



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# HANDBOOK

## OUTDOOR SOCCER



Great Miami Valley YMCA

[Fall Youth Soccer | Great Miami Valley YMCA \(gmvyymca.org\)](http://gmvyymca.org)

# Outdoor Soccer

## Table of Contents

Letter to Coaches .....	3
Parent Code of Conduct .....	4-5
Volunteer Requirements/Code of Ethics and Policies .....	6-7
About the YMCA .....	8-9
Things to Remember .....	10
Injuries .....	11
Sudden Cardiac Arrest Information .....	12-13
Best Practices for Teams .....	14
Coaches During .....	15
Practice Plan .....	16
Rules of Play: Coronavirus Guidelines .....	17
Rules of Play: Outdoor Soccer .....	18-23
“How to Teach” Tips .....	24-27

East Butler YMCA  
Missy Dunham  
mdunham@gmvymca.org  
513-892-9622 ext. 1204

Atrium/Middletown YMCA  
Melissa Schleicher  
mschleicher@gmvymca.org  
513-422-9622 ext. 1407

Fairfield YMCA  
Casey Thomas  
cthomas@gmvymca.org  
513-887-0001 ext. 1124

Fitton YMCA  
Casey Thomas  
cthomas@gmvymca.org  
513-887-0001 ext. 1124

# Letter to Coaches

Dear Volunteer Coach,

The Great Miami Valley YMCA welcomes you and your child to the Youth Sports Program! A goal of the GMV YMCA is for all youth sports participants, both parents and children, to have an enjoyable sporting experience. The YMCA uses sports as a tool to develop each participant physically, mentally, and spiritually. Our programs emphasize teaching the values of good sportsmanship, teamwork, goal setting and skill development in a fun, esteem-promoting atmosphere. Our participants will learn the basic fundamentals while learning the rules of the sport. Of course, a FUN and friendly environment are characteristics of all YMCA programs.

Thank you for volunteering your time to coach in our youth sports leagues! By volunteering, you are clearly aware of how important your role is to the children in these programs. Our sports leagues are volunteer driven, and without you they would not be possible.

It is our goal to provide a safe and fun program for all. Achieving this goal begins with ensuring all our volunteers are adequately screened and prepared for the season. Thank you in advance for taking the time and volunteering.

**Thank you, and enjoy the season!**

Sincerely,

Great Miami Valley YMCA  
Sports Department

# Parent Code of Conduct

1. Remain in the spectator area during competitions
2. Let coaches coach
3. Keep comments positive to players, parents, officials, and coaches of either teams
4. Come to games sober and refrain from drinking alcohol or smoking at contests
5. No pets allowed at practices/games unless they are service animals
6. Cheer for your team
7. Show interest, enthusiasm, and support for your child
8. Be in control of your emotions
9. Help when you're asked to by a coach or an official
10. Thank the coaches, officials, and other volunteers who conducted the event

## **PARKING REGULATIONS**

**ABSOLUTELY NO PARKING** on the playgrounds or in any grassy area.

All cars are to be parked in designated parking spots.

Speed Limit on YMCA property or designated game/practice facilities is 5 miles per hour.

## **BE INVOLVED, BUT NOT *TOO* INVOLVED**

YMCA Youth Sports needs enthusiastic involvement from parents to be successful. Volunteering your time not only helps the program; it's also an enjoyable way to meet other adults and make new friends. Here are just a few ways to become involved:

- Be a coach or an assistant coach
- Be the Team Communicator
- Coordinate refreshments (Signup genius is easiest)

A healthy involvement will usually be welcomed by both the coach and your child. However, no coach wants to be - or should be – second-guessed by parents on strategy moves or other coaching decisions. Signs of parents being too closely involved include these:

- You are overly concerned with the outcome of the game
- You spend a lot of time talking with the coach about the game plan, player skill levels, and the way the coach conducts practices and coaches games
- Your child has stopped enjoying the sport or has asked you to stop coming to games or practices
- You require your child to take extra practice

# Help Your Child Enjoy Sports

You can help your child enjoy sports by doing the following:

- Developing a winning perspective
- Building your child's self-esteem
- Emphasizing fun, skill development, and striving to win
- Helping your child set performance goals

## DEVELOPING A WINNING PERSPECTIVE

Every decision parents make in guiding their children should be based first on what's best for the child, and then second on what may help the child win. Stated in another way, this perspective places **Athletes First, Winning Second**. We're not saying winning is unimportant. Winning, or striving to win, is essential to enjoyable competition. Pursuing victory and achieving goals are sweet rewards of sport participation. But they can turn sour if, through losing, you or your child lose the proper perspective also. An obsession with winning often produces a fear of failure, resulting in below average performances and upset children.

## BUILDING YOUR CHILD'S SELF-ESTEEM

Building self-esteem in your child is one of your most important parenting duties. It's not easy, and it's made even more difficult in sport by the prevailing attitude of "winning is everything." Athletes who find their self-worth through winning will go through tough times when they lose. Building self-esteem in your child takes more than encouragement. You need to show your child unconditional approval and love. Don't praise dishonestly; children can see through that. No matter the amount of mistakes your child may make, show the same amount of love and approval for them that you showed before the game.

## EMPHASIZING FUN, SKILL DEVELOPMENT, AND STRIVING TO WIN

The reason you should emphasize fun is quite simple: without it, your child may not want to keep playing. Kids don't have fun when they stand around in practice or sit on the bench during games, when they feel pressure to win and don't improve or learn new skills. Conversely, they do have fun when practices are well organized, they get to play in games, they develop new skills, and the focus is on striving to win.

## HELPING YOUR CHILD SET PERFORMANCE GOALS

Performance goals - which emphasize individual skill improvement - are much better than the outcome of the goal of winning for two reasons:

1. Performance goals are in the athlete's control.
2. Performance goals help the athlete improve.

Performance goals should be specific, and they should be challenging but not too difficult to achieve. You (and your child's coach) should help your young athlete set such goals. Help your child focus on performance goals before a game; this focus will help sports be an enjoyable learning experience for all.

# Volunteer Process

Please review the instructions below on how to complete the GMV YMCA Volunteer requirements:

1. A direct background check link will be sent to the email you provide. Please complete background survey at your earliest convenience. You will not be able to work with the kids until it has been completed and checked.
2. Sign into your YMCA profile, if this is your family profile, you will need to click on your specific name before the next step. This is the name of the coach that will be assigned to the team. If you want it to be connected to a specific email, then add the email to your name as a secondary email before completing the next step.
3. Add volunteer coach (appropriate season and branch) to your cart by either searching for volunteer under programs or receiving a direct link from the sports director.
4. Once it is added to your cart, complete the four items listed below in order to "finalize order".
  - Fill out Volunteer Application
  - E-Document Signature on Volunteer Handbook
  - E-Document Signature on Child Protection Policy and Code of Conduct
  - E-Document Signature on Volunteer Participation and Release from Liability
5. Once all items are complete, you will then have access to finalize order and complete the volunteer coach registration.
6. This adds you as a coach to our leagues page, which enables you to have a "coach" level viewing access of roster contact information. This ensures prompt and efficient communication from the coach.

## Volunteer Code of Ethics and Policies

1. Smoking or use of tobacco products in the YMCA programs or on YMCA property is prohibited.
2. Using, possessing, or being under the influence of alcohol or illegal drugs *WILL NOT BE TOLERATED!*
3. Any form of abuse of children *WILL NOT BE TOLERATED* including:
  - Physical Abuse – strike, spank, shake, or slap
  - Verbal Abuse- humiliate, degrade, or threaten
  - Sexual Abuse – including inappropriate touching and exposure
  - Mental Abuse (Self Esteem)- comparison, or criticism
4. Volunteers must treat everyone of all races, religions, and cultures with respect and consideration.
5. Volunteers must use positive techniques of guidance, including positive reinforcement and encouragement rather than competition, comparison, or criticism.
6. Volunteers shall abstain from humiliating or frightening discipline techniques.
7. Volunteers shall not use profanity in the presence of children or parents
8. Volunteers shall refrain from intimate displays of affection toward others in the presence of children, parents, and staff.
9. Monetary and expensive gifts to volunteers are prohibited.
10. Volunteers must be free of physical and psychological conditions that might adversely affect others.
11. Volunteers will do everything in their power to avoid being put in a situation where they are alone with a YMCA child other than their own.
12. Volunteers will portray a positive role model for youth by maintaining an attitude of respect, loyalty, patience, integrity, courtesy, tact and maturity.
13. Ohio State law requires that all citizens report any suspected abuse or neglect of a child to the Butler and Warren Department of Children's Services and the appropriate YMCA Personnel.

# About the YMCA

## Great Miami Valley YMCA Mission Statement:

The Mission of the Great Miami Valley YMCA is to put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## Four Core Values of Character Development:

- ◆ Caring
- ◆ Honesty
- ◆ Respect
- ◆ Responsibility

## Youth Sports Philosophy:

□The YMCA's philosophy is "Athletes First, winning second, everyone's is a winner." Please do everything you can do to de-emphasize the score.

## YMCA Sports: 7 Pillars

1. **Everyone plays.** We do not use tryouts to select the best players, nor do we cut kids from YMCA Youth Sports. Everyone who registers is assigned to a team. During the season everyone receives equal practice time and plays at least half of every game.
2. **Safety first.** Although some children may get hurt playing sports, we do all we can to prevent injuries. We've modified each sport to make it safer and more enjoyable to play. We ask you to take time to check that the equipment and facilities are safe and to teach the sport as we've prescribed, so that the skills taught are appropriate for children's developmental level. We also ask you to develop your players' fitness levels gradually so they are conditioned for the sport. And we ask you to constantly supervise your young players so that you can stop any unsafe activities.



3. **Fair play.** Fair play is about more than playing by the rules. It's about you and your players showing respect for all who are involved in YMCA Youth Sports. It's about you being a role model of good sportsmanship and guiding your players to do the same. Remember, we're more interested in developing children's character through sport than in developing a few highly skilled players.

4. **Positive competition.** We believe competition is a positive process when the pursuit of victory is kept in the right perspective. Learning to compete is important for children, and learning to cooperate in a competitive world is an essential lesson of life. The "right perspective" means adults make decisions that put the best interests of the children above winning the contest. These are the lessons we want to teach through YMCA Youth Sports.

5. **Family involvement.** YMCA Youth Sports encourages parents to be involved appropriately along with their child participating in our sport programs. In addition to parents being helpful as volunteer coaches, officials, and timekeepers, we encourage them to be at practices and games to support their child's participation.

6. **Sport for all.** YMCA Youth Sports is an inclusive sport program. That means that children who differ in various characteristics are to be included rather than excluded from participation. We offer sport programs for children who differ in physical abilities by matching them with children of similar abilities and modifying their sport. We offer programs to all children regardless of race, gender, religion or ability. We ask our adult leaders to support and appreciate the diversity of children in our society and to encourage the children and their parents to do the same. We do not forfeit games; instead, we share players and proceed with planned games.

7. **Sport for fun.** Sport is naturally fun for most children. They love the challenge of mastering the skills of the game, playing with their friends, and competing with their peers. Sometimes when adults become involved in children's sport, they over-organize and dominate the activity to the point of spoiling children's enjoyment of the sport. If we take the fun out of sport, we are in danger of our children taking themselves out of sport. Remember, that these sports are for the kids; make sure the kids are having fun.

## Things to Remember

Players not able to make your team scheduled practice times and games: We understand not all parents may be able to make scheduled practice times or games each week. If you are unable to make the practice time, please let your coach know in advance if possible.

Parents be available for help: To make the coach's job easier, offer your assistance at practice. Come together to assign a parent be a Team-Mom or Team-Dad. Assistant Coaches are always welcome.

Awards: Coaches will not need to purchase awards for their teams. The YMCA will have awards available for each team at your last game.

End of Season Party: The end of season party is voluntary. If a coach/team decides to have an end of season party, try to plan it ahead of time.

## Weather Information/Cancellations

Games are played outside; therefore, the weather can determine if a game/practice is cancelled. Please note field conditions may also determine if a game/practice is cancelled. If this occurs, YMCA Staff will contact all parents and coaches via email.

Practice cancellation is up to the coach, unless the YMCA Sports Director cancels in advance. If the coach cancels, **the coach must contact the sports director and parents.**

## 24 Hour Policy

- **The GMV YMCA Sports Department does NOT permit any individual to confront a referee or YMCA Sports Official/Employee at any time.** If a situation arises in which a referee's actions create a problem, give the situation 24 hours to cool down.
- After the 24 hours have passed, if you still feel strongly that something should be done, please contact the Sports Director.

# Injuries

You are playing at your own risk. You will encounter physical contact in this game. It will be the intent of the officials and staff assigned to your game, to provide a safe level of competition; however, injuries may occur. Teaching children the proper techniques and how to play the game correctly will minimize injuries. In the event of a severe injury, the YMCA will follow up with all parties. Please make sure to communicate with us. We will assist to the best of our ability.

## Concussions:

Please use the CDC website below for further information about concussions:

<https://www.cdc.gov/headsup/resources/index.html>

## Procedure for Head Injuries during YMCA Sports Programs:

1. Assess the athlete and determine if they need removed from play.
2. If a spinal injury is suspected then DO NOT move the athlete and call EMS immediately. If the athlete goes unconscious at ANY time (even for just a few seconds), EMS should be called.
3. Ensure the athlete is evaluated as soon as possible by an appropriate health care professional.
4. Accident report should be filled out by either staff or volunteer and given to the Sports Director the same day.
5. Inform the athlete's parents or guardians about the possible concussion and give them the fact sheet on concussion.
6. If a concussion is suspected or the athlete is showing any concussion-like symptoms, the athlete should not return to competition until symptom free and cleared by a healthcare professional including a Physician or Certified Athletic Trainer.

## Sudden Cardiac Arrest and Lindsay's Law:

Refer to Parent/Athlete Information Sheet on the following pages.

## Sudden Cardiac Arrest and Lindsay's Law Information for the Youth Athlete and Parent/Guardian



- **Lindsay's Law** is about Sudden Cardiac Arrest (SCA) in youth athletes. This law went into effect in 2017. SCA is the leading cause of death in student athletes 19 years of age or younger. SCA occurs when the heart suddenly and unexpectedly stops beating. This cuts off blood flow to the brain and other vital organs. SCA is fatal if not treated immediately.
- "Youth" covered under Lindsay's Law are all athletes 19 years of age or younger that wish to practice for or compete in athletic activities organized by a school or youth sports organization.
- Lindsay's Law applies to all public and private schools and all youth sports organizations for athletes aged 19 years or younger whether or not they pay a fee to participate or are sponsored by a business or nonprofit. This includes:
  - 1) All athletic activities including interscholastic athletics, any athletic contest or competition sponsored by or associated with a school
  - 2) All cheerleading, club sports and school affiliated organizations including noncompetitive cheerleading
  - 3) All practices, interschool practices and scrimmages
- Any of these things may cause SCA:
  - 1) Structural heart disease. This may or may not be present from birth
  - 2) Electrical heart disease. This is a problem with the heart's electrical system that controls the heartbeat
  - 3) Situational causes. These may be people with completely normal hearts who are either are hit in the chest or develop a heart infection
- **Warning signs** in your family that you or your youth athlete may be at high risk of SCA:
  - o A blood relative who suddenly and unexpectedly dies before age 50
  - o Any of the following conditions: cardiomyopathy, long QT syndrome, Marfan syndrome, or other rhythm problems of the heart
- **Warning signs** of SCA. If any of these things happen with exercise, see your health care professional:
  - Chest pain/discomfort
  - Unexplained fainting/near fainting or dizziness
  - Unexplained tiredness, shortness of breath or difficulty breathing
  - Unusually fast or racing heart beats
- The youth athlete who faints or passes out before, during, or after an athletic activity **MUST** be removed from the activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- If the youth athlete's biological parent, sibling or child has had a SCA, then the youth athlete must be removed from activity. Before returning to the activity, the youth athlete must be seen by a health care professional and cleared in writing.
- Any young athlete with any of these warning signs cannot participate in practices, interschool practices, scrimmages or competition until cleared by a health care professional.

- Other reasons to be seen by a healthcare professional would be a heart murmur, high blood pressure, or prior heart evaluation by a physician.
  - Lindsay’s Law lists the health care professionals who may evaluate and clear youth athletes. They are a physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist or certified nurse midwife. For school athletes, a physician’s assistant or licensed athletic trainer may also clear a student. That person may refer the youth and family to another health care provider for further evaluation. Clearance must be provided in writing to the school or sports official before the athlete can return to the activity.
- Despite everyone’s best efforts, sometimes a young athlete will experience SCA. If you have had CPR training, you may know the term “Chain of Survival.” The Chain of Survival helps anyone survive SCA.
  - Using an Automated External Defibrillator (AED) can save the life of a child with SCA. Depending on where a young athlete is during an activity, there may or may not be an AED close by. Many, but not all, schools have AEDs. The AEDs may be near the athletic facilities, or they may be close to the school office. Look around at a sporting event to see if you see one. If you are involved in community sports, look around to see if there is an AED nearby.
  - If you witness a person experiencing a SCA: First, remain calm. Follow the links in the **Chain of Survival**:
    - ❖ Link 1: Early recognition
      - Assess child for responsiveness. Does the child answer if you call his/her name?
      - If no, then attempt to assess pulse. If no pulse is felt or if you are unsure, call for help “someone dial 911”
    - ❖ Link 2: Early CPR
      - Begin CPR immediately
    - ❖ Link 3: Early defibrillation (which is the use of an AED)
      - If an AED is available, send someone to get it immediately. Turn it on, attach it to the child and follow the instructions
      - If an AED is not available, continue CPR until EMS arrives
    - ❖ Link 4: Early advanced life support and cardiovascular care
      - Continue CPR until EMS arrives
- Lindsay’s Law requires both the youth athlete and parent/guardian to acknowledge receipt of information about Sudden Cardiac Arrest by signing a form.

# Best Practices for Teams

## During Practices

- Everyone should arrive early and prepared for practice
- Players should dress to participate
- Everyone should focus on being a positive teacher and participant

## During Games

- Everyone should arrive early and prepared for games
- Everyone should encourage all children who are playing
- Remember: Children are here to have FUN!

## Communication

- Leagues (SGA) will be our main source of communication.
- Parent and Coach communication is extremely important
- Check your emails and text messages for information regarding practices and games from the Sports Department
- The Sports Director is always available to answer questions and address any concerns

# Coaches During...

## Practice:

Recruit parents to help with practice

Always be positive, encouraging and constructive

Plan ahead of time for practice

Arrive early to bond with players and parents

## Games:

Things to remind players of during game play

1. Which end is theirs
2. Who they are guarding
3. Spread out and move around
4. Keep your head up, eyes up and open while playing

**5. HOW GREAT THEY ARE DOING!**

Keep track of time and your substitutions

Explain something when they look confused, frustrated, or discouraged.

## Practice Plan

Be organized yet flexible with practice plans

- Warm up with light cardio
- Plenty of activity
- Maximize use of time, facility, and equipment
- Progress from simple to complex
- Make it a safe and fun environment for all

Giving Explanations

- Clear and concise
- Short and to the point
- Done with enthusiasm

Showing Demonstrations

- Clearly seen by all
- Repeated multiple times from all angles
- Make sure all get to try same amount of times
- Make sure to have all eyes on you during demonstrations

Sample Warm-Up: Begin each practice with 5-10 minutes of warm-up activities to get players loosened up and ready to play.

- Running, Speed walking (to the other side and back)
- Bear crawl (to one side, then do crab walk back)
- Running (to the other side and back)
- High knees (to the other side and back)
- Lunges (lunge halfway, then run and back)



# Rules of Play - Outdoor Soccer

## All Divisions (Ages 3-14)

The "Y" believes in its philosophy of "Athletes first, winning second." Our Youth Sports Program is designed for all participants to grow in the areas of sportsmanship and physical fitness, as well as self-control, team effort, and skill development. It is a fun, instructional league where everyone plays and everyone wins! The following rules incorporate our philosophy into our Youth Outdoor Soccer Program.

### LEAGUE RULES

1. No Scores will be kept by YMCA Staff.
2. No Standings will be recorded.
3. If there is an end of season tournament, then it will be randomly seeded.
4. Coaches will not engage with staff referees at any time when it comes to a ruling on the field.
5. Any concerns about the league by coaches or parents should be discussed with the Sports Director.

### ATTIRE

1. Sports cleats are allowed and preferred, except for metal spikes. Regular gym shoes are allowed. Referee will check prior to each game.
2. All players must wear shin guards fully covered by a sock. Referee will check prior to each game.
3. Nothing hard should be worn in the hair. Referee will check prior to each game.
4. Official YMCA jerseys must be worn during play.

### SPORTSMANSHIP

1. If the field-monitor or referee witnesses any acts of any unsportsmanlike conduct, including inappropriate language, talk, or excessive physical play, the game will be stopped and the player (or players) will be sent to the sidelines.
2. Excessive foul play may result in the player being ejected from the game based on the referee's judgment. Referee will talk with players and coaches before a problem escalates to this level.
3. YMCA CORE VALUES (Caring, Honesty, Respect, and Responsibility) should be evident at all times by all in attendance (players, parents, friends, family, coaches, and referees).

# Rules of Play - Outdoor Soccer

## U3 DIVISION (AGE 3)

All games are governed by OHSAA Rules & Regulations

### YMCA MODIFICATIONS:

- No scores or standings will be kept by the YMCA.
- One coach can be on the field during the game to help direct players. Only background checked coaches can be on the field or bench. No parents on field at anytime.
- Field size: 30x20 (5 yard variance each way)
- Ball size: Size 3 soccer ball
- Number of players on the field: 5 players. Every player must play at least half of the game . The coach MUST relay any playing time adjustments and the reason to YMCA Staff, the Player and the player's parent(s) before the start of the game.
  - No substitutions. Players should play at least one complete uninterrupted quarter in each half. NOTE: Players are not required to sit at least half the game.
- Length of game: Four 6-minute quarters with 2 minute halftime. Continuous clock except for injuries or officials' time out.
- Ball is "in play" until a whistle is blown by the referee.
- Start of Game: "Away team" will receive the ball first, and possession will alternate at each quarter. Teams will not switch sides after halftime.
- All out of bounds plays will restart with a kick-in or goal kick—teams can opt for throw-ins or corner kicks if players are comfortable. Coaches should encourage players and teach them how to do throw-ins and corner kicks.
- Players can have one re-do on throw-ins if they do it improperly.
- Leaving your feet or side-tackling is not allowed at any time. If a child kicks the ball while on the ground, it is deemed dangerous play.. Game will be restarted with an indirect kick.
- Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an indirect kick.
- Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.

# Rules of Play - Outdoor Soccer

## U5 DIVISION (AGE 4-5)

All games are governed by OHSAA Rules & Regulations

### YMCA MODIFICATIONS:

- No Scores or Standings will be kept by the YMCA.
- One coach can be on the field during the game to help direct players. Only background checked coaches can be on the field or bench.
- Field size: 30x20 (5 yard variance each way)
- Ball size: Size 3 soccer ball
- Number of players on the field: 5 players (no goalie). Every player must play at least half of the game.
  - No substitutions. Players should play at least one complete uninterrupted quarter in each half. NOTE: Players are not required to sit at least half the game.
- Length of game: Four 6-minute quarters with 2 minute halftime. Continuous clock except for injuries or officials' time out.
- Ball is "in play" until a whistle is blown by the referee.
- Start of Game: "Away team" will receive the ball first, and possession will alternate at each quarter. Teams will switch sides of the field at halftime.
- Normal out of bound soccer rules (throw-ins, goal kicks or corner kicks) apply.
- Players can have re-do's on throw-ins if they do it improperly.
- No direct kicks at any time. All kicks will be "indirect" meaning you cannot score directly off this type of kick.
- Leaving your feet or side-tackling is not allowed at any time. If a child kicks the ball while on the ground, it is deemed dangerous play. Game will be restarted with an indirect kick.
- Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an indirect kick.
- Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.

# Rules of Play - Outdoor Soccer

## U7 DIVISION (AGE 6-7)

All games are governed by OHSAA Rules & Regulations

### YMCA MODIFICATIONS:

- No scores or standings will be kept.
- Coaches are allowed on the field for the first two weeks. Starting week 3, coaches will be on their respective sidelines. Parents will sit in designated areas.
- Field size: 35x25 (10 yard variance each way)
- Ball size: Size 3 soccer ball
- Number of players on the field: 6 players (including the goalie). Every player must play at least half of the game:
  - No substitutions. Players should play at least one complete uninterrupted quarter in each half.
  - NOTE: Players are not required to sit at least half the game.
- Length of game: Four 7-minute quarters with 2 minute halftime. Continuous clock except for injuries or officials' time out.
- Ball is "in play" until a whistle is blown by the referee.
- Start of Game: During pre-game, first possession will be determined by a game of RPS. Teams will switch sides at halftime.
- Normal out of bound soccer rules (throw-ins, goal kicks or corner kicks) apply.
- Players can have one re-do on throw-ins if they do it improperly.
- Leaving your feet or side-tackling is not allowed at any time. If a child kicks the ball while on the ground, it is deemed dangerous play. Play is restarted with an indirect kick for opposing team.
- Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an direct kicks.
- On all indirect restarts, another player from either team must play the ball prior to a goal being scored.
- Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.

# Rules of Play - Outdoor Soccer

## U9 DIVISION (AGE 8-9)

All games are governed by OHSAA Rules & Regulations

### YMCA MODIFICATIONS:

- No scores or standings will be kept by the YMCA.
- Coaches are not allowed to be on the field during the game, unless they are called out by the official in the case of an injury. Coaches must coach from their sideline.
- Field size: 60x40 (10 yard variance each way)
- Ball size: Size 4 soccer ball
- Number of players on the field: 7 players (including the goalie). Every player must play at least half of the game.
  - NOTE: Players are not required to sit at least half the game.
- Length of game: Two 20-minute halves with 2 minute halftime. Continuous clock except for injuries or officials' time out. Officials may opt for an officials' time-out at the 10-minute mark depending on the weather.
- Time-Outs: One minute time-out per half per team.
- Ball is "in play" until a whistle is blown by the referee.
- Start of Game: During pre-game, a game of RPS will be played to determine first possession. Teams will switch sides after halftime.
- Normal out of bound soccer rules (throw-ins, goal kicks or corner kicks) apply.
- Off-sides will be taught and enforced.
- Leaving your feet or side-tackling is not allowed at any time. If a player kicks the ball while on the ground, it is deemed 'dangerous play'. Repeat offenses could result in yellow card.
- Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with a direct kick. A foul inside the penalty area will result in a penalty kick.
- On all indirect restarts, another player from either team must play the ball prior to a goal being scored.
- No head balls will be permitted.
- Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.

# Rules of Play - Outdoor Soccer

## U12 DIVISION (AGE 10-11)

All games are governed by OHSAA Rules & Regulations

### YMCA MODIFICATIONS:

- Scores and standings will not be kept by the YMCA..
- Coaches are not allowed to be on the field during the game, unless they are called out by the official in the case of an injury. Coaches must coach from their sideline.
- Field size: 60x40 (20 yard variance each way)
- Ball size: Size 4 soccer ball
- Number of players on the field: 7 players (including the goalie). Every player must play at least half of the game.
  - NOTE: Players are not required to sit at least half the game.
- Length of game: Two 20-minute halves with 2 minute halftime. Continuous clock except for injuries or officials' time out. Officials may opt for an officials' time-out at the 10-minute mark depending on the weather.
- Time-Outs: One minute time-out per half per team.
- Ball is "in play" until a whistle is blown by the referee.
- Start of Game: During pre-game, a game of RPS will determine first possession.
- Normal out of bound soccer rules (throw-ins, goal kicks or corner kicks) apply.
- Offsides will be taught and enforced.
- Leaving your feet or side-tackling is not allowed at any time. If a player kicks the ball while on the ground, it is deemed 'dangerous play'. Repeat offenses could result in yellow card.
- Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an direct kick. A foul or hand-ball inside the penalty area will result in a penalty kick. Defense must be 10 yards (10 steps) from the spot. Advantage can be played.
- On all indirect restarts, another player from either team must play the ball prior to a goal being scored. Defense must be 10 yards (10 steps) from the spot. Advantage can be played.
- Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.

## U12 DIVISION (AGE 12-14)

All games are governed by OHSAA Rules & Regulations

### YMCA MODIFICATIONS:

- Scores and standings will not be kept by the YMCA..
- Coaches are not allowed to be on the field during the game, unless they are called out by the official in the case of an injury. Coaches must coach from their sideline.
- Field size: 60x40 (20 yard variance each way)
- Ball size: Size 5 soccer ball
- Number of players on the field: 7 players (including the goalie). Every player must play at least half of the game.
  - NOTE: Players are not required to sit at least half the game.
- Length of game: Two 20-minute halves with 2 minute halftime. Continuous clock except for injuries or officials' time out. Officials may opt for an officials' time-out at the 10-minute mark depending on the weather.
- Time-Outs: One minute time-out per half per team.
- Ball is "in play" until a whistle is blown by the referee.
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- Tripping, pushing, and holding are examples of fouls that will be called. All fouls will be restarted with an direct kick. A foul inside the penalty area will result in a direct kick.
- On all indirect restarts, another player from either team must play the ball prior to a goal being scored.
- Players may not wear any form of jewelry. Medical alert bracelets must be taped to the player's body per OHSAA Rules.

# How to Teach Dribbling

The players should be introduced to the following skills.

- Inside of the foot - foundation touches.
- Outside of the foot - changing direction and tight spaces.
- Laces - dribbling into space at speed.

## Foundation touches

The player starts working on foundation touches...

- Using the inside of the feet, tap the ball back and forth.
- Keep the ankle locked and toe slightly up.
- The knees should be bent.
- Arms out for balance.

## Using the outside of the foot

Players use the...

- Outside of the foot for changing direction or turning to keep control of the ball in tight spaces.
- The outside of the foot technique is toe up slightly and ankle locked.
- The player touches the side of the ball with the outside of the foot.

Exercise: Have the players dribble a figure eight using the outside of the right and left foot to increase dribbling basics.

## The speed dribble

The players use the...

- laces for speed dribbles...getting into spaces fast.
- The technique is toe down and ankle locked, taking small touches with the laces.

Exercise: Once players have used the inside or outside of the foot to keep the ball, the player can then accelerate into space.

## Dribbling Drills

1) **Red Light, Green Light:** Each player is lined up with a soccer ball. Have them dribble when you say GREEN LIGHT, YELLOW LIGHT: slow, RED LIGHT; stop. Try to trick them by saying purple light, blue light, pink light, etc.

2) **Sharks and Minnows:** Pick a kid (or 2 depending on the team size) to be the sharks. Have the rest of the kids be minnows and line them up on the base line with a ball. The point of the game is for the minnows to dribble the ball across the gym without the sharks taking their soccer ball. If a shark takes their soccer ball, they become sharks as well. Keep going until all the minnows have been the sharks. (Play a few times)

3) **One-on-One:** Players pair up, each couple with a ball in a grid of cones. Player with the ball



# How to Teach Passing

Teach through a game of Battleship:

1. Demonstrate how to kick the ball and what part of the foot to use (Inside of the foot....NO TOES).
2. Player will kick the ball (as shown by the coach) and try to knock the ball off of the cone (Sink the BattleShip). "Ready, Aim, FIRE"
3. They get a point each time they knock the ball off.
4. Let them know that they do not have to kick the ball hard. Focus on using the laces and kicking it straight. Demonstrate to them that the laces part of the foot is flat compared to your pointed toe and exaggerate the miss-direction of the kick if you use the toes.

## Passing Drills

1. **Partner Pass:** Players partner up. The pairs should line up 3-5 feet apart from each other. Facing each other, they pass the ball to each other.
2. **Monkey in the Middle:** Have players in groups of 3-4. The object of the game is for the players on the outside to pass the ball to each other with one player in the middle. The person in the middle's goal is to steal the ball.
3. **Passing Relay Race:** Divide players into 2 teams. Set up cones in two straight lines. Have players at each cone. The players will pass the ball down the line. Forward then back.
4. **Battleship:** For this drill, have players in pairs. Each pair will have a ball. Each player should be about 5 feet away from each other. Place a cone in the middle between the 2 players with a ball on top. The object of the game is for the player to hit the ball of the cone.
5. **Hot Potato Pass:** In this drill, one player is positioned at the center of the circle with a soccer ball. All the other players circle around the one player in the middle. On the coaches command, the player in the key passes the ball to the player, that player immediately passes back to the player in the center. This back and forth passing continues clock wise. A new player then assumes the center position.
6. **Shuffle Pass:** Players line up in two lines on the baseline about 5-6 feet apart from one another. Players will shuffle to other side passing back and forth.
7. **Angle Pass:** Forces players to trap in a certain direction and utilize control. Have one player at each cone. Player1 would pass to Player 2, after player 1 runs to the cone they passed to. Player 2 receives the pass from player 1 then passes to the next cone, after passing will follow the pass. This concept will be very important in the future.

# How to Teach Shooting

Shooting uses the same technical elements as passing, with the important difference being that the goal is to pass the ball beyond the goalkeeper.

1. The player should look up to see the position of the goalkeeper.
2. Approach the ball.
3. Plant the support foot beside or slightly ahead of the ball, which helps to keep the shot low.
4. Keep the head steady and eyes on the ball.
5. Ankle of kicking foot is locked and the toe is pointed down if shooting with instep.
6. Hips and knee of kicking foot are pointed in the direction of the shot.
7. Follow through to keep the ball low (weight going forward, landing on the kicking foot).

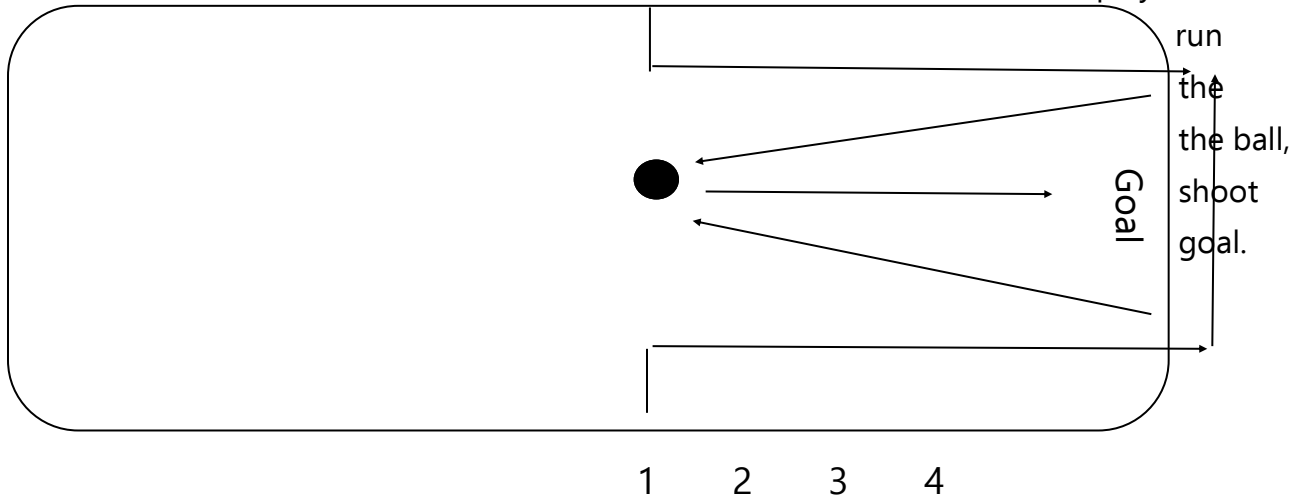
## Shooting Drills

1) **Pig in a Blanket:** Spilt into two teams, number off the kids (1,2,3,4). Each team will line up on separate sides of the field., laying or sitting down. Coach will call a number

"1, 2, 3, or 4". When the number is called out, those

two players will

get up, around goal, get turn and into the



# Throw-Ins and Goal Keeping

## Throw-In Rules:

- Ball must come back over the head (referees usually look to see if the ball goes back past the ears)
- The ball must be thrown with both hands on it
- Both feet must be in contact with the ground when the ball is released
- Both feet must be behind or on the touch-line
- No twisting of the body is allowed to propel the ball further.

## Two ways to do a throw-in:

1. Step forward with one foot in the direction of the throw, and drag the toe of the trailing foot as the ball is thrown.
2. Stand with both feet firmly planted and throw the ball in.

## Fundamentals:

1. Secure the ball with both hands, ensure that the index fingers and thumbs are as close as possible (almost forming a "W" or "U" shape with fingers on the ball). Fingers should be spread to maintain control of the ball.
2. Bring the ball over the head, behind the ears, with your arms loose and elbows bent and flared out.
3. Stand with your feet a little more than shoulder-width apart with one foot in front of the other (start at a standstill first, then add 1 step, then 2, and so on). If you prefer, place your feet parallel, shoulder-width apart.
4. Bring your head, neck, shoulders and trunk back, bending at the knees.
5. Drive the ball forward.
6. Release the ball as it just goes past the head.

## Goal Keeping:

1. **Catching:** Pair up all players. Have them practice throwing and catching the ball.
2. **Shooting/Goalie drill:** Have one player be a goalie and the others shooting the ball. After a few attempts, switch goalies.
3. **Follow the leader:** Pair up all players, each pair with two flat cones. Place cones 5 paces apart. Players face each other across an imaginary line between the two cones; one player is the leader, the other is the follower. Leader uses good footwork and attempts to touch just outside either of the cones before the follower can touch just inside; if they are successful, they get a