



PAYSA

**Portland Area Youth
Soccer Association**

PO BOX 3205, PORTLAND MAINE 04104

Dear Coach,

Thank you for joining this year's PAYSA coaching staff: Your help in teaching the players the skills and knowledge about the game is instrumental to their development as soccer players. The number of "touches" on that ball that the player makes during a game or practice is the key to the acquisition of the skills needed to progress to higher levels of play.

The Recreational program is organized to provide registered players of all skill levels the opportunity to be a contributing member of the team. The small-sided game (smaller field and reduced number of players on the field at any given time) allows players to touch the ball a greater number of times during the game.

Your positive approach in working with the players will be greatly appreciated.

COACHES TRAINING

Recognizing that training our volunteer coaches greatly adds to the overall player experience, PAYSA has provided many materials on the website under the coach tab, will provide an online training for F license if interested, and makes attempts to support coaches through trainings, and access to the director of coaching.

UNIFORMS

PAYSA will continue with the soccer style jersey. Shorts and soccer socks will also be provided. Jerseys are designed after various countries. This maintains our tradition of naming teams after countries. The number of uniforms is based on the maximum number of players for your age group.

Please return any unused uniform items as soon as possible to the storage shed. Do the best with the sizes provided. If you find you do need another of a particular size, please contact the Recreation Director.

EQUIPMENT

An equipment bag will be available for each team. If you were a coach last year and still have possession of equipment from last year (or other previous years) please let us know. Replacing balls, cones and practice jerseys (pinnies) can become expensive. Each player should provide his/her own soccer ball of the appropriate size (U8 size 3, U10/12 size 4). If there is any equipment you find you need, or need more of, contact the Recreation Director.

PRACTICE

You may begin practices any time after receiving confirmation of field assignment. Since this is school sport preseason, practices may be occurring on your designated field. School teams always have priority on the fields. Please ensure that soccer players arrive with their soccer ball, shin guards and water. For safety reasons do not allow them to participate without shin guards. It is a good practice to keep a few extra pair in your coach's bag. If they are wearing soccer cleats insure that they do not have a cleat at the tip of the toe (this is a baseball shoe). Please make sure that players leave the practice only with their parent or a previously designated person (grandparent, car pool driver). You should not leave the field until all players have been picked up. It is also unacceptable to be left alone with someone else's child. Make arrangements for another adult to be with you until all children have been picked up. All players must be registered with PAYSA and you should have a copy of the

roster and registration forms in your equipment bag at all times. These forms contain important emergency contact and medical release Information.

FIELDS

The number of fields available to us is limited. Selection will take place via direction of the Rec Director and Age Group Coordinators. Although we cannot guarantee your first choice, it is likely you will get your first or second. If your field is being used by a school activity, try to utilize whatever space is available until the school team leaves the field. Please advise us of any problems with your practice field, such as locked gates, grass not mowed, or conflicts with other users. Given the condition of the fields and potential liability, the City of Portland has instructed us that all games and practices must be cancelled if it is raining or a hard rain has fallen just prior to your scheduled practice. If in doubt call the Portland cancellation line (756-8130). Please observe these rules. If games must be cancelled; that information will be posted on the PAYSA Facebook page. Cancellation determinations are usually made between 10 and 11 AM. In general cancelled games will not be rescheduled, however PAYSA will attempt to provide make up games if the total number of lost games does not exceed two. Our goal is to get in 7 games for each team.

All game fields used by PAYSA REC are lined by PAYSA. This year, each coach will identify volunteers from each team to help line fields. Further direction will be provided by the Rec Director and Age Group Coordinators.

SOCCER GOALS

It will be the responsibility of the lining/set up volunteers to bring the goals from their storage place to the field, line the fields with yellow paint, and place all corner flags. The teams playing the last games of day for each field should return the goals and corner flags to the designated storage area. It is not necessary to remove the nets from goals. Since there are two teams at every game, each should be responsible for one goal. Assign two adults to each goal when it is your responsibility. When moving a goal, drag them across the field by grabbing the top cross bar. Players should **not** be moving the goals.

Personal injury from unsecured goals is on the rise. Please insure that any goal being used is secured with stakes (J hooks), sand bags or some other heavy object. This goes for practices as well as games. **DO NOT USE A GOAL THAT HAS NOT BEEN SECURED.**

Designated goal storage:

Presumpscot (U12): Goals should be placed along the fence at the far side of the field. Lay the goals down on their face with the bottom against the fence.

Douglass (U8/U10): Goals should be placed behind the baseball backstop near the green shed and linked together using the lock provided.

GAMES

The U8 and U10 games will be played on Sundays at the Douglass St (Doherty) complex. The U12 games will be played on Saturdays at Presumpscot School. Please encourage your players to arrive ½ hour before game time to warm up. Please be mindful of starting times. Referees are instructed to END a game promptly as scheduled. Games will start at designated times or when teams are ready.

It is PAYSA policy, and the spirit of recreational play, that all members play at least 50% of the game. Goalkeepers should only play one half in the goal. Players should be encouraged to play in all positions (including goalkeeper) during the season.

Teams are formed primarily by school affiliation. No attempt is made to "balance" skill level between teams. Keep in mind this is a developmental program where learning the game is the primary goal. No standings are kept. There is no need to run up the score. Emphasis should be placed on correct technique, ball handling and just having fun. The goals are big and players are small. Players should be commended for mastering skills.

Captains: Team captains will meet with the referee to determine initial ball possession. Rotate the selection of captains through your roster so everyone gets the honor.

Spectators: Parents and other spectators should remain across the field from the team and should not be near goals. Referees are instructed to strictly enforce this and will delay the start of a game. Remember games will END on time.

Referees: U8 games are refereed by the coaches. U10 and U12 games have referees paid for by PAYSA. For the most part our referees are high school soccer players. PAYSA requires all referees to attend certification classes. Please take the time to meet the referee prior to every game. The referee is in charge of the game and has the authority to even remove coaches from the field.

ROSTERS

Please let your age group coordinator know if a vacancy occurs on your team. In most age groups there is a waiting list of players. DO NOT add players without the concurrence of the age group coordinator and PAYSA Recreation Director. Teams will have between 10 and 15 players dependent on the age group. Numbers are kept down to maximize playing time.

ASSISTANTS

If parents step up to help you on a regular basis, please have them register as a coach as you did, and notify the Age Group Coordinator to add them to the team as an assistant coach. SoccerMaine does a background check and this is required in order to have a safe program.

If you have any questions, problems or concerns, contact your Age Group Coordinator.

2018 AGE GROUP COORDINATORS:

U6-Laura Fries
U8 G-Ryan Hodgman
U8 B-Renee Bourgeios
U10 G-Bethany Roma
U10 B-Meghan Graser
U12-Jeff Levine

Ann Freeman, Coaching Director Portland Area Youth Soccer Association www.paysasoccer.com coachdir@paysasoccer.com	Angela Hansen, Recreation Director Portland Area Youth Soccer Association www.paysasoccer.com recdir@paysasoccer.com
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PAYSA MODIFIED LAWS OF THE GAME FOR IN-HOUSE PROGRAMS

INTRODUCTION

The PAYSA Modified Laws of the Game and the additional rules for the in-house programs are adopted by the Board of Directors to serve the specific needs of the children for whom PAYSA exists. These Laws of the Game and the additional rules for in-house programs shall be reviewed annually by the Board of Directors before the start of each fall season of play. The laws and additional rules may be amended from time to time by a majority vote of the Board of Directors.

I. THE FIELD

A. Dimensions: U8 50 yd by 30 yd maximum
U10 60 yd by 40 yd maximum
U12 70 yd by 50 yd maximum

B. Markings: U8 Games

- Distinctive lines at least 3' wide
- A half line across the field
- A center circle with 5 yd radius
- Corner cones or flags with 2' corner arcs.
- A goal area 3-yd from each goal post and 3 yd into the field connected by a line parallel with the goal line.

U10 Games

- Distinctive lines at least 3" wide
- A half line across the field
- A center circle with 7 yd radius
- Corner cones or flags with 2' corner arcs.
- A goal area 3-yd from each goal post and 3 yd into the field connected by a line parallel with the goal line.

U12 Games

- Distinctive lines at least 3' wide
- A half line across the field
- A center circle with a 8 yd radius
- Corner cones or flags with 2' corner arcs
- A goal area 6-yd from each goal post and 6 yd into the field connected by a line parallel with the goal line.

C. Goals: U8 4' by 6'
U10 7' by 12'
U12 7' by 21'

II. THE BALL

U8 size 3 stitched
U10 size 4 stitched
U12 size 4 stitched

III. NUMBER OF PLAYERS

	<u>U8</u>	<u>U10</u>	<u>U12</u>
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A. On the field	5 (max)	5+keeper	7+keeper
B. Rosters (max)	10	12	14

- C. Playing time per game All play a minimum of 50 % of game
- D. Goalkeepers All team members should take turns in this position during the season. No individual may play in goal for more than 50% of the total playing time of the game.
- E. Substitutions: With the Referee's consent on any stoppage of play EXCEPT corner kicks and penalty kicks

IV. **PLAYER'S EQUIPMENT**

- A. All players, all ages: team shirt and socks, shin guards, common color shorts, soft cleated soccer shoes or tennis shoes
- B. Goalkeepers: contrasting color, long sleeved shirt
- C. Forbidden items: watches, bracelets, necklaces, earrings other than studs, scarves, hooded sweatshirts, metal hair clips or pins

V. **REFEREES**

- A. U8 Coaches and Assistant Coaches
- B. U10/U12 PAYSA registered referees assigned by the Referee Coordinator
- C. NO DISSENT All decisions on points of fact connected with the game are final.
- D. Instructions: Referees are encouraged to briefly explain rule infraction to the offending player

VI. **LINESMEN**

Shall conform to the Laws of the Game if used, not generally used in recreational games.

VII. **DURATION OF GAME**

- A. Age Groups U8 2-20 minute halves, 5 minutes between halves
U10 2-25 minute halves, 5 minutes between halves
U12 2-30 minute halves, 5 minutes between halves
- B. Time: Running time shall be kept by the Referee.
- C. Scheduled End: Games MUST end at the scheduled time regardless when the match is started. If the start time is delayed, the first half shall be shortened appropriately.

VIII. **START OF PLAY**

- A. Shall conform to the Laws of the Game if the field is marked with a center circle except that one rekick shall be permitted after a brief explanation by the Referee to the offending player
- B. When the field is not marked with a center circle. All opponents shall give 8 yds from the ball

IX. **BALL IN & OUT OF PLAY**

Shall conform to the Laws of the game.

X. **METHOD OF SCORING**

Shall conform to the Laws of the Game except that if cones are used to mark the goals, the ball shall not touch a cone, and the height of the goal shall be shoulder height of the goalkeeper.

XI. **OFF SIDE**

- A. The offside rule shall not be enforced, but 'cherry picking' or hanging around the goal shall be discouraged.
- B. Program coordinators may elect to enforce the offside rule in the U12 age divisions upon a 2 week advanced notice to coaches.

XII. FOULS & MISCONDUCT

- A. Shall conform to the Laws of the Game except that:
- B. All intentional fouls will result in an indirect free kick with the opponents at least 8 yards away or on their goal line, whichever is shorter.
- C. The referee is encouraged to briefly explain all rule infractions to the offending player.

XIII. FREE KICKS

- A. Shall conform to the Laws of the Game except that:
- B. All free kicks shall be indirect - a goal may not be scored unless touched by at least one other player from either team.

XIV. PENALTY KICKS

- A. There shall be no penalty kicks awarded.
- B. Tie games stand.

XV. THROW-IN

- A. Shall conform to the Laws of the Game except that:
- B. One rethrow shall be allowed after a brief explanation of the infraction by the referee

XVI. GOAL KICK

- A. Shall conform to the Laws of the Game except that:
- B. It may be taken from any point on the goal line, and;
- C. All opponents must retreat to half field.

XVII. CORNER KICK

- A. Shall conform to the Laws of the Game except that:
- B. All opponents must be at least 8 yards away from the ball

ADDITIONAL RULES FOR IN-HOUSE PROGRAMS

1. The Board of Directors shall annually appoint the following Age Group Coordinators:
 - U8 Program Coordinators (girls, boys)
 - U10 Program Coordinators (girls, boys)
 - U12 program Coordinators (girls, boys)
2. The Referee Coordinator shall assign the Referees to all scheduled in-house matches except U8. The Program Coordinators shall set the schedule of matches and communicate these schedules to the Referee Coordinator.
3. Referees shall promptly report all red card ejections and other problems or concerns to the Referee Coordinator. Coaches shall also bring any complaints or problems to the Recreation Director to forward to the Referee Coordinator.
4. Weather cancellations prior to the start of a game are the decision of the Recreation Director. Cancellations after a game has begun is the decision of the Referee.

5. Before the game is started:
 - A. The Referee shall inspect the field and the goals.
 - B. The Referee shall inspect the players and their equipment.
 - C. A stitched game ball shall be supplied by one of the teams.
 - D. Both teams shall be in reserve in different halves of the same side of the field and not closer than 3 feet from the touchline.
 - E. All parents and spectators shall be on the side of the field opposite the teams and not closer than 4 feet from the touchline.
 - F. No coaches or spectators are permitted to stand at the end of the field within 10 yards of the goal line.
 - G. If one or both of the teams have less than seven players present, the Coaches by mutual agreement, may reduce the number of field players or redistribute players between the teams for that match.
6. During the match, the Coaches shall remain off the field of play unless waived on by the Referee. Coaches shall not roam farther than the center of their side of the sideline. No coach or spectator is permitted to run alongside the field during a match.
7. Coaching from the sideline during the match by yelling instructions to individuals when the ball is in play is to be discouraged. The appropriate times for individual instruction are at practices, before and after the matches, at the half and when players are in reserve. Confronting situations and making decisions during play is part of the experience of the game that belongs to the individual players.
8. If play is stopped because of an injury, it shall be restarted by a drop ball at least 12 yards from any goal.
9. Substitutions: The Coach shall hail the Referee, indicating that a substitution is desired. Players shall stand at the sideline at the centerline and must not go on the field until waived on by the Referee. Play shall be resumed with a whistle.
10. Each individual shall play a minimum of 50% of the total playing time, and they should not remain on the sideline in reserve for more than 10 minutes at a time. Players who play in the goal for a half shall also be permitted to play in the field for the other half. A team is not required to substitute every position to comply with the 50% play rule.
11. Standings and individual records shall not be kept.
12. Coaches are expected to take all reasonable measures to avoid lopsided scores (i.e. a win by a margin of more than three goals). Such measures may include strategic substitutions, designating certain weaker players as targets for stronger players to assist by setting them up for opportunities to score, imposing restrictions on players such as left-foot shots only, etc. Such measures may not include relaxation or violation of the 50 % minimum play rule for all players.
13. At the conclusion of the match, the Referee shall return the game ball, and the players and Coaches shall form lines and shake the hands of their opponents. This shall occur immediately after the conclusion of the match and before any refreshments are served to the players
14. Minimum Age: The youngest age division is the U8 or under eight age division. The minimum age to participate is 6 as of the first of August of the current year.
15. Age Divisions: The in-house program shall consist of separate girls and boys team the following age divisions: under 8 (U8), under 10 (U10), and under 12 (U12). Each age division shall consist of not more than two full years of ages and players. For example, the under 8 division shall include players who are 6 and 7 but not players who are older than 7 or younger than 6 as of the appropriate cut off date. The PAYSA Board of Directors will address exceptions on a case by case basis.

16. Assignment of Players: All players in the in-house program shall be assigned by the appropriate Age Group Coordinator in accordance with the procedures adopted by the Board of Directors for player assignment.

All players shall be required to play in the appropriate age division unless the Board of Directors approves an exception. Exceptions must be also be with the consent of the Recreation Director, the players and his or her parents. Exceptions will not be approved unless the proposed change can be accomplished without undue disruption to any teams and the change will benefit the growth and development of the individual player.

17. The Referee Coordinator shall distribute these Modified Laws and additional Rules to the Referees, and the Recreation Director shall distribute them to the Coaches and assistant Coaches in the league in advance of the first match of the season.
18. The PAYSA Modified Laws of the Game may be amended from time to time by majority vote of the Board of Directors with a minimum of one week's advance notice to all Directors. The Laws and Additional Rules shall be reviewed annually by the Board before the start of each fall season of play.

GETTING STARTED

A Checklist for Coaches

- Attend coaches administrative meeting or review all materials and information emailed, meet age group coordinator, receive team roster, equipment and uniforms. Pictures and game schedule will be distributed to coaches by Age Group Coordinators or Rec Director.
- Read over all material provided at the meeting
- Set up a notebook. It should contain the following:
 - Roster of players, parents names and telephone numbers
 - Game schedule
 - Name, address, telephone number, email of Age Group Coordinator,
 - Outline of training sessions
 - Copy of any handouts given to players
 - Copy of PAYSA's Modified Laws of the Game
 - Signed copy of each player's registration form
 - Notes from training sessions.
 - Notes from each game
 - Copy of any handout provided by PAYSA
- Find a team parent and assistant coaches if necessary. Also find a field lining volunteer for the season. (All adults working with children are required to register as an adult volunteer and will be listed on the team roster. If a parent, volunteers to help out, please have them contact the Recreation Director to be added to the team roster in the GotSoccer system.)
- Hold a team meeting with players and parents:
 - Handout: Letter of introduction
 - Handout: schedule of practices and games
 - Handout: copy of roster (team players, contact information)
 - Verify information, telephone, email address
 - Discuss: goals for the season
 - Discuss: roles, responsibilities of coaches
 - Discuss: roles, responsibilities of players
 - Discuss: roles, responsibilities of parents (zero tolerance rule)
- Personally contact each parent by telephone and inform them of the time and place for the first meeting and training session with the team. Be sure to advise them of the mandatory rule regarding shin guards and tell them that their son or daughter must bring a water bottle, their own soccer ball, and appropriate clothing.
- Run the first training session

TIPS FOR BEING A SUCCESSFUL COACH

1. Be organized
2. Start with a meeting of players and parents together
3. Make everyone, especially the players, comfortable and at ease (most of the children will be naturally uncomfortable, nervous, afraid, worried they won't fit in, etc.).
4. Give out all written materials and highlight the information which they will all need to know immediately.
5. Make each player briefly introduce themselves and their parents (e.g. name, age, school, name of parent, first time or returning player).
6. Briefly review the basic safety rules with everyone; keep it simple, but make sure everyone understands the basic rules.
7. Explain the routine you intend to follow for every training session and for the matches (see Promoting the Safety of Players).
8. Start the training session; ask parents to stay and observe this session.
9. End the session 10 minutes early to have time to speak individually with parents and address any questions or concerns.
10. Attend all scheduled coaches clinics and coaches meetings. Attendance is mandatory if not previously attended.
11. Direct all questions and concerns to the Age Group Coordinator or Recreation Director.

TIPS FOR PLANNING A TRAINING SESSION

Note the fundamental skills of soccer. Training sessions should be designed so that all players will be introduced to each of the fundamental skills. Take note also of the basic rules of the game. Your primary responsibility as a coach in the PAYSA.recreational/instructional program is to assist the players to develop fundamentally sound soccer skills and knowledge of the rules of the game. The basic task is to find ways to assist the players to obtain this knowledge and these skills that are fun and enjoyable such that at the end of the season, every player on your team has shown improvement and every player on your team will be looking forward to the next season or the next opportunity to play soccer. Every volunteer coach can achieve each of these basic objectives.

It is important to be organized. You need written plan for each training session, and you need an outline of the training sessions for the entire season to be sure that you cover all of the fundamental skills and the basic laws of the game. There should be a primary theme for every training session. The theme should be focused around one or two of the fundamental skills. For example, the theme of the first training session might be the rule about keeping the ball within the field of play and how the ball is put back into the field of play when it is kicked out of bounds; this would allow you to demonstrate the basic techniques involved in a throw-in and to explain restarts with a throw-in, a corner kick, and a goal kick and to explain when each method is to be used during the match.

Most of the activities and games during the training session should focus around the theme, but it is also important to reserve some time for reviewing information and skills the team has worked on in the past.

It is important to keep the players under your control at all times. The easiest way to establish control and to maintain control from one training session to the next, is to establish a set of individual warm-up activities that each player is required to perform from the moment they arrive at the field for the training session and have laced up their soccer shoes.

An example of a set of individual warm-up activities might include two laps around the soccer pitch dribbling the ball, touching the ball with each step of the foot to be followed by two or three minutes of juggling or attempts at juggling the soccer ball to be followed by passing and receiving in pairs only and only from a short distance of ten yards or less with a requirement that players be restricted to two touches on the ball only. This means that the player tries to receive and prepare the ball using only one touch with the foot and he or she then attempts to make a short accurate pass using only one additional touch with the opposite foot. The players should be instructed to continue this third warm-up activity until the coach calls the team together to start the training session.

It is essential for the coach to be at the site of the training session on time or slightly early. However, if the players learn that they must follow the basic warm-up routine before the training session can be started, all players can be immediately engaged in a safe and productive activity from the moment they arrive at the field even if they arrive early.

(Parents should be discouraged from bringing their children to the training session early unless they remain at the field with their child until the coach has arrived).

Each training session should consist of five parts. Warm-up and stretching, individual activities with the ball, a brief team meeting for purposes of review and any administrative matters, small group activities involving two or three players working together, and a large group activity or set of activities involving the entire team all engaged together (for example, a game of keep away or a team scrimmage). Remember that each of these parts of the training session should all revolve around the theme.

Avoid activities that require players to spend much if any time watching or listening. Lines are to be avoided. The coach should make sure that the players move through one activity to the next keeping a close eye on the players to keep them engaged, focused and having fun. Watch for signs of boredom and confusion. Plan more activities than you realistically can expect to complete in the training session which should only run not more than one and one

half hours. This will permit you to discard or quickly move through an activity that just does not seem to be capturing the interest or imagination of the players.

Remember that demonstrations are almost always preferred over verbal explanations. Encourage players to volunteer to demonstrate mastery of a particular technique or skill. Call on the players you believe who have mastered the skill. This will help to build their confidence and self-esteem, and it may help to motivate other players to continue to train to win the praises of their coach or their peers.

When you plan an activity, make a list of the parameters you may establish for the players. The rules of any activity should be freely modified to make sure that the objectives are achievable. If, during an activity, you observe that the players are struggling to achieve success, it is your responsibility to change the rules or the parameters of the activity so that the players will be sure to succeed. Challenge the players appropriately and build in enough flexibility to modify the activity to make sure that the players will succeed.

During any given team activity, you can individualize the rules for your players so that each individual is appropriately challenged and so that each individual can experience success. For example, a returning or experienced player might be challenged to avoid more than two touches on the ball during a game of keep away, while a novice player might be given license to touch the ball as often as necessary to get it under control before passing it to her teammate. An experienced player might be challenged to try to score goals only to a narrow target or with their left foot, etc., while a novice player might be given a license to shoot with either foot and at a target involving anywhere inside the goal area, etc.

There are any number of sources of information regarding activities and exercises and games that can be used for training sessions. Books and video tapes are available from the public library or online. Another excellent source of ideas are the other coaches in the program and especially the PAYSA team coaches. Coaches are always welcome to attend and observe training sessions of other teams. No special invitations are required; our competitive teams' coaches can be contacted through the Recreation Director.

It is helpful to keep a weekly attendance sheet so that you can spot any patterns of absences and follow-up with the players or parents. Some players may decide to drop out for one reason or another. When this happens, the Recreation Director may have a player on a waiting list who can be assigned to fill the vacancy.

The most important individual skills for young players involve ball handling techniques, dribbling, shielding, receiving and preparing the ball, juggling, fakes and quick changes of direction, etc. Every training session should involve time when players are required to practice these techniques.

Be sure to make use of the parents for each training session. The coach or the assistant coach must never be alone at the training session without another adult being present. This is a basic safety rule for which no exceptions can be allowed. It may be necessary for the parents to establish a schedule to identify who is going to be at each scheduled training session along with the coach or the assistant coach. The parents should also be asked to walk over the practice area before the training session begins to remove any hazardous objects, sticks, broken glass, etc. Many of the parents have little or no knowledge or understanding of soccer. These parents can develop an understanding of the game by observing the training sessions, and they should be encouraged to participate. Let all of the parents know at the first meeting that they are welcome and encouraged to attend the training sessions and to observe and to let you know if they have an interest in being involved as a participant during the training sessions. Try to avoid asking your players to perform any activity that you are not willing to try yourself, and never be afraid to show them that you are willing to do this so that they will understand that you appreciate how difficult or how easy a skill or technique is that you are expecting them to master.

Try to avoid negative comments. One way of providing constructive criticism is to sandwich the message in between two positive statements about the player. Any comment such as "I think you can do that better" is preferable to a comment such as "that was a lousy pass".

Avoid spending much time during any training session for a full team scrimmage. A team scrimmage should never involve more than a third of the training session and even when a full team scrimmage is planned, the coach should

be sure to impose specific rules on the players to emphasize whatever techniques are part of the theme for that training session.

Activities with the team in addition to the regular weekly training sessions are permitted and encouraged, but the two adult rule must always be observed. Arranging for the players to attend a local high school or college match together as a team is a way to help the team build a group identity.

TIPS FOR COACHING A MATCH

The matches during the season are intended to be used as a teaching experience for the players. It is their opportunity to try to incorporate the activities and skills they have learned during the training sessions. Soccer is essentially a players' game, unlike a sport such as baseball where most of the game is orchestrated by the coach or team manager. Coaching from the sidelines during a soccer match is to be discouraged. It is actually a violation of the laws of the game. The coach really only has an opportunity to direct the players during the warm-up period-before the match begins and during the half-time-break. There is also an opportunity to instruct players who are standing on the sidelines in reserve waiting to be subbed into play.

Under the PAYSA Modified Laws of the Game, every player on the team is entitled to play during a minimum of 50% of the match. This does not mean, of course, that a player may play an entire half and then be required to sit out for the second half. Players should not be on the sidelines in reserve for more than five or six minutes to keep them focused and engaged. However, it is important to understand that the rule does not require every player to play an equal amount of playing time. It is permitted for some players to play more than others so long as no player plays any less than 50% of the total playing time. The player who is assigned the position of goalkeeper should remain in that position for an entire half although exceptions may be made if the other team is running up the score (this is to be discouraged). The keeper's position must be substituted at half-time. A player may not play more than one half in the goalkeeper's position in any single match.

All of the players should be encouraged to try their hand in the goalkeeper's position during the season although there may be one or two players that simply cannot be persuaded to do this. It is preferable for the coach to approach players individually rather than to ask for volunteers. This is the best way to ensure that the largest number of players on the team have an opportunity to experience the goalkeeper's position. Remember that our league is a developmental or instructional league. No one is born a goalkeeper and young players should not be identified with a single position on the field at an early age so that they have an opportunity to fully develop all of their soccer skills.

The easiest way to manage substitutions and to enforce the 50% minimum play rule is to pair players for substitutions. The pairs should be maintained at least for an entire half and sometimes for an entire match. This makes it possible for the coach to concentrate on other matters during the match. Players in reserve during the match already know the player they will replace when the call is made for substitutions. Some coaches find it easier to assign the responsibility for substitutions to their assistant. The pairing of players for purposes of substitutions can also be planned well in advance of the match to free up the coach's time during the warm-up period to help the players stretch and mentally focus on the match that is about to begin.

We play short-sided matches in the recreational/instructional league. This means that there will only be six or seven players including the goal keeper on the field at any given time. If the match involves seven players on the field, one of whom is the goalkeeper, the positions on the field can be fairly loosely defined as two backs, two mid-fielders, and two wings or strikers, or two backs, a center/mid-fielder, two wings, and a center striker, or two backs, a sweeper, an enter/mid-fielder, and two forwards or two wings. Any of these different arrangements are acceptable and may prove to be effective depending upon the tendencies and the level of skill and understanding of the players. The format can also be changed during the match in an effort to put more pressure on the opponent's goal or to reduce the amount of pressure on the opponent's goal if the team has an obvious advantage over the opponent.

It is recommended by some coaches that players remain assigned to only a single position during a match, but this is up to the coaches' discretion. Some experienced players may be used for a variety of different positions during the match, and the coach should freely move experienced players especially if the team is over powering their opponent, for example, an experienced player might be able to score several goals early in a match, and the coach

should not hesitate to switch the player to defense or challenge the player to support some other player who has not yet scored. However, it is often beneficial to allow the less experienced or novice players to experience a position on the field for a sufficient length of time so that they can develop an understanding of the role of that position. Moving players, especially novice players, from one position to the next, may cause confusion and frustrate the player.

In the U10 and U12 age divisions, the coach should encourage players to experiment with all of the various positions on the field during the season. It is not advisable to restrict a player to a single position for an entire season even though it may take some players somewhat longer than a single match to master the essential responsibilities of a particular position. It is also not advisable to attempt to overly structure or restrict any of the positions on the field, for example, the players should be advised that everyone on the team has defensive responsibilities when the opponent gains possession of the ball, and everyone on the team is part of the offensive attack when anyone on the team is able to gain possession of the ball; fullbacks should be given a green light to advance the ball forward into the attacking third of the opponents field when they do not meet any resistance in front of them, and players in a forward position should be expected to learn to cover for any fullback who advances this far towards the opponents goal. Soccer is a players' game. It requires each player to continually judge the situation on the field as it develops and to make appropriate decisions to support the team whether the team is on the defense or on the attack.

It is advisable to identify for the players the positions on the field who are responsible for throw-ins. Using players who are assigned as fullbacks for this purpose will strengthen the offensive attack of the team, because it is more likely to encourage the other players on the team to get forward on the ball. Using mid-fielders or wings for this purpose may be appropriate if the team needs a more defensive orientation against their opponent. However, regardless of which positions are assigned the task of throw-ins, it is helpful for the players to know in advance who has this responsibility on the field.

It is also advisable to set out a location on the field for the players for common situations such as corner kicks and goal kicks. The coach has the option of assigning a field player to take the goal kicks, but a player who is playing in the goal could also be assigned this task during the match depending on their skill and abilities. It makes the match less confusing for the players if they know in advance who is going to be assigned the task of the goal kicks. The same is true for corner kicks. However, note that this suggestion is not intended to encourage coaches to restrict goal kicks and corner kicks to only a limited number of players on the team during an entire season, and the coach is encouraged to change the assignment during the match so that more than one player is given the opportunity to try to master the skills involved in kicking a dead ball to a target with some distance and accuracy.

It is often impossible for the coach to predict the absences of players at any given match. It is unusual for all of the players on the team to attend all of the matches, and players often will not be able to advise the coach in advance that they are going to miss a match even though they should be encouraged to do this whenever possible. This means that whatever advance plans a coach may have drawn for pair substitutions and for positions on the field, might need to be revised when the coach discovers that someone is absent on the day of the match. Injuries during a match and the score during the match may also cause the coach to alter the plans for the match.

Players should be required to arrive at the field on the day of the match and be ready to warm up a minimum of 30 minutes before the game is scheduled to begin. Some players take longer than others to get on their shin guards, socks, and soccer shoes. Players should be advised to arrive as early as necessary so that they will be dressed and ready to begin the warm-up activities 30 minutes before the match is scheduled to begin.

The warm-up period prior to the match is a very important time for the coach. This is the time when the coach will assign the players to their positions and to their pairings for substitutions. It is also a time that the players need to warm-up and stretch their muscles and to focus their minds on the competitive exercise they are about to begin.

During the warm-up period the coach should also use the time to review and reinforce the skills and techniques that were practiced during the training sessions in the week prior to the match. Furthermore, coaches may find it helpful to assign a point score to every time a member of the team is able to demonstrate a particular skill or technique that was the focus of the week's training sessions. Such a scoring activity is a way for the team to

demonstrate to the coach that they have mastered a particular skill or technique. Players will enjoy such a contest especially if the coach sets a score total that the players are challenged to beat. This technique can also be used to de-emphasize the importance of winning, and it can be used to ensure that the players will experience success even if they lose the match. For example, the team could be instructed that they will earn a point for every proper throw-in and two points or three points for every goal scored *off* of an assist or for every successful crossing pass taken from deep in the attacking third across the front of the opponent's goal, etc.

The coach should instruct the parents that they are invited to watch the match, but only from the side of the field opposite the coach and the players who are in reserve. This is one of the modified laws of the game for the recreational league. Coaches should also instruct the parents that they should try to keep all of their comments during the match general and not personalized to any individual, and they should recognize good play from both teams.

The coach is encouraged to set a high standard for sportsmanship. Intentional fouls should be sanctioned by the coach by removing the player from the field to be cautioned in private away from the ears of the other players. At the conclusion of the match the winning team is encouraged to give the other team a cheer and handshakes all around are an essential requirement that the referees are expected to supervise before the match is considered at an end. After the match the coach should take the players to a quiet area without the parents to enjoy the refreshments (juice or hot chocolate) and to provide some positive and motivating comments for the team and to permit the players to unwind after the match. However, coaches are advised to keep these post-match meetings short because parents are often anxious to get to other family activities. Parents may also have comments or questions they want to raise individually with the coach after the match.

Coaches are expected to take all reasonable measures to avoid lop-sided scores, i.e. a win by a margin of more than two goals is considered lop-sided in the recreational league. Such measures as strategic substitutions, designating certain weaker players as targets for stronger players to assist for scoring opportunities, imposing restrictions on players such as left footed shots or head shots only, etc. are encouraged. However, such measures may not include any relaxation of violation of the 50% minimum play rule for all players regardless of the score of the match. Coaches are encouraged to promptly recognize the possibility of a lopsided score and to implement appropriate counter measures in a timely fashion so as to achieve the objectives behind this league rule. The challenges imposed on the stronger team should become progressively difficult as the score increases. This will keep the interest of the stronger players and avoid discouraging the players on the losing team. In order for the coach to be able to do this effectively, the players should be instructed during a training session so that they will be familiar with the restrictions that may be imposed on them during a match and so that they will understand that the rationale for imposing such restrictions is simply to challenge the players so that they can further develop their skills and techniques and not to embarrass the weaker opponents. Because this rule is not always an easy one to implement or enforce, all coaches are expected to plan ahead so that restrictions can be effectively and appropriately implemented during the course of any match

THE SIX FUNDAMENTAL SKILLS OF SOCCER

Ball handling:

- dribbling
- shielding
- receiving/preparing
- (juggling)

Kicking:

- passing
- shooting
- corner kicks, free kicks

Heading

Throw-in

Defending:

- marking
- tackling

Goalkeeping:

- saves
- distribution

PROMOTING THE SAFETY OF PLAYERS (8/12/93)

Soccer is a contact sport, and minor injuries are not uncommon. Youth soccer coaches, of course, cannot guarantee the absolute safety of players, but the coach has an important role to play in promoting a safe playing experience. The following suggestions are intended to help you promote the safety of your players.

Develop a clear set of rules and communicate them to your players and their parents at the very beginning of the season.

Everyone has an important role to play in promoting a safe playing experience. The coach cannot do it alone.

KNOW YOUR PLAYERS. You should obtain a copy of each player's PAYSA registration form. It contains important information concerning the player's medical problems as well as the names and telephone numbers of parents and the name of a primary treating physician. These registration forms should be kept with your coaching documents, and you should bring them with you to practices and games. Be sure to discuss any known medical problems with the parents at the beginning of the season, and do not be afraid to ask the parents to provide you with additional information regarding any medical conditions so that you have a basic understanding of the restrictions a particular medical problem may impose upon a player. Share your concerns about any player with the PAYSA program coordinator. Advise the parents of players at the beginning of the season that they are expected to notify you promptly of any new medical problems or illnesses that develop during the season.

STRICTLY ENFORCE THE RULES CONCERNING PLAYER EQUIPMENT AND UNIFORMS. Shin guards are mandatory equipment for all players at all times, including practices as well as games. No exceptions are permitted. Players must also wear knee-length socks' so that the shin guards are completely covered by the sock. Shirts must be tucked in during play. Hooded sweatshirts are permitted, but if the player is not using the hood, it must be tucked in at the neck. Players must remove all jewelry, watches and metal hair clips during play. Players should bring their own water bottles to practices and matches. Proper soccer shoes are strongly recommended. Football and baseball cleats are prohibited. Shoe laces should be securely tied and tucked in during play. A brief inspection of all players should be a regular preliminary routine before every practice and match.

ESTABLISH AND KEEP CONTROL OF YOUR PLAYERS. It is important to establish and maintain control of your players at all times. Make every effort to be on time for each practice and match. Note that if players are not supervised when they arrive for a practice or match, they commonly gather around any soccer goal and randomly take shots on the goal. This situation can be dangerous for players and can be avoided by simply providing your players with a set of safe, individual warm-up exercises that they are required to complete the minute they put on their soccer shoes after arriving at the field. Examples are a few laps around the field dribbling their soccer ball, then juggling the ball by themselves for five minutes and then short passes with a single partner. Players should be advised that an exercise involving shooting on goal will be part of most practices so that they will know that they will have an opportunity to take shots on the goal when this activity can be properly supervised. By the time the players reach the U-12 age division, stretching exercises should be part of the regular warm-up routine for all players. This activity should be closely supervised to ensure that players learn and follow proper techniques of stretching. This activity also provides the coach with a quiet time for him or her to review with the players the plan for the upcoming practice or match.

PARENTS HAVE AN IMPORTANT ROLE TO PLAY. Ask parents to avoid bringing their children to practice or a match too early, and explain to them that they must not leave their child alone at a field until they have seen that you have arrived. Explain to parents that they can help you by walking over the playing field before a game or practice to remove any dangerous objects, such as broken bottles or sticks, and to bring to your attention any hazards that may exist. YOU or your assistant is expected to remain at the field after a practice or match until the last player has been picked up by his or her parent. The parents should advise you directly, or through a written note, of any carpooling arrangements for their children.

ALWAYS HAVE AN ASSISTANT. Avoid situations where you are the only adult present at a practice. If your assistant cannot be present at a particular practice, arrange for another parent to serve as a substitute for that practice. In the event of an emergency, one if you may be required to call for aid. Even if an injury occurs which is not serious, having an assistant will permit the practice to continue while one of you attends to the injured player.

REPORT ALL INJURIES It is not necessary for you to have first aid training to serve as a volunteer youth soccer coach, and you should be careful to inform parents that you do not pretend to have any special first aid training, nor do you intend to provide any medical care to players in the event of an injury. Parents should be advised that the coaching staff will simply use common sense and good judgment and will report all injuries directly to the parent as soon as practical. Fortunately, the vast majority of youth soccer injuries are quite minor. Players often will only need some emotional support and kindness in the majority of injuries. It is helpful to have a small quantity of ice, some zip lock bags, an ACE bandage or other compression wrap, and some band aids. Applying ice to a bruise or sprain quickly relieves pain and restricts swelling. The compression wrap can be used to secure the ice bag to the player.

Players should have their own water supply at each practice and match, and they should be encouraged to drink before the practice or match and whenever there is a break in play. If a player complains of an injury, or if you observe that they have suffered an injury, report this fact to the player's parents as soon as practical; e.g. when the player is picked up after the practice or match, or through a written note sent home with a player, or a telephone call to the parent. Be conservative. Recommend to parents that they consult their doctor if they have any concerns. If you suspect that the injury is going to require medical attention, it should also be reported to the PAYSA Recreation Director.

CARE AND PREVENTION OF INJURIES. Since most coaches do not have the luxury of having a medical doctor or trainer on the sidelines for each training session or match, it is wise for the coach, to become generally familiar with some of the more common injuries that occur in soccer.

Head Injury. A very serious and life threatening injury is a head injury that renders the player unconscious. This can occur from a blow to the head from the head of another player, from the foot of another player, from, a player running, into the goal post, or by having his feet taken out from under him and coming over backwards landing on the back of his head. In any one of these instances, if concussion occurs and the player is rendered unconscious, the coach should deal with the injury in a very serious manner. An immediate check of the injured player's breathing and heart beat should be, followed by methods of reviving him. The application of ice to the neck or keeping the player flat on his or her back and, lifting the legs usually brings an unconscious player around. He should be kept as comfortable as possible, and all other players should be kept away. Once the player has been revived and is in a conscious state, and only when the coach feels he is absolutely ready, should the coach remove the player from, the field. Under no circumstances may the player return to the field of play until he has been examined by a medical professional. The old rule of thumb was to hold up fingers and ask the athlete his name, address and telephone number, and if responses to these were accurate, he was considered o.k. This is entirely incorrect and is a procedure that could result in death in the event of a blood clot or any other form of complication. This may sound a bit dramatic, but the dangers of such an injury cannot be overstated.

HEAT STROKE. Another life threatening circumstance that rarely occurs with young soccer players is heat stroke. Heat stroke happens when the heat and humidity factors are such that a young player's body is unable to maintain a stable internal body temperature, and the temperature rises to an extreme level. The symptoms: high fever, hot/dry skin and confusion. Steps to follow for a player suffering from heat stroke are:

1. Make immediate arrangements to transport the player to a hospital; and .
2. Remove clothing and keep player cool (use any means available, preferably ice bath and cold drinks to lower body temperature.)

Remember, heat stroke can occur even in the shade. Heat stroke is something that can be avoided by being aware of weather conditions, the nature of the training sessions and making sure that players are required to take numerous water breaks during training in hot weather.

HEAT EXHAUSTION. Heat exhaustion occurs when the body compensates for the heat by loss of large amounts' of body fluid (perspiring). Symptoms are cool/moist skin, weakness and confusion. Treatment: have the player lie down and rest in a cool place, and have him or her drink plenty of cool liquids. Although heat exhaustion is not life threatening, care must be taken so that the player does, not experience further complications.

BROKEN BONES. A broken bone injury does necessarily happen, because of the power of one player breaking the other player's bone rather, because of over extension of the player who, suffers the injury. An opposing player may also reach into strike but miss the ball and make contact with the bottom of the foot of the opposing player. In the event of a broken bone or a suspected broken bone, an ambulance should be, called immediately. Keep the player calm and, If possible block his or her vision from the broken limb. Keep the player as comfortable as possible. An important responsibility is to keep the player from going into shock. Keep the player calm, and talk to him calmly and quietly. More often than not, well-meaning, parents of an injured player may heighten the player's anxiety and it is best to keep them under control.

The player is not to be moved from the field regardless of the nature of the game, the circumstance of the game or the need for the game to go on. The player is far more important than the game that has ever been played. Having said that, keep things in calm order, have your assistant coach or another adult get your players away, and do what you can to keep the injured player calm. If you observe the injury, you can be most helpful to the paramedics or the medical professional who comes to the scene. This will allow you to describe exactly what happened to give them a better understanding of the physical status of the injured player.

SPRAINS. Sprains are far more common in soccer than broken bones, head injuries or heat stroke. Sprains are common of the ankle, knee and wrist. Remember, a sprain is an injury that occurs to a joint. Ankle sprains, the turned ankle, the external rotation or the aversion all occur generally when the athlete overextends the joint. The treatment is "R.I.C.E."

1. Rest. Immediately get the athlete off the injured ankle
2. Ice. Apply ice. A supply of ice and Ziploc bags are recommended.
3. Compression. Compression is not to say tourniquet; it is simply a firm wrap to hold the ice in place on the injured area.
4. Elevate. Where possible without being ridiculous, elevate the injured area so as not to encourage more blood moving into the injured area.

Avoid the practice of advising players to "run it off". 'Such a practice could easily make a bad sprain even worse. Further more immediate treatment of heat to a sprained area could set back the recuperatory period by many weeks.

CRAMP: A cramped muscle can occur either from a blow to a muscle group from another player, or an over extension of the player himself or from sheer fatigue. If it is a petit cramp, the best thing you can do is take the portion of the leg and apply pressure opposite to the extension which caused the cramp. If the cramp occurs because of a blow to that area, either the thigh or calf, ice should be applied to keep swelling to a minimum.

BLISTERS. Another common medical situation that occurs with young players is blisters of the feet. Blisters can result if shoes do not properly fit, the player is trying to wear brand new shoes into competition, or the shoes are not properly laced. These same blisters could be easily eliminated through some form of lubrication between the shoe and sock (e.g. petroleum jelly.) Blisters can also be eliminated if the young player has the opportunity to wear new shoes a few times for short periods before they are used in actual competition. In the event that blisters occur, immediate treatment of ice should be applied. Once the blistered area is softened, some form of sterile release of the fluid from within the blister should be made by the player's parent. Following this, a proper type of antiseptic dressing should be applied which allows the area to be totally free from any form of infection.

EQUIPMENT. The portable soccer goals used for many matches are a potential source of danger for players. Injuries sometimes occur when these goals are being moved or when a player hangs on the cross bar and it comes over on top of him or other players. Players should not be permitted to hang on the cross bars of the goals. Such a

rule should be strictly enforced by all adults. Players should also not be permitted to participate in the moving of goals without close adult supervision.

The referees are expected to inspect the condition of the goals before each match, but the coach should also inspect them for any hazardous conditions. The referees are also responsible for the condition of players before each match, but the coach should also do this. The coach must assume responsibility' for this task before the start of each practice.

Remember that promoting safe play requires a team effort. The coach is the leader of this effort, but parents and players are also expected to participate in this effort. By developing clear rules, communicating and enforcing these rules with players and parents, the coach will succeed in providing a safe playing experience for the players.