was still in the locker room putting on my shoes."

Week 8 Practice Plan

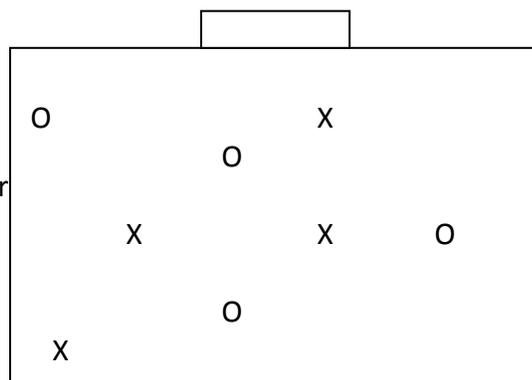
Activity #1 – “Dribble Tag”

- Each player has a soccer ball and is inside a marked area.
- Players are dribbling freely, trying to control the ball and find some open space
- When the coach yell, “GO!” each player tries to tag the other players. All players must keep their ball at their foot, dribbling around as they try to tag other players.
- Players can keep points for each person they tag in 1 minute.



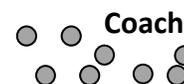
Activity #2 – “World Cup”

- Divide players into 2 teams. Both teams inside a grid in front of one goal. Cones or flags for the goal are fine.
- Coach is on top of the grid with all the balls.
- Coach serves a ball into the grid. Both teams challenge for the ball and shoot for the same goal.
- Team without the ball defends – tries to get it back.
- Team that scores the goal gets the point.
- When a ball goes out, players leave it – coach serves in another ball.



Shooting Technique (instep drive shot)

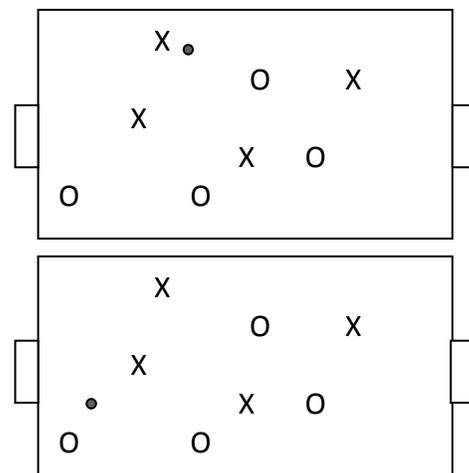
- ☆ Non-kicking foot pointed toward target
- ☆ Kicking foot toe pointed down; Ankle locked
- ☆ Eyes on the ball (head down)
- ☆ Contact the ball under the body
- ☆ Strike ball with the shoelaces (instep)
- ☆ Follow through toward target
- ☆ Kick and go through the ball



**When all the balls are gone, players bring them back to coach – start again.
Play 2 or 3 rounds – some quick instruction in between rounds.

Activity #5 – THE BIG GAME.

- Divide the players into 4 teams on 2 fields.
- Mark each field with cones. Same size as your game fields.
- Mark a goal at each end (cones, flags, bags, trashcan)
- When a ball goes out over the side, restart it with a kick in or a throw-in. Kick-ins for u6 & u7 teams; throw-ins for u8 teams.
- After a team scores a goal, restart the game with a kickoff.
- Try to make the game as similar to the Sat. game as possible.
- Stop the game and provide some instructions, then restart.





PART III

Game Day

Game Day Information

So, the day of the game has arrived, the players are all arriving at the field – excited and looking good in their uniforms. What should you as the coach be doing? Here are some helpful hints:

Before the Game:

- ⚽ It's always a good idea to arrive to the game field a bit early and check out the area. I like to walk around the field and look for sticks, broken glass or other item in the grass. Check out the goals and the area around the bench, or where your team will be. It's also a nice time to clear your head and think about the upcoming game.
- ⚽ One of the things I always try to have with me for a game is a small notebook. I will use it during the game to jot down a few notes and thoughts. Maybe a great play a player did or some things that I want to focus on in practice the coming week. These days, I have found it better than trying to use the old mental notebook!
- ⚽ Depending on the age of your team and how you like to work with the parents, it may be a good idea to designate a time before the game where you as the coach will 'take over' the children. I like to call all the players over to me about 10 minutes before the game. This signals the beginning of the time where I will be the coach – and am in charge of the team. I give the players some instructions and we start to get ready for the game.
- ⚽ At this age, the players don't need too much of a warm-up. A great pre-game warm-up would be to have all the players moving around (without a ball) inside a small area – on the game field if possible, if not, off to the side. Then stop and add a soccer ball or 3. The players without the ball are running, jumping, skipping and moving around; the players with the ball are dribbling. Make sure the player with the ball passes it over to someone else after a few seconds. Maybe add a few sprints (15 yards – out to the coach) to get them really ready for the game.
- ⚽ Make sure the players all get a drink of water, have their uniform on, have their shoes tied before the game begins.
- ⚽ With the dual game format, you now need to divide up the players into the two sub-teams. Make sure you know if you are the home team (and will switch fields at halftime) or the visiting team (and will stay on the same fields for the 2nd half). Write down which players are on each sub-team for later reference. It's a good idea to change these sub-teams around from week to week.
- ⚽ Right before kick-off, on each field, bring all the players together for a quick cheer. Let them know who will be starting on the field & who will be substitutes. Let the substitutes know where they should go on the side of the field.
- ⚽ Then step back and let the players have fun playing the game.

Game Day Information

During the Game:

- ⚽ For the u6 & u7 age groups, you (and the coach of the other team) will need to act as the referee or game leader on your field. Just keep the game moving and help all the players have fun.
- ⚽ For the u8 age group, you will have a referee assigned for your game. You can be on the sideline watching the game, making your substitutions and taking notes on how the players are doing.
- ⚽ Do not worry about positions. At this age, players should have the freedom to run all over the field. You can talk to them about staying spread out (god luck with the u6's!), but let the players run wherever they like (on the field, that is)
- ⚽ Most of the coach's job during the game is to monitor the players. If possible, have some sort of substitution pattern in place so that all players get to play an equal amount of time. Make sure the substitutes are drinking water and are close by when you need them.

After the Game:

- ⚽ When the final whistle blows, make sure your players know to come in to you. Get them together to make sure you have everyone, give a quick cheer for the other team ("*2, 4, 6, 8 who do we appreciate, LIONS!*" - still works fine) then go shake hands with the other team.
- ⚽ After the handshake, bring all the players in to you again – from both fields if possible. Parents can also come over to this team meeting. It is a signal that the game has ended and you, as the coach, are now turning the children back over to the parents.
- ⚽ Give a few words of encouragement (*we did a great job doing....*), remind them (for the parents to hear) when the next practice/game will be and then let the players go.
- ⚽ In the under 8 age group, you will need to report the score of the game. It is a good idea to check with the coaches of the other team, check with the referee and come to an agreement on what the score is and who is going to report it.



PART IV

ASA Information and Procedures

Game Formats and Playing Rules

The following are the game formats and a few of the rules for the Fall 2008 season. For a complete listing of the playing rules, contact your Club Manager, or visit the ASA's website at www.arlingtonsoccer.com

Age Group	Game Format	Ball Size	Restart from Sideline	Game Length	Referee	Offside	Free Kicks
Under 6	4 v 4 (no GK)*	3	Kick-in	4 x 8 min	Coaches	No	All Indirect
Under 7	4 v 4 (no GK)*	3	Kick-in	4 x 8 min	Coaches	No	All Indirect
Under 8	4 v 4 (no GK)*	3	Throw-in (with forgiveness)	4 x 10 min	1 referee	No	All Indirect
Under 9	6 v 6 (5 + GK)	4	Throw-in	2 x 25 min	1 referee	Obviously Offside	Indirect & Direct
Under 10	6 v 6 (5 + GK)	4	Throw-in	2 x 25 min	1 referee	Obviously Offside	Indirect & Direct
Under 11	8 v 8 (7 + GK)	4	Throw-in	2 x 30 min	1 referee	Yes	Indirect & Direct
Under 12	8 v 8 (7 + GK)	4	Throw-in	2 x 30 min	1 referee	Yes	Indirect & Direct
Under 13	11 v 11 (10 + GK)	5	Throw-in	2 x 30 min	1 referee	Yes	Indirect & Direct
Under 14	11 v 11 (10 + GK)	5	Throw-in	2 x 30 min	1 referee	Yes	Indirect & Direct
Teen Soccer	11 v 11 (10 + GK)	5	Throw-in	2 x 30 min	2-3 referees	Yes	Indirect & Direct

*dual game format

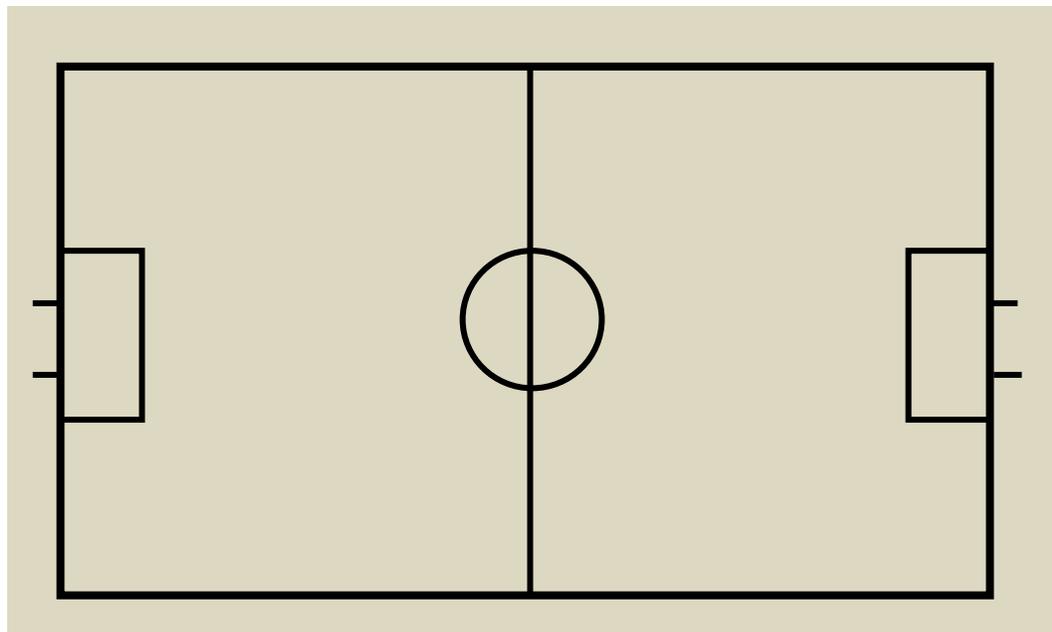
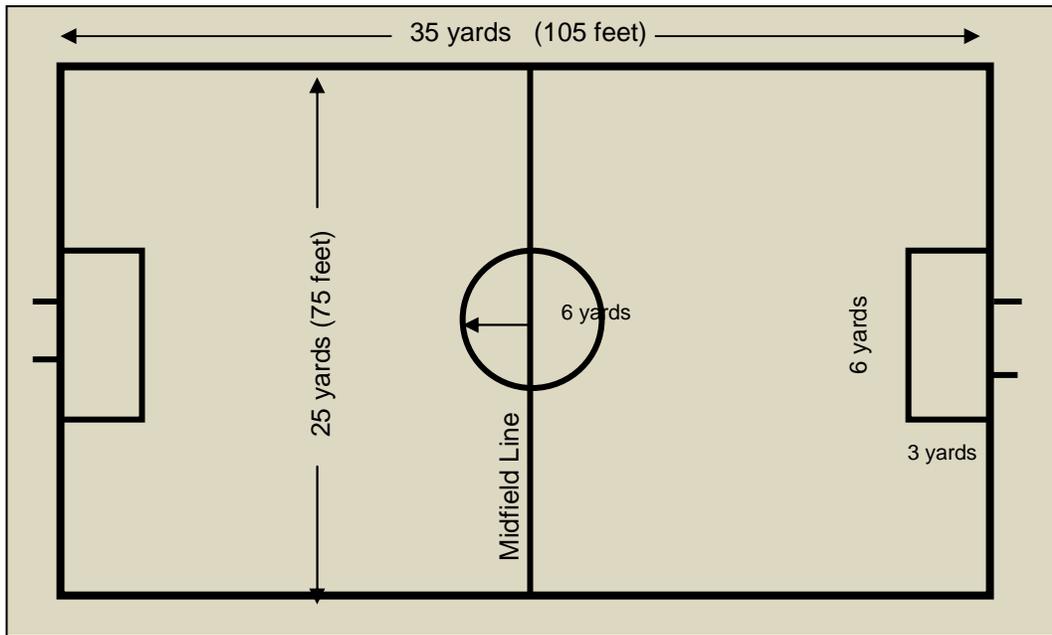
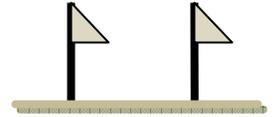
4 v 4 Field Set Up

Under 6, Under 7 & Under 8

- Field Size – 35 yards (105 feet) long x 25 yards (75 feet wide)
- 2 fields, side by side, with at least 5 yards (15 feet) between the fields
- Goal Box size – 3 yards (9 feet) long (out) x 6 yards (18 feet) wide
- Midfield Line – across the middle of the field. An X marking the center of the field
- Center circle – radius of 6 yards from center X
- Goals (corner flags/cones) are placed in the center of each endline, 4 yards apart

Goals

4 yards(12 feet)



ADDITIONAL INSTRUCTIONS & ASA PHILOSOPHIES

UNDER 6 – UNDER 8 AGE GROUPS

TEAM ROSTER SIZE

In the under 6 - under 8 age groups, the ASA recommends that teams are formed with 12-14 players. This will allow for six to seven (6-7) players to be selected for each “sub team” on game days. With four (4) players on the field, that would provide two to three (2-3) substitutes for each game.

SUB TEAMS & SIDE BY SIDE GAMES

The sub teams should be chosen so that they are balanced on each game day and should be changed from game to game.

In the under 6 – under 8 age groups, game locations will have two fields, side by side. Each team will select two “sub teams.” Each sub team should have a team leader (coach). One sub team will play against an opponent’s sub team on one field; and the other sub team will play against the opponents other sub team on the other field.

At halftime, the HOME TEAM’S sub teams will switch fields. The away team’s sub team will stay on the same fields.

RUNAWAY GAMES

When a team is losing a game by four goals, it may add one (1) additional player, creating 5 vs4.

When a team is losing a game by five (5) goals, it may add another additional player, creating 6 vs4.

The maximum player advantage is two (2) players.

The process is constantly adjusted depending on the score of the game.

SPECTATORS

Spectators are not permitted in the center area located between the two fields. This area is reserved for the players, coaches, and assistant coaches.

PROFANITY

Under no circumstances will any coach use profanity or physically or psychologically abuse any other person.

GOOD OF SOCCER

Opposing parent/coaches and players should shake hands after each game.

For the purpose of fostering the good of soccer and of providing full participation for all Arlington Soccer Association players, any player who regularly attends their practice sessions shall play in every scheduled game. The spirit of this rule is that each player should play a substantial amount of each game that they attend.

AREA CLEAN UP

All teams shall be responsible for maintaining field areas in a clean and neat appearance, disposing of all trash prior to leaving the field.



ASA PLAYING RULES

UNDER 6, UNDER 7 & UNDER 8 AGE GROUPS

The Laws of the Game as authorized by the International Federation of Association Football (F.I.F.A.) and the United States Soccer Federation (U.S.S.F.) shall apply in all cases except as follows:

LAW 1 FIELD OF PLAY

The field of play is rectangular, its length being no more than 40 yards or less than 30 yards and its width not more than 35 yards or less than 20 yards. The length in all cases shall exceed the width. Game field locations provide space for two game fields to be set up side by side and for games to be played simultaneously.

Goals are set in place at the center of each end line. Goals are four (4) yards wide.

Goal area lines are one (1) yard to the right and left of the goal posts and extend three (3) yards out from the goals.

LAW 2 THE BALL

The under 6, under 7 & under 8 age groups use a Size 3 ball.

LAW 3 NUMBER OF PLAYERS

For games, each team will be divided into two sub-teams. The sub-teams may change in player composition from game to game but may not change during a game unless injuries dictate. *Example: If a player is on sub-team A for a given game, that player must remain on sub-team A for the entire game unless as noted above.*

The maximum number of players on the field at one time for each sub-team is four (4).

There is no goalkeeper in 4v4 competition.

Substitutions are allowed at any stoppage of play by the referee/game leader. The player going out must be completely off the field before a new player can enter.

LAW 4 PLAYERS' EQUIPMENT

Shin guards are mandatory for all players.

Players of teams participating in Association competition are required to wear the matching shirt of the Club the team represents.

Proper soccer shoes in conformity with the official lawful standard are the only acceptable soccer shoes. Sneakers may be worn, but no hard-soled street shoes are permitted.

The "home team" according to the schedule must change its uniform colors if they conflict with the "away team" colors.

LAW 5 REFEREES

In the under 6 & under 7 age groups, each team coach becomes the game leader on one field.

The roll of the game leader is to keep the game moving, to encourage and instruct players from both teams, monitor substitutions, track elapsed time and stop and restart game as needed. The game leaders should think of themselves as an instructor rather than a referee. The game leader does not switch fields at half time.

In the under 8 age group, each field is assigned one referee. The job of the referee is to ensure player's safety, enforce the established rules of the game and to assist in the player's enjoyment of the game.

All Association coaches, players and adult spectators must recognize the game leader as the sole authority over the game. As specified under the F.I.F.A. Laws, maintaining respect for the game leader is of vital importance to successful youth soccer. Behavior which falls below this standard of respect and interferes with the game leader's ability to officiate will not be tolerated. Any incidents will be subject to Association Board review and discipline.

LAW 6 ASSISTANT REFEREES

There are no assistant referees.

LAW 7 DURATION OF GAME

For the under 6 & under 7 age groups: Four eight minute quarters with a three minute break between quarters and a five minute break at half time.

For the under 8 age group: Four ten minute quarters with a three minute break between quarters and a five minute break at half time.

The "Home Sub Teams" must switch fields at half time.

LAW 8 THE START OF PLAY

The game begins with the ball being played from the approximate center spot by the team winning the coin toss. Opposing players must be at least six (6) yards away. The kick is indirect. The ball may be kicked in any direction.

RESTARTS

Opponents must be six (6) yards away from the ball on all restarts. All restarts are indirect. (The ball must be touched by another player before a goal can be scored.) The player taking a kick cannot touch the ball again until another player has played it. Restarts after a goal are taken from the center, same as the start of play.

LAW 9 BALL IN AND OUT OF PLAY

The ball is out of play when it has completely crossed over the sideline or end line; or when the game has been stopped by the game leader.

A ball going out of play over the side is restarted by a kick-in by the team not playing the ball out of bounds. The ball is placed on the ground where it went out of play and kicked into play. All kick-ins are indirect.

A ball going out of play over the end line is played in either by a goal kick or a corner kick. (see Goal Kick and Corner Kick)

LAW 10 METHOD OF SCORING

The ball must pass completely across goal line between the goal posts and under the crossbar (or the height of the goal posts). Players may score a goal from anywhere on the field. All free kicks, including the kick-in from the side, are indirect.

LAW 11 OFFSIDE

There is no offside in the under 6, under 7 and under 8 age groups.

LAW 12 FOULS AND MISCONDUCT

All fouls result in awarding an indirect free kick for the team that was fouled.

LAW 13 FREE KICKS

All free kicks are indirect (the ball must be touched by another player before a goal can be scored). The player taking a kick cannot touch the ball again until another player has touched it.

LAW 14 THE PENALTY KICK

There are no penalty kicks in the under 6, under 7 and under 8 age groups.

LAW 15 THE THROW IN

In the under 6 & under 7 age groups, there are no throw-ins. A ball going out of play over the side is restarted by a KICK-IN by the team not playing the ball out of bounds. The ball is placed on the ground where it went out of play and kicked into play. All kick-ins are indirect.

In the under 8 age group, a ball going out of play over the side is restarted by a THROW-IN by the team not playing the ball out of bounds. A throw-in is taken from the spot the ball went out of play, from behind the line, with both feet in contact with the ground, with both hands on the ball, and in a continuous motion from behind the head.

Referees are instructed to forgive mistakes with throw-ins, to provide instruction to the players and to allow 'do-overs' if necessary.

LAW 16 THE GOAL KICK

The defending team takes a goal kick when the attacking team touched the ball last before it went over the end line. The ball may be kicked from anywhere inside the goal area. Attacking players must be at least six yards away from the ball and outside the goal area. All goal kicks are indirect.

LAW 17 THE CORNER KICK

The attacking team takes corner kicks when the defending team touched the ball last before it went over the end line. Corner kicks are taken from either corner of the field, one (1) yard from the spot where the end line and sideline meet. All corner kicks are indirect.



Federation International de Football Associations
F.I.F.A.



US Soccer Federation
(US Soccer)



US Youth Soccer Association (USYS)

US Adult Soccer

American Youth Soccer Organization (AYSO)

Region IV

Region III

Region II

Region I

Pro Soccer (MLS, USL)

US Club Soccer

54 other State Associations



Virginia Youth Soccer Association (VYSA)



Arlington Soccer Association

All other VA youth soccer programs (not HS)

Neighborhood Soccer Clubs (12)

Your Team

Travel Soccer Club

Teen Soccer Program

Referee Education Programs

TOPS Soccer

Soccer Plus Program

Summer Soccer

Coaching Education Programs

Tournaments

DC United Tickets & Promotions

Soccer Camps

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Arlington & Falls Church, Virginia

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