

SYAA Spring Soccer 2018

Guide for Volunteer Coaches

The SYAA Board thanks you for coaching a soccer team! We know some of you have limited experience with soccer and/or soccer coaching – do not fret! We have developed these rules and guide ideas as a reference for you for this season. SYAA exists to emphasize sportsmanship, fair play, team concept, volunteer coaching and coordination, and introduction to sport. You are a role model of our mission and values!

Game Setup for Soccer Teams

The following rules are about refereeing, rules, the numbers of players on the field during game time, and so forth. If there are questions or concerns regarding anything, a SYAA Board Member will most likely be at the fields with their children throughout the season.

The SYAA Board **requires** the coaches to play every child at least half of each game **except** for disciplinary reasons. Coaches should also give all players experience playing at different field positions throughout the season.

Coaches: please encourage parents to sit on one side of the field and to have the two teams on the other side of the field, each on their own half sideline.

The Ball: Kindergarten and 1st grade = size 3; Grades 2-3 & 4-6 = size 4

Kindergarten boys and Kindergarten girls:

- Games are refereed by the team coaches. Each team will be allowed to have five (5) players on the field at any time, one of which can be a goalie, or someone that stands down by the goal.
- Two 20-minute halves, with a half time break
- The SYAA Board believes that at this age the children need to keep the game active and score as much as possible. The game is very fast paced and will wear the players out very quickly.
- Children should be substituted in & out and rotated in positions on a time interval between 5 and 7 minutes, as agreed upon by the coaches. Make substitutions during a break in the game; goal, throw-in, goal kick, corner kick, etc.

1st grade boys and 1st grade girls:

- Games are refereed by the team coaches. Each team will be allowed to have five (5) or six (6) players on the field at any time, one of which is a Goalie. Coaches must agree on whether to play with 5 or 6 at the start of the game and it must be equal.
- Two 20-minute halves, with a half time break
- The SYAA Board believes that at this age the children need to keep the game active and score as much as possible. The game is very fast paced and will wear the players out very quickly.
- Children should be substituted in & out and rotated in positions on a time interval between 5 and 7 minutes, as agreed upon by the coaches. Make substitutions during a break in the game; goal, throw-in, goal kick, corner kick, etc.

2nd & 3rd grade boys and girls:

- Games are refereed by a paid referee hired by SYAA.
- Two 25-minute halves, with a half time break
- Each team will be allowed to have eight (8) players on the field at any time, one of which is a Goalie.
- **Substitutions:** You may substitute players at any chosen time interval. Opposing teams do not need to coordinate their substitution times. The substitution should be quick with minimal impact on the game as the referee will keep the clock running during the switch. The coach must request and receive a signal from the referee before making a substitution. Have the players entering the game stand at the center field line on the sidelines until the referee motions to switch. A substitution may be made at any stoppage of play, goal, throw-in, goal kick, corner kick, etc.

4th – 6th grade boys and girls:

- Games are refereed by a paid referee hired by SYAA.
- Two 25-minute halves, with a half time break
- Each team will be allowed to have eight (8) players on the field at any time, one of which is a Goalie.
- **Substitutions:** You may substitute players at any chosen time interval. Opposing teams do not need to coordinate their substitution times. The substitution should be quick with minimal impact on the game as the referee will keep the clock running during the switch. The coach must request and receive a signal from the referee before making a substitution. Have the players entering the game stand at the center field line on the sidelines until the referee motions to switch. A substitution may be made at any stoppage of play, goal, throw-in, goal kick, corner kick, etc.

Basic Player Formations

2nd & 3rd grades:

Typically the field is set up with a combination of forwards, defenders, and midfielders. You could set the players up to have two offensive players (forwards), two defensive players (defenders), and three midfielders, and a goalie – though each coach may use discretion in their own unique coaching style.

4th-6th grades:

Coaches may use discretion in their own unique coaching style to set up the field using a combination of defensive players, midfielders and forwards. Generally, when on Defense, the "left" side players should stay on the left side of the field, the "right" side players on the right side of the field (left and right are as you face the opposing Goalkeeper), Defenders should be closer to their Goalkeeper than their Midfielders are, and Midfielders should be closer to their Goalkeeper than their Forwards.

Basic Soccer Rule Terms

The Field

Goal Area (Goalie Box) – the smaller rectangular area (20 x 6 yd. on a full-size soccer field) marked within the penalty area (or inside the larger rectangle) and directly in front of goal.

Purpose: Marks the area from which all goal kicks must be taken.

Penalty area – The larger rectangle (18 x 44 yd. On a full size field) in front of the goal that includes the goal area. Purpose: Marks both where the goalkeeper is allowed to touch the ball with their hands AND the area where harsh fouls committed by the defending team result in penalty kicks.

Note: The smaller "micro" fields used for grades K & 1 will have only one marked box area in which the goalie may use their hands. This is also from where goal kicks must be taken.

Kicks

Goal Kick – a type of restart that is awarded when the attacking team puts the ball over the end line. The ball is kicked from anywhere inside the goal area away from the goal to restart play. After the kick is taken, the ball cannot be touched again by any player until it is outside of the penalty area.

Corner Kick – a direct free kick that is awarded when the defending team puts the ball over the end line. A corner kick is taken by the offensive team from next to the corner flag.

Direct Free Kick – a free kick that is awarded at the spot of the infraction for a physical contact foul such as tripping, holding, pushing, tackles from behind, jumping into an opponent, or for hand balls. A direct free kick can score by going directly into the goal. It does not have to be touched by anyone other than the kicker.

Indirect Free Kick – a free kick that is awarded at the spot of the infraction for other fouls that are judged **not** to be serious, such as obstruction, dangerous play or charging (non-contact fouls), as well as for offside. Indirect kicks must touch another player (either team) before the ball goes into the net in order to score.

Penalty kick – A kick taken from 12 yards in front of the goal as a result of a contact foul or hand ball that takes place inside the penalty area.

Penalty Calls

Foul – when the referee judges a violation against an opposing player. The team that suffers the foul is awarded with a direct free kick unless the foul is committed by a defensive player inside his own penalty area, in which case the foul results in a penalty kick.

Offside – a violation that occurs when an offensive player is closer to the opponent's goal than both the ball and the second-to-last opposing player at the time that the ball is passed to the offensive player by his or her teammate. Players cannot be called offside if they are in their own half of the field or if they receive the ball from a throw in, corner kick, or goal kick.

When a player is called offside, the opposing team is awarded an indirect free kick. **NOTE: offside is not called in kindergarten and 1st grade leagues.**

Obstruction – a foul in which a defensive player, instead of going after the ball, illegally uses their body to prevent an offensive player from playing it.

Basic Player Positions

Forwards (Striker) – an offensive player who is responsible for most of a team's scoring.

Midfielder – a player who functions primarily in the center third of the field.

Defender (Fullback) – a defensive player who functions primarily in front of their own goal and whose major role is to repel attacks on the goal by the opposing team. However, to a degree, every player should be a "defender" when the opponent has the ball.

Goalie – the player positioned directly in front of the goal who tries to prevent shots from getting into the net. The goalie is the only player allowed to use his or her hands, but only within the goal area.

How the Game is Played:

RULE 1 - No Hands please

I bet you knew that one. Most people who know nothing about soccer still know that you aren't supposed to use your hands unless you're the goalie.

A couple of points to clarify.

First, the rule for a hand ball includes using any part of the body from the tips of the fingers to the shoulder.

Second, the proper way to look at this soccer rule is that a player cannot "handle" the ball. A ball that is **kicked and hits a player's hand or arm is not a hand ball. This means that the referee must** use his or her own judgment to some extent in determining whether or not a hand ball is accidental contact or a purposeful attempt to gain an advantage. Put another way, the referee must determine if the play was

Ball to Hand (legal)

or

Hand to Ball (illegal)

Believe it or not, there is also a situation in which the goalie cannot use his/her hands. This is sometimes called the back-pass rule. Goalkeepers cannot pick up a pass that came directly from one of their teammates. In this case, the goalkeeper must use his feet. Infraction of this soccer rule will result in an indirect kick from the point of the infraction.

RULE 2 - Equipment

The basic equipment for soccer required by the FIFA Laws of the Game are:

- a jersey or shirt (t-shirt provided by SYAA)

- shin-guards (**required**)
- footwear (soccer cleats are not required, but highly suggested)
if the shoes have a single cleat on the very top or front of the toe, this must be removed, or the player will not be allowed to play.

A player must not use equipment or wear anything which is dangerous to himself or another player (including any kind of jewelry).

If the player wears glasses, a strap or tape must be used to prevent them from falling off.

No necklaces, earrings, nose rings, belly rings, bracelets, or tiaras.

If a child just had their ears pierced, we highly suggest that the studs should be covered with tape or removed. *Many leagues will require that the studs be removed.*

Lastly, the goalkeeper must wear colors (pinney) which distinguish him/her from the other players, the referee, and the assistant referees.

RULE 3 – Start and Restart

A kick-off is the way a soccer game is started or restarted:

- at the start of a game
- after a goal has been scored
- at the start of the second half
- at the start of each period of extra time, if used

The ball is placed in the center of the field. All players must be in their own half of the field and the opponents of the team taking the kick-off must be at least 10 yards from the ball. This distance is indicated by the center circle on the field and will vary some with age.

Normally the referee will blow his/her whistle to indicate they are ready for the kickoff.

The ball is in play when it is kicked and moves forward.

Note that the two-touch rule applies here (see Rule 8).

After a team scores a goal, the kick-off is taken by the other team.

RULE 4 - Throw-ins

A throw-in is taken when the ENTIRE ball crosses a sideline and leaves the field. The two basic soccer rules for a proper throw-in are to have both feet on the ground and to throw the ball with both hands over the head.

To clarify, both feet must be on the ground **when the ball is thrown**. The player can hop, run, or do cartwheels up to the point where the ball is released but not *when* the ball is released. Dragging the toes of one foot is considered legal. Some people also have the impression that a properly thrown ball will not spin. **This is not true**. A good player can throw the ball with both hands over the head and make the ball spin by applying more or less force to one side of the ball. As long as the motion is over the head and not to the side this is a completely legal throw.

RULE 5 - Goals Scored, Corner Kicks & Goal Kicks

A goal is scored when the ENTIRE ball crosses over the goal line into the goal (net).

A corner kick or goal kick is taken when the ENTIRE ball leaves the field by crossing over the goal line found at either end of the field (but not into the net).

If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out, play is restarted with a corner kick.

The goal kick is taken from anywhere inside the “goalie box” as it is affectionately called. It can be taken by any player, not just the goalkeeper.

The corner kick is taken from the corner nearest to where the ball left the field.

You may be confused at times in youth soccer games to see a goal kick retaken. This is because the FIFA soccer rules state that the ball is not back “in play” until it leaves the penalty area, the large box outside of the “goalie box”. If either team touches the ball before it leaves the penalty area the kick must be retaken, and if the ball is not kicked well enough to leave the area, the kick must be retaken.

Opponents must drop back behind the build out line until the ball is in play. The ball is in play when it is kicked directly out of the penalty area. The team taking the goal kick may choose to restart play before the opponents have retreated behind the build out line but they do so accepting the positioning of the opponents and the consequences of how play resumes. Where no build out lines are marked on the field, the nearest point of the center circle should be used as a reference point. Cones or flags should be placed just off the touchlines to indicate where the build out lines would intersect.

RULE 6 - Direct and Indirect Free Kicks

Direct and indirect kick is the are two primary ways that play is restarted after the referee stops play for an infraction. For both of these the ball must be stationary before it is kicked and the opposing players should be a minimum of 10 yards away. The 10 yard allowance is often reduced for the smaller age groups and is left up to the discretion of the referee. The simple difference between the two is this: On a direct kick you can score by kicking the ball directly into the goal. When completing an indirect kick you cannot score. An indirect kick must be touched by another player before it can go into the goal –that is the kicker and a second person.

As a parent on the sideline, you can tell whether the kick is direct or indirect by looking at the referee. For an indirect kick, the referee will hold one arm straight up in the air until the second person touches the ball. No arm up, it's a direct kick.

There are many soccer rules around what causes a direct or indirect kick. In general, a direct kick comes from a contact foul or hand ball. Everything else is indirect.

RULE 7 - Penalty Kick

A penalty kick results from a contact foul or hand ball by the defending team within the penalty area – the large box on either end of the field. So it's a type of direct kick also. The

ball is placed on the penalty spot or mark, 12 yards in front of the center of the goal. All players must remain outside the penalty area and the penalty arc until the ball is kicked. The goalkeeper must have both feet on the goal line until the ball is kicked.

If, after the ball is kicked, it rebounds off of the keeper and stays on the field, the ball is “live” and anyone can play it. If, after the ball is kicked, it rebounds off of the goal and stays on the field, the ball is “live” and anyone can play it ***with the exception of the person who just kicked the ball***. If the ball rebounds off of the goal and back into play, the person who kicked the ball cannot play it until the ball is touched by another player – otherwise he/she will be called for two touches (the next rule).

RULE 8 - Two-touch Rule

A player cannot touch the ball twice in a row when putting the ball in play. You will see this called many times in youth soccer. It applies everywhere. You will see it frequently on kick-offs, corner kicks, or direct and indirect kicks. If a kid barely hits the ball and decides to take another swipe at it, that is a two-touch violation. This also applies to throw-ins. A kid cannot throw the ball in and then kick it. Nope. No way. No can do. The only exception to this rule is on a drop ball restart.

RULE 9 – Fouls and Punishment

The common rule of thumb on fouls is “If it looks like a foul, it probably is.” Too true. A player cannot kick, trip, jump at, charge, strike, push, hold, or spit at an opponent. So what’s the problem?

Soccer can be a physical, contact sport when two opposing players both want the soccer ball and no parent or grandparent likes it when little Susie loses the ball and ends up on the ground! “**Foul!**” cries the parent. “**Little Susie was pushed!**”

What you need to know as a parent is that bumping or going shoulder-to-shoulder while competing for a ball is *not a foul* until the hands or elbows come up. This is a bit of a judgment call and not all referees will call it the same way. Some soccer rules are actually not black-and-white.

Remember though, the referee is ALWAYS right.

The normal consequence of a foul is a direct kick for the opposing team. However, depending on the type of foul and severity, the player “dishing it out” may be punished. Punishment is given in soccer with yellow and red cards. The FIFA soccer rules give the guidelines for when to give a yellow card to a player and when to give a red card. If a player is given two yellow cards in the same game, that is equal to a red card. A red card can be given at any time without the player first receiving a yellow card. When a player gets a red card, they must leave the game and their team must play short. An ejected player cannot be replaced (unless they are ejected prior to the start of the game).

RULE 10 - Offside

NOTE: offside is not called in kindergarten and 1st grade leagues.

This is, without a doubt, the least understood rule by parents and coaches alike. The first thing to know is that you cannot be offside on a corner kick, goal kick, or throw-in. Also, *it is not a penalty for a player to simply be in an offside position.* The player must be involved in active play as determined by the referee to be called offside.

As quoted from the FIFA soccer rules:

A player is in an offside position if: *he is nearer to his opponents' goal line than both the ball and the second last opponent.*

An offensive or attacking player can't be ahead of the ball and involved in the play unless there is a defender between him and the goalkeeper. Or, you can't hang out at the other team's goal waiting for the ball.

A few other butts:

You can't be offside if you are standing on your half of the field. Also, the offside rule applies *when the ball is kicked*, not when the player receives the ball.

To accurately judge offside, one has to stay even with the second-to-last defender and not watch the ball. Listen for the kick of the ball and judge at the time of the kick whether or not the player was offside. This can be a hard rule to understand- Trust the referees.

RULE 11 - No Headers

Players are not allowed to head the ball in practice or in games. If a player deliberately heads the ball in a game, an indirect free kick should be awarded to the opposing team from the spot of the offense. If the deliberate header occurs in the goal area, the indirect free kick should be taken outside the goal area line at the point nearest to where the infringement occurred. If a player does not deliberately head the ball, then play should continue.

SYAA has adopted this rule for all games involving K-6th graders. it will be considered a foul if a player intentionally heads the ball during a game.

RULE 12 - Build Out Zones

Build Out Zones: When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must drop back behind the build out line.

After the ball is put into play, the opposing team can then cross the build out line and play resumes as normal. At any time, the goalkeeper may put the ball into play, but the goalkeeper does so accepting the positioning of the opponents and the consequences of how play resumes. Referees may issue misconduct if players do not drop back in a timely manner or encroach over the build out line prior to the ball being put into play. In enforcing the 6-second rule counting the time of possession should only begin when all opponents have moved behind the build out line. Where no build out lines are marked on the field, e.g. turf and U11 fields, the nearest point of the center circle should be used as a reference point.

Cones or flags should be placed just off the touchlines to indicate where build out lines would intersect.

RULE 13 - No Punting

An indirect free kick is awarded to the opposing team at the spot of the offense if a goalkeeper punts or drop-kicks the ball. If the punt occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred.

NOTE: offside is not called in kindergarten and 1st grade leagues.

This is, without a doubt, the least understood rule by parents and coaches alike. The first thing to know is that you cannot be offside on a corner kick, goal kick, or throw-in. Also, *it is not a penalty for a player to simply be in an offside position.* The player must be involved in active play as determined by the referee to be called offside.

How to Practice:

Tips for a Good Soccer Practice

1. Kids love playing games and keeping score. **In practice, try to use Practice Games and not drills.**
2. Everyone should stay active and participate. Avoid lines.
3. Maximize "touches" on the ball. At least 500 touches per practice for each player.
4. Teach proper technique and use games that practice skills or simulate play or "match conditions". Players improve more quickly and become better players when they practice at game speed in match-related conditions.
5. Run games by keeping time or by keeping score.
6. Praise hustle, improvement and a good attitude. Measure each player's performance by his or her personal improvement and effort, and not by comparing them to someone else.
7. If it's not fun, it's not a good Practice Game.
8. **You MUST have at least one ball per player.** This is absolutely critical. Ask players to bring their own ball to practice.
9. Avoid scrimmages for more than 10-15 minutes per hour. In general, players don't get enough touches on the ball, the weaker players tend to get the fewest touches and bad habits can be reinforced because players tend to do the same things they have always done. If you scrimmage, do so without a goalkeeper and encourage players to work the ball close to the goal before shooting.

The generally accepted outline of a soccer practice is the following:

Warm-up and Stretching – 5 Minutes

Individual Activities – 5-10 Minutes

Small Group Activities – 5-10 Minutes

Scrimmage – 10 - 15 Minutes

Cool-down – 5 Minutes

Our preference for warm-up is to involve the soccer ball. Although standard stretching can also be done, you might want to limit it at the younger ages. Include the ball when stretching.

There are many good warm-up exercises for soccer practice. You can play “fetch”, in which the coach throws or kicks the ball and the child must return it using both feet, or left or right foot only. You can have them stand and roll the ball with their feet, kick the ball back and forth between their feet, or do foot traps with alternating feet. Dribbling in a box using “Simon Says” is good for warm-up.

Individual Activities

Individual activities are those involving everyone with their own ball. There is a large gray area between the warm-ups and this category. This is a good time to work on dribbling, turns, or fakes.

Many good dribbling games and drills are designed as individual activities. Avoid lines if at all possible. Keep everyone moving or involved in some manner.

Small Group Activities

This is a good opportunity to begin working in groups of 2 or 3 people. Passing and receiving are good skills to work on here, although you can find drills for whatever skill you want to focus on for that particular soccer practice. The purpose of small group is to begin the transition from the individual to the team concept. Emphasize working together and make sure the weaker players are properly supported and teamed up.

Scrimmage

This is an easy one. **PLAY SOCCER!** Use small sided teams of no more than 4 and no goalie (at least until grades 4-6). Rotate kids often between offense and defense to let every kid have several shots on goal. Try playing without boundaries, use cones to make up to 4 goals, or anything else creative to keep the kids excited.

Cool-down

A little stretching with the ball is a good idea. One could give handouts and discuss the soccer practice briefly. It is also a good idea to give a little homework like a juggling target, maybe to use their knee and foot before the ball hits the ground, or to practice a particular turn.

Here are a couple of informational sites with ideas for practice activities:

<http://www.soccerhelp.com>

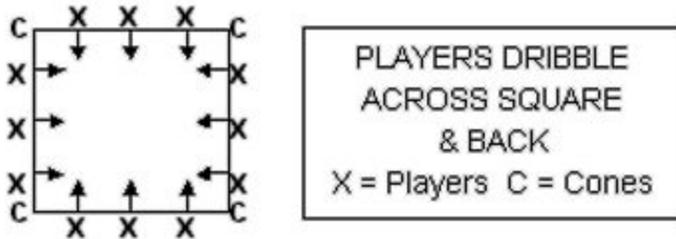
<http://www.soccerdrills.net>

Practice Drills

1.) Dribble Across a Square

Set Up:

- Use 4 disk cones to make a square about 10 steps wide (smaller or larger depending on age & number of players).
- Every player has a ball
- Spread players around the square, all facing inward (like below):



Summary: Players are to dribble the ball across the square, touch the opposite side and dribble back. Each time they go across the square counts as one. Play 3 games; 1st to 12, then to 10, then to 8. Play at the start of practice as a warm-up and at the end of practice until dribbling skills improve or your team gets tired of this game. For beginners, let them decide how to turn using the method they are most comfortable with. For advanced or select players, require a Pullback one game, then a Hook, then a Cutback. Let a "Stop/Turn" count for a Pullback.

2.) Dribble Around Cone and Pass Relay Race

Set Up:

- Players are in pairs. Every pair needs a ball.
- Two cones per pair.
- Cones are set up about 45 feet apart, one is the "Starting Cone" and the other is the "Turning Cone."

Summary: Divide into teams with 2 players per team. Players race around a "Turning Cone" that is about 45 feet from the "Starting Cone" and the dribbler can pass to the waiting teammate as soon as he goes around the "Turning Cone". One point for each completed pass. This is a good game to play right after "Dribble Across A Square", because you can use the cones that are already on the ground.

3.) Toe Touches

Set Up:

- Every player has a ball.

Summary: With the ball on the ground in front of the player, the player touches the top of the ball with the right foot while keeping the left foot on the ground. Then the player simultaneously switches feet to touch the top of ball with the left foot. One right touch + left touch = 1.

4.) Square Stop and Go

Set Up:

- Every player has a ball.
- Place 4 cones in a square pattern about 10 paces apart.

Summary: Players spread out with a ball inside the square. When coach says “Go,” players dribble the ball around inside the square. When coach says “Stop,” all players stop the ball by putting foot on top of ball. Coach alternates stop and go commands 6-8 times. Once players have the hang of this drill, add a “Turn” command after each stop (ie. Go-Stop-Turn). On the turn command, players roll foot back to pull ball backwards to turn and go the other way. Coach alternates this sequence 6-8 times. If a player loses control of the ball at any time and the ball goes outside the square, the player retrieves the ball and does 5 toe touches outside the square before re-entering the game. Occasionally insist on using left foot only or right foot only.

5.) Knock Out

Set Up:

- Every player has a ball.
- Place 4 cones in a square pattern about 30 feet apart.

Summary: Players spread out with a ball inside the square. When coach says “Go” all players dribble around inside the square trying to keep control of their own ball while trying to knock other balls out of the square. If a player’s ball goes outside the square, he/she retrieves the ball and does 5 toe touches outside the square before re-entering the game. Play for 2 minutes at a time. This is a good game to use after Square Stop and Go.

6.) 3 v. 1

Set Up:

- Players are in groups of 4.
- One ball per group.
- Place 4 cones in a square pattern about 15 feet apart for each group.
- One player is designated as the defender and plays inside the square of cones. The other three players each start in a corner, one with the ball, leaving one corner unoccupied.

Summary: The player with the ball passes to an adjacent corner, avoiding the defense. If either of the two adjacent corners are unoccupied, then the player in the opposite corner moves to the open corner to receive a pass. Passes must go along the side of the square, never across to the opposite corner. If the defender knocks the ball away, the defender trades places with the player who made the bad pass. Play for 3-4 minutes at a time.

7.) Throw In Give and Go

Set Up:

- Every player has a ball.

- Players line up on the sideline around midfield. Use both sides of the field if two coaches are available.
- Coach is positioned at the top of the center circle

Summary: The player uses a legal two-handed overhead throw in (remind players to keep both feet on the ground when throwing the ball) to the coach, then goes hard to the goal. Coach catches the ball and gives the player a return pass toward the goal. The player receives the pass and shoots. Make sure players work on this drill from both sidelines. Each player should score 3-5 times from each side. Players can be instructed to either one touch the shot or control and shoot. Coach can roll, bounce or toss the return pass.

8.) Gates

Set Up:

- Players are in pairs, each pair has a ball.
- 3-4 pairs of tall cones, 3-4 pairs of short cones.
- Cones are set up in pairs about 3 feet apart, pairs spaced randomly on half of the field.
- 3-4 coaches and parents

Summary: The 3-4 coaches stand between either the tall cones or the short cones on the coach's command. Once the coach calls "short", all short cone gates will be closed. One partner starts with the ball and passes the ball to his/her partner through an open(tall) "gate." Then the coach calls "tall," and the partner with the ball dribbles to and passes through an open gate to his/her partner. Play for 2 minutes while the pairs count how many gates they passed through. Play for 2 more minutes and stress improvement.

9.) Sharks and Minnows

Set Up:

- Every player has a ball.
- All players, except one, line up on one sideline (minnows)
- The one player (shark) without the ball is placed on the field facing the line of minnows.

Summary: On the coach's command, the minnows must control their ball across the field to the opposite sideline. The shark attempts to kick the ball away from the minnows and out of bounds (over either the endline or the midline). If a minnow loses his/her ball, he/she then retrieves the ball, places it in the goal and becomes a shark. The game continues until all minnows have been eliminated by the shark(s).

10.) 1 v. 1

Set Up:

- The coach needs three balls at midfield, inside the center circle.
- The players are positioned in two lines at the midline, facing the same goal.

Summary: The first player in each line lay down on the ground on their backs with eyes closed. The coach rolls, tosses, places the ball in a random fashion and says "Go." The two players then locate and pursue the ball. The first player to gain control of the ball is on offense and tries to score a goal. The second player to the ball plays defense and tries to

stop the other player from scoring a goal. Players should switch lines and pair up with someone different each time through the line.

11.) Red Light/Green Light

Set Up:

- Every player has a ball.
- All players are lined up on the endline.

Summary: Coach stands at midfield and alternates an open hand (red light) and closed hand (green light). Players advance their ball up the field on a green light signal and stop on a red light signal. Coach needs to back up as the players advance. This encourages players to handle the ball with their eyes up. Go up and down the field twice.

12.) The Corner Shot

Set Up:

- The coach needs five balls in one corner.
- The players are lined up at the edge of the center circle.
- One cone is placed about halfway between the midline and the endline, about 20 feet from the sideline opposite the coach in the corner.

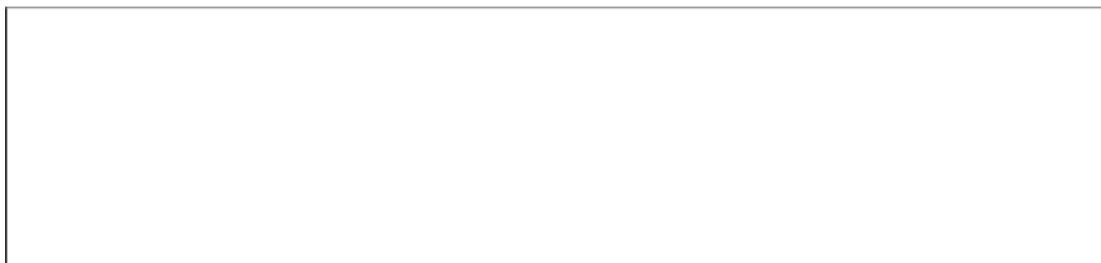
Summary: The coach shouts “Go,” then rolls or kicks the ball across the goal area toward the opposite sideline. When the coach says “Go” the first player in line runs around the cone, controls the ball and shoots. The shooting player then stands behind the goal to retrieve the next shot. Players rotate from shooter, behind the goal, put ball back in corner for coach and returns to the end of the line. When players get good enough, they can also rotate into the corner kick position. Use both sides and emphasize shooting with both feet.

13.) Goalie Hugs

Set Up:

- The players are paired up and lined up across from each other about 20-25 feet apart.
- Use cones to separate the players who are next to each other and to simulate a goal. Cones should be about 15 feet apart.
- One ball per pair.

Summary: Player 1 rolls the ball toward Player 2 who is in a ready position. Player 2 moves in front of the ball and catches the ball with arms centered between legs and elbows together (to prevent the ball from rolling through the legs) and “hugs” the ball into his/her body. Player 2 then rolls the ball back to Player 1, who catches the ball in the same way. Players should challenge each other, but not force each other to dive for the ball.



14.) The Pendulum Roll

Set Up:

- Same setup as above.

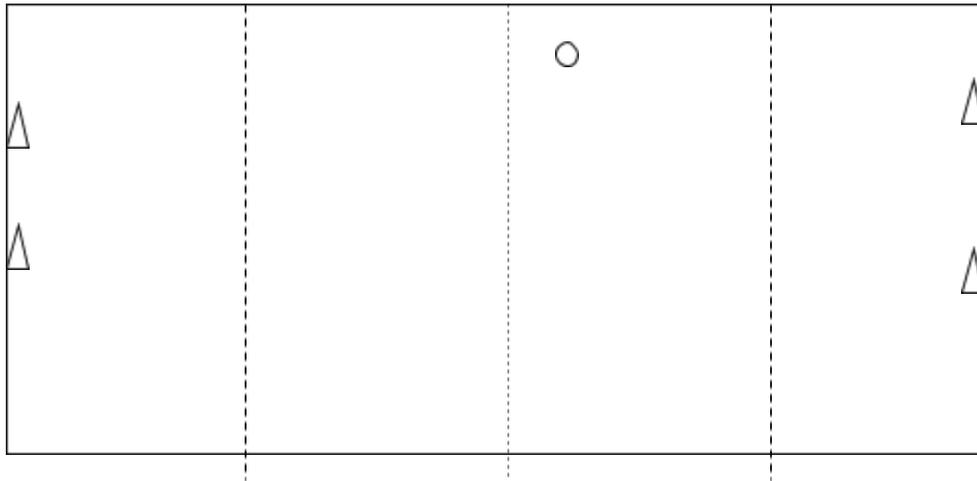
Summary: Players kneel in an upright position, facing one another about 15 feet apart. Player 1 rolls the ball two to four feet to either side of Player 2. Player 2 rolls sideways onto the ground to receive the ball, then rolls back to the kneeling position with the ball. Player 2 then rolls the ball back to Player 1, who catches the ball in the same way. Alternate right and left. Ten roles for each player (5 each side).

15.) Change Soccer

Set Up:

- Group is split into two teams.
- Three players from each team play a normal game of 3 v. 3 trying to score a goal. The remaining players on each team are positioned in the goal no more than two yards off each goal line. They are not allowed to use their hands.

Summary: The three players on the field play a normal game. Periodically, the coach shouts "Change." The players in the goal then switch places with their 3 teammates on the field and play continues. Play is continuous until a goal is scored and a kickoff takes place.



16.) Circle Game

Set Up:

- Every player has a ball.
- 5-7 tall cones are placed randomly in the middle of the circle.
- One ball per pair.

Summary: The players kick the ball from outside the circle across the circle to his/her partner trying to knock down the cones in the middle. The receiving partner retrieves the ball and does the same. The game continues until all cones have been knocked down. Players should alternate right and left foot kicks. Coach can time the team and repeat the drill to see if the team can beat their own time.