



WOODBIDGE YOUTH SOCCER

RULES/INFORMATION SHEET

Division: **ORANGE**

- 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.

The focus of coaches in the Orange division is to create a positive learning experience for their players, using positive reinforcement and enthusiasm. Players should understand the basic fundamentals of the game (see the ball, chase the ball, kick the ball) and begin to work as a unit. Enthusiasm is your greatest teaching tool. Be enthusiastic and your players will respond and have fun. Use positive reinforcement to instill confidence and affirm that as long as they try, every player is a winner.

EQUIPMENT INFORMATION

- Please use Size 3 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.

GAME INFORMATION

- Please request that players arrive at all games at least 15 minutes beforehand.
- Game length: 45-50 minutes
- Number of players on the field: not to exceed 6 per team. The most important dynamic is to keep the game fair and moving at a brisk pace. While nobody should be keeping score, the game should be as fair and evenly matched as possible.

- Since not everyone on your team will be playing all the time, you should have a parent/assistant coach on the bench with the players that are not playing. This will keep the kids on the bench and allow the game to flow. There are benches in the Black Container that can be used for your players. Your players should sit on one side of the field and the parents should sit on the other side of the field.

- Throw-ins are awarded for balls that cross the touchline. The team that didn't kick the ball out of bounds is awarded a throw-in. Please make sure that both teams give the player throwing in the ball some space, and that the player throwing in the ball has an opportunity to throw the ball to his or her teammates. Do not pressure the throw in. The defending team should go towards their net and allow the throw to come in. The correct form for a throw-in is: the player must keep both feet on the ground and through ball with both hands over his or her head.

- Corner kicks and goal kicks are to be awarded when the ball crosses the end line. Corner kicks are awarded when the defending team kicks the ball out of bounds past its own endline. should be indirect kicks (passes) and not shots on goal. The defending team should give the kicker some space to avoid injury.

- Goal kicks are awarded when the attacking team kicks the ball past the defending team's endline and the ball goes out of bounds. Coaches should select a player from their team to kick the goal kick. The rest of that team should wait to receive the kick around midfield. The defending team should also wait behind the midfield line, in its own end of the field.

- Coaches can work both the offensive and defensive side of the pitch – but should spend as little time as possible on the offensive side of the field -- and should work together and communicate to ref the game and make sure everyone on both teams is having fun.

- Water breaks should be held every 8-10 minutes.

- After goals and breaks, the game should be resumed from midfield. Alternate possessions to ensure fairness. Teams on defense should give some space to allow the offensive team to cross midfield. For teams on offense, this is a good opportunity to give players not normally involved in the game the chance to kick the ball and start the possession. Do not jump the kick off. Defensive teams should move back and let the ball get started.

- At this age level, it is very important to provide an enjoyable experience for all athletes. Everyone should be encouraged to participate.

- Players will instinctively jostle each other, especially in scrums. Coaches should use their best judgment to make sure nobody is intentionally trying to hurt another player. If this happens, the coach must talk to the offending player, and make sure to impress upon him or her that this is not allowed. Players who are too aggressive or who intentionally try to hurt other players and who do not respond to the coach's direction should be given a "timeout" from the game for a few minutes.

- At the end of the game, teams should line up and shake hands. While teams are shaking hands, parents should gather near midfield and form a tunnel. The players should run through the tunnel -- two parallel lines of parents with arms stretched upwards toward the other line. Parents should cheer the kids as they run through the tunnel.

- 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.

- You need to manage your players. If you have one or two players who score significantly more than other players on your team or the other team, work with those players to let their teammates or the other team score, too.

PRACTICE REQUIREMENTS

- If possible, coaches should schedule a practice for each week where there is only one game. If you have two games scheduled, a practice is not as important.

- Practices should be kept to 45-50 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.

FUNDAMENTALS TO DEVELOP

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

- Playing in traffic

- Playing on a team

- Having fun

- Learning to dribble and control the ball with both feet. Kids should be taught to tap the ball when dribbling, keeping it close to their feet. Their tendency is going to be to kick the ball as hard as they can and chase it.