



WOODBIDGE YOUTH SOCCER

RULES/INFORMATION SHEET

Division: **BLUE**

- The focus of the Blue division is to encourage good soccer play while having fun. By this points the children should be well versed in how to play soccer and are further developing their skills.

- We take the competitive balance of games very seriously. Five goals is what we consider to be the maximum acceptable difference in scores. Coaches should start adjusting their game plans and strategies when they get ahead by two or three goals, not wait until the differential is five goals before making changes. Coaches need to aggressively make changes before the score gets out of hand. Have a drill or plan in place for what you're going to do if your team gets ahead by two or three goals. Some options:

- Give your better players a break

- Move your better players to defense or goalie

- Play a man (or two) down

- Have the kids spread the field and start passing it around.

- Don't let any one player maintain possession for more than two or three seconds before having to pass it.

- Tell your better players that they can't score anymore until someone else on your team or the other team scores first.

Notice I didn't say that kids should stop shooting or trying to score. We want teams to continue to press and play, just to do so under a different strategy. This is a great opportunity to get your weaker kids more involved in the game. Have your better kids help those kids score. And please be subtle when communicating with your team about these changes. Imagine if you were the team that was losing badly and your players heard the coach say something like, "Ok, let's stop

scoring now, we're beating them by too much."

Please take a minute to click on the following link and read some additional strategies:

<http://www.ayso26.org/coach/managing-blowouts>.

EQUIPMENT INFORMATION

- Please use Size 4 balls for all practices and games.
- Please make sure players wear shinguards for all practices and games. This should be done by lining the players up and having them knock on their shins.
- Players must wear complete uniforms (black socks, black shorts, and a team jersey) during the game. In the event of inclement weather, players can wear long-sleeved shirts under their uniforms or track/sweat pants instead of shorts.
- All jewelry should be removed prior to the game, unless it is being worn for religious purposes and is not allowed to be removed. If a player must wear jewelry, please communicate this with the referee.

GAME INFORMATION

- **Starting in the Fall 2015 Season, the WTYSA has decided to play our Blue Division games as small sided games. The rules will be the same as a full sided game, with changes to field size and player count for play.**
- Please request that players arrive at all games at least 15 minutes beforehand.
- Game length: two 32-minute halves.
- Number of players on the full sided field: 10 + 1 Goalie - Goalie must be marked and identifiable.
- Number of players on the small sided field: 8 + 1 Goalie - Goalie must be marked and identifiable.
- At this level a referee will control the field of play.
- Coaches are not allowed onto the field unless called by the referee.
- Each team is allowed three coaches (one head coach and two assistant coaches) on the players side of the field. These are the only adults who should be on the team bench. All other parents should be in the stands or on the other side of the field, depending on the facilities.
- The rules of the game are the regular rules of soccer for full-sided fields and games.

- In the event of a "High Heat" game, the league may instruct or the referee on the field will feel that the game needs to be played under "High Heat Rules." Under these conditions:

-- The game will be played in quarters instead of halves. The referee has the option of shortening the length of the game.

-- Substitutions by either team can be made on any dead ball.

- During the regular season, any game that reaches half time will be considered a legal game. Should the game need to be stopped at half or any time after due to weather or unforeseen circumstance the score will be final and the result tabulated. Any game that has not reached half time will be resumed at a later time.

- During the playoffs, any game that reaches half time will be considered a legal game. Should the game need to be stopped at half or any time after due to weather or unforeseen circumstance the score will be final. If the result is a tie, and the situation permits, the game will go to penalty shots to determine a winner.

- THE REFEREE IS IN CHARGE AND HAS FINAL AUTHORITY. Do not question a call made by the referee during the game and do not thwart his or her authority. Please keep in mind that these are teenagers just learning how to be referees. Be patient and understanding and do not point out mistakes to them until after the game. Doing this during the game will only weaken their confidence, which is shaky to begin with. You are responsible for the behavior of parents of players on your team. If you see, hear, or are told about questionable behavior of a parent, please go over and talk to the individual and ask them to calm down. If they do not, please ask them to leave the field. If they refuse, please notify the referee. The referee can call the police if a belligerent individual refuses to leave the field.

- The referee will keep score and report that score to the league.

PRACTICE REQUIREMENTS

- Coaches are encouraged to schedule one practice for each week. Practices are a coach's best opportunity to teach the skills of the game and should not be overlooked.

- Practices should be kept to 45-60 minutes.

- Please try to schedule what you will do during your practices in advance. Have a plan or itinerary for the drills you will run or the skills you will try to develop. Use the internet or the online curriculum from the Red Bulls Training Academy to help plan your practices. Drills should be kept to 5-to-10 minutes and should be fun. It's most important for kids to have a ball at their feet and be practicing. Try to avoid drills where players do things one at a time. Try to keep everyone moving.

- Coaches should conduct a shinguard check before every practice to ensure players are

wearing the proper equipment. Line the players up and have them tap their shins to make sure they are wearing shinguards.

WEATHER

- In the event of a game cancellation, you will be notified via phone call/email/text by a member of the League's Executive Board, and then asked to notify your team. Along with notifying coaches, the league will post any cancellation notices to its website, www.woodbridgeyouthsoccer.com.

- In the event of a thunderstorm, all players must leave the field at the first sound of thunder or sight of lightning. The game will not be allowed to resume until 30 minutes AFTER the last sound of thunder is heard. In most cases, games in progress will be canceled when a thunderstorm occurs.

FUNDAMENTALS TO DEVELOP

- Ball control. The difference between shooting/dribbling/passing

- Controlling the ball with different parts of the foot (inside, outside, bottom, heel, etc.)

- Making and receiving passes

- Dribbling around other players

- Teamwork

- Goalkeeping