



# Oroville Youth Soccer Club Coaching Guide

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### **Mission Statement -**

Oroville Youth Soccer Club is committed to an atmosphere of teamwork , sportsmanship and respect while developing individual soccer skills and fostering attitudes of spirit, cooperation and responsibility within the youth of the Greater Oroville Area.

### **Drug and Alcohol Policy-**

It is the policy of Oroville Youth Soccer Club to promote a drug and alcohol free environment. The use of drugs and alcohol by club members (including coaching staff, players, and fans) during club sponsored events is discouraged.

### **Violence and harassment Policy-**

In an effort to promote the club mission statement, violence and harassment will not be tolerated during club sponsored activities. This includes practice, games, tournaments, and other venues when representing the club. Coaches, players, and fans should respect all other members of the soccer community. Remember that the coach can be held accountable for the actions of its team and fans during games. A coach should be proactive in identifying potential issues.

## Glossary of Terms-

**Attacker:** A player on either team who has possession of the soccer ball.

**Breakaway:** When an attacker with the soccer ball approaches the soccer goal undefended.

**Corner Kick:** A type of restart where the soccer ball is kicked from the corner in an attempt to score.

**Dribbling:** The basic skill of advancing and controlling the soccer ball with the feet.

**Front Header:** When a player strikes a ball in the air with his or her forehead. This is the most common type of header.

**Goal:** When the entire soccer ball crosses the soccer goal line between the goalposts and below the crossbar for which a point is awarded.

**Handball/Handling:** When a player utilizes the hands, arms, or any portion of the hands or arms to intentionally control the ball.

**Goalkeeper:** A player positioned directly in front of the soccer goal who tries to prevent shots from getting into the net behind him. A goalkeeper is the only player allowed to use his hands and arms, though only within the penalty area.

**Kickoff:** The method of starting a game or restarting it after each goal, where a player passes the ball forward to a teammate from the center spot.

**Laws of the Game:** The 17 main rules for soccer established by FIFA.

**Passing:** When a player kicks the ball to his teammate; used to move the ball closer to the opposing goal, or to keep the ball away from an opponent or to give the ball to a player who is in a better position to score.

**Penalty Shot:** A kick taken from the penalty spot by a player against the opposing goalie without any players closer than 10 yards away. A penalty shot is awarded only for the most severe rule violations.

**Striker:** A striker is the team's most powerful and best-scoring forward who plays towards the center of the soccer field.

**Sweeper:** A defender who plays closest to his own goal behind the rest of the defenders.

**Tackling:** Tackling is the act of taking the ball away from a player by kicking or stopping it with the feet

**Yellow card:** A yellow card is given to a soccer player to warn him of dangerous or unsportsmanlike behavior.

## **Laws of the Game:**

FIFA and US Soccer recognize 17 laws of the game that govern the match. They are as follows:

Law 1: Field of Play- Dictates the size of the playing field, surface, markings, etc.

Law 2: The Ball- Dictates measurements and qualities of ball

Law 3: Number of Players- States number of players needed to start/finish game

Law 4: Players Equipment- Identifies player's equipment requirements

Law 5: The Referee- Has Authority to enforce Laws of the Game

Law 6: The Assistant Referees- Assist referee among other specified tasks

Law 7: The Duration of the Match- Time limits for match play

Law 8: Start and Re-Start of Play- Indicates how a game starts/restarts and under what conditions

Law 9: The Ball in and out of Play- Determines when a ball is considered out of play

Law 10: Method of Scoring- How a goal is determined

Law 11: Offside- When players are considered in an "off side" position

Law 12: Fouls and Misconduct- Identifies direct v. indirect free kick, red card v. yellow card, cautionable offenses v. sending off offenses

Law 13: Free Kick- Circumstances resulting in free kick

Law 14: Penalty Kick- Dictates how a PK is taken, where, and under what circumstances

Law 15: Throw-in- Mechanics for a throw in

Law 16: Goal Kick- conditions resulting in a goal kick

Law 17: Corner Kick- conditions resulting in a corner kick

\*Additional, detailed information regarding the 17 laws of soccer can be obtained at [ussoccer.com](http://ussoccer.com). It is recommended that all coaches read and are familiar with the laws of soccer in order to promote a better understanding of the game.

## **Player Code of Conduct:**

Coaches should have players review and agree with the Code of Conduct:

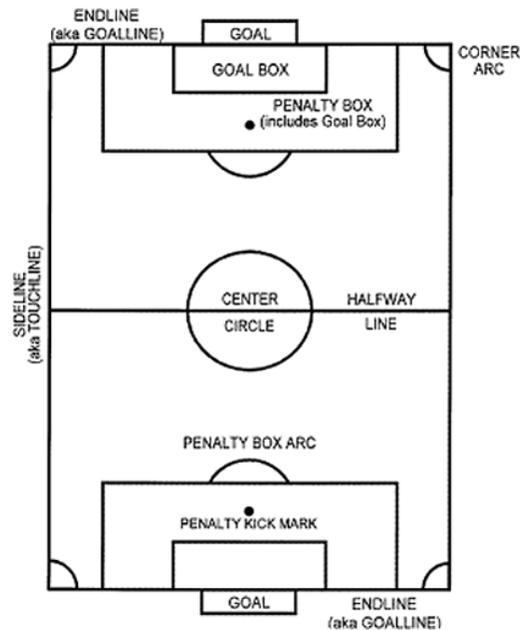
As a player of the Oroville Youth Soccer Club, I agree to:

- Play by the rules.
- Never argue with a referee or assistant referee, I understand that they are attempting to do their best. If I disagree I will speak with my coach.
- Control my temper and maintain control over my emotions. I will avoid negative comments and/or gestures, and I know that deliberately distracting or provoking an opponent is not acceptable or permitted behavior in soccer.
- Work equally hard for myself and my team. My team's performance will benefit, so will I.
- Be a good sport; applaud all good plays whether they are made by my team or the opposition.
- Treat all participants in soccer as I like to be treated. I will not bully or take unfair advantage of another competitor.
- Cooperate with your coach, teammates and opponents. Without them there would be no game.
- Participate for my own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Understand that my attitude can influence the players, coaches and spectators.
- Remember that practices are just as important as games and my attendance helps my team. I will notify my coach if I must miss a practice or a game.
- Play for the fun of soccer!

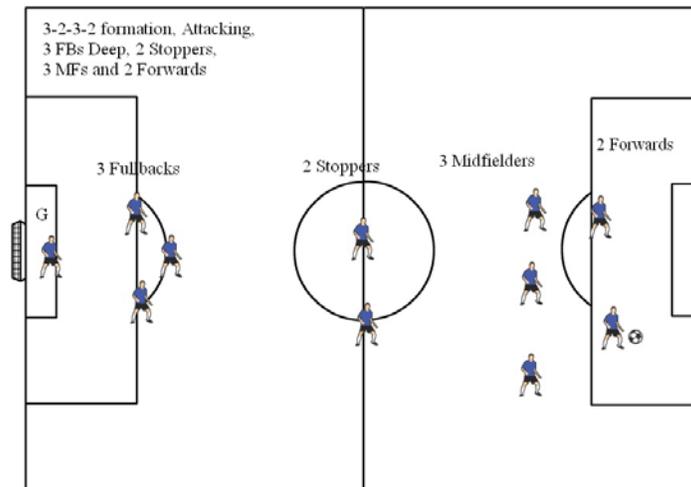
## **Butte Playing League Rules of Play:**

Refer to the Oroville Youth Soccer website. Click on the Butte Playing League link to obtain rules.

## Field of Play (Diagram):



## Player Positions:



\*courtesy of soccerhelp.com

There are many considerations when determining what formation to use on the field of play and how to assign the various positions. This diagram shows a basic 3-2-3-2 formation with two forwards, three mid-fielders, two stoppers, and three fullbacks. Consider player abilities, opponents, number of players, and number of substitutes when determining what type of formation to utilize during the game. Additional information is available on-line however, consider the source when determining which on-line resources are utilized.

## **Coaches Responsibilities:**

### **Practice Checklist:**

- Call players as soon as possible, practices should start no later than the 2<sup>nd</sup> week of August.
- Coaches are responsible for providing their own practice equipment (cones, balls, etc.) Encourage players to bring their own ball (and even cones.)
- During 1<sup>st</sup> practice, select assistant coach and team parent.
- Obtain team sponsor early in the season to allow time for jersey printing with sponsor information.
- All home games will be played at Riverbend Field. Practice locations will be determined by the coach.
- Team banners will be completed by opening day.
- Regular schedules and tournament schedules will be handed out on uniform day.
- Contact the director of coaches for your age group with any questions.
- Ensure player paperwork is completed for older age divisions. CYSA applications, birth certificates (copies), and photograph (for player pass) should be obtained and turned in to club registrar as soon as possible.
- (CPL; U-16 and U-19)Obtain player passes prior to first game day.

### **Game Day Checklist:**

- First game coach set up field (home games).
- Last game coach breaks down field and puts equipment away.
- Separate players/coaches on opposite side of field from spectators.
- (Older divisions)Provide player passes and completed game card to Referee.
- Identify potential hazards on the field and along the touchline.
- Ensure players have proper equipment in good repair.

### **Preparing for practice:**

In order to promote the club's mission, provide for a safe environment, reduce downtime, and encourage participation by players, coaches should prepare for practice in advance. Tips that will help accomplish this goal include consideration of safety, field of play, equipment, and objectives.

#### **Safety-**

A safe environment should be created at the beginning of practice. When setting up a practice area remember to walk the field and ensure that it is free of debris, uneven surfaces, and other hazards. If a hazardous situation can not be rectified, consider moving the practice area elsewhere.

#### **Field of Play-**

The practice area should be clearly delineated by cones or other markers. Although many areas are utilized on a first come, first serve basis, consider that other teams use the same fields for practice. Try not to occupy more space than what is necessary, this practice will help foster the spirit of cooperation between teams and coaches.

#### **Equipment-**

Ensure that you have all equipment necessary to complete a successful practice and that equipment is in good repair. Players should have properly fitting (and serviceable) footwear, shin guards, and clothing during practice. During games, players should also have matching uniforms that include jersey, shorts, and socks. Loose fitting clothing and jewelry should not be worn during games or practice.

Inexpensive cones are available to utilize as goals, delineators, etc. Practice goals, collapsible goals, and/or poles can be utilized.

Pennies (practice jerseys) can also be utilized for practice when separating players. Consider team uniform colors when obtaining practice jerseys. If, during games, the referee determines team colors are too similar, practice jerseys can be used to differentiate teams. Get colors that are opposite of game jerseys.

#### **Objectives:**

Each practice should have clearly stated objectives. In an effort to promote uniformity and better understanding of goals and objectives, the entire practice should center around one topic. Sample topics include dribbling, passing, shooting, defense, and attacking.

Practices should be set up in a four stage process that includes warm-up, small-sided activity, an expanded small-sided activity, and a game. Each of the activities should be pertinent to the objective and they should all lead up to the game. In addition, the activities should be relevant to the athletes abilities and age. Each stage should be progressively difficult in nature. Stage I should be mild in difficulty, Stage II should be intermediate, and Stage III should be difficult. The fourth stage, the game, should be free play time and the coach should allow the athlete to try to use the object goal in a practical environment.

## The Four Stage Process:

### Stage I:

Warm-up: Although coaching styles vary from team to team, warm-ups are an integral piece of the practice puzzle. As one example, FIFA has created the (11+) warm-up (available at <http://f-marc.com/11plus/home/>).

As another example (dribbling objective):

Set up a large enough area, delineated by cones, to accommodate the entire team while dribbling with the ball.

Organize players in pairs.

Play follow the leader (between pairs) and on each whistle, switch leader.

\*Alternatives can include rolling the ball with the bottom of the foot, using only inside or outside of foot to dribble, left foot only, right foot only, etc.

### Stretches



Up on toes. Don't bounce!



Thigh stretch. Younger players may need to rest their free hand on a partner's shoulder for support.



A. With knees slightly bent, reach for your ankles and hold for a few seconds.

B. For fun, swing like a rag doll in and out.



Back on heels. Bend forward slightly for balance.



With knees slightly bent, swing to one side, hold your ankle for a few seconds. Swing to the other side hold your ankle for a few seconds.



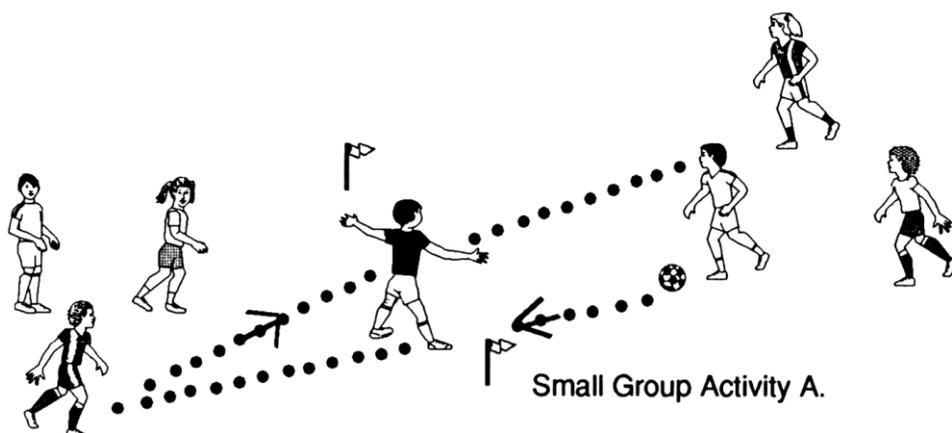
Toe touch. Have knees bent slightly and don't bounce.

\*Image courtesy usyouthsoccer.org

## Stage II:

Small-sided activity: Small sided activities utilize a limited number of players and a small field. This type of activity promotes participation by all players. In addition, the smaller field promotes better decision making of participants. 1v1, 2v2, 3v3, etc. are examples of small sided activities. Samples are available on line or at the OYSC website through the coach's clubhouse link.

A sample of a (Passing Objective) 2v2v2vG game is as follows:



\*Image courtesy usyouthsoccer.org

Three teams of two and a goalie.

One player from each team on either side of a 5 yard goal.

Players pass the ball through the goal to their teammate on the opposite side.

Other players try to intercept the ball and pass through goal to their teammate.

Keep track of goals for a 2 minute timeframe.

Switch teams, players.

\*This can also be used as a 2v2vG. Coaches can set up several of these small sided games at one time.

### Stage III:

Expanded small-sided activity: Should be an expanded version of Stage II. Coaches can include a game with stop/start coaching methods. Coaches can use stop/start methods when reinforcing objectives. Stop the game to coach position, passing options, or whatever the objective for the game is.

Sample of a 3v3 (passing objective) game:



\*Image courtesy usyouthsoccer.org

Set up a field of play that is 20 yards by 20 yards with goals along each edge. (1 yard wide.)

Divide into teams of three.

Offensive team must pass the ball at least (3,4,5 times; number determined by coach)

Each player on offense must have at least one touch on the ball.

Team can then score.

Defensive team attempts to take ball and then becomes offense.

\*Can either end by time (2 minutes) and then switch.

\*\*Goals can be enlarged and Goalies placed in goal (for alternate)

Set up multiple fields and run same game with additional players.

Rotate teams/players as needed.

**Stage IV:**

Game: Utilize a game environment to allow participants to practically apply lessons that were learned during stage one and stage two.

A sample of a game can include scrimmaging another team, or simply playing your offense v your defense on a small field (giving defense a smaller goal that allows them to score will keep them engaged.)

\*Copies of practice preparation worksheets are available at [ussoccer.com](http://ussoccer.com) in order to completely prepare for a successful practice.

Remember that these are only suggestions in order to help you prepare for a successful practice and games. There are a lot of resources available online in order to help coaches prepare. It is our goal to help new and seasoned coaches in preparing for a safe and enjoyable season.