

# Arundel Soccer Association Soccer Coaches Manual

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# Forward

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*This handbook contains useful information about Arundel Soccer Association for parents, coaches, managers, administrators, referees, and spectators associated with or interested in ASA. The suggestions for coaches about training methods and practice activities are not intended to restrict the coaches' originality but rather to guide them. The Board of ASA hopes that the handbook will guide you to help the players have an enjoyable learning experience playing what Pelé called "the beautiful game."*

# EMAIL DIRECTORY

*The Arundel Soccer Association is a non-profit organization run by volunteers. From time to time, the ASA Board hires professionals to assist it in achieving the association's goals.*

*However, all questions and/or comments should be directed by email to the appropriate person or persons listed below. The people listed below will reply promptly.*

POSTION	EMAIL
President	<a href="mailto:President@Arundelsoccer.com">President@Arundelsoccer.com</a>
Vice President of Development	<a href="mailto:VP@Arundelsoccer.com">VP@Arundelsoccer.com</a>
Vice President of Administration	<a href="mailto:VP@Arundelsoccer.com">VP@Arundelsoccer.com</a>
Secretary	<a href="mailto:Secretary@Arundelsoccer.com">Secretary@Arundelsoccer.com</a>
Treasurer	<a href="mailto:Treasurer@Arundelsoccer.com">Treasurer@Arundelsoccer.com</a>
ASA Rec League Commissioner	<a href="mailto:Rec@Arundelsoccer.com">Rec@Arundelsoccer.com</a>
County Commissioner	<a href="mailto:ASACountyCoaching@Arundelsoccer.com">ASACountyCoaching@Arundelsoccer.com</a>
Travel Manager	<a href="mailto:Travel@Arundelsoccer.com">Travel@Arundelsoccer.com</a>

# The Association

## ***ASA's Vision***

At the recreational level, our focus is to provide a non-competitive atmosphere that enables each child to learn basic soccer skills, be successful, and have fun while developing a passion for the sport.

## ***History and Affiliations***

Arundel Soccer Association began operations in 1984. Over the years, it has helped thousands of youngsters enjoy and learn about soccer while promoting the traditional goals of amateur sports. ASA is affiliated with the Maryland State Youth Soccer Association. MSYSA is affiliated with the United States Youth Soccer Association. USYSA is a member of FIFA, which is soccer's world governing body. By being affiliated with the organizations listed above, ASA provides its members with certain advantages that non-affiliated soccer organizations do not provide.

## ***Board of Directors***

The Board of Directors, made up of elected officials and members at large, governs the Arundel Soccer Association.

### ***President***

As the principle executive officer, the president supervises and controls all the business and affairs authorized by the Board.

### ***Vice President***

The vice-president performs duties prescribed by the Board or the president. In the absence of the president, the vice-president is authorized to perform all duties of the president.

### ***Secretary***

The secretary attends all meetings of the Board and records all votes and meeting minutes.

### ***Treasurer***

The treasurer is the chief financial officer. She/he has charge and custody of all funds and prepares reports to the Board at least four times a year as well as to the full membership at the Annual General Meeting.

### ***Members at Large***

In addition to the executive committee, there are seven board members. These members fill roles/duties such as Program Directors, Rules & Procedures and Volunteer Coordinator.

# Soccer Programs

The Arundel Soccer Association (ASA) Player Development Program offers players many opportunities to learn soccer and develop skills. The Player Development Program, also known as the Recreation Program, includes opportunities for kids ages 3-10 to play with others their own age and is described in detail below.

## **MINI STRIKERS (age 3)**

### **CLINIC PROGRAM (ages 4-6)**

Clinic soccer provides skill practices and small sided games using the 4 v 4 model which focuses on basic technical development and enjoyment of soccer. Teams play on two fields side by side, and all players substitute into and out of the game from a common area between the two fields. No scores are kept at this level and the emphasis is on fun.

### **JUNIORS PROGRAM (ages 7-8)**

Juniors soccer with ASA still works on developing the player, focusing on improving individual skills and incorporating them into game situations. Players at this age are more willing to share the ball which allows coaches to introduce the concept of passing. Games use the 7 v 7 model using six field players and a goalkeeper. Scores are not kept for games. Players are eligible to compete at the county level beginning at age eight.

### **SENIORS PROGRAM (ages 9-10)**

Seniors soccer with ASA involves new players that want to participate at the recreational level. The emphasis is to refine individual and team skills, improve player understanding of positions, and introduce strategy. Players at this age may progress to play soccer at the county level. Games are played using the 7 v 7 model, scores are not kept during games.

### **COUNTY PROGRAM (ages 8-18)**

The Anne Arundel Youth Soccer Association (AAYSA) is a county-based soccer league. AAYSA offers more competition for players beginning at age 8. In the ASA County Program, players may go through evaluations and be selected for teams due to the AAYSA county rule for roster size.

### **TRAVEL PROGRAM (ages 9-19)**

The ASA Travel Program is a competitive level of youth soccer. Teams are formed through tryouts. This program demands a great commitment from both the players and their parents. Travel players should expect more intense training, traveling to games and tournaments, and higher team fees. ASA can sponsor teams and players in the following leagues: Central Maryland Short Sided Soccer League (CMSSL), National Capital Soccer League (NCSL), Youth Eastern Developmental League (EDP) and Olympic Development Program (ODP).

# Recreational Player Registration: Frequently Asked Questions

## ***How do I register my child to play recreational level soccer with ASA?***

To register a child for recreational level soccer, a parent or guardian must complete registration online and submit it with the fee by the due date. Registration is available online at [www.arundelsoccer.com](http://www.arundelsoccer.com). Families must register players online.

## ***When do I register my child to play recreational level soccer with ASA?***

Registration for the Spring season takes place from November through February. Registration for the Fall season takes place from May through August. ASA does not accept registration forms for any reason after the last date of the registration period. Families must register players online.

## ***What does the registration fee cover?***

The registration fee covers the cost of the uniform kit (jersey, shorts, socks) that each recreational player receives, player trophies, equipment (such as nets, paint for sidelines, etc.), referee fees, and other league costs. County players (AAYSA) purchase county uniforms at an additional cost through ASA's uniform partner.

***I have registered my child to play recreational level soccer in ASA. What do I do next?*** You will receive an e-mail from your coach providing you with team information. Make a note on your calendar to attend ASA Back to Soccer Day, as this will be a good opportunity to meet the coach, other team parents and players. Continue to monitor the league website, [www.arundelsoccer.com](http://www.arundelsoccer.com), for important scheduling information.

# Sportsmanship

Sportsmanship is the most important traditional goal of amateur sports. We monitor sideline behavior, and the Board and its officials may impose consequences as necessary. ASA requires all parents and coaches to sign a code of conduct before the start of each season to emphasize the importance of good sportsmanship. The coach or team manager must make sure that all code of conduct forms are signed.

Youth sports offer opportunities for personal growth in many ways. Unfortunately, both negative and positive outcomes are possible. The focus of “win at any cost” ultimately leads to losses, as seen when players are turned away from the game. Players receive the wrong message when they are encouraged to compromise the integrity of fair play, or when they are berated for an adult’s opinion of poor performance.

On every game weekend, ASA Board members are present at the fields for clinic, junior and senior games. Game officials may impose consequences for disrespectful sideline behavior as necessary, and they will have the full support of the ASA Board.

Criticism of the referees will not be tolerated during or after games. Consequences may include warnings and removal from the field of play. Remember that the referees are learning as well.

In the Arundel Soccer Association, we support everyone’s best effort and celebrate every team’s performance when such hard work reflects good sportsmanship. In a positive environment, children participating in organized sports can perform better in school, develop effective social skills, and enjoy healthier levels of fitness. Coaches and parents serve as important role models to young players.

To foster a safe and supportive playing environment, we oblige coaches and parents to sign a code of conduct at the start of each season. The next two pages in this manual contain each code of conduct and are suitable for photocopying if necessary. Blank forms will be available to complete this commitment to sportsmanship and player development.

The coach for each clinic, junior and senior team must sign the coach’s code of conduct at the start of the season. The coach or team manager must ensure that all team parents complete and sign the parent’s code of conduct.

# COACH'S CODE OF CONDUCT

*As a coach, I recognize that coaches are role models for their team members and all participants involved in the activity, and that sports help to develop a sense of teamwork, self-worth, and sportsmanship. As such, I agree to abide by the following:*

1. I will lead by example in demonstrating sportsmanship and fair play to all my players before, during and after every game.
2. I will never harass the game officials in any manner. I will treat the game officials with respect and ensure that my players, spectators, and supporters do the same.
3. I will provide an environment for my team that is free of tobacco, drugs and alcohol and I will refrain from their use at all youth sports events.
4. I will place the emotional and physical well-being of all children on my team and on my opponent's team ahead of a personal desire to win.
5. I will treat each player as an individual and keep in mind the large range of emotional development within the same age group.
6. I will do my best to organize practices that are fun and challenging for all my players.
7. I will do my best to provide a safe playing environment for all players on the field. I will never knowingly permit an injured player to play or return to the game without proper medical approval.
8. I will ensure that all equipment used by my players is safe and conforms to the rules of the game. I will not allow illegal or unsafe equipment to be used in the game.
9. I will ensure that my players are supervised by myself or another designated adult, and I will never allow my players to be left unattended at a game or practice.
10. I will remember that I am a youth sports coach and that the game is for the children and not the adults.
11. I will know the ASA Rules and Procedures.
12. I will comply fully with the Anne Arundel County Background Check Policy and ensure that all assistant coaches complete a background check. An assistant coach is anyone given the authority to coach or instruct the team.

COACH'S FULL NAME	TEAM	AGE GROUP
HOME ADDRESS	E-MAIL	HOME PHONE
COACH'S SIGNATURE	DATE SIGNED	WORK PHONE

# PARENT’S CODE OF CONDUCT

**Parent’s Pledge:** *I recognize that parents are the most important role models for their children and that amateur athletics help develop a sense of teamwork, self-worth and sportsmanship. I will encourage my child to play by the rules and respect the rights of others. I understand it is important to enforce rules of play and conduct standards as necessary components in athletics and life. I will at all times encourage my child to respect the game officials’ decisions and not criticize a game official’s ruling during or after a game.*

**Parent’s Code of Conduct:** As a parent, I agree to abide by the following:

1. I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice, or other youth sports event.
2. I will insist that my child play in a safe and healthy environment.
3. I will demand a sports environment for my child that is free of drugs, tobacco, alcohol, and abusive language, and I will refrain from their use at all youth sports events.
4. I will place the emotional and physical well-being of my child and other players ahead of a personal desire to win.
5. I will ask my child to treat other players, coaches, fans, and officials with respect regardless of their race, sex, creed or ability.
6. I will do my best to make youth sports fun for my child.
7. I will remember that the game is for the children, not adults.
8. I will know ASA Rules and Procedures.
9. I will require that my child’s coach be trained in the responsibilities of being a youth sports coach and that the coach upholds the Coach’s Code of Conduct.

“I” shall include any relatives and/or friends of Parent attending any ASA function.

_____ PLAYER’S FULL NAME	_____ TEAM	_____ AGE GROUP
_____ PARENT’S FULL NAME	_____ E-MAIL	_____ HOME PHONE
_____ HOME ADDRESS		_____ WORKPHONE
_____ PARENT’S SIGNATURE		_____ DATE SIGNED

# Introducing Small-Sided Games

## ***CLINIC LEVEL & 4 V 4***

ASA offers a player development program using the 4 v 4 model at its Clinic level. This format, 4 players of one team versus 4 players from the opposing team, retains the basic ingredients (ball, rules, opponents, teammates, space, pressure, time, and direction) that make soccer the fun game that it is!

### ***4 V 4: Why?***

Organized sport associations and leagues have replaced sandlots and playgrounds, which allowed for free play. The organizations and leagues are governed by adults and are a reflection of what they believe the game of soccer should be like for youngsters. Often one by-product of this is over-coaching.

### ***4 V 4: The Advantages***

- Fits the game to the needs of the child, not vice versa.
- Provides each child with increased touches on the ball.
- Presents many opportunities to score goals (offense).
- Encourages regaining possession of the ball (defense).
- Creates awareness – all players play offense and defense.
- Maximizes active participation.
- Provides a well-organized playing environment with small fields.
- Rules are simplified, allowing creative play.
- Allow the game to be the teacher!

### ***4 V 4: Beginner Coach Friendly***

The 4 v 4 game is beginner coach friendly. The game allows youth coaches to become familiar with the three main areas of the game (listed below). It also provides a much clearer environment to analyze the game and its individual components. Because technique, decision-making, and physical talent can be distinguished one from another, they can be taught separately and tailored for individual player's needs.

- Attacking – when the team is in possession of the ball.
- Defending – when the team is trying to regain possession of the ball.
- Transition – when the ball changes possession.

The ASA Coaching Curriculum for clinic coaches is available at - [http://www.arundelsoccer.com/\\_files/Clinic%20Coaches%20Guide.pdf](http://www.arundelsoccer.com/_files/Clinic%20Coaches%20Guide.pdf)

### ***4 V 4: Questions for the Coach***

Consider these questions when evaluating players and determining the focus for practice sessions.

- Is the player comfortable and confident playing against an opponent individually?
- Is the player capable of maintaining possession of the ball both as an individual and as a team?
- Can the player create opportunities to score goals both as an individual and as a team?
- Is the player successful at scoring goals?

- Is the player composed while trying to regain possession of the ball (defending)?

(This document is a summary of information from the Maryland State Youth Soccer Association and the United States Youth Soccer Association).

# ASA Clinic Rules of Competition

## ***RULES OF THE GAME: 4 V 4, modified***

### ***RULE 1: Field of Play***

- A. Dimensions: The two fields of play shall be rectangular, equal size, and side by side.
- B. Markings: Painted sidelines and goal lines.
- C. Goals: The goals shall be small sided goals, or hoop style PUGG goals.

### ***RULE 2: The Ball***

- A. The ball shall be size 3.

### ***RULE 3: Number of Players***

- A. There shall be 4 players on each field at a time.
- B. There shall be no goalkeepers.

### ***RULE 4: Duration of the Game***

- A. Each game will be played in four 8-minute quarters.
- B. There will be a 2 minute break between quarters.

### ***RULE 5: Start of the Game***

- A. The opponents must be 6 yards from the ball at initial kickoff and any restart kickoff.

### ***RULE 6: Ball In and Out of Play***

- A. The ball is out of play when it has fully crossed the goal line or the sideline. When one team plays the ball out over a sideline, the opposite team will re-start the ball with a kick-in.

### ***RULE 7: Fouls and Misconduct***

- A. No player in a clinic game may touch the ball with his or her hands during play. When this happens, the referee will award a free kick to the other team.
- B. The referee will call a foul on any play that could result in an injury and award a free kick to the other team at the spot of the foul.
- C. No slide tackling.

### ***RULE 8: Goal Kick***

- A. A Goal Kick is awarded to the defending team when the attacking team plays the ball over the goal line but not into the goal. A goal kick may be taken between the corner and the side of the goal.

### ***RULE 9: Corner Kick***

- A. A Corner Kick is awarded to the attacking team when the defending team plays the ball over the goal line near their own goal. Opponents must be 6 yards away from the ball.

### ***RULE 10: Common Sense***

- A. Let the players have FUN!

# ASA Junior & Senior Rules of Competition

## Based on

US Youth Soccer Official Under 10 Playing Recommendations and FIFA Official Laws of the Game

### **Rule 1 – The Field of Play:**

- A. Dimensions: The field of play must be rectangular. The length of the sideline must be greater than the length of the goal line.
- B. Length: minimum 45 yards, maximum 80 yards (ASA modification).
- C. Width: minimum 35 yards, maximum 55 yards (ASA modification).
- D. Field Markings: Distinctive lines not more than five (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it.
- E. The Goal Area: A goal area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, four to six (4 – 6) yards from the inside of each goalpost. These lines extend into the field of play for a distance of four to six (4 – 6) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.
- F. The Penalty Area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, twelve to fourteen (12 - 14) yards from the inside of each goalpost. These lines extend into the field of play for a distance of twelve to fourteen (12 - 14) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made eight (8) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.
- G. Flag posts: A flag post, not less than 1.5 m (5 ft) high, with a non-pointed top and a flag is placed at each corner.
- H. The Corner Arc: A quarter circle with a radius of 1 m (1 yd) from each corner flag post is drawn inside the field of play.
- I. Goals: Goals must be placed on the center of each goal line. They consist of two upright posts equidistant from the corner flag posts and joined at the top by a horizontal crossbar. The maximum distance between the posts is eighteen (18) feet and the maximum distance from the lower edge of the crossbar to the ground is six and a half (6 ½) feet.
- J. Safety: Goals must be anchored securely to the ground or properly weighted. Portable goals may only be used if they satisfy this requirement.

### **Rule 2 – The Ball:** Size four (4).

**Rule 3 – The Number of Players:** (7) A match is played by two teams, each consisting of not more than seven players, one of whom is the goalkeeper (ASA modified; USYSA = six players). Teams and matches may be coed.

**Rule 4 – Substitutions:** Allowed on a team's own throw-in, may also substitute on other teams throw in if they substitute, either team's goal kick or after any score. Substitutions can be made for injuries, only when play stops at referee's discretion; in this case, the opposing team may substitute the same number of players.

**Rule 5 – The Players’ Equipment:**

- A. The basic equipment of a player includes a jersey or shirt, shorts, socks, shin guards, footwear.
- B. Shin guards are covered entirely by the socks; are made of rubber, plastic, or similar substances; and provide a reasonable degree of protection.
- C. Non-uniform clothing is allowed based on weather conditions underneath the game jersey, but uniforms must distinguish teams.
- D. Each goalkeeper wears colors that distinguish him or her from the other players and the referees.

**Rule 6 – Playing time:** Each player SHALL play a minimum of 50% of the total playing time and SHALL be rotated in all playing positions.

**Rule 7 – Duration of the Match:**

- A. Each match is divided into four (4) equal quarters of eleven (10) minutes each.
- B. There shall be a two (2) minute break between quarters and a half-time interval of five (5) minutes.
- C. There shall not be any type of overtime to break a tie.

**Rule 8 – The Referee:**

- A. Each decision of the ASA referees is final.**
- B. All rule infringements shall be briefly explained to the offending player.

**Rule 9 – The Linesmen:** One volunteer from each team (if needed). Flags will be provided by ASA.

**Rule 10 – The Start and Restart of Play:**

- A. Preliminaries:
  - 1. The referee decides which team takes the kick-off to start the first and third quarters of the match.
  - 2. The other team takes the kick-off to start the second and fourth quarters of the match.
  - 3. At the start of the second half, the teams change ends and attack the opposite goals.
- B. Kick-off: A kick-off is a way of starting or restarting play at the start of the match, after a goal has been scored, and at the start of each quarter (including the second half of the match). A goal may be scored directly from the kick-off.
  - 1. Procedure:
    - a. All players are in their own half of the field.
    - b. The opponents of the team taking the kick-off are at least eight (8) yards from the ball (outside the center circle) until it is in play.
    - c. The ball is stationary on the center mark.
    - d. The referee gives a signal, and the ball is in play when it is kicked and moves.
    - e. The kicker does not touch the ball a second time until it has touched another player.
    - f. After a team scores a goal, the kick-off is taken by the other team.
    - g. For any infringement of the kick-off procedure the kick-off is retaken.

### **Rule 11 – The Ball In and Out of Play:**

- A. The ball is out of play when:
  - 1. The entire ball has crossed the goal line or sideline, whether on the ground or in the air.
  - 2. Play has been stopped by the referee.
- B. The ball is in play at all other times, including when:
  - 1. It rebounds from a goalpost, crossbar or corner flag post and remains in the field of play.
  - 2. It rebounds from either the referee or an assistant referee when they are on the field of play, unless it causes a change in possession.
  - 3. It touches either the sideline or goal line but does not cross completely over.

**Rule 12 – The Method of Scoring:** A goal is scored when the entire ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Rules of Competition has been committed previously by the team scoring the goal.

### **Rule 13 – Offside:**

- A. It is not a penalty in itself to be in an offside position.
- B. A player **IS** in the offside position if he or she is nearer to the opponents' goal line than both the ball and the second to last opponent.
- C. A player **IS NOT** in an offside position if:
  - 1. He or she is in his or her own half of the playing field.
  - 2. He or she is even with the second to last opponent.
  - 3. He or she is even with the last two opponents.
- D. Offside Penalty: An offside player is only penalized if, at the moment the ball is played forward by one of his or her team-mates, in the opinion of the referee he or she is involved in the play by:
  - 1. Interfering with play, or
  - 2. Interfering with an opponent, or
  - 3. Gaining advantage by being in that position.
- E. No Penalty: There is no offside penalty if a player receives the ball directly from:
  - 1. A goal kick, or
  - 2. A throw in, or
  - 3. A corner kick.
- F. For any offside penalty, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred.

**Rule 14 – Fouls and Misconduct:** ALL fouls will result in an INDIRECT free kick (ASA modified). The referee will explain all infractions to the offending player.

- A. An indirect free kick is awarded to the opposing team if a player commits any of the following offences in a manner considered by the referee to be careless, reckless, or using excessive force:
  - 1. Kicks or attempts to kick an opponent.
  - 2. Trips or attempts to trip an opponent.
  - 3. Jumps at an opponent.

4. Charges an opponent.
  5. Strikes or attempts to strike an opponent.
  6. Pushes an opponent.
  7. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball.
  8. Holds an opponent.
  9. Spits at an opponent.
  10. Plays in a dangerous manner – this includes slide tackling. NO slide tackling.
  11. Impedes the progress of an opponent.
  12. Prevents the goalkeeper from releasing the ball from his hands.
  13. Handles the ball deliberately (except for the goalkeeper within his own penalty area).
- B. No ball may be directly punted or drop-kicked in the air by the goalkeeper from one penalty area into the opponents' penalty area. This infraction is punished by giving the ball to the opponents for an indirect free kick taken at the center spot on the halfway line.
- C. An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences: (When any of these fouls occur, the kick is taken at the closest spot outside the penalty area – ASA modification)
1. Takes more than six seconds while controlling the ball with his hands before releasing it from his possession.
  2. Touches the ball again with his hands after it has been released from his possession and has not touched any other player.
  3. Touches the ball with his hands after it has been deliberately kicked to him by a team-mate.
  4. Touches the ball with his hands after receiving it directly from a throw-in taken by a team-mate.

**Rule 15 – Indirect Free Kicks:**

- A. For indirect free kicks, the ball must be stationary when the kick is taken, and the kicker does not touch the ball a second time until it has touched another player.
- B. All opponents are at least eight (8) yards from the ball until after the first touch.
- C. The Indirect Free Kick Signal: The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.
- D. Ball Enters the Goal: A goal can be scored **ONLY** if the ball subsequently touches another player before it enters the goal.
  1. If an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded.
  2. If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

**Rule 16 – The Penalty Kick:** There are **NO** penalty kicks (ASA modification). If the attacking team is fouled within the defending team's penalty area, the attacking team shall be awarded an indirect free kick at the edge of the penalty area nearest to where the infringement occurred.

**Rule 17 – The Throw-In:** A throw-in is a method of restarting play. A goal cannot be scored directly from a throw-in.

- A. A throw-in is awarded:
  - 1. When the entire ball passes over the sideline, either on the ground or in the air.
  - 2. From the point where it crossed the sideline.
  - 3. To the opponents of the player who last touched the ball.
- B. Throw-in Procedure: At the moment of delivering the ball, the thrower:
  - 1. Faces the field of play.
  - 2. Has part of each foot either on the sideline or on the ground outside the side line.
  - 3. Uses both hands.
  - 4. Delivers the ball from behind and over his head.
- C. The thrower may not touch the ball again until it has touched another player.
- D. The ball is in play immediately after it enters the field of play.
- E. One (1) re-throw be allowed if the player commits a foul throw on his or her first attempt. The referee will explain what the player did wrong, afterwards the other team will be awarded a throw-in to restart the game (ASA modification).

**Rule 18 – The Goal Kick:** A goal kick is a method of restarting play. A goal may be scored directly from a goal kick, but only against the opposing team.

- A. A goal kick is awarded when the entire ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.
- B. Goal Kick Procedure:
  - 1. The ball is kicked from any point within the penalty area by a player of the defending team.
  - 2. Opponents remain behind the buildout line until the ball has been played.
  - 3. The kicker does not play the ball a second time until it has touched another player.
  - 4. The ball is in play when it is kicked directly beyond the penalty area.

**Rule 19 – The Corner Kick:** A corner kick is a method of restarting play. A goal may be scored directly from a corner kick, but only against the opposing team.

- A. A corner kick is awarded when the entire ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air, and a goal is not scored.
- B. Corner Kick Procedure: The ball is placed inside the corner arc at the nearest corner flag post.
  - 1. The corner flag post is not moved.
  - 2. Opponents remain at least eight (8) yards from the ball until it is in play.
  - 3. The ball is kicked by a player of the attacking team.
  - 4. The ball is in play when it is kicked and moves.
  - 5. The kicker does not play the ball a second time until it has touched another player.

**Rule 20 – Miscellaneous Rules:**

- A. All non-playing players and coaches must remain at least two (2) yards from the sideline. Parents will be on one side of the field. Coaches and players will be on the other side of the field.
- B. All parents and spectators must remain at least six (6) yards outside the sideline, or behind the spectator line.
- C. Players and coaches will shake hands after the game's completion.
- D. Coaches are responsible for their actions as well as those of their team parents and spectators (please refer to the Coaches Code of Conduct and the Parents Code of Conduct).
  - 1. Yellow and red cards may be given to coaches for their actions as well as the actions of team parents or spectators.
  - 2. A red card (or two yellow cards in the same game) will result in that coach being suspended for at least the next game.
- E. No players will be placed permanently in front of their goal for defense except goalies.
- F. No players, coaches, parents, or spectators will be allowed at either goal line.
- G. NO SLIDE TACKLING!

**Rule 21:** Arundel Soccer Association may be affected by local field rules and conditions that are beyond our short-term control. ASA reserves the right to temporarily modify setup or game play as necessary for smooth and optimal completion of matches.

# Rules and Discipline

## *The Spirit of the Game*

Soccer is a tough, combative, contact sport where the contrast to gain possession of the ball should nonetheless be fair and sporting. Foul play and misconduct are strictly forbidden. These actions violate the Spirit of the Game and the referee must respond to them by stringently applying the Rules of Competition. The punishment for persistently breaking the rules is player or non-player dismissal from the game. Referees must be particularly vigilant regarding foul play and misconduct.

ASA relies on many young referees for its recreational program. ASA will not tolerate misconduct that is directed at our referees. Players, coaches, and spectators should refrain from any negative conduct in regard to the referee(s). Any concerns should be expressed in writing and given to the Recreation League Coordinator.

## *Discipline Procedures for Unsportsmanlike Play*

All unsportsmanlike behavior that results in ejection from the game should be reported in writing by the team's coach. The report should be submitted to the Recreation League Coordinator. The Recreation League Coordinator will follow discipline procedures that are outlined in the ASA handbook.

## *Discipline Procedures*

When handling discipline issues, the Recreation League Coordinator will follow these procedures:

1. Acknowledge all written concerns of players, parents, and coaches.
2. Discuss the situation with appropriate board members.
3. Hold discussions with all concerned parties to reach a solution, or issue an appropriate consequence (verbal warning, written warning, suspension, or expulsion) to the violator.

## *Procedures for Filing Concerns*

1. All concerns should be expressed in writing.
2. Written concerns should be submitted to the ASA Recreation League Coordinator at [Rec@arundelsoccer.com](mailto:Rec@arundelsoccer.com)
3. All written concerns will be acknowledged as quickly as possible.

# The Coach

## ***Volunteer Coaches, Team Managers, and Administrators***

All the coaches, managers, and administrators who run the day-to-day operations of ASA's Recreational Program are volunteers. At times, ASA may hire professionals to perform certain functions like maintaining ASA's website, running coaches' and players' clinics, and so on. Overall, the success of ASA depends on its volunteers. Your contribution is greatly appreciated. Coaches that have the first game of the day should plan to arrive early and help with set-up of fields; coaches that have the last game should stay to assist with putting game equipment away. To help the coach, each team may choose to select a parent manager to coordinate with other team parents on refreshments, communication, set-up and take-down of fields, registration for the next season, roster changes and spelling corrections, end-of-season parties, and other team matters. In addition, the team manager works with the coach to fulfill the ASA requirement that there are at least two adults at every practice in case of an emergency.

## ***The Coach's Role***

Coaches should consider themselves as role models for all of ASA's recreational players. It is imperative to cultivate the ability to change gears from your adult world to the youth player's world. Vary your voice. Learn soccer terminology. Be active and alive! Have energy and enthusiasm! Be positive and praise each player. ASA coaches should be dedicated to the development of all players. Set ideal standards for yourself and for the players. Use positive reinforcement as often as possible. Your players will respond and want to continue if the process is fun. Create and celebrate their enjoyment!

## ***The Coach and Sportsmanship***

Good sportsmanship starts with the coach. Your attitude as a coach and role model sets the tone for the players and their families. Coaches are responsible for the behavior of their team's spectators during practices and games. Continually remind players to support one another and show good sportsmanship towards all players, including opponents.

## ***The Coach and Player Safety***

Player safety is of the highest importance. Coaches should have a first aid kit at practices and games. Please contact the Recreational Commissioner for a list of medical supplies each coach should have.

## ***Coaching Clinics, Trainings and Resources***

ASA organizes coaching clinics and training throughout the year. The clinics are open to all coaches of ASA free of charge. It is highly recommended that all coaches in the Recreational League attend the clinics.

In addition, ASA has developed Technical Development Guides for Recreational League Coaches. They are available on the ASA website – [www.arundelsoccer.com](http://www.arundelsoccer.com) – Under Coaching Resources.

## ***Licensing Courses***

Periodically, ASA hosts state-level courses for the E coaching licenses. Information about the content of these courses and others can be found on the Maryland State Youth Soccer Association website at [www.msysa.org](http://www.msysa.org)

## ***Youth Coaches***

Local high school students are encouraged to participate in the ASA Mentoring Program. By volunteering

to assist a team in the Recreational Program, high school students earn community service hours they can use toward graduation. If you know a student that would be interested in helping, please contact the Recreation Commissioner.

# The Player

## ***ASA's Youth***

All children are different and grow at varying rates physically, emotionally, and socially. A coach that understands the general characteristics of most children at a given age can affect a player's development in positive ways.

Listed below are the general characteristics of the U5/U6 and U7/U8 child for use as a guide for players in these age ranges.

### **Characteristics of U5/U6 Clinic Players (4-6 year old)**

- Short attention span.
- "Me" oriented.
- Constantly in motion, learns by doing.
- Psychologically easily bruised.
- Little or no concern with team activities.
- Physical and psychological development for boys and girls similar.
- Eye-hand and eye-foot coordination still evolving, still refining and gaining control.
- Love to run and jump.
- Ability to balance on one foot.
- Catching skills not developed.
- No sense of pace – will run at full speed until exhausted, stop and catch his or her breath, and then restart at a high pace again.

### **Characteristics of U7/U8 Juniors Players (7-8 years old)**

- Attention span beyond U6 but still not very extended.
- More inclined to group activities.
- Still in motion, active learner.
- Still very sensitive – dislikes personal failure in front of peers.
- Developing refined physical coordination, most can ride a two-wheel bike.
- Still love to run, jump, climb, and roll.
- Still lack a sense of pace or energy conservation.

### **Player's Role**

- To have fun.
- To learn.
- To make friends.
- To play at home.
- To have more fun.

# The Practice

## *The Nature of the Practice*

### *Session*

The coach should have FUN! The players should have FUN! The parents and families should have FUN! Practice sessions should be upbeat with very little lecturing, short demonstrations, and lots of player participation. No lines.

### *Player Development vs. Winning*

Recreational coaches should focus their energies on developing players and NOT on winning games. Recreational coaches are encouraged to emphasize technique, skill development, and small group tactics, and should construct a positive environment where players freely and enthusiastically work hard together.

### *Methods of Coaching*

Below is a brief description of some coaching methods that may be combined in any order.

***Skills Training*** – Players work individually or in small groups on skills and slowly progress to small group play and then small-sided games.

***Circuit Training*** – In circuit training, players individually and collectively move through a series of stations performing a variety of skills and techniques for 2-5 minutes at each station. When done properly, circuit training improves players' endurance. One coach should cover no more than two stations at a time.

***Small-Sided Scrimmages*** – A small-sided scrimmage can be a good way to end a practice session. This gives the players the opportunity to try out the skills learned during practice in a safe game-like situation. A small-sided scrimmage has no more than 5 or 6 players on a team in an appropriately sized field.

***Functional Training*** – a functional training session focuses on a particular position on the field. For example, if the coach notices that the team's wingers have trouble crossing the ball in games, the coach could devote a whole practice session to helping all the players learn how and when to cross in a game.

***Conditioned Games*** – Conditioned games are an excellent way for the coach to have players focus on a specific aspect of the game. For example, the coach can require players to play with no more than 2 or 3 touches before passing or shooting or require players to shoot only with their less dominant foot.

### *Preparing the Coaching Ground*

Before arrival at the practice session, the coach should prepare and/or review a lesson plan that focuses on one skill or tactic, and that progresses from simple to more difficult activities, realizing that the session may not go as planned. The coach should arrive at least 15 minutes before the start of the practice session to set-up the training area with cones, corner flags, and so on. During the practice, the coach should employ the show and go method of demonstration and correction. In other words, the coach should explain, demonstrate and get players playing as soon as possible. All activities should be game-like and all stoppages of play by the coach should be to correct a mistake related to the focus of the

practice. Finally, the coach should make sure that everyone understands the activity and look for a model individual or group to briefly demonstrate the activity to other players.

# Technique and Skill

## ***What is technique?***

Technique is the doing part of soccer action. Examples of technique are dribbling, kicking, and passing. Such techniques can be learned and practiced away from the soccer game.

## ***What is skill?***

Skill is the DECISION part of a soccer action. Vital skill questions include when and where to perform the learned technique in a game. Skill is reading the game situation and choosing the right technique to “win” that moment in the game. To acquire skill, you need to recreate game situations. Three ingredients are needed to recreate game situations: (1) At least ONE teammate, (2) At least ONE defender, and (3) a goal or target to reach.

## ***Skill and Technique Combined***

Coaches are encouraged to emphasize technique and skill development in a fun, game-like manner. After assessing a team’s skill level, ASA expects its coaches to develop training session and season long practice plans that help the players on a team develop progressively to a higher skill level by the end of the season.

## ***Movement Skills***

A famous coach once said, “To control the game, you need to be able to control the ball, and to control the ball, you need to be able to control your body.” Young players need to gain proficiency at movement skills like running, jumping, hopping, twisting, turning, quick stops, quick starts, and falling to acquire high-level soccer skills. Warm-ups at the beginning of a practice should include work on movement skills using fun games like tag and so on.

## ***Dribbling***

Dribbling includes running with the ball through open spaces or past defenders into spaces behind them. The principles of good dribbling include the use of all parts of the foot (inside, outside, instep, sole, heel and toe), changing speed, changing direction, keeping the head up, lowering the center of gravity, shielding, fending off challenges, and generally keeping the ball within 2-3 feet of the body. Running with the ball is the first skill that young players should learn. While running with the ball, a player should keep it just far enough away from the body so he or she does not have to chase it, but not too close so that sprinting with it would be impossible. At the youngest ages, just thinking about the ball while running is challenging enough. As a player gains confidence, he or she becomes aware of the ball and what is happening on the field.

## ***Passing***

Recreational coaches at the CLINIC level should show players the different parts of the feet to use to pass the ball. Let players experiment in an environment that fits their developmental level. At the CLINIC level, the coach should not expect passing to occur with any regularity since at that age youngsters do not relate well to more than one or two friends at a time. However, passing is soccer’s strongest form of communication and players should be encouraged to pass.

# Technique and Skill

## ***Receiving***

Receiving is probably the most important skill a soccer player can master. Every time a soccer player mishandles a ball, he or she loses an opportunity to dribble, pass, or shoot. Beginning players may be afraid of the ball. To overcome fear of the ball, players should start learning how to receive balls they toss to themselves. Next, slowly introduce activities where partners throw the ball to each other. Once a player gets accustomed to receiving a ball without pressure, the next step is to add more pressure situations by restricting space and time, adding opponents, and having players control the ball passed to them while they are moving. When receiving a soccer ball, a player should remember to relax, place an appropriate body part behind the ball followed by the rest of the body, allow the ball to make contact, and then either cushion the ball into his or her immediate area, or push the ball into a better area if his or her current space is under pressure. Finally, a player should know how to select the appropriate surface to control a ball. For example, if a ball is falling vertically out of the sky a player should use a surface like the top of the thigh as opposed to the inside of the foot. If a ball is traveling horizontally towards a player, the player should use the inside of the foot as opposed to the top of the foot.

## ***Heading***

In 2016 US Soccer recommended to eliminate teaching the skill of heading the ball in training sessions and matches for children under U12. US Youth Soccer along with MSYSA voted to accept their recommendation, thus all players U12 may not head the ball during games or at practice sessions.

## ***Shooting***

Most coaches define shooting as the art of striking the ball at goal with the laces. All shots on goal are of course, passes also. Most goals in fact are not scored using powerful shots from far distances. Most goals are passed into the goal. In fact, there are many players that strike a ball beautifully with their instep but are poor finishers because finishing can be accomplished with any part of the body. So, it is definitely important at a young age to teach players how to kick a ball with their instep while their toe is pointed down and their ankle locked. However, it is just as important to get players thinking about how to score goals by defeating the opponent and creating easy opportunities to pass the ball into the goal.

## ***Tackling***

Tackling and defending, in general, are important skills to learn. However, especially at the CLINIC level, defending should not be taught. Instead, players should be encouraged to work hard by getting back behind the ball when their team does not have the ball. They should be encouraged to try to touch the ball with their foot and knock it away from an opponent without being overly aggressive and fouling. As players get older, defending should be the focus in 1 of every 4 or 5 practice sessions because defending is easier to learn than attacking, and to get proficient at attacking a player needs to practice attacking skills much more over the course of a lifetime.

# Games and More Games

## ***Movement Games***

For warm-ups, to improvement skills coaches should set-up games that are not necessarily soccer related but that promote physical activity and are a lot of fun. Simons Says, Freeze Tag, Team Tag, and Take Away are all excellent ways to warm-up while practicing movement skills. Remember, the kids aren't just showing up to play soccer, they're showing up to have fun. Have fun with them! Games like tag are an excellent way to start practice because they are fun, and players become relaxed and able to do more difficult skills as the practice progresses.

## ***Monkey in the Middle***

All players form a circle and choose someone (the Monkey) to be in the center. The players forming the circle pass one ball among each other while the person in the center tries to gain control of the ball. When the person in the center gains possession, the person in the circle who last touched the ball goes to the center. Some level of competitiveness develops but never on an individual basis, and the "losers" quickly get a chance to redeem themselves.

## ***Ice Monster***

Mark off an area for the game to be played and select one kid to be the Monster. Have the rest of the kids (each with a ball) dribble around within the area. The Ice Monster attempts to touch each player's ball. Once a player's ball has been touched, that player freezes. If a player's ball goes out of bounds, that player also freezes. The last remaining unfrozen player gets to be the new Ice Monster for the next round.

## ***Cops and Robbers***

Have the kids (each with a ball) line up on one side of the field. These players are the Robbers. Have two more kids (the Cops) facing the Robbers somewhere near halfway to the other side. The object is for the Robbers to dribble to the other side without having a Cop tackle the ball away. If a Robber loses his or her ball to a Cop, he or she goes to jail (designate a small area off to the side or use a goal structure). Have the Robbers repeat the crossings until there are only two left. Make these players the new Cops, pull everyone out of jail and start over.

## ***Pirate***

Everyone starts inside a circle (perhaps the center kick off circle) with a ball. One player without a ball is the Pirate. Everybody starts dribbling around. The Pirate player tries to steal a ball from any player and pass it out of the circle. Now those two players are Pirates, and they go after the others, and so on. Finally, one player is left with a ball. He or she becomes the first Pirate for the next game.

## ***Knock Out***

Everyone dribbles and shields their own ball within a circle (square or rectangle) while trying to kick everyone else's ball out and at the same time protecting their own ball. You can't kick someone else's ball out of the area if your ball isn't inside the boundaries. If your ball goes out, you have to leave the area. Finally, it gets down to two players in a duel. The coach may participate to keep the game from becoming too competitive, as the ones eliminated early may feel badly.

### ***Egg Hunt***

To start, make sure there are more balls than players. Have the players line-up across one end of the field. Take their balls and spread them out around the field. These are the eggs. At the other end of the field is a goal called the basket. Blow the whistle and turn them loose. The object of the game is to get all the eggs in the basket as quickly as possible. All players are on the same team and aren't allowed to take a ball away from another player. Time them to see how fast they can accomplish the task. The kids really like this game. The more balls (eggs), the better. You will see them score and turn right around and go back for more balls.

### ***Marbles***

Split your team into two groups and line them up behind two opposing lines. Each player should have a ball. Place an unusual color (or size) ball in the middle. This is the marble (a #2 ball works well). Have them try to move the marble across the other team's line by striking it with a regular ball. After the game starts, don't require them to use their own ball. They are free to use any other ball they can find. If any players get really excited and kick the marble, call a time-out and put it back.

### ***Sharks and Minnows***

This game teaches kids with the ball to shield it from an opponent and teaches kids without the ball to take it away from an opponent. Use cones to create a 15-yard square. One player, the shark, starts outside the square without a ball. All the other players, the minnows, start inside the square with a ball. When the coach yells, "Shark's getting hungry!" the shark starts running around the outside of the square and the minnows start dribbling around inside the square. When the coach yells, "Shark attack!" the shark enters the square and has 30 seconds to send as many balls as possible outside the square. When a ball leaves the square for any reason, the corresponding minnow must leave the square and stay out until the coach gives the "Stop!" command at the end of 30 seconds. A minnow fish has done well if it is still alive after 30 seconds. The shark has done well if few fish have survived. Choose a new shark and play another round until every player has been the shark once.

### ***Teach the Parents***

During the last practice of the season have a scrimmage between the parents and the players (with the coaches helping the players). This activity serves a couple of purposes. The kids love this game. They get a chance to show their parents what they can do and they enjoy beating their parents (the parents never win, the coaches make sure of that...). Also, since many of the parents have never played soccer, it shows them how difficult the game really is. The hope is that a parent may now think twice before yelling at a child for missing what they consider an easy shot in a game. Overall, at the end of it, everyone always seems to enjoy this scrimmage.

# Family Fun

## ***Sideline Behavior***

All fans love to support their favorite team, regardless of the sport. ASA has a wonderful group of spectators and we want to continue that success by reminding you of the importance of sideline behavior. Most players focus their attention on the spectators at some point during a game or practice. As much as you are watching your child's team, your child's team is watching you!

Leave coaching instructions to the coach. That is why we pay them the big bucks! Children at the recreational level have a difficult time just thinking about the ball. Trying to focus on the coach, their teammates, and the spectators is overwhelming for the player. Do your best to refrain from saying anything to the player that is in or near the play. It is also a good idea to refrain from yelling, "Shoot!" or your child's name when you are cheering. With your support we can make this a truly positive soccer experience for the players.

## ***It is your turn to be the Coach***

We have put together ideas for you to influence your player and the family at the appropriate time... at home! Any suggestions or comments that could help, please let us know.

## ***Creating the Soccer Habit***

We do not limit our goal to make soccer fun for our players. Parental involvement both on and off the field is the key to success in creating self-motivated children as they develop a passion for sports and a healthy lifestyle.

## ***High School, Collegiate, and Professional Soccer Matches***

There are many opportunities for ASA families to attend soccer functions. The DC United and the Baltimore Blast play professional soccer matches in our area. At the collegiate level you have the option to see Towson University, University of Maryland, University of Maryland at Baltimore County, and Anne Arundel Community College, to name a few. Area high schools include Arundel High School, Meade High School, Old Mill High School and Archbishop Spalding, among many others.

## ***Family Small-Sided Game***

Gather 8 items to set up a field (4 for each corner and 4 for the two goals). Try to keep teams under 4 a side so everyone will be able to touch the ball (though any size team will work). Keep rules simple and PLAY THE GAME!

## ***Family Holiday Five-A-Side Tournament***

If several family members gather for a holiday, make it into a family tournament. Divide members into teams of 3 or 4 players, set-up one or two fields. Have every team play each other and keep the rules simple. Award tournament points such as 10 points for a win, 5 for a tie, 0 for a loss, and 1 point for each goal scored. Make the games 10 minutes long. Let the winners of the tournament get the first helping of turkey dinner.

### ***Neighborhood Tournament***

Same rules and set up as above, but have families play one another. The winning team can gain special prizes such as a free car wash, house cleaning, or whatever – be creative and have fun!

### ***Family Juggling Contest***

Development of juggling skill provides three important factors in soccer: Touch, Balance, and Agility. This can be set up as a fun challenge. You can hold the contest all in one day or allow a week of practice and hold the contest at the end of the week. The winner gets to pick where the family eats that night for dinner.