



WOODBIDGE YOUTH SOCCER

RULES/INFORMATION SHEET

Division: **RED**

- 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 Red 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 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

- Please request that players arrive at all games at least 15 minutes beforehand.
- Game length: 4, 12.5-minute quarters.
- Number of players on the field: 6 + 1 Goalie - Goalies must be marked and identifiable. Goalie shirts will be available in the red shed at Fords Middle School.

- At this level a referee will control the field of play.
- Coaches are allowed on the field but should remain on the defensive end except to help set up set plays (corners kicks / indirect kicks). They should return to the defensive end promptly after set up.
- 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.
- The referees are instructed to allow for multiple attempts at throw ins.
- Corner kicks and goal kicks are awarded for balls that go out of bounds past a team's endline.
- Indirect kicks are awarded for all fouls. Indirect kicks mean that the ball must be touched twice (by different players) before a team can score. Players taking an indirect free kick are not allowed to shoot and score. They must touch the ball or pass it to a teammate before someone can score.
- No direct kicks, no penalty shots.
- On goal kicks the defending team will return to their half of the field until the ball is struck by the goalie.
- The goalie may pick up the ball with their hands if played back by a teammate's foot.
- 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.
- At this age level, it is very important to provide an enjoyable experience for all athletes. Everyone should be encouraged to participate and all players should receive equal playing time.

- 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.

- 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.

- The referee will keep score and report that score to the league, but we do not maintain standings and place no emphasis on wins and losses. Every conversation about scores, winning or losing should be pivoted back to having fun.

- 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>.

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
- Controlling the ball with different parts of the foot (inside, outside, bottom, heel, etc.)
- Making and receiving passes
- Dribbling around other players
- Teamwork
- Goalkeeping