

Paris Soccer Club
Basic Coaching Manual 2008

GETTING STARTED



Hi! Welcome to Paris Soccer Club.

Thank you for volunteering your time and energy into the soccer program for this year.

This is not the be all and end all. Just a few ideas compiled from a variety of sources to help begin your soccer program. Continue to look up books, manuals, Internet for other sources of information.

Continue to use common sense and good judgement when using this and other information in regards to the ability and age level of your athletes.

Sources:

Soccer-Coach-L – Basic Coaching Manual
Oregon Youth Soccer Association
Level 1 Soccer

Further Possible Training:

First Aid Training
Level 1 Soccer
Other Paris Soccer Coaches
Paris Soccer Coaches Training Clinics
The Peak Performance: Soccer Games for Player Development, Dr. Ron Quinn
Soccer: How to Play the Game, US Soccer Federation

Location of Game Fields:

Paris

Mary Maxim
Green Lane

Burford

by the arena

Ayr

Location of Practice Fields:

It is too difficult to arrange a practice schedule – please share the field and be considerate of others.

Forest Drive Park
Lion's Park – by the swimming pool
Charlton Park (not until May 1st)
Optimist Park
Fairgrounds

Schools:

Northward

Paris High School – not until May 1st

Queensward

Southward

Information for 2008 Season

	Under 6	Under 8	Under 10	Under 12	Under 14	Under 16	Under 20
Birth years	2002-2004	2000-2001	1998-1999	1996-1997	1994-1995	1992-1993	1988-1991
Gender	Mixed	Boys/Girls	Boys/Girls	Boys/Girls	Boys/Girls	Boys/Girls	Boys/Girls
Ball Size	3	3	4	5			
Field Location	WIFO	WIFO	WIFO Burford	WIFO Burford			
# of Players Per team	5 players	7 players	7 players	11 players			
Opponents	Only Paris	Only Paris	Paris Burford	Paris Burford	Paris Burford Ayr	Paris Burford Ayr	Paris Burford Ayr Boys-Delhi & Simcoe
Game Days	Mon/Tues Wed	Mon/Wed	B- Mon/Wed G- Tue/Thur	Tuesday	B-Wed G-Mon	B-Mon G-Wed	Thursday
Play-Offs		August 22-24	August 15-17	August 22-24	August 15-17	August 22-24	August 18-22

Dear Coaches:

Welcome to another season of fun. Thank you for your time and energy that you will put into your team. Enjoy getting to know your athletes and the game of soccer.

Teaching the athletes about good sportsmanship, losing with dignity, winning with grace, respect for self, opponents and officials and love of the sport are just a few key ingredients to enhance in your athletes as coach.

Thoughts to keep in mind:

Develop your coaching philosophy as to enhance your practices

Your practice must always be FUN.

Teach skills in a reasonable progression

Adapt your plans to individual needs

Provide proper instruction so players learn to execute skills correctly

Avoid "line-up" drills – one ball, one active member, 10 waiting to get into trouble

Reuse the set up for your cones – prevents down time

Game-like skills and conditions

500 touches per practice ☺

Constant Praise – practical feedback – no putdowns

Stretching techniques

Provide a safe physical environment – hazards in the playing field

No climbing or hanging on goals

Be aware of weather conditions – wind, lightning

Teach athletes to check all equipment carefully before using

Always provide supervision for the athletes under your care – until all have left

Be aware of pick up details of athletes

Safety first – do not condone aggressive, risky behaviour

Warn parents and athletes of inherent risks – collisions or contact

Stop all unsafe behaviour and warn team of similar behaviour

Stay away from the 4 L's; Lines, Lectures, Laps and Language...

L = Laps; Young kids don't need stretching so start with a FUN warm up game – pick one from the manual!

L = Lines; Waiting in line is the beginning of misbehavior, have them all play at same time

L = Lectures; If you talk or make little kids wait in line for more than 30 seconds, then you will lose them! Their powers of concentration are not the same as an adult!

L = Language; All of us are important role-models in the lives of these young athletes, appropriate language and behavior.

- All coaches and assistants must have a police background check completed.

First Practice information:

Bring parental letter with:

Important points to cover in your first meeting or practice:

- Coach introduction
 - Introduce yourself and assistant coaches (or ask for volunteers at this time)
 - Give some background information about yourself (why you are coaching, experience)
- Coaching philosophy
 - Discuss what you consider to be the value of this sport
 - Discuss your methods for teaching skills (describe a typical practice)
 - State the importance you assign to having fun and developing skills
 - State the importance you assign to winning and losing
 - Discuss any team rules and guidelines, disciplinary procedures
 - Discuss your philosophy regarding player rotation, substitution, playing time, positions
- Specifics of the program
 - Practice schedule (how many per week? how long?)
 - Game schedule (how many? when do they begin?)
 - Minimum playing time (what is the rule in your local club?)
 - Equipment required (e.g. shirts, socks, shorts, shin guards) or recommended (e.g. ball, soccer shoes, water bottle)
 - Inherent risks (soccer is a contact sport, albeit a relatively safe one)
 - **remind players to bring their own balls every practice and every game**
- Team management
 - Ask for volunteers as assistant coaches
 - Ask for volunteers as team parents (snack schedule, help with nets/flags)
 - Set up telephone tree and/or car pooling system

Things to do:

confirm contact number for parents/guardians are correct,
confirm medical condition of children
remove jewellery before attending practices and games
remind athlete to label their ball with name
determine who is your captain? The same person who brings snacks?

Take along:

Balls (some will be forgotten)
ball pump
uniforms (if available)
how you determine which athlete gets what number
pylons
whistle
lesson plans

SPORTSMANSHIP INFORMATION

Soccer - Ethical and Moral Credos

The Coach

1. Treats own players, parents, and opponents with respect.
2. Teaches and inspires soccer players to love the game and to compete fairly.
3. Demonstrates by example the type of person he/she wants the players to be.
4. Has control and commands discipline at all times.
5. Respects the interpretation of rules and judgment of the officials.
6. Realizes that as a coach he/she is a teacher and therefore understands the game and proper soccer behavior at all times.

The Player

1. Treats opponents with respect.
2. Plays hard plays within the rules of the game of soccer.
3. Demonstrates self control.
4. Demonstrates respect for officials and will accept their decisions without gesture or argument.
5. Wins without boasting, loses without excuses and never quits.
6. Remembers that it is a privilege to represent his/her soccer club and community.

The Official

1. Knows the rules and understands the game.
2. Places health and welfare of the players above all other considerations.
3. Treats players and coaches courteously and demands the same from them.
4. Works cooperatively with fellow referees and linesmen.
5. Is fair and firm in all decisions on the field.
6. Maintains confidence, poise and self-control from start to finish of the game.
7. Will be firm in regards to rough play – calling it earlier and easier will prevent difficulties.

The Parents

1. Do not coach the team players including your own youngster, from the sidelines during the game.
2. Respect the judgment of the referee and do not criticize officials.
3. Supportive parents focus on mastering soccer skills and game strategies.
4. Decrease the pressure to win.
5. Believe that soccer's primary value is to provide youth an opportunity for self-development.
6. Understand the risks. A soccer game is full of mistakes and the team that makes fewer mistakes generally wins the game. Playing soccer is being willing to take the chance of failure.
7. Communicate with the coach and create a positive, supportive working relationship.
8. Understand and respect the different roles of parents and coaches.
9. Control negative emotions and think positively.
10. Avoid the use of fear - because player development is rarely fostered by fear of the consequences of failure.
11. Parents must show empathy for the young developing soccer player.

Information for athletes:

From Day One, coaches should insist that players (and parents) be responsible for bringing the following items to all soccer games and training sessions:

Shoes - soccer cleats are preferable, outdoor running shoes are acceptable

Shinguards - essential to prevent injury

Ball – take the one the athlete received at first practice - label

Water bottle – constant fluids good for hydration

Clothing - official team jersey, shorts, socks for games. Additional garments worn underneath uniform in cold weather (same colour). Bring extra layers in cool weather for both games and practices

Small equipment/travel bag – to carry personal items

Snack captain?

Remind Athletes:

When injured, lie down, sit or kneel – other players call “player down” to the referee
Team in control of the ball – kick out of bounds – point to injured player and call “player down”.
Good sportsmanship suggests the ball be returned to the team that intentionally kicked it out by throwing in to their end and allowing them to receive the ball.

Team Equipment

The following team equipment items that are the coach’s responsibility:

1. Coach’s First Aid Kit
2. Medical Information from athletes
3. Balls
4. Ball pump & extra needle
5. Net Ball bag
6. Pinnies
7. Cones – to mark field, positional locations, goals
8. Goalie gloves & jersey
9. Clipboard/dry erase board
10. Pen/pencil
11. Team Roster/Game Sheets
12. Equipment bag to store
13. Hair elastics if you have females on your team
14. Watch/stopwatch
15. Whistle
16. Duct Tape – always handy

Emergency Information

Coaches First Aid Kit

1. Disposable gloves (use for injuries involving blood loss)
2. Band-Aids (assortment of sizes, types, colors, etc.)
3. Adhesive tape
4. Gauze sponges (for cleaning cuts, applying pressure, etc.)

5. Scissors
6. Pack of tissues or roll of toilet paper (useful for cleanups, bloody noses, etc.)
7. Chemical ice packs or plastic bags to hold ice
8. Antiseptic (spray or ointment)
9. Sun tan lotion
10. Ace bandage (to hold ice bags onto limb)
11. Sting relief (medication or cream to relieve the itch and, possibly tweezers)
12. Medical release forms

When an athlete is injured – if severe –call **HELP** immediately.

Protocol:

When entering the field, you must have the referee's permission.

Instruct all athletes from your team to go down on one knee, away from the injured player.

CALM – yourself, the injured player, the parents

TALK, LOOK, LISTEN

Do not MOVE any body part for the player – they must move themselves.

Things to look for:

- 1) A bleeding wound
- 2) An abnormal condition of the eyes
- 3) “odd” looking arms, legs, or neck

RICE

Rest – keep injured relaxed and warm

Ice – to minimize swelling

Compression – gentle but firm pressure to keep bleeding under control

Elevation – injured area, higher than the heart

Practice Information

Just a few contingency plans:

1. Not enough practice balls

Some drills/practices which require only 1 ball to 3 players:

- 1v1v1 offence / defence (2 players in grid, 1 on end as neutral or server or target);
- basic 2v1 keep away;

- 2v1 offence or defence;
- some 3-team passing games (such as running multiple gates in a large grid), wall passes or slotted passes.

Some drills/practices which require only 1 ball to 6 players:

- 3v3 or 3v2 (plus keeper);
- 2v2, plus 2 neutral players;
- 4v2 keepaway;
- offence v defence games (such as games where Ds score on small goals at the intersection of the midline/touchlines).

Adjusting for odd/even numbers of players

Experienced coaches know that you will only have an even number of players on those days when you want to work in sets of odd numbers (3, 5, etc.). So, what do you do when you have odds when you want even, or vice versa?

- If you have an assistant or spare parent or sibling of one of your players, use this person as an extra for one group.
- If you don't have a spare, have one group form a triangle when doing work designed for pairs.
- If you have an assistant who can work with your keeper, this is a great time to do this.

Scrimmage time at the end of practice and only 9 players:

- Play 5 vs. 4 and put stronger players on the smaller team;
- Use a goalkeeper/big goal for one team, and no keeper/small for the other;
- Use parent or self as keeper for one team
- Play 4 v 4 (+1), where extra is floater/neutral who always works for team with ball

2. Too much energy

Get them active from the get go – they are too excited to listen!!!! Begin with some vigorous warm-ups. Once they have been running around for a while, they will be begging for a water-break. Use the time when they are panting/drinking for your announcements and instructions - they tend to be MUCH less disruptive when pooped.

The first thing to do in order to start getting rid of some of this excess energy is to get players working as soon as possible. Involve them in some game or fun activity as soon as they get there. There are plenty of activities that players can do alone or with 1 or 2 others. For instance, start **juggling** with the first arrival; include the second, then the third, etc. As the numbers get higher, start a new group. **1 v 1 keepaway** games limited to a general area of the field is another good choice. You can adjust match-ups as necessary as more players arrive.

Another fun game is **soccer golf**, where you have to *hit some far off target*, such as a ball. **Soccer bowling** is a fun game where individuals or teams try to knock down cones from some distance by passing. Another option is to play **soccer volleyball** over a neutral zone (ball can't touch the zone). Allow the ball to touch the ground in your zone, but you lose the point anytime it touches outside of your team's zone or you don't play it into the other team's zone. If you have several players arrive early, get a small sided game of knock down the cones.

FIFA LAWS OF THE GAME

The rules of soccer (called the Laws of the Game) are quite simple, because soccer is a simple game.

Behind the Laws is a very straightforward philosophy of “fair play”, often called the spirit of the game. It is assumed that the game itself is more important than any particular match, player, coach, referee, or fan. Participants who don't “play fair” are subject to disciplinary action.

Within this spirit of fair play, there are 17 laws. Some of them may be modified for younger, older and female players.

The Laws of Soccer

The laws of the game are very brief, and are intended more to define the basic parameters rather than to describe how to play or officiate the game. A considerable amount of judgment and discretion has been given to the referee, who has full control, and whose decisions on matters of fact are not even subject to appeal.

Following is a very brief introduction to the aspects of the game that are related to the laws.

Pre-game Basics

Starting at Under 12, soccer typically is played with 11 players per side, with a full-size ball - called a Size 5. For younger players the sizes of the field, goal and ball are scaled down, and the number of players is also commonly reduced.

The field for regulation adult soccer games is about 70 yards wide by 110 yards long, with a goal 8 feet high by 8 yards wide at each end. A ball in the air over one of the lines, or rolling on the ground outside but partly hanging over the line, is in play. Also, the referee, the goals and the corner flags are all part of the field, so a ball that strikes one of these remains in play unless it then goes out over a line. The principal lines on a soccer field are the boundaries: goal lines at the ends (with a goal in the center of each), and touch lines along the sides. The principal areas are the largish penalty areas at each end and the smaller goal areas they contain.

The penalty area is important mainly because the goalkeeper can use her hands to play the ball in her own penalty area and because fouls there can lead to penalty kicks, but there are also some technical restrictions involving the goal and penalty areas that apply during free kicks and goal kicks.

There is usually a center referee for most club soccer matches. Sometimes, there will be two assistant referees (also called linesman) who help make the calls. After checking the players' uniforms and shoes, and walking the field to make sure that it is playable and properly marked, the referee usually will call for the captains of each team to come to the center circle in order to hold the coin toss which determines which side will kick off and which team will start on which end of the field. Each coach appoints his own captains (usually 1-3 players). At older levels, the captains are in charge of the team on the field, so they may be the best and most-seasoned leaders. At the younger ages, however, captains frequently are selected randomly (such as the kids who brought snacks for the game).

The visiting team usually gets to call the coin toss. The team winning the toss picks the end to defend. The team losing the toss gets kick-off. At halftime, the teams will switch ends. Thus, there is often no real advantage in picking one end or another, unless the sun's angle will affect the goalkeeper's vision or the wind may affect the ball's flight. The two halves of the game should be of equal length, however the referee will probably add a minute or two to allow for time lost through substitutions or injuries. (Substitutions can only be made with the referee's permission and play is stopped, not on-the-fly as in hockey.)

Starting and Restarting Play

Each half of the game, and any overtime period(s), starts with a kick-off. Each team starts on their own half of the field, and the defending team must be outside the 10-yard circle in the center. The ball is in play as soon as it is kicked (it must go forward), and it stays in play until it goes completely over a boundary line or the referee blows his whistle to stop play. Kick-offs also occur after every score. The only way to score is to propel the ball (with feet, head, or body (excluding the arms) completely across the goal line, between the posts and beneath the crossbar, either in the air or on the ground."

The most common stoppage in a soccer game is when the ball leaves the field along one of the sides, going over one of the touchlines. The restart for this is a throw-in from the point where the ball went out. A player from the team that did not touch the ball last will take the throw-in. A throw-in must be *thrown with two hands, straight over the top of the head, with both feet on the*

ground. It's difficult to throw the ball a very long way like this, which is the idea -- the purpose is just to get the ball back into play.

If the ball goes out over the goal line but not through the goal, the restart is a **goal kick** if an attacker touched it last, or a **corner kick** if it was last touched by a defender. A **goal kick** is kicked from anywhere in the goal area or on one of its lines (since the lines are part of the area), and *must go entirely outside the penalty area before any player can touch it*. The other team must vacate the penalty area and stay outside of it until the ball leaves the penalty area. A **corner kick** is played by the attackers from inside the little arc at the corners of the field on the side where the ball went out. The defenders must stay at least 10 yards away, and the ball is in play as soon as it is kicked.

With older players, many goals are scored on **free kicks**, which are awarded after fouls or offside infractions. Serious fouls lead to **direct free kicks** from which a goal may be scored immediately. On an **indirect free kick** (such as after offside), the ball must touch at least one player besides the kicker (for instance, one player pushes it to a team mate who then scores) for the score to count. The referee indicates an indirect free kick by holding one arm in the air from when he awards the kick until a second player has touched the ball. For either kind of free kick, the opponents must move at least 10 yards away from the spot of the kick and remain there until it the kick is taken. They may form a "wall" if they wish. The kicking team may prevent this by taking the kick immediately, thereby not giving them enough time to get the wall organized.

Offside

Offside Law is a difficult rule to understand since there isn't a line of scrimmage like in Football. The soccer law says a player can't play behind the other team's defence unless he dribbled the ball there himself, or unless he's chasing a ball that was played to him when he was not behind the other team's defence. The place behind the other team's defence is called offside position. A player is in an **offside position** if he/she is all of these things:

- in the opponents' half of the field, and
- Ahead of the ball (closer to the opponents' goal line than the ball), and
- Ahead of the second-last defender (usually, the last defender is the keeper, and the second-last is the deepest fullback) and
- She is **not receiving a throw-in, corner kick or goal kick** (those three are exempt).

A player is involved in active play (participating is a term often used) and subject to being called for **offside** if she does any one of these:

- Interferes with play (such as receiving a pass or trying for the ball), or
- Interferes with an opponent (such as getting in their way or challenging for possession), or
- Gains an advantage as a result of being in that offside position (such as getting the rebound off a goalkeeper's save, or being in the right spot to capitalize on a defender's mis-kick).

It's *okay to be in offside position; it's just not okay to affect the game while there*. It's not offside when a player who isn't in offside position runs past the defenders in pursuit of a pass -- offside position is determined **when the pass is made** by a team-mate, **not when it is received**. It's

also never offside when a player receives a throw-in, goal kick or corner kick, wherever he is, nor when the opponents have possession of the ball.

Fouls and Misconduct

The list of fouls that lead to **direct free kicks** is short. Only two are clearly defined:

- deliberately playing the ball with the hands -- with the exception of the goalkeeper in her **own penalty area**, who may use her hands
- spitting

The others are two that are always fouls:

- holding
- contacting the opponent before the ball while tackling

and six that are fouls when done in a careless, reckless or excessively forceful manner:

- kicking
- tripping
- jumping at
- charging
- striking
- pushing

The names of the fouls may seem clear, but considering the nature of soccer there may be not much difference between reckless charging (the foul) and charging (a legal tackle), or pushing and a legal tackle. Remember this judgment is up to the referee, and the quality of a game depends partly on the referee's experience and manner, and partly on the players' willingness to get on with the game and not push the envelope.

A fair charge is shoulder-to-shoulder, non-violent, both players have at least one foot on the ground, and the ball must be within playing distance (two strides). If any of these conditions is not met, it is an unfair charge.

An unfair tackle is an otherwise legal play to gain possession of the ball, but the tackler makes contact with the player before making contact with the ball. Handling the ball is possibly the most misunderstood (and most frequently miscalled) foul. The law requires that it be deliberate, not incidental. A ball moving swiftly toward a 8-year olds face may cause that player to involuntarily protect her nose with her arm. This should not be considered deliberate, even if the ball goes straight down to her feet, and she dribbles away with it. If the players is 14, it should be called. The referee makes the decision in either case.

There are also some less serious infringements that lead to **indirect free kicks**. Those that can be committed by any player include:

- Playing "in a dangerous manner" (such as kicking high near another player's head);
- Impeding (obstructing) an opponent without actually holding or pushing her;
- Preventing the goalkeeper from putting the ball into play from her hands.

There are also some technical infringements that apply only to the goalkeeper:

- Taking too many steps while holding the ball (technically more than four steps, but few referees are that picky)
- Picking up the ball after releasing it from the hands
- Handling the ball after it has been deliberately kicked to her or thrown-in to her **by a teammate**
- Wasting time while holding the ball.
- Picking up the ball outside the penalty area.

In all these cases, any free kick is awarded at the place of the foul or infringement. If a direct free kick foul is called against you within your own penalty area, the other team gets a penalty kick instead of a free kick.

Players can also be given cautions and be sent from the field if they commit more serious offences or commit too many "ordinary" fouls. A caution is also called a "yellow card" and a sending-off a "red card", after the colored plastic the referee holds in the air when making the call. The 14 offences that lead to this punishment are collectively known as misconduct, and are various forms of violence, dissent and extremely poor sportsmanship.

If the referee stops play and none of the restarts mentioned earlier applies, he restarts the game by dropping the ball. This is commonly seen when there's an injured player on the field, but the ball doesn't go out of play by itself. The referee will gather either one player from each team, or just one player, and drop the ball from about waist height. The one-player drop ball may be used when one team had clear possession when play was stopped, such as the goalkeeper holding the ball.