

U11 and U12 Coaching Manual

WHO ARE WE COACHING?

Characteristics of U11 and U12

Enjoys Competition
Psychological Development has progressed
Teamwork has improved
Coordination has improved
Technical Competency has improved
Developing Speed and Strength
Problem Solving can take place with teammates
Self-appearance and peer pressure is a concern
Varying Stage of puberty of boys and girls

GUIDELINES FOR PRACTICE AND MATCHES

Practices should consist of up to 75 minutes of structured, adult-guided soccer with an additional 15 to 30 minutes allotted for free play/self expression and self-improvement.

ORGANIZING A PRACTICE

Practice Outline

(10 Min) **Warm-up** – Introduction of individual skills applied to tactical decisions in “Free Space”, to a line, gate or goal with Dynamic Stretching (see www.cdccarmelfc.com coaching resources page)

Skills; Dribbling, Shooting, Receiving, Passing, Heading, Tackling, Goalkeeping

Tactical; Attacking and Defending roles and principles

(15 Min) **Small Sided Games** – Emphasis of technique, Speed of play, Individual and group tactics and the principles of play (3v3 or any combination equaling 6 playing to a line, gate, or goal)

Dribbling	Shooting	Receiving	Passing	Heading	Tackling
Possession	Accuracy	On Ground	Possession	Offensive	Poke Tackle
Penetration	Power	Air Balls	Penetration	Defensive	Block Tackle
					Slide Tackle (U12)

Attacking

1st Attacker, 2nd Attacker, 3rd Attacker (U12)

Defending

1st Defender, 2nd Defender, 3rd Defender (U12)

Goalkeeping: Principles of Goalkeeping, footwork, catching, shot stopping, getting set, diving, Handling crosses, breakaways, positioning angles, distribution

(20 Min) **Expanded Small Sided Games** – Emphasis of Technique, Speed of Play, Individual and Group tactics and the Principles of play (4v4 or any combination of players equaling 8, should have direction to goal or gate)

Dribbling	Shooting	Receiving	Passing	Heading	Tackling
Possession	Accuracy	On Ground	Possession	Offensive	Poke Tackle
Penetration	Power	Air Balls	Penetration	Defensive	Block Tackle
					Slide Tackle (U12)
Attacking			Defending		
1 st Attacker, 2 nd Attacker, 3 rd Attacker			1 st Defender, 2 nd Defender, 3 rd Defender		

Throw-ins	Corner Kicks	Goal kicks	Direct/Indirect kicks (Set Pieces)
Attacking	Attacking	Attacking	Attacking (PK's too)
Defending	Defending	Defending	Defending (PK's too)

Goalkeeping: Principles of Goalkeeping, footwork, catching, shot stopping, getting set, diving, Handling crosses, breakaways, positioning angles, distribution

(30 & up to 60 Min) **Scrimmage** – Emphasis of technique, Speed of play, Individual and group tactics and the principles of play (6v6 up to 8v8, to goals)

BEST QUALITIES OF A COACH FOR THIS AGE PLAYER:

Sensitive teacher, enthusiastic, possess soccer awareness, ability to demonstrate or utilize someone whom can paint a good picture (older player, assistant coach). Possess knowledge of the key factors of basic skills. Give encouragement. Have an appreciation for the relationship or connection between individual skill and small group insight, and the players' eventual success at the older ages and the larger game model of 11v11.

GENERAL DESCRIPTION OF WHAT SHOULD BE HAPPENING IN MATCHES

The game continues to be about individual ball control. At the same time, players should begin thinking of their decisions and movement as being related to their teammates and opponents in numbers up to 8 v 8 (not including GK). Matches should be played in numbers no larger than 9v 9 (including GK). Matches are a forum for players to test their ball skills and game awareness and should be considered an additional means of development, rather than the objective. Results play a role in development as it gives the players a competitive focus in the match. In this environment, there needs to be room for trial and error.

Coaches are encouraged to promote soccer that is free flowing, is coach-guided but not coach directed, and demands that all players on the field, regardless of their specified position, participate in defending and attacking.

TECHNIQUE (skills)

COACHING POINTS: Field Players

Dribbling

1. Head up to read the game
2. Ball close enough to the body to keep control. Tight dribbling
3. Change speed
4. Change direction
5. To beat an opponent:
 - a. Body fakes or dribbling movement to “throw” the defender one way
 - b. Change direction
 - c. Change speed
6. Individual possession (Shielding)
 - a. Body between the ball and opponent
 - b. Keep body “sideways”
 - c. Lower center of gravity. (Like sitting in a chair posture)
 - d. Use arms to keep space
 - e. “Spin Turn” away from opponent to keep pressure
7. Running with the ball for speed.
 - a. Ball is pushed out further in front with laces (instep or outside of foot)
 - b. Longer running strides

Shooting/Finishing

1. Approach to the ball at an angle (open the body)
2. Standing foot next to the ball pointed in the direction of the target
3. Ankle locked – Toe down/Heel up
4. Body over the ball – momentum forward through the ball
5. Solid contact
6. Follow through – toe pointed
7. Land on Kicking foot
8. Watch the ball during the whole process
9. Consideration should be given to placement vs. power in certain situations in and around the penalty area.

Passing

1. Standing foot next to the ball pointed in the direction of the target
2. Different type of passes:
 - a. Push Pass – Heel down, toe up, knee out and strike ball on inside of foot.
 - b. Driven pass – Toe down, heel up for driven, knee in front and over ball.
 - c. Outside foot pass – Toe pointed down and inside, knee in front and over ball and strike with outside of foot.
3. Bend at the knee
4. Follow through
5. Accuracy – Pass should be to the indented target, (play to “feet”)\
6. Weight or Pace – Pass should be played such that the receiver is able to control the ball or play it comfortably with one touch.

7. Timing - pass should be played into the path of the runner
8. Angle – passes should be played on an angle so that they are not intercepted
9. Disguise – pass should be made so that it does not “telegraph” the opponent where it is being played.

Receiving

1. Get in line of the flight of the ball
2. Watch the ball
3. Make early decision in the body surface to use
4. Relax the controlling surface
5. Control ball into space or away from pressure
6. Preparation touch (FIRST TOUCH) should allow the player to shoot, pass, or dribble with the next touch

Heading (U11 with foam balls or size 3 balls, U12 ok to introduce regulation soccer balls)

1. Get in line with the flight of the ball
2. Watch the Ball
3. Make contact with the forehead
4. Keep eyes OPEN and mouth closed
5. Time the run and jump to head the ball at your highest point
6. For Attack
 - a. Direct the ball down toward the target – goal, teammate, path of teammate, or to your self while running.
 - b. Glance the ball toward the target
7. For Defense
 - a. Direct the ball high and wide for distance.

Crossing

1. Look at the “runners in the box”
2. Select type of cross – pull back on ground, driven low near post, driven high far post
3. Prepare the ball on an angle toward the “box”
4. Standing foot alongside the ball and towards targeted area
5. Pull the ball back away from the goal line, near penalty mark
6. Early crosses are ball played behind the last line of defense.

Tackling

1. Non-tackling foot close to the ball – do not reach for the ball
2. When making contact with the ball, ankle should be locked
3. Momentum forward through the ball.
4. Watch the ball
5. Time to Tackle – After opponent touches the ball and foot goes down
6. lower center of gravity
7. Block tackle – use inside of foot, facing opponent
8. Poke tackle – use front or toe of foot
9. Slide tackle – while sliding on lower leg, under control, top leg guides foot through the ball displacing it from attacker. (*shown only to those in U12 show interest, typically boys show more interest*)

PRINCIPLES OF PLAY

“It is easier to destroy than to create, therefore you should only dedicate one practice for defending for every three practices of attacking, as a general rule.”

Defending

1. Immediate Chase – attempt to regain possession immediately or recovery runs to deny penetration to goal
2. Delay – defender pressuring the ball to deny penetration and allow team to organize behind the 1st defender
3. Depth – immediate organization of players behind pressuring defender
4. Balance – distribution of defenders behind the ball to cover space and complete the team’s defensive shape
5. Concentration – defenders denying space around the ball to force opponent to play around then not thought them
6. Control and Restraint – when challenging for the ball, players must be under control and restraining themselves from over committing on tackles or clumsy fouls

Defensive Roles

1. First Defender – Player closest to the ball applies pressure to deny penetration, select proper angle and speed of approach to shepherd the ball to an area of the field , where other teammates can win the ball back, or win it back individually
2. Second Defender – Provides cover or support for the first defender with proper angle and depth to assist if first defender is beaten, also responsible for tracking supporting forward runs.
3. Third Defender - Track attackers away from the ball who are making forward runs, squeeze space toward center of field, complete balance and shape of team.
4. Compactness (collective play of all players) – pressure, cover, balance, together to provide depth in defense, organization and blending of various lines, such as forwards, midfielders, defenders

Attacking

1. Penetration – The first choice of player with the ball to shoot, pass or dribble toward the attacking goal
2. Depth – players immediately supporting the ball to provide options to create an opportunity to possess
3. Mobility – Movement or runs without the ball necessary to unbalance defense, by creating penetration
4. Width – Providing depth or support to both sides of the ball relative to the width of the field, thus creating space for central players.
5. Improvisation – Individual creativity such as crafty dribbling, deceptive passing or off balance shooting.

Attacking Roles

1. First Attacker – Most important player because he/she makes all the decisions regarding penetration, possession, i.e. dribbling/passing/shooting
2. Second Attacker – Immediate support of ball behind, square or in advance of the ball based on pressure, positioned with proper distance so that one defender cannot defend both ball and support, must look to combine with player of the ball to gain penetration through bent runs, overlapping runs, wall passes, double wall passes, takeovers, etc.
3. Third Attacker – unbalancing players attempting to make forward or diagonal runs to unbalance defensive shape creating opportunities to penetrate.

COACHING POINTS;

Goalkeepers

Shot Stopping

1. Body Mechanics – Body Shape, balance, stance, body behind the ball
2. Footwork – lateral, forward, back stay on feet as long as possible
3. Getting Set – feet need to be set “on the balls of feet”, not moving, starting position, and angle play
4. Catching – Soft Hands
 - a. Cradle catch – Hands chest high and above, Hands in a Diamond or W shape.
 - b. Basket catch – Balls from ground to waist high. Body in front of ball, knees bent, elbows together down to hands, ball hits palm of hands, then gather ball inward touching forearms then to chest.

Diving

1. Good body and diving shape – Keep body square between the path of the ball and the goal (no diving on stomach or rolling on back)
2. Attack the ball – Keep ball in front of you
3. Diving progression should be taught from seated position to a kneeling position to a standing position.

Handling Crosses

1. Judge the flight of the ball
2. Select the path to the ball
3. Catch ball at it’s highest point with the non-jumping leg bent 90 degrees in front of keeper to help with lift and to protection from collision, with elbows out too.
4. Boxing – Pressing both hands together each in a fist, bring hands from the chest and follow through the ball in “punching” action to clear ball.

Breakaways

1. “Stalk” the ball under control, while keeping your feet as long as possible, until making the commitment to take the ball off attacker’s foot with hands.

Distribution

1. Select distribution – Throwing, punting, drop kick “half-volley”, and Side volley.
2. Goal Kicks – same as “instep drive” from passing section.

PRINCIPLES OF GOALKEEPING

1. Hands – Palms out, reliable and safe, repetition needed, relaxed hands, recover for the second save, catching or boxing high balls
2. Shape – Rounded torso, flexed at the waist and knees, weight on balls of the feet
3. Keep your feet – “your feet get your hands to the ball” don’t dive to collect the ball, don’t over commit on breakaways, delay forward to allow defender to recover
4. Recovery – “Reload” after rebound to make the second save, emphasis in preseason and maintenance
5. Secondary recovery - Ball into the body to secure the ball, getting the body in the path of the ball between the goal and ball when hands cannot be used
6. Goalkeeper as the first attacker – distribution (hands/feet), good decisions, starting the counter attack, predictable movement of players for keeper to distribute
7. Decision Making/Communication and Organization – Make play predictable and simplify decisions, minimizing saves per game, strong mental, less physical
8. Ever Ready/Alert and Alive – Physically and mentally connected to the game, enables the keeper to keep “head in the game”
9. Getting the feet set - In position and set early, weight forward and feet shoulder width apart, head forward and up, with shoulders front of knees, body always square to the ball
10. Reaction Factor – Don’t anticipate, react, read the game and be in good position
11. Near Post Considerations - Ball will get to the near post quicker than any other place, so cover it with your positioning, or field player, or wall on set pieces

PHYSICAL

Supplemental conditioning is not necessary. All conditioning should be achieved through the demands of training. Proper dynamic warm up activities and static stretching cool down activities should be used before and after each training session and match.

PSYCHOLOGICAL

Players are more confident with themselves if they can demonstrate a technical competency, understand basic tactical roles and principles of play and ultimately fatigue makes cowards of everyone. You must be fit to play soccer.

COACHING WITHOUT EXPOSURE TO THE GAME

DO NOT...become frustrated, yell or intimidate. Be afraid to adapt & adjust to players not having fun
DO.....keep players active with a ball, individually if possible. Vary activities to keep practice interesting. Have FUN (coaches and players). Be positive & praise all the players. Attend Coaching clinics. Read soccer instructional materials. Watch soccer matches above your level.

Use common sense when dealing with children, especially “problem” kids.
All children want to have fun. Not all kids are blessed with positive home environments.
Soccer can be an opportunity for release and expression.
Some may have physical or mental impairments.

PHILOSOPHY

Winning / Losing vs. Having Fun
Individual and Team Development not winning
Positive relationship between parents – players – coaches – referees
Play soccer not kick ball
Give each player your undivided best
Team and Individual meetings with parents – players – coaches outlining expectations

COACHING METHODS

What is Soccer

Competitive game made difficult by an opponent. Objective is to win. Has 17 rules. Is free flowing with few stoppages. Players solve problems, not the coach.

The Best Teacher is the Game

Tell me, I will probably forget...Show me, I may remember, Involve me, I will start to understand.
We all learn the most through self-discovery. Create a realistic environment that reflects the game.

Using Small Sided Games to Teach

Small sided games are a highly economical way to encompass all four components in a fun and competitive environment.

Player Development

Prepare fun and enjoyable games or activities during practice. Each player should have their own ball. Maximize the number of touches in the time allowed for practice. Practices designed to apply technique to tactical situations. Competition is the main focus to motivate and challenge players.

Role of the Coach

Serve as a facilitator developing a positive and fun environment with activities gear towards achieving success

Serve as positive role model that demonstrates respect for the members of the team, opponents, referees, parents, spectators, and opposing coaches. The coach is also the ambassador for soccer.

The coach has to understand who they are coaching. Children are not just defined by their age. Treat them as individuals and recognize they all are participating for different reasons.

How Do Players Learn

Performance = Potential – Interference

K.I.S.S keep it simple soccer, Specified vs. General, Progressions should b simple to complex, Feedback should be immediate, short, sweet and to the point.

How to Teach

Preview what you are going to coach, and why you are coaching it, and where does it belong in the game.

Time Factors as to when in the training cycle, weekly cycle, seasonal cycle

Explanation/Demonstration paint a clear picture – TALK IT, SHOW IT, DO IT.

Elements of the practice Plan the practice with the end in mind, activities should be challenging but not too hard because that promotes frustration, not too easy because that develops boredom, activities should have a rhythm that replicates the game and recognize coaching moments to teach.

Corrections should be made during a natural stoppage in the activity, identify specific breakdowns in either the technical, tactical, physical, or psychological aspects in the game.

Components of Soccer Technical (skills) Tactics (decisions) Physical (fitness: elements that encompass being athletic) Psychological (positive attitude about self/coaches/referees/teammates/and game)

Economical Training Incorporating two or more components in the practice to benefit the players.

Priority of Components Technical/Tactical/Physical/Psychological

S.A.I.D Principle Specific Adaptations to Imposed Demands, Training must replicate the game and meet the demands of the game

Practice Organization cycle of development - Game/Analysis/Training back to the game, Warm-up-SSG-ESSG-Scrimmage-Warm down.

CARE & PREVENTION OF INJURIES

Always error on the side of caution, It is a good idea to be certified Red Cross First Aid, Each team should have a First Aid Kit.

Coaches' primary concern should be Prevention

- Warm-up
- Fitness
- Equipment
 - Shoes
 - Shin guards
 - Proper clothing
 - No jewelry
- Water
- Breaks/Time of training – Matches
- Inform parents of any injuries
- Serious injuries should be cleared by a doctor

R – Rest: any injury or ailment that occurs immediately removed the player to reset

I – Ice: contusions, broken bones, heat stroke, heat exhaustion, cramps, blisters

C– Compression: wrap ice when appropriate and after ice, this will help keep swelling down.

E - Elevate: if possible, raise injured body part above heart to restrict blood flow.

(Sprains, Strains, Blisters, Broken Bones, Cramps, Heat Exhaustion/Heat Stroke, Head injuries)

Dealing with injured players

- Don't panic
- Make observations
- Be positive
- Use common sense
- Seek professional help

Circle of Care

- Injury
- Recognition
- Diagnosis/Treatment
- Rehabilitation
- Pre-habilitation
- Participation

TEAM MANAGEMENT

Safety and Ethical Issues

- Know the Laws of the Game
- Teach proper technique for the sake of development and safety
- Implement proper training for safe environment
- Inspect and Maintain equipment and field
- Supervision of players, avoid dangerous play and serious weather conditions

Team Organization

Preseason Parent/Player Meeting (Group and Individual)

- Philosophy
- Team Goals
- Expectations of Parents
- Team Rules
- Player Evaluations

Equipment Needs

<u>Yours (coaches)</u>	<u>Theirs (players)</u>	<u>Ours (teams')</u>
Cones	Ball	Field
Vests	Skin guards	Goals
Extra Ball/ball pump	cleats (boots)	

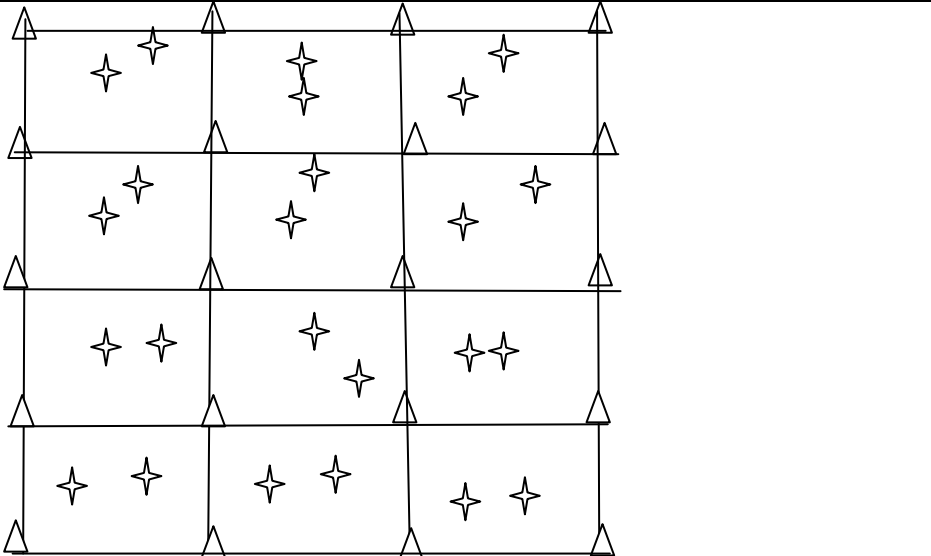
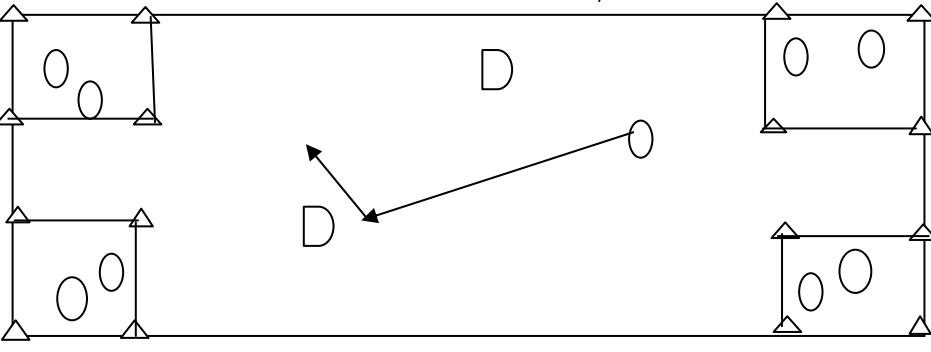
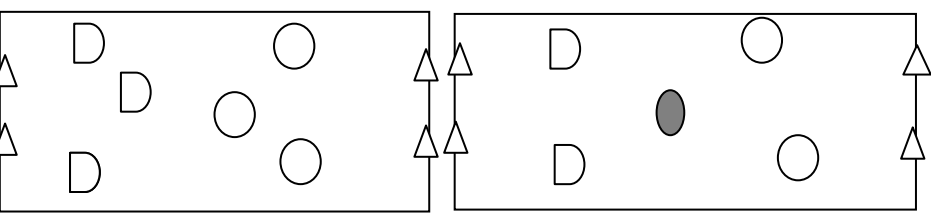
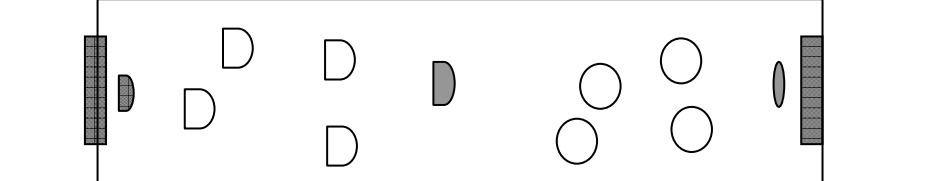
Game Organization

- **Pre game** - Nutrition, Arrival, Warm-up, Team Talk
- **During Game** - Analyze Objectively: Individual Performance, Match-ups Tactical strengths and deficiencies (Offensive, Defensive, Restarts)
- **Half Time** – Positively Communicate Observations (Can't fix all at halftime, pick your battles)
- **Post Game** - Check on injuries, Brief comments about the match (positive outtakes), Cool down

Seasonal Planning

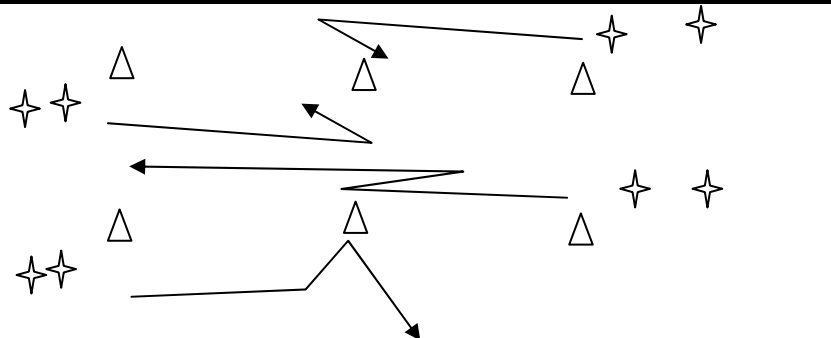
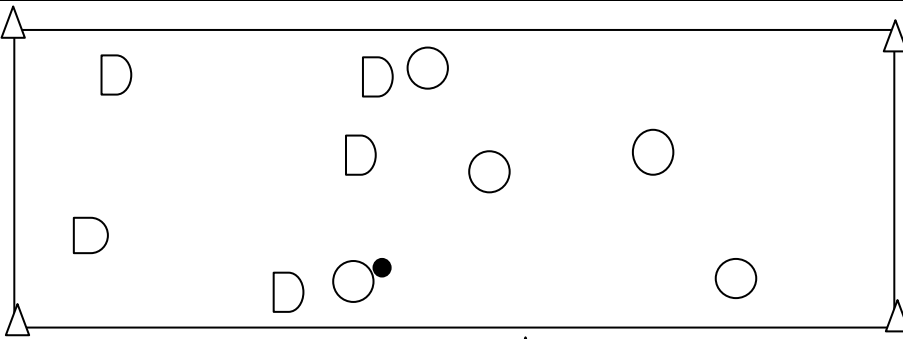
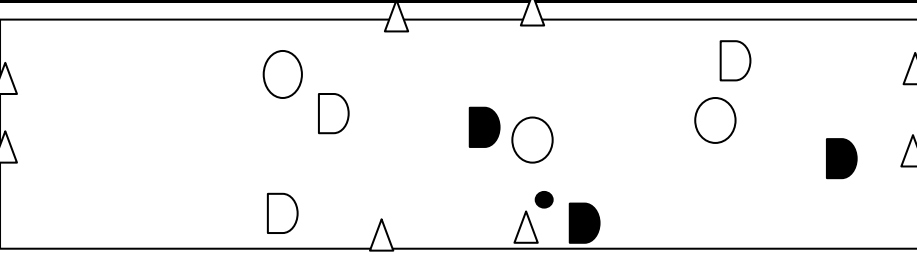
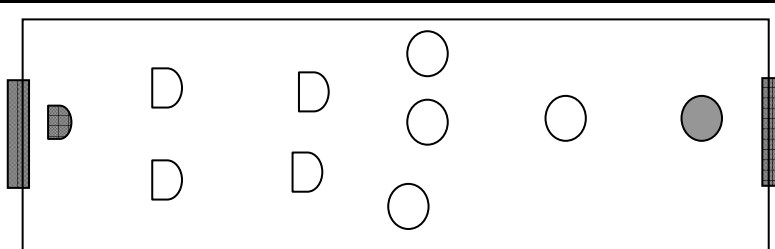
- **Pre season** – Fundamental skills and tactics, Play to be fit.
- **Competition Season** – Develop a calendar or schedule of days of training, days off and dates of competition
- **Post Season** – Kids need time away from soccer. Being a multi sport athlete is great cross training and conditioning.

THEME OF PRACTICE: DRIBBLING

Activity	Description	Diagram	Coaching Points
<p>WARM-UP Grid dribbling</p>	<p>Pair up in a grid that each square is 4x4 yards. A dribbling progression: Start out with 2 minutes to see how many cones you can touch. Loser will do: 4pt star/superstar!! or Something fun. Then progress to have more to do each round. At each cone do a pull back, then add to that...change direction as you go to a cone. then rake and CD to a cone, then all that with keeping ball in area, if not then you go back to 0. Keeping adding what you need to work on. Do it every practice for 2 weeks, you will see good results</p>		<p>Head up Foot position around ball(hug) Keeping ball under control Body posture up , not bent over</p>
<p>SSG</p>	<p>Players in the corner goals must advanced to the other side of field and can go to either goal. Using your inside cuts and outside cuts to possess ball. If you loose possession by dribbling out of area and or defender kicks out then 20 toe taps on ball or some other foot skill working on.</p>		<p>Head up Foot position a hugging ball</p>
<p>Expanded SSG</p>	<p>3v3 or 4v4 Must dribble forward to advance ball. Can pass sideways and drop. If you have odd #'s then make a person an offensive person the whole time or switch that person out.</p>		<p>Head up Keep ball close to feet body position on sheilding support</p>
<p>SCRIMMAGE</p>	<p>8v8: Scrimmage U12 girls, or do 5 v 5. if we scrimmage ourselves then play 5v4 with neutral player and goalie and use half field.</p>		<p>Remembering to dribble for possession Keeping head up Supporting ball</p>

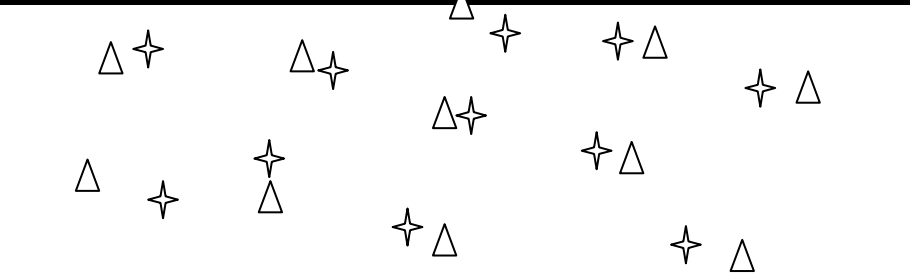
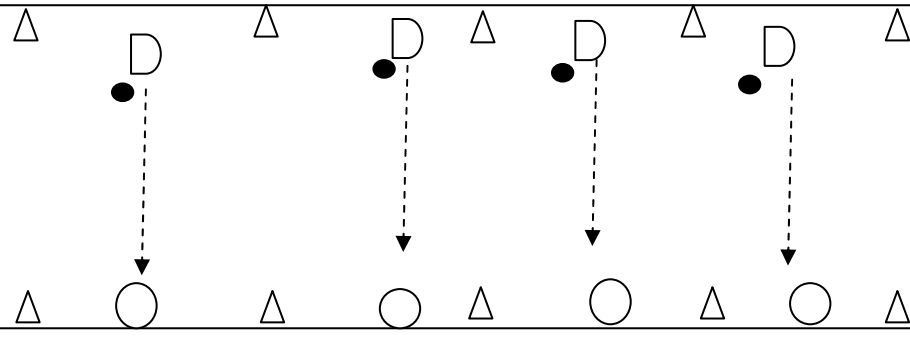
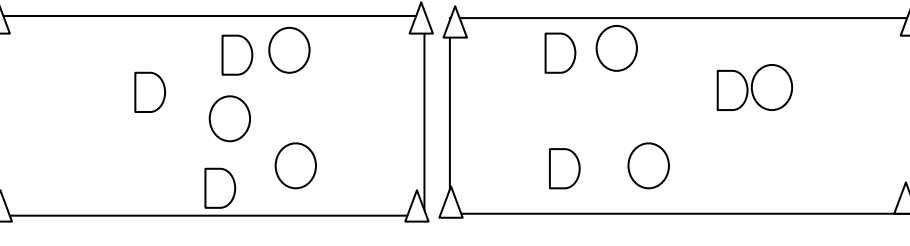
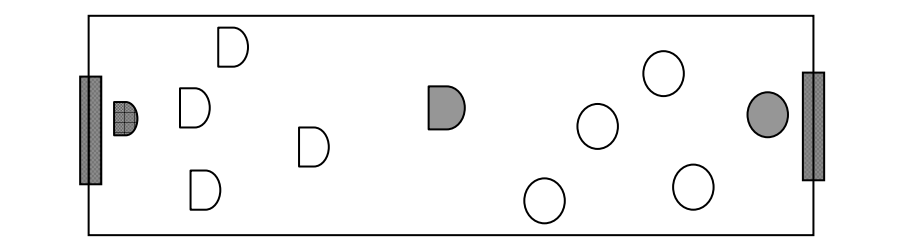
NOTES FROM PRACTICE:

THEME OF PRACTICE: DRIBBLING(footskll mastery)

Activity	Description	Diagram	Coaching Points
WARM-UP free space/cones/gates	Footskills: Equal # of players to the right of each cone with about 2 sets or even 4 sets of cones.Players in continues motion. Practicing the Pull/push move to create space and then will practice the Drag/Push. Incorporate inside/outside cut, cyruff cut, stop go with variation..etc		Ball close to feet Using laces to move ball forward. Head up, and body in upright position.
SSG	Dribble forward only to go past the end line of your goal line. passing only to the sides and drop passes. Incorporate the drag/push, and other foot skills and pull push moves Field Size 40x30		Head up Foot postion at mid height on ball knees bent, ankle locked 90 degrees
Expanded SSG	3v3 or 4v4, 3 teams play. Can shot to only the 3 furthest goals. Incorporate drag/push and pull/push 5 extra points awared for doing footskills in combination with a score. Field size 30x25		Head up Body position on sheilding Support/Movement Footskill are a must, keep ball close
SCRIMMAGE	8v8: Scrimmage U12 girls, or do 5 v 5. if we scimmage ourselves then play 5v4 with goalie and use half field.		Remembering to dribble for possession Keeping head up Supporting ball

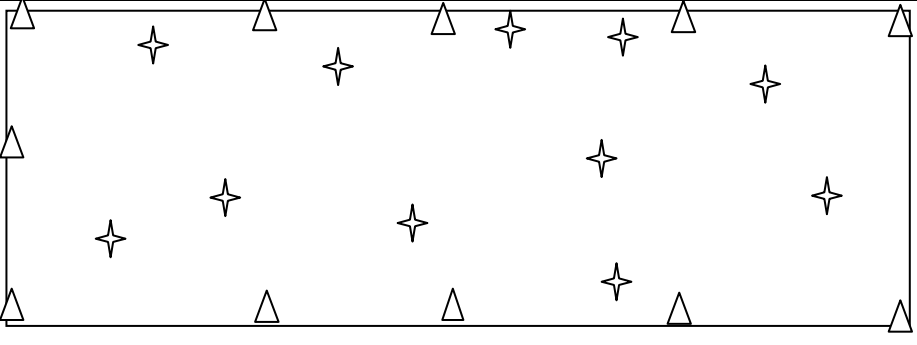
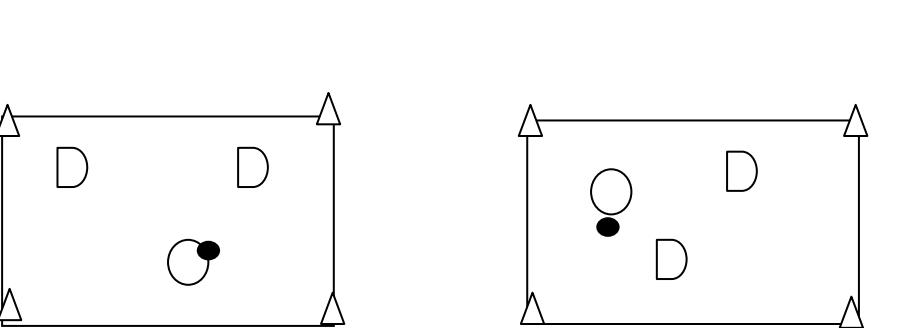
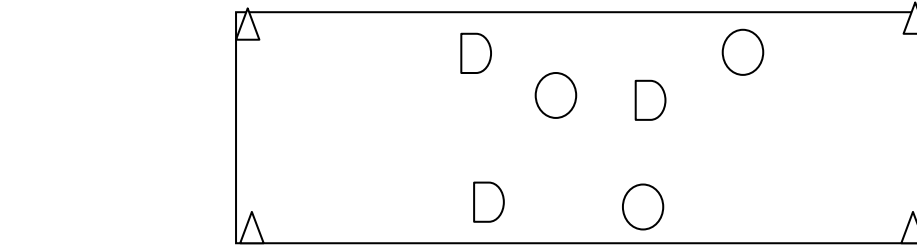
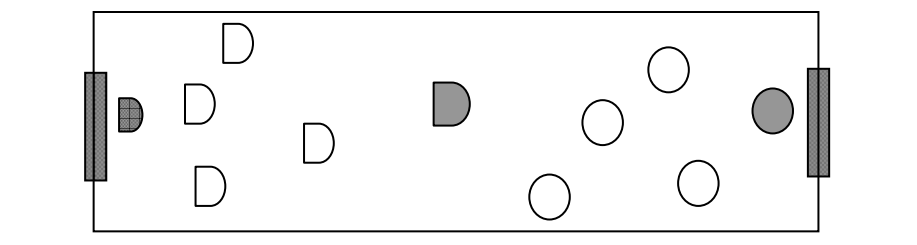
NOTES FROM PRACTICE:

THEME OF PRACTICE: DRIBBLING with Defense incorporated.

Activity	Description	Diagram	Coaching Points
WARM-UP free space/cones/gates	Each player has a cone which they will practice ball mastery moves to get past. Outside foot, pendulum, fake l/r, scissors, cut behind, inside/outside cut, etc...		Head up Foot position close to ball. Keeping ball under control Using sole of foot, laces, and sides of foot. Body posture up
SSG	First start with 1v1 then progress to 2v1, using dribbling skills and showing proper defensive block/poke tackles. Defender will pass ball to offensive player then will try to get past defender. Can have field wide to start out then narrow field when experience to challenge player. Area 15x15		Head up Foot position close to ball. Keeping ball under control Using sole of foot, laces, and sides of foot. Body posture up
Expanded SSG	3v3 or 4v4 Must dribble forward to advance ball. Can only pass sideways or backwards (drop). To score ball must be dribbled past end line. Field area for 3v3 30x25		Head up Dribble ball close to feet body position on shielding support ball
SCRIMMAGE	8v8: Scrimmage U12 girls, or do 5 v 5. if we scrimmage ourselves then play 5v4 with goalie and use half field.		Remembering to dribble for possession Keeping head up Supporting ball

NOTES FROM PRACTICE:

THEME OF PRACTICE: DRIBBLING and keeping possession in tight spaces

Activity	Description	Diagram	Coaching Points
WARM-UP free space/cones/gates	Each player has a ball and will dribble through space. Touching ball on each step with instep/inside/outside foot. Changing direction through field and going around cone with outside foot. On whistle will do special footskill that you want to work. Field Space 25x15		Head up Foot position close to ball Keeping ball under control Body posture up
SSG	2v1, Having the Off. Player dribble through 2 players to get to as many cones as possible. Run each player for 2 mintues at off. Working on keeping ball close to feet, and using footskills ie; pendullums/pull backs/using instep/inside/outside foot. Field Size 15x10		Head up Foot close to ball Plant foot secure when accelerating soft touch on ball for control
Expanded SSG	3v3 (3,4 fields) Must dribble forward to advance ball. Can pass sideways and drop back pass. Field Space 25x20		Head up body position on sheilding support
SCRIMMAGE	8v8: Scrimmage with no restrictions		Remembering to dribble for possession Keeping head up Supporting ball

NOTES FROM PRACTICE:



Carmel Dad's Club Coaches Clinic 3-27-10

Anatomy of a Youth Soccer Practice (1 hour in duration)

Phase 1 - Skill only / No pressure (15 minutes)

Session Ideas - Free movement & Triangle warm-up

Coaching points: use all surfaces, change of direction and change of pace

Phase 2 - Skill focus / Passive Pressure (10 minutes)

Session Ideas - Triangle chase game

Coaching points: same as previous, head up, upper body movement, cuts and turns, and leg feints

Phase 3 - Limited Pressure / One Player opposition or numbers up (15 minutes)

Session Ideas - 1 v 1 to player goals ladder style

Coaching points: same as previous, use pace, get across front foot, body between defender and ball, and get in space behind defender.

Phase 4 - Game situation (20 minutes)

Session Ideas - Line soccer and scrimmage

Coaching points: Let them play; the game is the best teacher!

OUR FOCUS AS COACHES:

Enthusiasm, Fun, Encouragement, Repetition, Team Building
and Character Development

Thank you for your commitment to youth soccer development.

Please visit our website for more information about the
Butler Soccer Program and Butler Boys Soccer Camps.

www.butlerboysoccercamp.com



CODE OF CONDUCT

Players:

- Make every reasonable effort to attend all games and practice sessions. If unavailable for any reason, the player must inform the team coach in advance.
- Be punctual.
- Exhibit sportsmanship and fair play for all games and practice sessions.
- Understand the rules of the games and play within them.
- No intentional foul or rough play will be tolerated.
- Players will not question or argue with officials/referees.
- Maintain a good appearance while playing in the games.
- Cooperate with coaches, teammates, opponents, and officials.
- NO profanity, taunting, or trash talking before, during, or after games/matches.
- No consumption of alcohol, tobacco, or illegal drugs.
- Be gracious in victory and dignified in defeat.
- Support other CDC teams and their participants.

Coaches

- Make every reasonable effort to attend all games and practice sessions. If unavailable for any reason, the coach must inform one of his/her assistants.
- Be punctual.
- Exhibit sportsmanship and fair play for all games and practice sessions.
- Understand the rules of the games and require your team to play within them.
- Do not tolerate any rough or foul play by any of your players.
- Do not argue or engage in any confrontational discussions with referees or game officials.
- Maintain a good appearance at all times when representing the club.
- No profanity, taunting or trash talking to your players, other players, coaches or game officials.
- No consumption of alcohol, tobacco products or illegal drugs at any CDC events that you are coaching.
- Be gracious in victory and dignified in defeat.
- Support other CDC teams and their participants.
- Treat everyone with respect, players, parents, coaches, officials and spectators.

Parents/Guardians

- Players are in the care of CDC staff and coaches during all sessions and games.
- No coaching, shouting or negative comments from the sidelines or stands during games and practices. Positive support only for both teams.
- Do not comment to opposing players, coaches or fans in any way other than complimentary.
- If you have a problem with any coach or official within the Dads' Club, bring it to the attention of the league

commissioner. If you deem the response as unsatisfactory, then write a formal complaint to the CDC executive committee. All such issues have to be documented and signed.

- Do not challenge or object to officials or coaches' decisions.
- Teach and encourage your children to play within the rules of the game and to exhibit good sportsmanship.
- No profanity, taunting or trash talking to any opposing players, coaches, or officials.
- Be gracious in victory and dignified in defeat.
- Be a positive role model for your children and their teammates.
- Do not criticize other players or coaches in the presence of other children.
- No consumption of alcohol, tobacco products or illegal drugs at any CDC events that you are attending.

Commissioners

- Exhibit sportsmanship and fair play for all games and practice sessions.
- Understand the rules of the games and require teams to play within them.
- Do not tolerate any rough or foul play by any players.
- Do not argue or engage in any confrontational discussions with referees or game officials.
- Maintain a good appearance at all times when representing the club.
- No profanity, taunting or trash talking to players, coaches or game officials.
- No consumption of alcohol, tobacco products or illegal drugs at any CDC events that you are attending.
- Be gracious in victory and dignified in defeat.
- Support all CDC teams and their participants.
- Treat everyone with respect, players, parents, coaches, officials and spectators.

General

- Carmel Dads' Club will not tolerate any sexual or racial harassment or intolerance.
- Carmel Dads' Club will encourage an atmosphere of openness, cooperation, and consultation.
- Carmel Dads' Club will encourage loyalty within the team and the Club.

Any violation of this code will be brought to the attention of the executive committee, which will issue the appropriate penalty. This penalty could include one or all of the following:

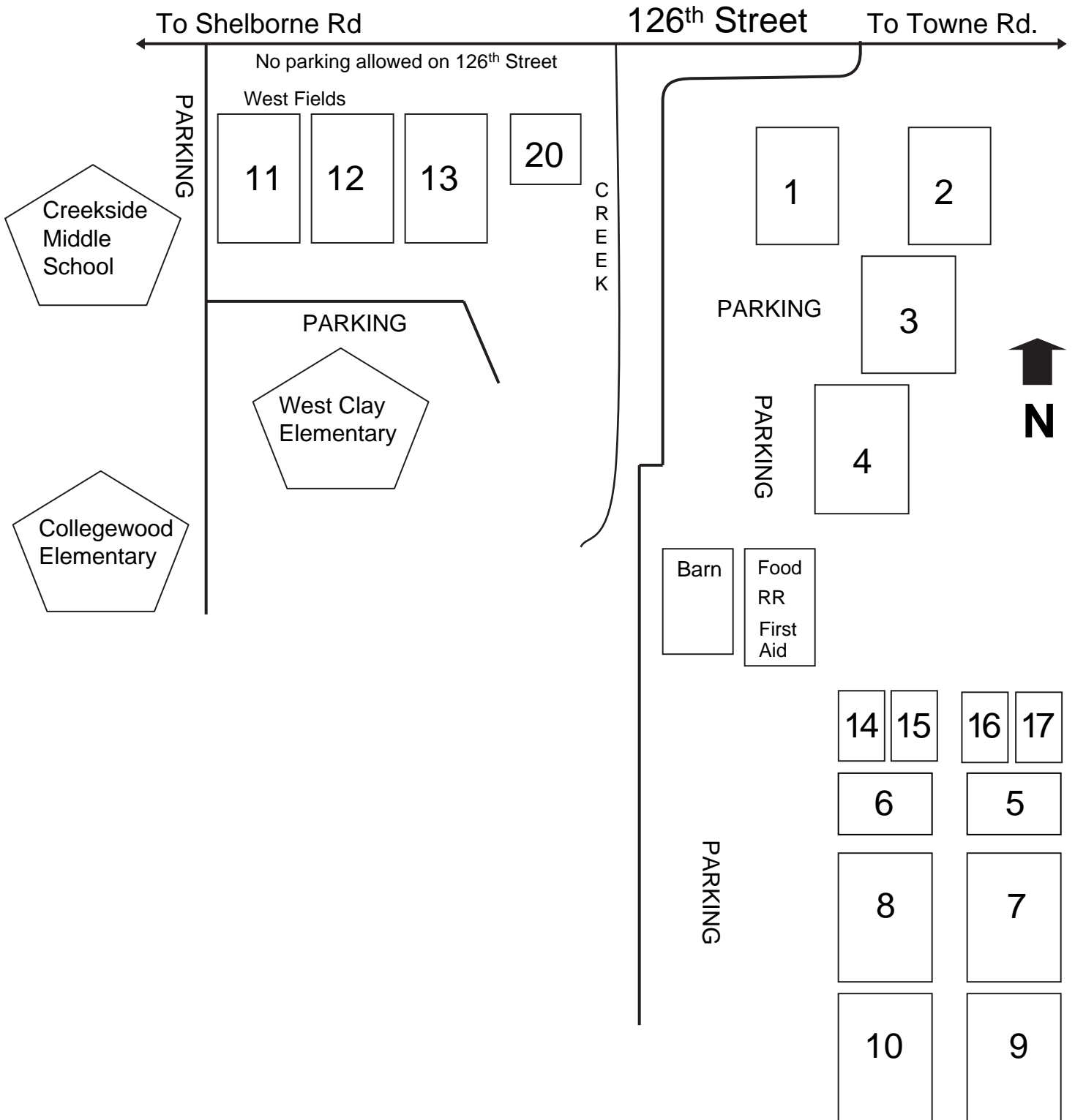
- 1) Reprimand
- 2) Probation
- 3) Temporary suspension
- 4) Permanent suspension

This code of conduct shall be construed in conjunction with and not contrary to any existing rules and/or guidelines which govern Carmel Dad's Club programs.

Carmel Clay Community Soccer Complex

3451 W. 126th St. Carmel, IN

Shelborne Soccer Fields



Uniforms

Carmel Dads' Club will provide, with assistance from the sponsors, a soccer jersey and soccer socks. Children will be asked to provide their own black shorts, soccer shin guards and shoes. Shin guards are required and are worn underneath the soccer socks. Soccer cleats are optional, metal cleats are **not** acceptable. For practice and games each child should bring their own water bottle and soccer ball.

A soccer ball is required for practice. The sizes are as follows:

Prek-K	#3 ball	
1st grade	#3 ball	new Fall 2009
2 nd -4 th grade	#4 ball	
5 th & 6 th grade girls	#4 ball	
5 th & 6 th grade boys	#5 ball	
7 th grade through High School	#5 ball	

Earrings, hats with hard brims, watches, bracelets, necklaces and any other items that may cause injury to the player or to another player are **not allowed**. If earrings cannot be removed, due to recent piercing, they must be covered front and back with first-aid tape or band-aids.

Practice Locations

Finding a practice location and choosing the practice night(s) is the responsibility of the coach. All public green spaces are generally available on a first come-first served basis. Practices may not be held at a parents' or coaches house or the following facilities: Cox Hall Gardens Park, River Road or other CDC and Carmel Clay School competition or practice areas or the Carmel United soccer fields on the elementary grounds next to Shelbourne Field. Badger Field and Shelborne Field are not available for practice. They are used; weather permitting, for scheduled scrimmages throughout the week. We do ask coaches not to change locations or times of practice throughout the season.

The PreK-K leagues do not practice during the week. The practice for these leagues is incorporated into game day. The practice is held during the first half hour of the players scheduled game time. The actual game immediately follows the practice.

All other age groups may practice once or twice a week, as determined by the coach. Any questions about practice places, please call the CDC office.

Game Locations

CDC Soccer has two field locations. Badger Field is located on the east side of Carmel at 5959 E 131st Street. Badger Field is shared with CDC's baseball, rugby and football program. Shelborne Field is located on the west side of Carmel at 3451 W. 126th Street. The Shelborne Fields are shared with Carmel United Soccer Club, Carmel's travel soccer program. Parking at times can be a challenge at both field locations. Most coaches ask that players arrive at the field 15 minutes prior to game time. Please allow plenty of time to not only drive to the field, but to park and walk to your appropriate field. Driving maps to fields and field layouts can be found on the CDC soccer website.

As any other organization of this size, we must have rules, requirements and regulations that govern our program. Please become familiar with these, and if you have any questions or comments please contact the General Commissioners.

1. Players must be on time for games and are usually asked to arrive 15 minutes prior to game time. Games are scheduled close together due to the size of the program and must start at their designated time. Players coming late to games create havoc with an organized coach's line-up. If your child is late to a game and misses one of their quarters of play, the coach does not have to make it up
2. During games parents must remain on the parents' sideline. No parents or coaches are allowed near or behind the goal.
3. Only those players on the official team roster are allowed to participate in games or practices.
4. In registering your child to play in the Carmel Dads' Club soccer program, You signed that you and your child would abide by the Carmel Dads' Club Code of Conduct. The code of conduct can be reviewed on the backside of the registration form or on the Carmel Dads' Club web site.

League Rules

Below are the game rules by which the CDC soccer program is officiated.

Game Rules	PreK-K	1 st -	2 nd	3 rd -4 th	5 th - 6 th	7 th - 8 th
Length of Quarters/Halves	8 min.	10 min	10 min	12 min.	12 min	30 min. halves
Players on Field	3 v 3	6v6, no goalie: Boys. 5 v 5, no goalie: Girls	6 v 6 with goalie	8 v 8	(8 v 8 girls) (11 v11 boys)	11 v 11
Minimum # Players	3	4	4	6	7	7
Legal Slide Tackles Allowed?	No	Yes	Yes	Yes	Yes	Yes
Offsides Called?	No	Yes	Yes	Yes	Yes	Yes
Retake Throw-Ins?	Yes	1 st 2 games	1 st 2 games	No	No	No
Passback to Goalkeeper Penalty Allowed	No	No	No	Yes	Yes	Yes
Direct Free Kicks?	Only Indirect	Only Indirect	Only Indirect	Yes	Yes	Yes
Penalty Kicks?	No	No	No	Yes	Yes	Yes
Distance of PK Mark to Goal	N/A	N/A (except in tournament-10 yds)	N/A (except in tournament- 10 yds)	12 Yds.	12 Yds.	12 Yds.
Size of Ball	3	3	4	4	5 Boys/4 Girls	5

Tournament Modifications – PreK-K and 1st grade does not have a post season tournament

Overtime Periods?

Only in Championship Game, play two 5 minute OT periods

Shoot Out?

All tied tournament games and after OT in Championship Game

Spring 2010
Soccer Coaches Clinic and Roster Day Handout

1. Fun. Fun. Fun
2. Background Check Form
3. League schedule:

Scrimmages will be scheduled on weekday evenings replacing one practice in that week of your scrimmage. Scrimmages will likely be between the first and fourth game of the season.

Sat, April 17th: 1st Game
Sat, April 24th: 2nd Game
Sun, April 25th: Game 3A
Sat, May 1st: 4th Game
Sun, May 2nd: Game 3B
Sat, May 8th: 5th Game
Sat, May 15th: 6th Game
Sat, May 22nd: 7th Game
Sun, May 23rd: CDC Soccer Tournament: 1st Games
Sat, May 29th No Games, Memorial Day Weekend
Sun, May 30th No Games, Memorial Day Weekend
Mon, May 31st Memorial Day
Sat, June 5th: CDC Soccer Tournament
Sun, June 6th: CDC Soccer Tournament: Finals
Sat, June 12th: Potential Event: skills challenges for youth CDC soccer players and World Cup viewing party for CDC families: USA vs England in 1st round of World Cup 2010, South Africa
July, 11: Potential Event: Soccer Extravaganza at CDC Badger fields in conjunction with the World Cup Finals match. Including 3v3 tournament, vendor booths...

4. Field layouts and numbering at Shelbourne
(grades 1st and 2nd are only ones effected)
Carmel-Clay Community Soccer Complex (Shelbourne Fields) 3451 W. 126th
Shelbourne field map: In packet.

http://www.carmeldadsclub.org/f5e9e0f379_sites/www.carmeldadsclub.org/files/Shelbourne_FieldsSpring2010.pdf

Badger field soccer fields: 5459 E. 131st St.

Badger soccer fields map:

http://www.carmeldadsclub.org/f5e9e0f379_sites/www.carmeldadsclub.org/files/Badger_FieldPublic.pdf

5. CDC Code of Conduct: I will have to bring them with me on Saturday for you to review with your coaches. I would like you to instruct the coaches to review with parents as well.

6. Communication chain: Parents to Coaches to League Commissioners to General Commissioners to CDC Office. You can find commissioner emails on Web site.

7. Jersey handout: CDC Office hours: 8:30 am – 4:30pm? Week of

8. 1st and 2nd grade leagues; perhaps 3-4th grade league field practice day.
Likely Shelbourne fields.