



# SJ Soccer Leagues

## Level 1 Certification





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## **Coaching Course Level 1 Certification**



<b>3-HOUR CLASSROOM SESSION</b>	<b>6-HOUR FIELD SESSION</b>
<b>A philosophy of coaching</b>	Practice planning
<b>Psychological aspects of players</b>	Game day preparation
<b>Team management</b>	Warm ups
<b>Legal responsibilities</b>	Technical skills
<b>Safety issues</b>	1v1, 2v2 activities
<b>Laws of the game</b>	Shooting drills
<b>Teaching methods</b>	Full-sided activities
<b>League playing rules</b>	Goal keeping
<b>Common injuries and first aid</b>	



# A PHILOSOPHY OF COACHING

- It is important to understand why you are there.
- What are your responsibilities:
  - Teaching soccer life skills
  - Having fun!
  - Teaching technical skills
  - Team building
  - Fostering communication with players and parents





# THE BIG PICTURE

## Soccer is:

- a player's game
  - a game of mistakes and turnovers
  - a game of improvisation and expression
  - a game of creativity and movement
  - a game of tactical opposites
- 
- a game that rewards those who dare
  - a game that breathes through individuals and which often suffocates from over-coaching
  - a simple game that can be made very difficult to play



# WHY DO CHILDREN PLAY?



- **They play to:**

- Have fun
- Learn and improve their skills
- Be with Friends
- Experience the excitement of competition
- Enhance their physical fitness
- Demonstrate their competence

- **They stop when they:**

- Are not having fun
- Fail to learn or improve their skills
- Are not with their friends
- Lack the opportunity for improvisation and creativity
- Lack exercise, meaningful movement and fitness improvements
- Lack optimal challenges and/or experience consistent failure

# SO, WHAT IS YOUR ROLE?

- Set up a safe environment
- Coordinate activities
- Be enthusiastic/provide positive feedback
- Serve as a role model
- Foster a love for the game
- Make sure they have fun!



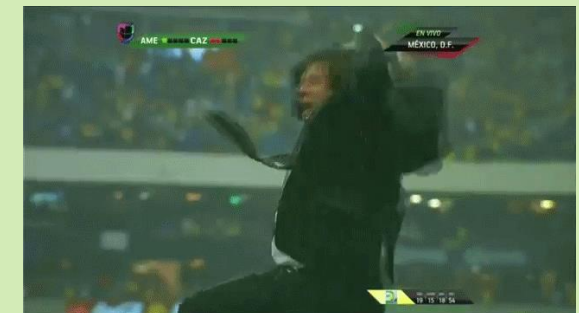


# KEEP IT SIMPLE

- Avoid a "win at all cost" attitude.
- No laps, lines or lectures
- Don't play TOO MANY GAMES!
- Remember to have "Fun!"
- Perfection is not the standard for judging a player's performance.
- Winning or losing is not the measure of a player's worth
- Be consistent
- Watch your non-verbal behaviors



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# HOW MUCH TIME?

- Design age appropriate, organized activities and small sided games to meet the demands of their game.
  - U6 – 1 day per week, 45 min.
  - U8 – 45-60 min.
  - U10 – 60-75 min.
  - U12 – 75 min.
  - U14 – 75-90 min.

Maximize touches on the ball!



# WHAT CAN I EXPECT?

Age Level	General Development	General Skills
U6	Me and my ball	Dribbling and shooting
U8	Sharing the ball	Passing & receiving on the ground
U10	Playing around the ball	Passing & receiving on the ground and in the air
U12	Playing away from the ball	Long passing and individual defending
U14+	Team development	Positional techniques



## U6 Players:

- Beginning to develop self-concept, body awareness, and self-image
- Egocentric (see world only from their perspective), demonstrated through parallel play (they all want the ball).
- Need generous praise, play without pressure.
- May verbalize “team”, but do not understand group or collective play.



## U8 Players:

- Self-concept and body image are very fragile.
- Great need for approval from adults; like to show individual skills.
- Easily bruised psychologically; negative comments carry great weight.
- Like to play soccer because it's "fun".
- More interest in partner activities.
- Team identity is limited: "I play on Coach Bob's team" or "I play on the Lightning" – club and league concepts are non-existent.



## U10 Players:

- May initiate play on their own.
- Still need continued positive reinforcement.
- Explanations must still be brief, concise, and indicate purpose.
- Becoming more serious about “their play”.
- Self motivated.
- Peer pressure starting to be a factor.
- Begin to identify a with team; i.e. uniform, balls, equipment.





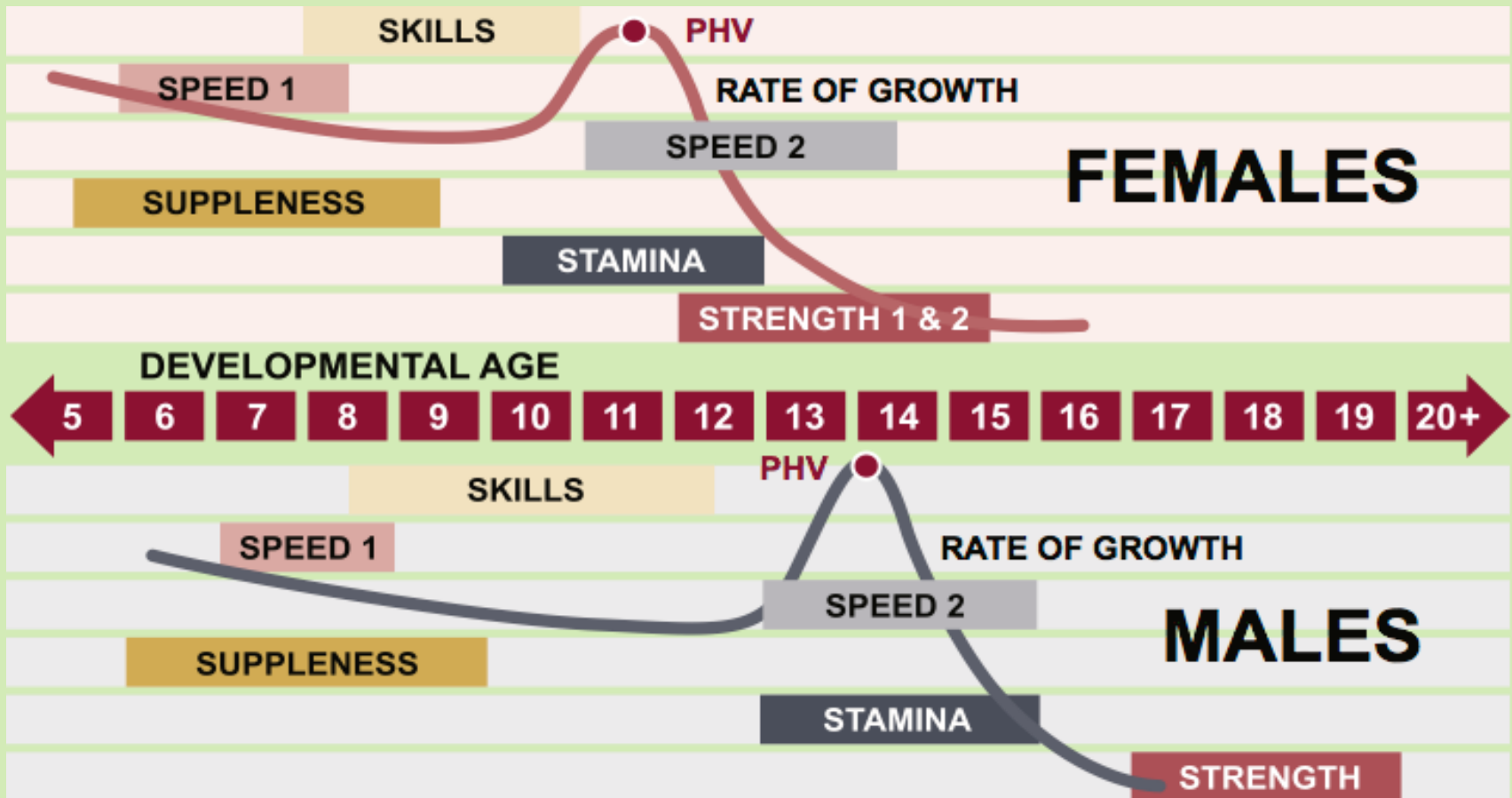
## U12 Players:

- More internet/TV, less structured play
- Spending more time with friends and less with parents.
- Popularity influences self-esteem.
- Effect and timing of puberty
- Susceptible to peer pressure.
- Tendency to seek peers that are most like them in age, race, sex and socio-economic status.
- Developing a morality and a scale of values.



# LONG TERM ATHLETIC DEVELOPMENT

PHV (“peak height velocity”) is the point in a child's development when they reach their maximum growth rate.



- LTAD has 7 stages that correspond to basic phases of human physical, cognitive, emotional and social development from early childhood to late adulthood:

STAGE	GIRLS	BOYS
Active Start	0-6 yrs old	
Fundamentals	6-8	6-9
Learn to Train	8-11	9-12
Train to Train	11-15	12-16
Train to Compete	15-21	16-23
Train to Win	18 and up	19 and up
Active for Life	Any age after Learn to Train	

- The first 3 stages develop basic physical literacy and help young athletes discover their talents and interests. The next 3 develop talent in those young athletes who have chosen the high-performance path.





**Team Management** deals with factors other than just coaching skills and principles of the game.

It involves handling issues with players and parents, league, etc., such as:

- Playing time
- Behavior expectations
- Attention to detail
- Pre-Game
- Practice Planning
- Half-Time review
- Post Game Wrap Up
- Players' responsibility
- Selecting Captains
- Evaluating Program

# TEAM MANAGEMENT



- Players need to know what you expect.
- They will look to you as an example.
- Give them a routine to follow to make them more comfortable with expectations.
- Remember to use **positive** feedback.





# TEAM MANAGEMENT

- Hold a parents' meeting early in the season; preferably before the 1st game.
- Having the players present is optional.
- Prepare any handouts you would like to distribute, for example:
  - Team roster (with names of parents and players, telephone numbers).
  - Schedule of practice and games
  - Club rules
  - Team goals/rules
  - Summary or outline of the meeting
  - Snack List
- Be prepared and be organized to conduct the meeting efficiently



# Important Points To Cover In Your Meeting:

## ■ Coach Introduction

- Introduce Yourself and Assistants
- Background information about yourself/Staff
- Experience

## ■ Discuss your coaching philosophy

- What you consider to be the value of soccer
- Methods for teaching (describe typical practice)
- State the importance to having fun and developing skills
- Talk about the importance to winning and losing
- Team rules and guidelines, disciplinary procedure
- Philosophy regarding player rotation, substitution, playing time





- Prior to puberty, every player should play in every position over the course of a season – including goalkeeper.
- Appreciate that some players enjoy competing for blocks of time, rather than rotating in and out of the game.
- The more players on a roster, the less time each player has on the field. However, at every non-elite level of soccer, all players should be afforded equal playing time.

# PLAYING TIME



- Work to improve your skills
  - (not just at practice)
- Always compete
  - (be focused on the field)
- Show respect & sportsmanship
  - (to each other, to the other team, to the referees)
- Be a coachable player
  - (listen and then do your best)
- Be a great teammate
  - (help those around you get better; be supportive)
- Have a positive attitude
  - (its just a game – have fun!)

# PLAYER MANAGEMENT

- Don't over-coach.
- Don't make the decisions for the players by constant shouting from the sideline.
- Minimize your coaching from the sideline.
- Do strive to win.
- Don't mistakenly equate the outcome as an indication of performance and value.
- See the bigger picture. Not only the mistakes in the game.
- Look for the positive!
- Assess each individual player as well as team development.

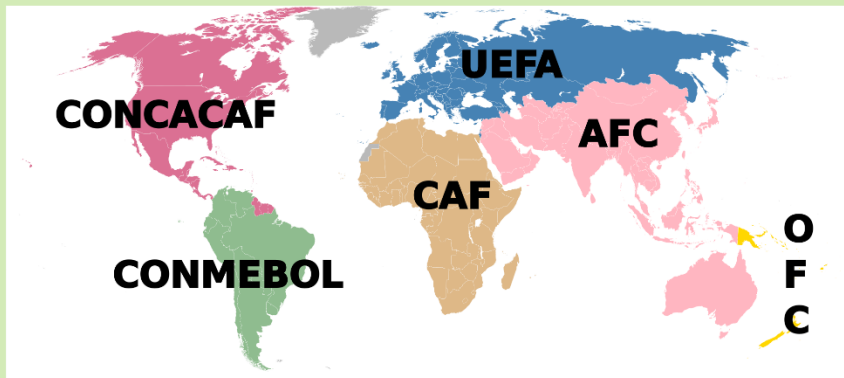




# Break Time



# Confederation of North, Central America and Caribbean Association Football





Soccer is a game of “rules”.

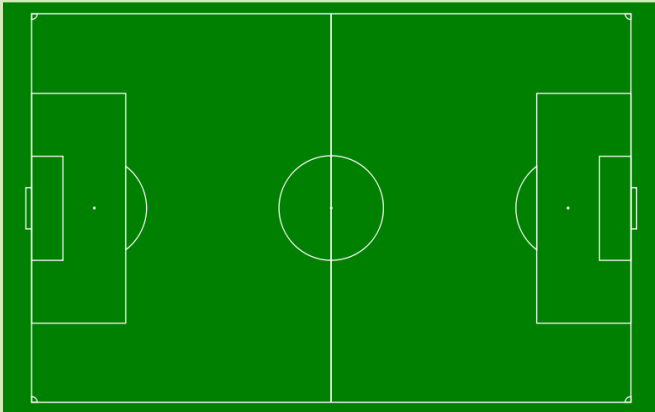


Note: 2020-2021  
LOTG changes are  
in effect for both  
leagues

# LAWS OF THE GAME

## Field Dimensions, Markings and Goal Sizes

- Touchlines, goal lines, technical area
- Required corner flags
- Max 11v11 field size 50-100yds x 100-130yds
- Size of the field and goals should be **AGE APPROPRIATE**



AGE	FIELD	GOALS
<b>U8-U10*</b>	35-45x55-65	6'x18'/7'x21'
<b>U11-U12</b>	45-55x70-80	6'x18'/7'x21'
<b>U13 and above</b>	50-100x100-130	8'x24'
*Build-out line		

## LAW 1 – THE FIELD OF PLAY

- Specifies the shape, size, weight and pressure of the ball:



- U-8 to U12: Size 4
- U-13 and older: Size 5

## LAW 2 – THE BALL



## Number of players, substitutions.

AGE	PLAYERS	GK	MINIMUM to play	SUBS
<b>U8-U10</b>	7v7	Yes	5	Unlimited
<b>U11-U12</b>	9v9	Yes	6	Unlimited
<b>U13 &amp; Up</b>	11v11	Yes	7	Unlimited

The Team Captain has no special status, but some responsibility.

## LAW 3 – THE PLAYERS



- All players must wear a shirt, shorts, socks, shin guards and footwear.
- Shin guards must be covered entirely by the socks.
- NO JEWELRY (with the exception of secured Medical Alert Bracelets)!
- Nothing dangerous at referee's discretion!



## LAW 4 – THE PLAYERS' EQUIPMENT



Each match is controlled by a referee who has full authority to enforce the Laws of the Game by:

- Calling fouls
- Allowing for advantage
- Cautioning and sending off any participant
- Stopping play when necessary
- Keeping time and record of the game.

## LAW 5 – THE REFEREE

Two assistant referees (ARs) are assigned to assist the referee to indicate:

- ball out of the field of play
- corner kick/goal kick/throw in
- offside
- substitutions
- foul/misconduct

Younger age groups may use club linesmen/ volunteers or only one referee system



## LAW 6 – THE OTHER MATCH OFFICIALS

Specifies that each period of play is of equal length.

Official: two 45min halves



DIVISION	GAME TIME (Halves)
I (U17-19)	2 – 40 min
II (U15-16)	2 – 40 min (Boys 35 min in Fall)
III (U13-14)	2 – 35 min
IV (U11-12)	2 – 30 min
V (U8-10)	2 – 30 min

In SJ games, generally no allowance for lost time or overtime.

## LAW 7 – DURATION OF THE MATCH



Coin toss to start - winning team decides which goal it will attack in the 1st half or to take the kickoff; and the team that decides which goal to attack takes the kickoff in the 2nd half.

The start is from the center spot. All players must be in their half except for the kicker. The ball must be kicked and clearly move but does not have to travel forward. The kicker cannot touch the ball a 2nd time until it has touched another player.

Opponents must be 10 yards from ball (U8-6yds;  
U10-8yds)

Can a goal be  
scored directly  
from a kick off?

**YES!**



# LAW 8 – START AND RESTART OF PLAY

Ball is dropped for one player on the team that last touched the ball and everyone else must be 4.5yds away. Ball is in play when it touches the ground.

If dropped ball goes into goal without first touching at least two players, play is restarted with a goal kick if it enters the opponent's goal or a corner kick if it enters the team's goal.



## LAW 8 – “DROPPED BALL”



Is the ball in play  
when it hits the  
cross bar or goal  
post?

**YES!**



The ball is out of play  
when:

- it has WHOLLY crossed the goal line or touch line, whether on the ground or in the air or when
- play has been stopped by the referee



Is the ball in play  
when it hits the  
corner flag?

**YES!**

Is the ball in play  
when it hits the  
referee?

**Depends**



# LAW 9 – THE BALL IN AND OUT OF PLAY



A dropped ball will be awarded if the ball hits the referee/match official and:

- (1) a goal is scored,
- (2) a team starts a promising attack or
- (3) possession changes.

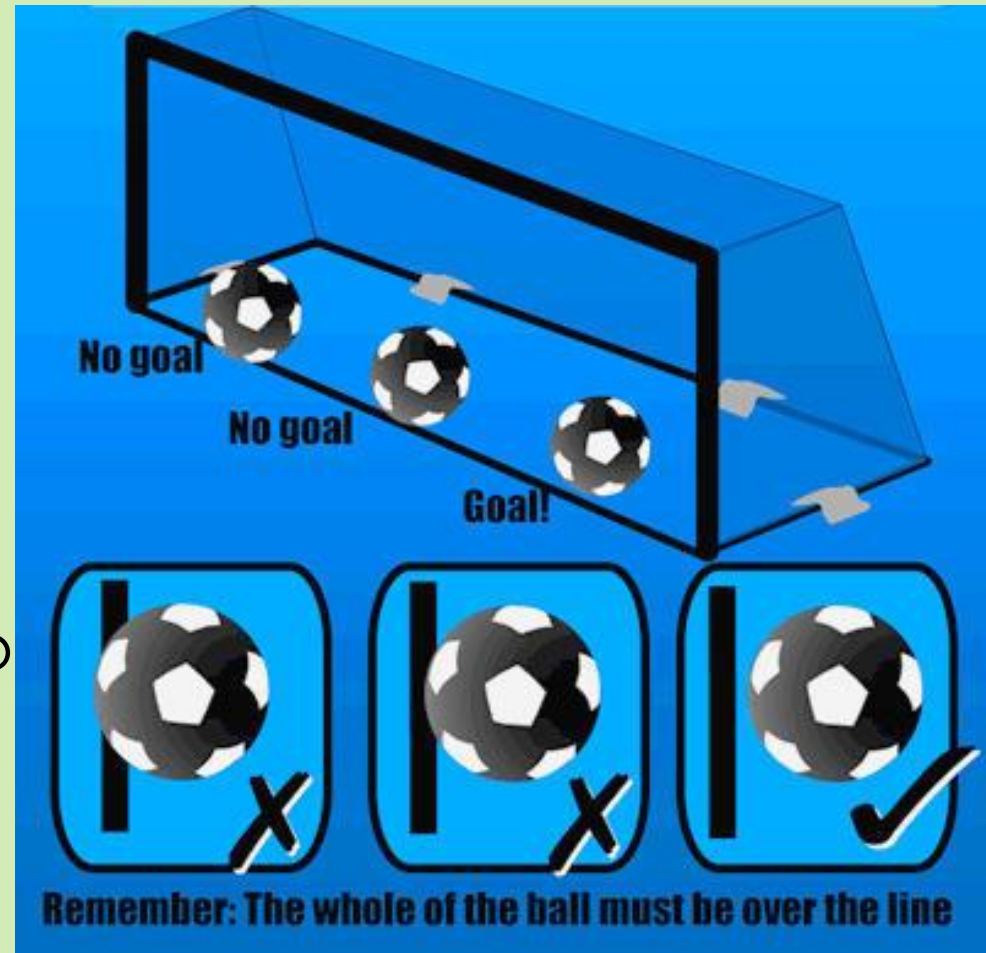


## LAW 9 – AWARDING DROPPED BALL

A goal is awarded when the **WHOLE BALL** passes **COMPLETELY OVER** the goal line between the goal posts, under the crossbar and no infringement has occurred.

GK cannot score by throwing ball directly into other goal.

Most goals wins – no overtime or penalty kick finale.



## LAW 10 – DETERMINING THE OUTCOME OF A MATCH







### 5 Easy Steps:

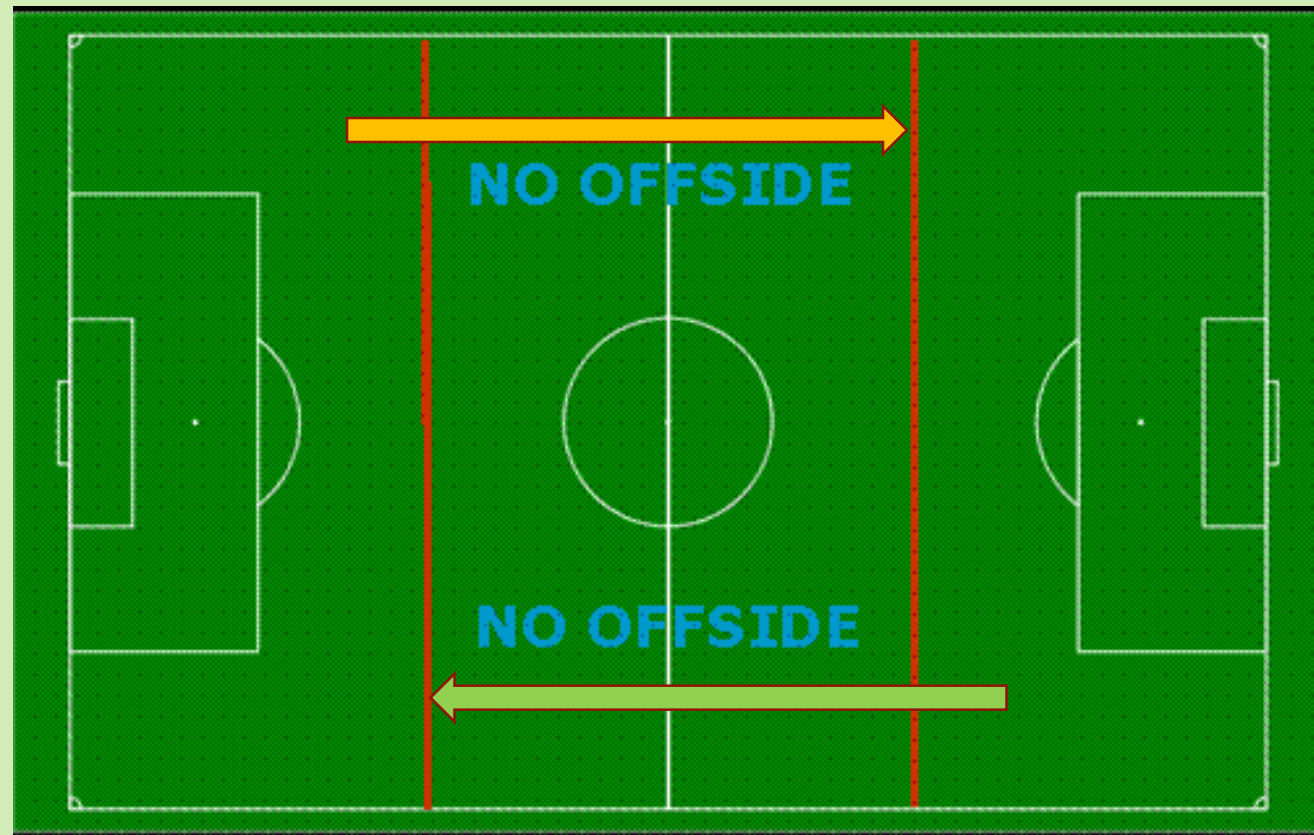
- **Are you in your half of the field?** (Up to the opposing build out line for 7v7). This includes any part of your body except your arms and hands.
- **Are you behind the ball?**
- **Are there at least 2 defenders between you and the goal?** (Includes the GK)
- **Was the ball struck yet?** (Offside is determined at the moment that the ball is played)
- **Were you involved in the play?** (Did you interfere with an opponent, interfere with the play or gain an advantage)

Remember - it is **NOT** an offense to be in an offside position.

And there is no offside offense if a player receives the ball directly from:

- a goal kick a throw-in; a corner kick; or if defensive player misplays ball

# LAW 11 – OFFSIDE



For 7v7 Games  
"Your half of the field"

Build Out Lines



Indirect kick from the point of the foul.

## LAW 11 – OFFSIDE





# LAW 11 – OFFSIDE



# LAW 11 – OFFSIDE



# Offside Trap



- **Direct Free Kick** – offenses that are careless, reckless or excessive force or where contact is involved (trip, kick, jump, push, strike, spit at, holds an opponent or deliberately handles the ball)
- **Penalty Kick** - awarded to the above offenses if committed in his own penalty area.
- **Indirect Free Kick** – plays in dangerous manner; impedes progress without contact; dissent; prevents GK from releasing ball; GK holds ball for more than 6 secs

## LAW 12 – FOULS AND MISCONDUCT

# “HANDBALL”

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- Tips of the fingers to even with the armpit
- The fact that the ball **may contact** the hands or the arms during the course of the game **is not sufficient, in and of itself, for a penalty to be called.**
- In order for a violation to have occurred, the Referee (or Assistant Referee) must have seen the contact and must have judged that the contact violated the Law.

# “DIRECT FREE KICK AWARDED”:

- Deliberate handball remains an offense.
- The following ‘handball’ situations, even if accidental, will be a direct free kick:
  - The ball goes into the goal after touching an attacking player’s hand/arm





# “DIRECT FREE KICK AWARDED”:

- A player gains control/possession of the ball after it has touched their hand/arm and then scores, or creates a goal-scoring opportunity



# “MAKES BODY LARGER”:

- The ball touches a player's hand/arm which has made their body unnaturally bigger





# “ABOVE THE SHOULDER”



- The ball touches a player's hand/arm when it is **above their shoulder** (**unless** the player has deliberately played the ball which then touches their hand/arm)



# “USUALLY NOT A FREE KICK”:



- The following **will not usually** be a free kick, unless they are one of the above situations:
- The ball touches a player's hand/arm directly from their own head/body/foot or the head/body/foot of another player who is close/near

# “ARM CLOSE TO BODY”



- The ball touches a player's hand/arm which is close to their body and has not made their body unnaturally bigger

# “FALLING PLAYER”<sup>53</sup>

- If a player is falling and the ball touches their hand/arm when it is between their body and the ground **to support the body** (but not extended to make the body bigger)

Offense if ball makes contact here (making the body larger)



NO Offense if ball makes contact here (supporting body)

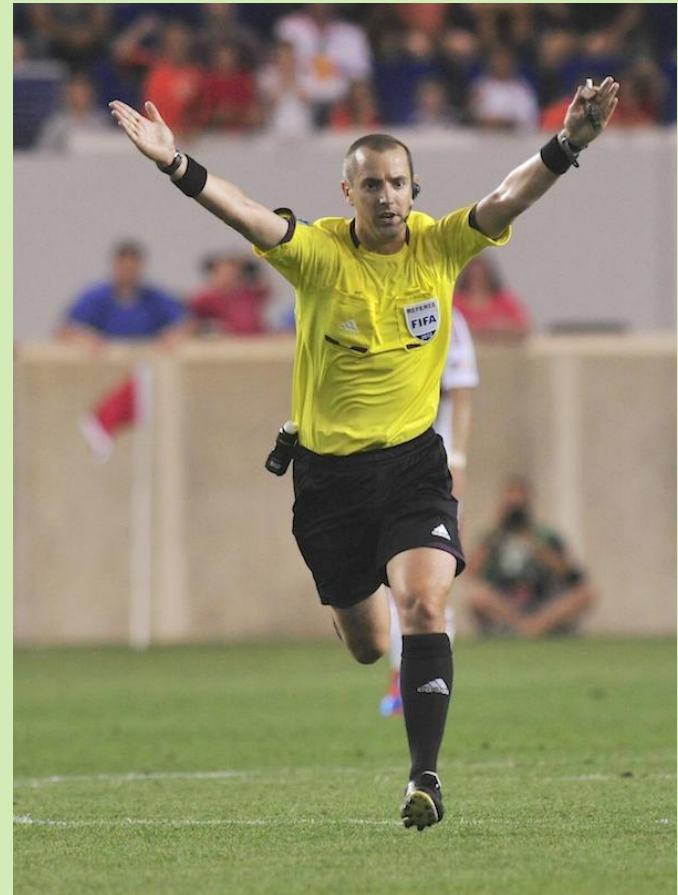


# “GK ATTEMPTS TO CLEAR”



- If the goalkeeper attempts to ‘clear’ (release into play) a throw-in or deliberate kick from a team-mate but the ‘clearance’ fails, the goalkeeper can then handle the ball

- If the referee plays the advantage for an offense for which a caution / send off would have been issued had play been stopped, this caution / send off must be issued when the ball is next out of play, except when the denial of an obvious goal-scoring opportunity.
- Signaled by either 1 or 2 arms extended forward.



# ADVANTAGE

# GOALKEEPER POSSESSION



- A GK is considered to be in control of the ball when:
  - the ball is between the hands or between the hand and any surface (e.g. ground, own body) or by touching it with any part of the hands or arms except if the ball rebounds from the goalkeeper or the goalkeeper has made a save
  - holding the ball in the outstretched open hand
  - bouncing it on the ground or throwing it in the air
- A goalkeeper cannot be challenged by an opponent when in control of the ball with the hands.



# DANGEROUS PLAY

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- Playing in a dangerous manner is any action that, while trying to play the ball, threatens injury to someone (including the player herself) and includes preventing a nearby opponent from playing the ball for fear of injury.
- A scissors or bicycle kick is permissible if it is not dangerous to an opponent.



# ARE THEY ALWAYS DANGEROUS?

- Slide tackle?
- Slide tackle from behind?
- Scissors kick?
- Bicycle kick?





## Cautionable Offenses Yellow Card

- Unsporting behavior
- Dissent by word or action
- Persistent infringement of Laws
- Delay restart
- Fails to respect distance when play is restarted
- Enters/re-enters field without referee permission
- Deliberately leaves field of play without permission
- Denies goal-opportunity to opponent by offense punishable by a free kick or penalty kick

## Send Off Offenses Red Card



- Serious foul play
- Violent conduct
- Spitting
- Denies goal for opposing team by deliberately handling the ball
- Denies goal-opportunity to opponent by
- offense using the arms, or that can not have
- advantage restored by a penalty kick
- Offensive language/gesture
- Receives a 2<sup>nd</sup> caution
- Coming on to the field without permission

# LAW 12 – FOULS AND MISCONDUCT



## DIRECT

Can be kicked directly into the opponents' goal



## INDIRECT

- A goal can be scored only if the ball touches another player before entering goal.
- Indicated by the referee raising her arm above her head, and it remains in that position until the ball is kicked and touches another player, goes out of play, or there is no opportunity to score.



# LAW 13 – FREE KICKS



## Soccer Defensive Wall

- With a defensive wall of at least 3 players, all attacking players must be at least 1 yd away. An indirect free kick is awarded if they encroach.

# LAW 13 – FREE KICKS

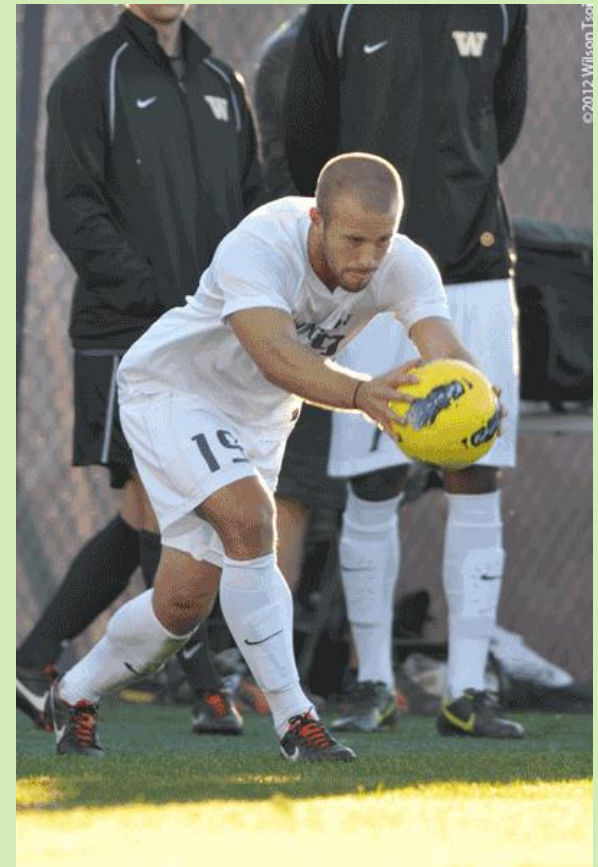
A penalty kick is awarded against a team which commits one of the ten offenses of a direct free kick inside its own penalty area. GK must have at least part of one foot on or in line with the goal line. Cannot be behind the line.



## LAW 14 – PENALTY KICK



- A throw in is a method of returning the ball to play.
  - Awarded when the whole ball passes over the touch line, either on the ground or in the air.
- Can you throw the ball directly into the goal untouched and score?
- **NO!**



## LAW 15 – THROW IN

A goal kick is a method of restarting play.

- Awarded when the whole ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.
- A goal may be scored directly from a goal kick, but only against the opposing team.



## LAW 16 – GOAL KICK



A corner kick is a method of restarting play

- Awarded when the whole ball, having last touched a player on the defending team, passes over the goal line, either on the ground or in the air and a goal is not scored.
- A goal may be scored directly from a corner kick, but only against the opposing team.

## LAW 17 – CORNER KICK





**So how do I teach all of this?**

# HOW DO I SET UP PRACTICE?

- Arrive to practice before your players do.
- Prepare for practice (cones, pinnies, etc.)
- One activity should flow into the next.
- Observe the players. What they are doing? How are they playing? Are they having fun? Are they getting maximum touches on the ball?
- Don't stay on one activity too long!
- Avoid elimination games where players have to sit out.





# What should I be teaching?



## The 4 Components of Soccer:

- Technical
- Tactical
- Physical
- Psychological

- Economical training combines as many of the pillars of soccer in one activity as possible.
- Training should be specific to the technical, tactical, physical and psychological demands of the game at that age level.
- What is done in training should be what happens in the game.

**Which is the most important for YOUTH players?**



# 4 Pillars of the game

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## Technical

Mechanics – how to perform skill

- Dribbling
- Passing
- Receiving
- Heading
- Finishing

## Tactical

- Decision-making ability with one or more teammates
- Individual & group
- Who, what, why, where, when

## Physical

Meeting the demands of the game

- Fitness
- Strength
- Speed
- Flexibility
- Balance
- Quickness
- Jumping
- Agility
- Endurance
- Power

## Psychological / Mental

- Handling pressure
- Motivation
- Fun
- Handling fatigue
- The weather, referees, parents, etc.
- Emotion, Stress
- Attitude towards self and others

# Maximize touches per session – 90 minute session

## European PSV

15 min - individual fast foot work warm-up  
 15 min – fast foot work with passive defender  
 20 min – 1 vs 1 competition  
 20 min – 2 vs 2 competition  
 20 min – 3 vs 3 competition  
 Total # of touches in 90 minutes

900 touches  
 500 touches  
 400 touches  
 200 touches  
100 touches  
 2,100

PSV – 6,300 per week  
 US – 1,275 per week

PSV – 25,200 per month  
 US – 5,100 per month

## Typical American practice

15 min – running/stretching w/o ball  
 15 min – running around field w/ partner passing  
 20 min – shooting drill / 2 lines toward big goal  
 20 min – shooting xing drill 2 lines -big goal  
 20 min – 7 vs 7 scrimmage  
 Total # of touches in 90 minutes

0 touches  
 150 touches  
 125 touches  
 100 touches  
50 touches  
 425

PSV – 226,800 per season  
 US – 45,900 per season

# Practice Organization:

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Fundamental (Warm up) –  
10-15 min.

Small Group – Working on  
Technique with Partner(s)  
(Activities) – 15-20 min.

Game (Match) Condition  
(3v3/4v4) – 30 min.

Free Play/Scrimmage –  
30 min.

Play-Practice-Play?





# Break Time





# SJ LEAGUE RULES

- (1) **Score Reporting** – The Home team must report the score online no later than noon of the day following the game.
- (2) **Ref Evals** – a feedback form is available on both league websites (SJSL – voluntary; SJGSL – mandatory).
- (3) **Parent Conduct** - Coaches are responsible for their parents on the sidelines and may be penalized/carded for not controlling them.
- (4) **Referees** - Coaches do NOT have a right to speak with or debate calls with the referee(s).
- (5) **Passes** – only valid US Club passes with the appropriate league logo on the back may be used.



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Web: [www.gobspport.com/events/scoring](http://www.gobspport.com/events/scoring) Card Generated: 8/11/2020 11:28:16 AM  
Phone-In: 804-758-0875 [Download Scores](#)  
Event ID: 70857 PIN: 1080 Suspensions Indicated with red line



# No pass, no Game Day Roster

## No play

## No exception



Cut cards at crop marks

Fold along

March 21st, 2020



Web: [www.gotaport.com/events/scoring](http://www.gotaport.com/events/scoring) Additional notes on reverse: \_\_\_\_\_  
Phone-In: 804-758-0875  
Event ID: 79857 PIN: 1989



# GAME DAY

- Home team must also provide:
  - Proper sized game ball
  - Volunteer ARs if needed
  - Anchored goals with nets
  - Corner flags
  - Proper sized and lined field
  - Alternate jersey if conflict



## SOUTH JERSEY GIRLS SOCCER LEAGUE

### FALL 2020 FACT SHEET

IFAB Laws of the Game apply except as noted herein or as provided for in the relevant league rules

**NO PASS, NO GAME DAY ROSTER, NO PLAY...NO EXCEPTIONS**

ALL staff and players **MUST** present to the referee a valid approved USCLUB pass (with league logo) **PRIOR** to participating in any league scheduled game. Individuals without passes or who present passes with damaged, missing or replaced photographs are ineligible to participate in the game.

DIVISION	DURATION OF HALVES	Ball Size	Ref	AR
I (U17-19)	2/40 min	5	\$74	\$48
II (U15-16)	2/40 min	5	\$64	\$43
III (U13-14)	2/35 min	5	\$60	\$35
IV (U11-12)	2/30 min	4	\$50	\$25
V (U8-10)	2/30 min	4	\$40	\$20

decides is dangerous to that player or to other players. Players with casts or other protective gear may play at the referee's discretion, and the cast **MUST NOT** extend above the elbow.

#### GAME STATUS:

(1) No Referee – All Div. III-V (U14 – U8) scheduled games **MUST** be played even if no referee is present. If there is no referee, the coaches may agree on a volunteer referee. If they cannot agree, both coaches shall nominate a substitute and a referee will be chosen by coin toss. All games played are official. Div. I & II games **MAY** be played if both coaches agree. If they do not agree, the league must be informed and a new game date must be chosen within 2 weeks.

(2) Field Conditions/Weather– If the referee declares the field unplayable prior to the start of the game, one half of the full game fee is paid entirely by the Home Team. If the match has begun, the referees are to be paid their full fees. If after a match starts, the referee abandons the match for weather or any other reason, the game will be reviewed by the league before it is determined to be official. Each abandoned match is reviewed by the SJGSL board regardless of score, or time of the match.

#### GAME DAY:

(1) Team Size – The minimum number of players to commence play is seven (7) for an 11v11 team, six (6) for a 9v9 team and five (5) for a 7v7 team. If a team has fewer than the minimum required number of players, the game cannot be played and will be recorded as a forfeit. The referees are to be paid their FULL fees with the forfeiting team paying BOTH halves.

(2) The Home Team is responsible for: Goal frame/nets (secured), corner flags & properly sized and marked field. If a referee determines the goal is not secure to their liking, extra weights or other means will be necessary. Field lining may also include in technical area and spectator area. Proper sized game ball, properly inflated. Changing jerseys in the event of

#### COACHES:

- (1) Score Reporting - Report scores and referee evaluations online no later than noon of the day following the game.
- (2) Parent Conduct - Coaches are responsible for their spectators. Coaches may be cautioned (yellow carded) for not controlling their spectators. In the event a referee can not determine which team the spectator belongs to, the head coach of both teams will be cautioned.
- (3) Confronting the Referee – Any coach who enters the field to confront a referee during the match, or confronts the referee during half time or immediately following the match will be guilty of a send off offense (red card).

#### PLAYERS:

- (1) Uniform - All team players must wear matching uniform tops, shorts, and socks; with at least 4 inch numbers. Hooded garments of any kind may NOT be worn under or over the player's jersey. CP players must have a matching uniform, but duplicate number for CP is not an issue.
- (2) Other - A referee has the authority to require a player to remove any article of clothing he/she

# GAME DAY

- All players on a team must wear matching uniforms
- No duplicate jersey numbers
- No jewelry
- Challenged clothing/protective gear is up to discretion of the ref
- Physical GDR and passes for all coaches and players must be produced before the start of the match. Forfeit time is 15 min. from the scheduled start time.
- Both teams and coaches are on the same side of the field. Spectators are on the opposite side.



# SUBSTITUTIONS



Unlimited substitutions are permitted if the subs are at midfield prepared to enter. Players must exit on players' side of field, unless directed by referee.

## For SJGSL:

- (a) Prior to a throw-in in your favor
- (b) Prior to a throw-in in favor of your opponent IF your opponent requests a sub. If your opponent is not subbing, you may not sub at that time. If your players are not at midfield when your opponent subs players, you may not sub players at that time.
- (c) After stoppage for an injury (injured players attended to on the field must be removed and may be substituted. Exceptions are made if the injury can be quickly assessed or when a GK is injured, a GK and another player are injured, or when multiple players of the same team are injured).
- (d) Any stoppage, U11 and above.

## For BOTH leagues:

- (a) Prior to a goal kick by either team
- (b) After a goal by either team
- (c) At half-time

## For SJSJL:

Any stoppage.



- All U8-10 scheduled games must start on time and **MUST** be played even if no ref is present.
- If there is no ref, the coaches may agree on a volunteer referee. If they cannot agree, both coaches shall nominate a substitute and a referee will be chosen by coin toss. The volunteer may not be paid or wear any part of the USSF approved uniform, including the patch. All games played are official.
- U11 and above games **MAY** be played if both coaches agree. If they do not agree, the league must be informed and a new game date must be chosen within 2 weeks (with league approval) to be played prior to the end of the playing season.
- If a referee arrives after the game starts, he/she shall take the field at the first dead ball opportunity.



# REFEREES



U8-10 Punting - There is NO punting in U8-10 games! When the GK has possession, either during play or for a goal kick, the opposing team must move out beyond the build-out line and may not cross that line until the GK puts the ball in play or for goal kicks that the ball crosses outside of the penalty area. "In play" occurs when the ball leaves the GK's possession.

# PUNTING

U11-12 Punting - Under 9v9 rules, an indirect free kick is awarded to the opposing team at the CENTER SPOT on the halfway line if the GK punts or drop-kicks the ball from his/her penalty area and it lands in the air in the opponents' penalty area.

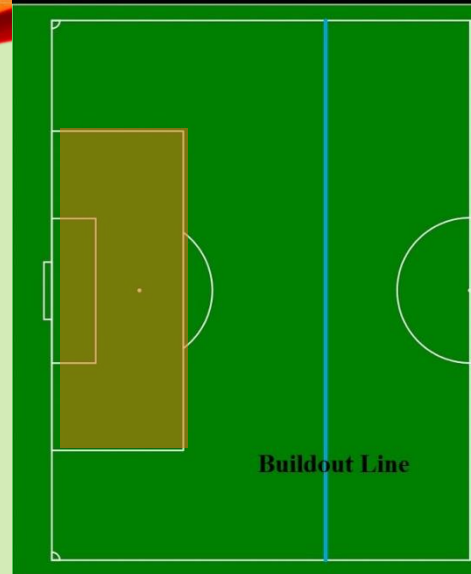
If the ball goes directly into the goal or bounces into the goal in violation of this rule, no goal is awarded and the ball is returned for an indirect kick as above.



# PUNTING



# GOAL KICK



- For 7v7 matches:
  - Cannot cross the build out line until the ball:
    - Clears the penalty area, or
    - It is touched by a second player on the kicking team
- For 9v9 matches:
  - Cannot enter the penalty area until the ball:
    - Clears the penalty area, or
    - It is touched by a second player on the kicking team
- For 11v11 matches:
  - Cannot enter the penalty area until the ball:
    - Is kicked and clearly moves

# HEADING

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U11 and below Heading – U11 and below teams may not intentionally head balls in games. Intentional heading a ball during a game will result in an indirect kick being awarded to the opponent from the point of the infraction.

U12 and above teams may head balls without restriction.

U11 and below players playing up on U12 and above teams are not permitted to head balls during a game.





If a player is suspected to have a head injury, the referee must stop play to allow for treatment or evaluation. A player with a suspected head injury may NOT return to the game unless a medical doctor clears the player following US Club guidelines. If a coach or parent insists on returning the player to the field without such clearance, the referee will signal the end of the game.

## CONCUSSION PROTOCOL



# CLUB PASSES

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See league websites for policy and rules.

- By request, submitted before the start of the season. During the season, requests may take up to 96 hrs to process.
- Creates a pool of predesignated players to be used.
- Must be same birth year or meet playing up rules.
- Teams can use 3 CP for U8-12 and a max of 4 CP for U13-19.
- CP players cannot be assigned to more than 2 teams (one primary and one CP).
- Status is valid for only one season.
- Cannot participate in SJ Cup as CP.





- Under no circumstances should the goal differential (GD) in any game become 7 or more goals.
- If the GD becomes 7 or more at any point during the 1st half of play, ie., 7-0, 8-1, 9-2, etc., the game will continue to allow the coaches to remedy the situation.
- If the 2d half starts with the GD being 7 or more, or if at any time during the 2d half of play the GD reaches 7 or more, the ref will immediately signal the end of the game and leave the field. (SJGSL will allow coaches to remedy first.)
- The referee must report the game as a mercy rule termination on his/her report to the League.
- A resumption of the game is NOT permitted. The offending team will be subject to sanctions.



# CAN I BE HELD LIABLE?





# IS THERE LIABILITY?

- ☐ You hear thunder, but you look around and don't see any lightning.
- ☐ A player collapses from dehydration because there were no water breaks.
- ☐ A player continues to play despite evidence of an injury or a concussion.
- ☐ A goal falls over and strikes a player.
- ☐ You are in an auto accident while taking players to or from a game or practice.
- ☐ You hold a practice without the proper equipment.



# LIABILITY

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- Negligence is failing to act in a manner that a reasonable and prudent coach would normally act in a similar situation.
- The risks must be known, appreciated, understood and consciously accepted by the participants.
- Remember you have care, custody and control of someone else's child for 30-50 hours in a season.
- NEVER leave players unattended and NEVER leave practice or game until ALL players have been picked up.
- **Player safety is paramount!**



# SAFETY ISSUES

- Plan out your activities
- Make sure that the players & parents understand the risks
- Provide a safe playing environment and anchored goals
- Know your players' limitations
- Provide first aid
- Players should have proper soccer gear
- Players should not move or hang on goals





# SAFETY ISSUES

- Be prepared for emergencies/have a plan
- Know location of safety equipment/ personnel
- Be knowledgeable about basic first aid
- Follow correct warm up and conditioning activities
- Do not provide first aid beyond your qualification



# LIGHTNING THUNDER POLICY

- Lightning OR Thunder observed:
  - Ref stops game
  - All players, coaches, spectators must leave field
  - Cannot resume game for 30 min. after last observed event
- If stopped for more than 45 min., game is terminated.
- If in 1<sup>st</sup> half, game will be rescheduled. If 2<sup>nd</sup> half, game result will stand.





# PREVENTION AND CARE OF SOCCER INJURIES



# COMMON SOCCER INJURIES

- Most common soccer related injuries include:  
strains, sprains, fractures, head injuries, cuts and bruises, and heat illnesses.



# STRAINS & SPRAINS

- A **sprain** is a stretching or tearing of ligaments — the tough bands of fibrous tissue that connect two bones together in your joints. The most common location for a sprain is in your ankle.
- A **strain** is a stretching or tearing of muscle or tendon. A tendon is a fibrous cord of tissue that connects muscles to bones. Strains often occur in the lower back and in the hamstring muscle in the back of your thigh.
- Initial treatment for both sprains and strains includes rest, ice, compression and elevation. Severe sprains and strains sometimes require surgery to repair torn ligaments, muscles or tendons.



# SYMPTOMS

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- Signs and symptoms will vary, depending on the severity of the injury. May include swelling, rolled ankles, adductor or hamstring strains, torn ligaments or meniscus tears.
- **Sprains**
  - Pain, Swelling, Bruising
  - Limited ability to move the affected joint
  - At the time of injury, you may hear or feel a "pop" in your joint
- **Strains**
  - Pain, Swelling, Muscle spasms
  - Limited ability to move the affected muscle





# R.I.C.E.



- **Rest**. Avoid activities that cause pain, swelling or discomfort.
- **Ice**. Even if seeking medical help, ice the area immediately. Use an ice pack or slush bath of ice and water for 15 to 20 minutes each time and repeat every 2 to 3 hours while you're awake for the first few days following the injury. Cold reduces pain, swelling and inflammation in injured muscles, joints and connective tissues. If the iced area turns white, stop treatment immediately.
- **Compression**. To help stop swelling, compress the area with an elastic bandage until the swelling stops. Don't wrap it too tightly or you may hinder circulation. Begin wrapping at the end farthest from your heart. Loosen the wrap if the pain increases, the area becomes numb or swelling is occurring below the wrapped area.
- **Elevation**. To reduce swelling, elevate the injured area above the level of your heart, especially at night, which allows gravity to help reduce swelling.
- Source: [www.mayoclinic.org](http://www.mayoclinic.org)

# CONCUSSIONS

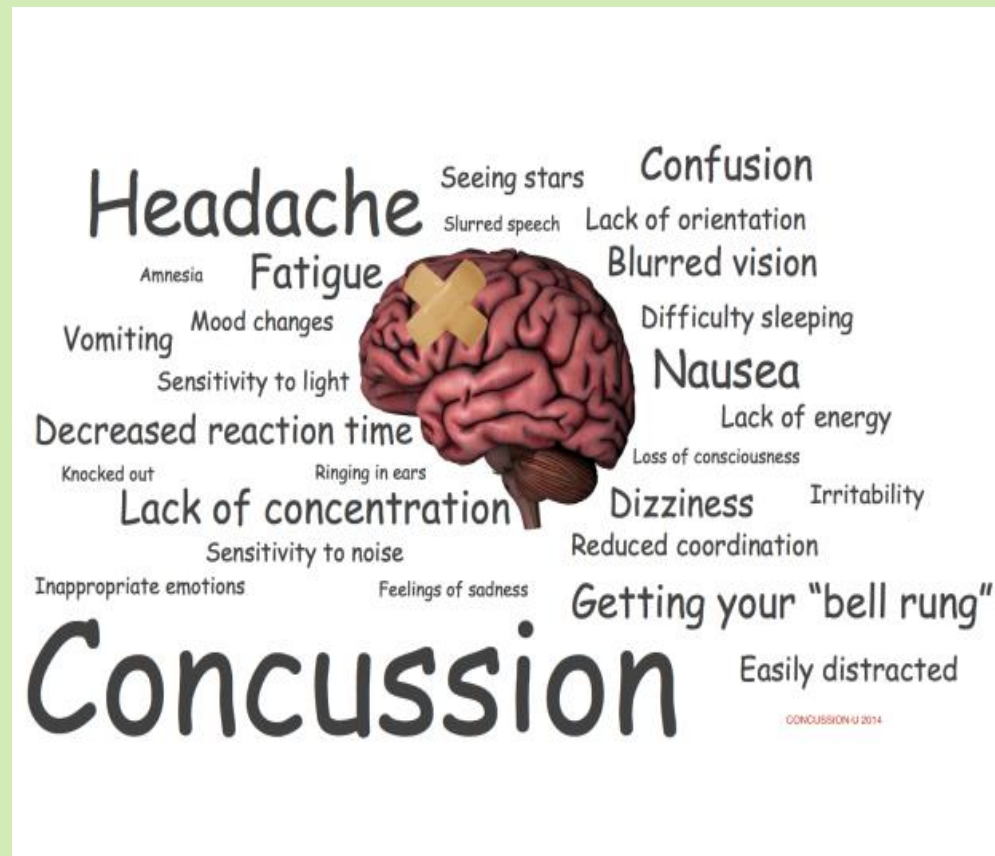
97

- A concussion is a traumatic brain injury that affects your brain function. Effects are usually temporary but can include headaches and problems with concentration, memory, balance and coordination.
- Concussions are usually caused by a blow to the head (from another player, the ball, the ground, the goal, etc.). Violently shaking the head and upper body also can cause concussions.
- Some concussions cause you to lose consciousness, but most do not. It's possible to have a concussion and not realize it.



# SYMPTOMS

- The signs and symptoms of a concussion can be subtle and may not show up immediately. Symptoms can last for days, weeks or even longer.
- Common symptoms include a headache, loss of memory (amnesia) and confusion. The amnesia usually involves forgetting the event that caused the concussion.





# FRACTURES

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- A fracture is a broken bone. It requires medical attention. If the broken bone is the result of major trauma or injury, call 911 or your local emergency number.
- Also call for emergency help if:
  - The person is unresponsive, isn't breathing or isn't moving. Begin CPR if there's no breathing or heartbeat.
  - There is heavy bleeding.
  - Even gentle pressure or movement causes pain.
  - The limb or joint appears deformed.
  - The bone has pierced the skin.
  - The extremity of the injured arm or leg, such as a toe or finger, is numb or bluish at the tip.
  - You suspect a bone is broken in the neck, head or back.
- Don't move the person except if necessary to avoid further injury.



# FRACTURES

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- Take these actions immediately while waiting for medical help:
  - Stop any bleeding. Apply pressure to the wound with a sterile bandage, a clean cloth or a clean piece of clothing.
  - Immobilize the injured area. Don't try to realign the bone or push a bone that's sticking out back in. Apply ice packs to limit swelling and help relieve pain. Don't apply ice directly to the skin. Wrap the ice in a towel, piece of cloth or some other material.
  - Treat for shock. If the person feels faint or is breathing in short, rapid breaths, lay the person down with the head slightly lower than the trunk and, if possible, elevate the legs.
- Source [www.mayoclinic.org](http://www.mayoclinic.org)





# DISLOCATIONS

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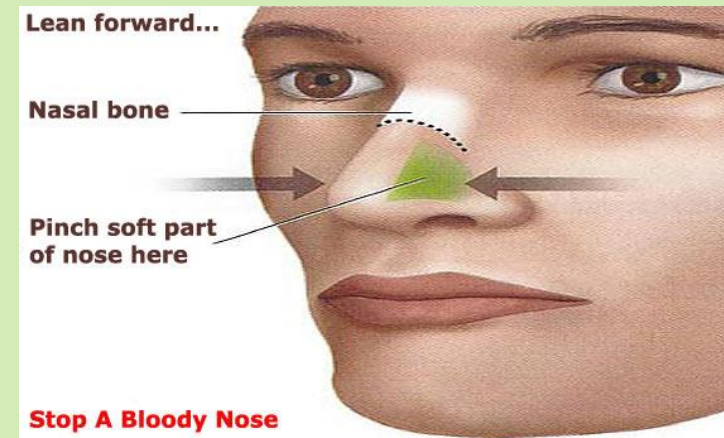
- A dislocation is an injury in which the ends of your bones are forced from their normal positions.
- The injury will temporarily deform and immobilize your joint and may result in sudden and severe pain and swelling.
- If you suspect a dislocated joint:
  - Don't delay medical care. Get medical help immediately.
  - Until you receive help, splint the affected joint into its fixed position. Don't try to move a dislocated joint or force it back into place. This can damage the joint and its surrounding muscles, ligaments, nerves or blood vessels.
  - Put ice on the injured joint. This can help reduce swelling by controlling internal bleeding and the buildup of fluids in and around the injured joint.
- Source [www.mayoclinic.org](http://www.mayoclinic.org)





# NOSE BLEEDS

- Sit upright and lean forward. This will reduce blood pressure in the veins of your nose, discouraging further bleeding. Sitting forward will help you avoid swallowing blood, which can irritate your stomach.
- Pinch your nose. Use your thumb and index finger to pinch your nostrils shut. Breathe through your mouth. Continue to pinch for 10 to 15 minutes. Pinching sends pressure to the bleeding point on the nasal septum and often stops the flow of blood.



# NOSE BLEEDS



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- If the bleeding continues after 10 to 15 minutes, repeat holding pressure for another 10 to 15 minutes. If the bleeding still continues, seek emergency care.
- To prevent re-bleeding, don't pick or blow your nose and don't bend down for several hours after the bleeding episode. During this time remember to keep your head higher than the level of your heart. You can also gently apply some petroleum jelly to the inside of your nose using a cotton swab or your finger.
- Source [www.mayoclinic.org](http://www.mayoclinic.org)

# BRUISES

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- A bruise forms when a blow breaks blood vessels near the skin's surface, allowing a small amount of blood to leak into the tissues under your skin. The trapped blood may cause a bruise that at first looks like a black-and-blue mark and then changes color as it heals.
- You can enhance bruise healing with a few simple techniques. Remember RICE, for rest, ice, compress and elevate:

- Source [www.mayoclinic.org](http://www.mayoclinic.org)





# CUTS AND SCRAPES

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- Wash your hands to avoid infection.
- Minor cuts and scrapes usually stop bleeding on their own. If needed, apply gentle pressure with a clean bandage or cloth and elevate the wound until bleeding stops.
- Rinse the wound with water. Wash around the wound with soap, but don't get soap in the wound. Avoid hydrogen peroxide or iodine, which can be irritating.
- Apply thin layer of antibiotic or petroleum jelly.
- Cover the wound to keep it clean. Apply a bandage, rolled gauze or gauze held in place with paper tape. If the injury is just a minor scrape or scratch, leave it uncovered.
- See a doctor if you see signs of infection on the skin or near the wound, such as redness, increasing pain, drainage, warmth or swelling.
- Source [www.mayoclinic.org](http://www.mayoclinic.org)



# HEAT ILLNESSES

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- Exposure to abnormal or prolonged amounts of heat and humidity without relief or adequate fluid intake can cause various types of heat-related illness.
- Children and teens adjust more slowly than adults do to changes in environmental heat. They also produce more heat with activity than adults, and sweat less. Sweating is one of the body's normal cooling mechanisms.
- Children and teens often do not think to rest when having fun and may not drink enough fluids when playing, exercising, or participating in sports.

- Source [www.hopkinsmedicine.org](http://www.hopkinsmedicine.org)

# PROPER HYDRATION



- How much? Depends on male, female, body weight, conditioning, weather, exercise, etc.
- 8 – 8 oz cups?
- Body weight divided by 2?
- Generally:
- 5-8 yrs old – 32 oz
- 9-12 yrs old – 50 oz
- 13+ yrs old – 70 oz

2 hours before exercise

- Drink 16 oz. of fluids

15 minutes before exercise

- Drink 8-16 oz. of fluids

During exercise

- Drink 4-16 oz. every 15-20 minutes based on tolerance

After exercise

- Drink 16-24 oz. per pound of body weight lost during exercise



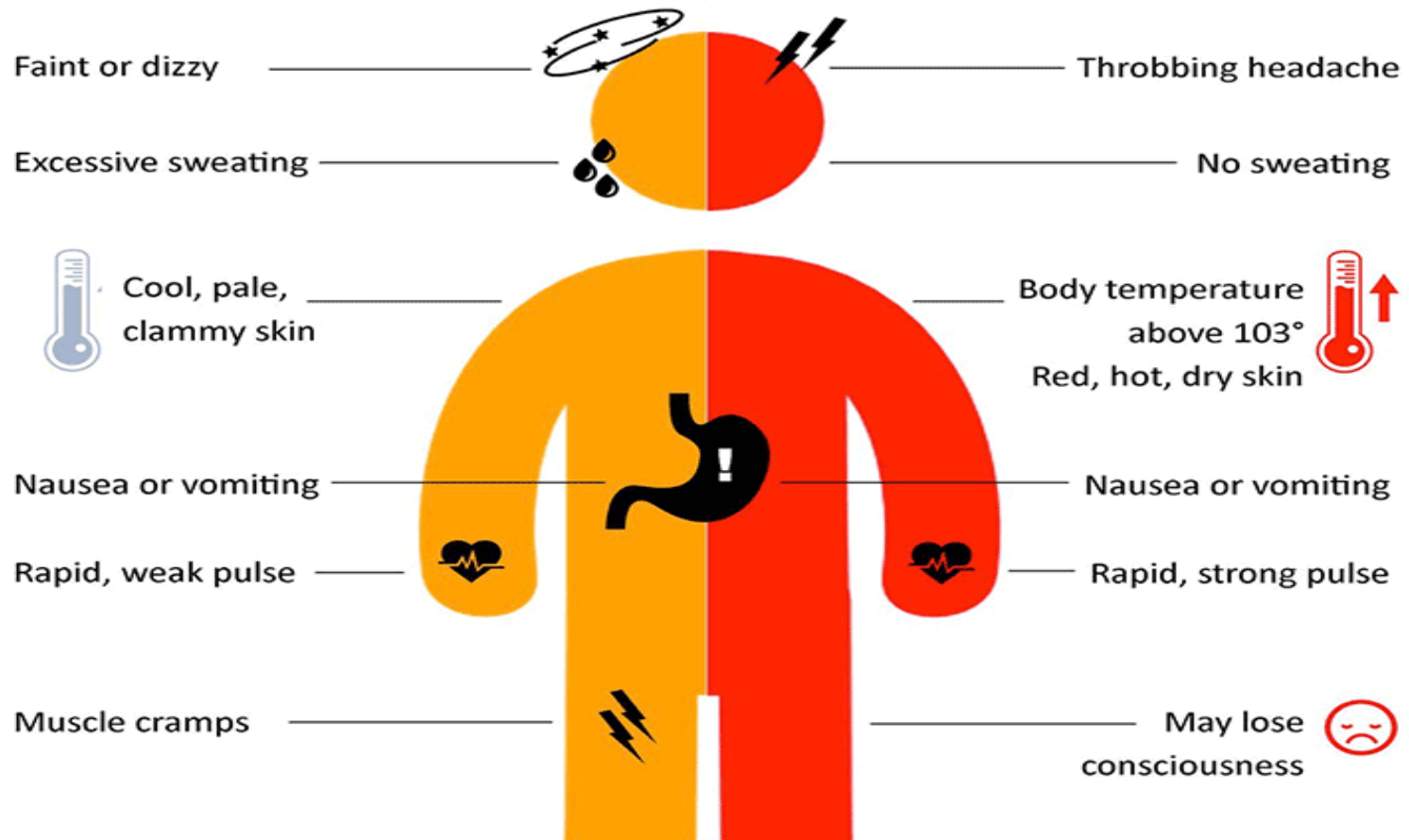
# HEAT ILLNESSES

- **Heat cramps** are the mildest form of heat illness and consist of painful muscle cramps and spasms that occur during or after intense exercise and sweating in high heat.
  - Move to a cool place and rest. Do not continue to participate in the activity. Remove excess clothing and place cool cloths on skin; fan skin.
  - Give cool sports drinks containing salt and sugar.
  - Stretch cramped muscles slowly and gently.
- **Heat exhaustion** is more severe than heat cramps and results from a loss of water and salt in the body. It occurs in conditions of extreme heat and excessive sweating without adequate fluid and salt replacement. Heat exhaustion occurs when the body is unable to cool itself properly and, if left untreated, can progress to heat stroke.
- **Heat stroke**, the most severe form of heat illness, occurs when the body's heat-regulating system is overwhelmed by excessive heat. It is a life-threatening emergency and requires immediate medical attention.
  - Source [www.hopkinsmedicine.org](http://www.hopkinsmedicine.org)

# HEAT EXHAUSTION

OR

# HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

## CALL 9-1-1

- Take immediate action to cool the person until help arrives





# Lesson Plans and Resources

## **Massachusetts Youth Soccer**

- <https://www.mayouthsoccer.org/coaches/session-plans/>

## **Eastern Pennsylvania Youth Soccer Association**

- <https://www.epysa.org/training-plans/>

## **US Youth Soccer**

- <https://www.usyouthsoccer.org/lesson-plans/>

## **Illinois Youth Soccer**

- <http://www.illinoisyouthsoccer.org/coaches-home/coaches-corner/training-sessions>

## **Kentucky Youth Soccer Association**

- <https://www.kysoccer.net/coaches/lesson-plans/>