



Lakeshore Youth
Soccer League (LYSL)



LYSL Coaching Handbook

Guidelines, drills and Information for coaches to support a
successful recreational soccer season



Lincoln Township, Michigan
www.lakeshoreyouthsoccer.com

WHAT IS SOCCER?

Basically, soccer is: a game of keep-away played with a ball between two teams on a rectangular field with goals at either end. Each team defends a goal and attempts to gain possession of the ball, move it down the field and deposit the ball in the defenders goal. Rules govern the start and stop of play, the roles of positions and player conduct.

<h2>CONTENTS</h2>

LYSL Coaching Philosophy	3
Coaching Administrative Tasks	4
Coaches Administrative Tools/Uniform Info	5
LYSL Division Guidelines	6 – 8
General Guidelines	9
Practice Guidelines	10
Formations	11
Coaching ODOI/Additional Info	12
Websites for Drills and Links	13
Practice Session	14 - 15
Teamwork & Activities	16
Pre-Game Activities	17
Field Map	18
Field (“Pitch”) Terminology	19

LYSL COACHING PHILOSOPHY

We insist that our coaches support the following principles! We request that our parents do the same!

WHAT IS YOUR JOB AS COACH?

Regardless of your knowledge level or experience level with soccer, young players need guidance and basic instruction. You can do this. This booklet will attempt to provide you with those the tools to accomplish this in a structured manner that will be simple to understand. Please take this opportunity to learn and pass on the fundamentals of the game.

Maximize Fun: Allow these athletes to be children, to make new friends, and to have a good time. Allow mistakes in order to learn from them.

Encourage good sportsmanship: Emphasize safe, fair play by teaching respect for teammates, opponents and officials.

Teach fundamentals: Teach the fundamental skills of the game and sportsmanship first. Winning is always secondary.

Participate: Allow everyone to join in and become part of a team. Promote team loyalty.

Create a positive atmosphere: Use praise and positive comments to encourage children to challenge themselves. Do not punish poor play. Coaches are expected to offer instruction and encouragement to members of both teams during the games.

Be a positive role model: Do not swear in front of children, yell at referees, opponents or athletes. Speak calmly and maintain self-control.

Support referees: Allow them to control the game without negative comments. When you disagree, do so calmly during stoppages of play.

Communicate: Talk to the player's parents, explaining your expectations for them and the league philosophies.

Motivate: Create an ongoing interest in soccer with fundamental instruction and improved skills.

COACHING ADMINISTRATIVE TASKS

Contact your players and set first practice: As soon as you get your roster please make contact to let them know you are their coach and their child is on your team. Set your first practice and communicate that date, time, and location (be specific like “at the LYSL fields by the concession stand. I’ll be wearing a red shirt” or send a picture of yourself in the email. Also, communicate the “Parents Code of Conduct” (see our website under “handouts”). Relay ball size to players: #3 U6-U8, #4 U10-12, #5 U14. U4 and U5 use balls from the equipment bag.

Develop a calendar: Once you have your schedule, develop a document to communicate those games. Also include practices, snack assignments, picture day, and any other pertinent information or event.

Complete the MSYSA Risk Management Process: This is a background check. See “step by step” instructions on our website, under the coaches tab. Certification is every year. The league pays for certification and the head of coaches will send a voucher code to all coaches each.

Prepare for Practices: Pick up your equipment bag. Develop a practice session plan. The information in this handbook will serve as a reference for this task.

Prepare for Games: Develop a lineup and substitution sequence plan. A graphic of the positions with the players name applied can be very helpful to their understanding of where they should be.

Snack schedule: Recommended for U8 and under. In these divisions the snacks are generally the best part of the match. Develop a schedule with parents to share the responsibility of bringing or buying snacks at the concession stand. Ask parents if there are any allergies that the team should be aware of.

End of the season: Distribute the medals to your players. Try to find something positive to express regarding each player when handing these out. Many coaches will do this at the field or take the team to a local location such as Dairy Queen, Pizza Hut, etc. Don’t forget to turn in you equipment unless returning for spring season.

COACHING ADMINISTRATIVE TOOLS

Clipboard – Keep you papers together.

Stopwatch – These are nice to keep track of scrimmage/game time.

Whistle – For U4-U8 scrimmage or games and U10 thru U14 practices.

UNIFORM INFORMATION

Shin guards – Mandatory.

Soccer cleats – Recommended—not required. In divisions U6 and up it will be hard for kids without cleats to keep with kids that have them. No baseball or football cleats—must be soccer.

Jewelry, glasses, and coats – No jewelry is allowed. Glasses are only allowed if prescription, coats or extra shirts must be worn under jersey—coaches can use a little leniency for divisions U4 thru U8, however, referees will not allow it for U10 and up.

Goalie Shirt – Divisions U10 thru U14. Different color than team color—referees will not allow the goalie to wear the same color as either team.

Player Uniforms – U4 and U5 T-shirts, U6 – U8 jersey, shorts, and socks – each team unique color. U10 and up jersey, shorts, and socks – standard league reversible.

Coaches Jersey – Provide by league at uniform distribution.

LYSL DIVISION GUIDELINES

U4 and U5 Guidelines

Format of play: 3v3 (no goalie)

Duration: Practice for 30 minutes—scrimmage for two 10 minute halves

Ball size: 3

U4 and U5 do not play actual games only fun drills/soccer oriented games, and scrimmages. Refer to U6-8 guidelines when scrimmaging so kids get oriented to the rules or soccer.

U6-8 Guidelines

Format of play: 4v4 (no goalie)

Duration: U6 and U7, practice for 30 minutes—game for four - 8 minute quarters; U8 practice for 30 minutes—game for four - 10 minute quarters.

Ball size: 3

Coaches on field: Yes -2 from each team

Referees: Coaches

Offside: Not called

Fouls & Misconduct: All infractions shall be briefly explained to offending player with calls based on player safety

Free Kicks: All free kicks are indirect, opponents 3 yards from ball.

Penalty Kicks: No Penalty kicks

Throw-ins: Player to be given a second chance after correct procedure explained

Goal Kicks: Receiving team members behind centerline until ball is kicked. Any player can take the goal kick.

Substitution: Suggested at quarters

Playing Time: Coaches should attempt to equalize playing time and pigeonholing is not allowed.

Scoring: No score is kept

U6 thru U8 follows and practice/game format. Meaning they practice for 30 minutes then play a non-competitive game (no score is kept). Use the above rules for safety and to teach the players the rules of soccer.

Teams will also have additional team only practices throughout the season.

U10 Guidelines

Format of play: 7v7 (including goalie)

Duration: Two – 25 minute halves

Ball size: 4

Coaches on field: NO

Referees: Coach if no registered referee is available

Build out lines: Yes – see below

Heading: NO

Offsides: Yes.

Fouls & Misconduct: Conform to FIFA

Free Kicks: Opponents must be 8 yards from ball

Penalty Kicks: Conform to FIFA

Throw-ins: Conform to FIFA

Substitution: Suggest at mid half. Available for team in possession during throw in. Free substitution on goal kicks, kick off, injury, or halftime.

Playing Time: Coaches should attempt to equalize playing time. Coaches should start to develop positions.

Score: No score is kept

Build out lines:

When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must move behind the build out line.

Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball to a teammate.

Punting the ball is not .

After the ball is put into play, the opposing team can then cross the build out line and play can resume as normal.

U12 Guidelines

Format of play: 9v9 (including goalie)

Duration: Two – 30 minute halves, halftime 5-10 minutes

Ball size: 4

Coaches on field: No

Referees: Registered referee

Heading: NO, technically if they are actual U12 age (not U11), they can head the ball. This is a game-by-game evaluation.

Offsides: Conform to FIFA

Fouls & Misconduct: Conform to FIFA

Free Kicks: Conforms to FIFA

Penalty Kicks: Conform to FIFA

Throw-ins: Conform to FIFA

Substitution: Unlimited. Available for team in possession during throw in (and other team if ready). Free substitution on goal kicks, kick off, injury, or halftime.

Playing Time: Coaches are allowed to reward additional playing time to players that attend practice. Coaches should start to develop positions—especially goalie.

Score: Score is kept. Division winner is awarded (pending).

U14 Guidelines (same as U12 except the following)

Format of play: 11v11 (including goalie)

Duration: Two – 35 minute halves, halftime 5-10 minutes.

Ball size: 5

Headed: Yes

Playing Time: Coaches are allowed to reward additional playing time to players that attend and work hard in practice. Coaches should start to pigeonhole positions.

Score: Score is kept. Division winner is awarded (pending).

FIFA guidelines available at lakeshoreyouthsoccer.com, coaches' corner.

GENERAL GUIDELINES

There are certain soccer etiquettes that should be recognized.

- Parents should leave at least 3-5 yards clear on the side of the field. This allows the players room to throw the ball in OR to travel off the field if making a play without colliding with them.
- No one should stand just off the field at the goal line. This is viewed as a distraction to the players on the field. Coaches should be on the field (U5-U8) or on the side of the field.
- Teams should be on the same side of the field and parents on the other (some flexibility is given for the U5 thru U8 since players often want to go to their parents when sitting out).
- The equipment bag contents vary by division, but generally include: balls, cones, first aid kit, goalie jersey, pinnies, and a pump.
- **Game rescheduling:** coaches are responsible for rescheduling games. You must first check the website at “master schedule” on the home page to see if a field is available. Then reschedule at your teams page>schedule. Remember for U10 and up coaches will be responsible to contact referees when canceling or rescheduling. Last minute cancelations will likely result in LYSL still paying referees.
- **Weather Policy:** When there is thunder with visible lightning everyone must leave the field for 30 minutes after last lightning strike. In cases of extreme weather the league may cancel all games via email.
- In the event of a minor injury a first aid kit is provided in the equipment bag. The coach is responsible in cases of more severe injuries when parents are not in attendance. Do not hesitate to call the parents or an ambulance if it is warranted.
- Players are allowed to play up one division and coaches are encouraged to contact the Head of Coaches if a player is dominating a division. Players are also allowed to play in two divisions—up and age appropriate.
- **Food Allergies:** the Head of Coaches will notify you if a player has a food allergy, however, PLEASE ask your parents if there are any allergies in case it was not noted at registration.

PRACTICE GUIDELINES

These guidelines are simply intended to provide a suggestion for what works well. You may find that something else works well for you. Use your discretion.

You are only allowed half of a field for practice and they cannot be reserved. Find at least one team to scrimmage for the season (U10 and up), a scrimmage partner gives you the whole field. Example practice/scrimmage at U10: 90 minute total split 50 minutes for practice and 40 minutes for scrimmage.

U6 thru 8:

Duration: 60 minutes

Frequency:

- U6 - one practice before the season begins - no more than 45 to 60 minutes.
- U7 - one to two practices before the season begins - no more than 45 to 60 minutes.
- U8 - two to three practices before the season begins - minimum of 60 minutes.
- NOTE: U6 thru U8 will practice during the season and follow a practice/game format. Coaches will have additional practices during the season.

U10:

Duration: 60-90 minutes

Frequency: five to six practices before the season begins. One practice per week during season

U12 and U14:

Duration: 90 minutes

Frequency: eight practices before the season begins. One to two practices a week during the season—depending on number of games in a given week.

FORMATIONS

Formation, positioning of players in the field starts from defense (backs) to offense (striker/forwards) and does not include the goalie. An example of a U12 9v9 formation: 1-2-1-3-1 = sweeper, backs, stopper, mid-fielders, striker/forward. See

http://www.soccerhelp.com/Soccer_Formations.shtml and lakeshoreyouthsoccer.com for more info.

U6 Thru U8:

Formations are really not necessary the U6 division, but we also do not want them to be a bunch of grapes running all over the field so if you have players that can handle it start now otherwise U7 is the normal division to introduce formations. Stick with a 1-2 or a 2-1, forget a 1-1-1.

U10:

This is typically the division where formations will start to make or break you. My choice, for this 7v7 division, was a 2-1-2-1 (backs, stopper, mids, striker). A 2-3-1 is also a good choice. Use a 1-3-2 if you are trying to play catch up at the end of a match.

U12:

In this larger 9v9 division there are numerous choices and I would recommend checking out the website (see U14). I typically used a 2-1-3-2 (backs, stopper, mids, forwards/strikers) or used a 1-2-1-3-1 (sweeper, backs, stopper, mid-fielder, striker/forward). A simpler formation would be a 3-3-2.

U14: See the website

http://www.soccerhelp.com/Soccer_Formations.shtml for this division.

HOW TO COACH –“O D O I”

Organization:

- Prepare your practice session ahead of time
- Ensure you have the correct equipment
- Try to minimize the amount of time needed for adjustments

Demonstration:

- Be ready to show the skills or identify a player who has shown the ability
- Paint a clear picture

Observation:

- Focus on how to watch the game/drill and look for the teachable moment

Instruction:

- Coaching points, not criticisms (“that was a bad kick”)
- Stay on topic. If working on dribbling, don’t coach finishing points

ADDITIONAL COACHING INFORMATION

When transferring instruction (“I”) to the players, consider these different opportunities:

Allow the condition of the game to do the coaching:

The game is the best teacher. Sometimes it is best to let things happen naturally.

Coach the team within the flow of the game

Coach the individual within the flow of the game

Coach at a natural stoppage

Use the “FREEZE!” method:

- Recognize: When a coaching opportunity presents itself with sufficient urgency yell “FREEZE”. Inform the players of the opportunity they have.
- Replay: Go into the situation and demonstrate (or have the players do it) the proper technique

WEBSITES FOR DRILLS

http://www.usyouthsoccer.org/coaches/CoachConnect_LessonPlans.asp

<http://www.usyouthsoccer.org/players/SkillzSchoolVideos.asp>

<http://www.soccer-for-parents.com/soccer-drills.html>

<http://www.soccerspecific.com/ss/>

-use promo code "1555" for free membership

<http://www.strongsoccer.com>

<http://leagueathletics.com/HeyCoach.asp?n=48421&snid=dLG%40%5D3K%3E%5F&org=lakeshoreyouthsoccer.com>

<http://www.soccer-training-info.com/default.asp>

http://www.insidesoccer.com/?isf=library&lib_id=119

LINKS

www.lakeshoreyouthsoccer.com

www.michiganyouthsoccer.org/Page645.aspx

www.soccer-for-parents.com

<http://www.usyouthsoccer.org/>

http://www.usyouthsoccer.org/assets/Small_Sided_Games_Manual.pdf

www.soccerhelp.com

www.soyouwanna.com/site/syws/soccer/soccer.html

PRACTICE SESSION

See the Handout “MSYSA 2010 Coaching Guide”
at lakeshoreyouthsoccer.com, coaches corner

Find the Section For Your Division

- The guide is broken down into different sections
- U4/U5, U6to U8, U10, U12/U14

Get Familiar with the Format of the Session

- Agility, Activity, Activity, Free Play

Prepare Yourself

- Bring the Guide to practice as a reference if needed
- Try not to refer to it too frequently
- Use a Technical Lesson Plan Form
- Available on the LYSL website
- Allows you to give yourself more detail if needed

Have Fun, Make It A Game

- The game is the best teacher
- NO LINES, NO LAPS, NO LECTURES

PRACTICE SESSION -SCRIMMAGE

Before you end your practice it is important that the kids have the chance to play the game. A scrimmage is a good way to do this.

You don't need a field to do this. It can be free form if necessary. You don't need goals either. You can place a ball on top of a truncated cone and instruct them to kick their ball so it knocks the other ball off the cone. This is a goal.

If you have goals—assign a goalie—it is always good practice. Remember, goalies are the only players allowed to use their hands.

This is a decent time to introduce the idea of Offence and Defense. Try to assign certain players to each of these duties. See if it sticks. Don't over enforce it, especially at younger ages.

Remind them that soccer is a game of “keep away” and encourage them to do this. Encourage them to get into a location where they can receive a pass. The finally, encourage them to pass.

Now, you've exposed them to drills and activities that have forced them to practice the basics of soccer:

#1-Control

#2-Play position

#3-Pass

Spend at least 10 minutes doing this, before ending the practice.

Another treat: PARENT SCRIMMAGE!

TEAMWORK AND ACTIVITIES

Points – A great way to give the kids incentive during practice is to promise them “points” for accomplishing certain tasks (drills, etc). “If you’re the last player during the runaway truck drill you get 100 points!”. Tell them to keep track of their points during the year and they may get a treat if they get enough points. They will be getting a medal or trophy, so you the option of using that. You’ll be amazed at how excited they will get over these “points”

Name Game – It’s always important to build a sense of team. You can’t do that unless the players know each other. I encourage you all to introduce yourselves at the first practice and allow players to speak their name to the group. A great way to get them to learn the other player’s names is to make a game of it. When you need a break, or between drills, challenge the kids to name each of the other players. If they can name them all, they get 100 points!

Soccer Terms –Players should learn all aspects of the game. On the back cover is an illustration of the field with the appropriate terms identified. During a few practices before the games start, walk around the field and challenge them to call out the feature name. Give them 100 or 500 points! Have fun with it.

Other fundamentals – Rules: I would encourage all to review the info available in the www.soccer-for-parents.com brochure.

Learn and teach the rules!

Games – Always consider fun ways to incorporate games the kids may know into soccer. I often like to play a target practice game. Set a target, such as a cone, out in the field. Line the kids up and challenge them to kick their ball at the target. The player who gets their ball the closest gets 500 points! Or, Try giving them all the chance to take a penalty shot on you at the end of practice.

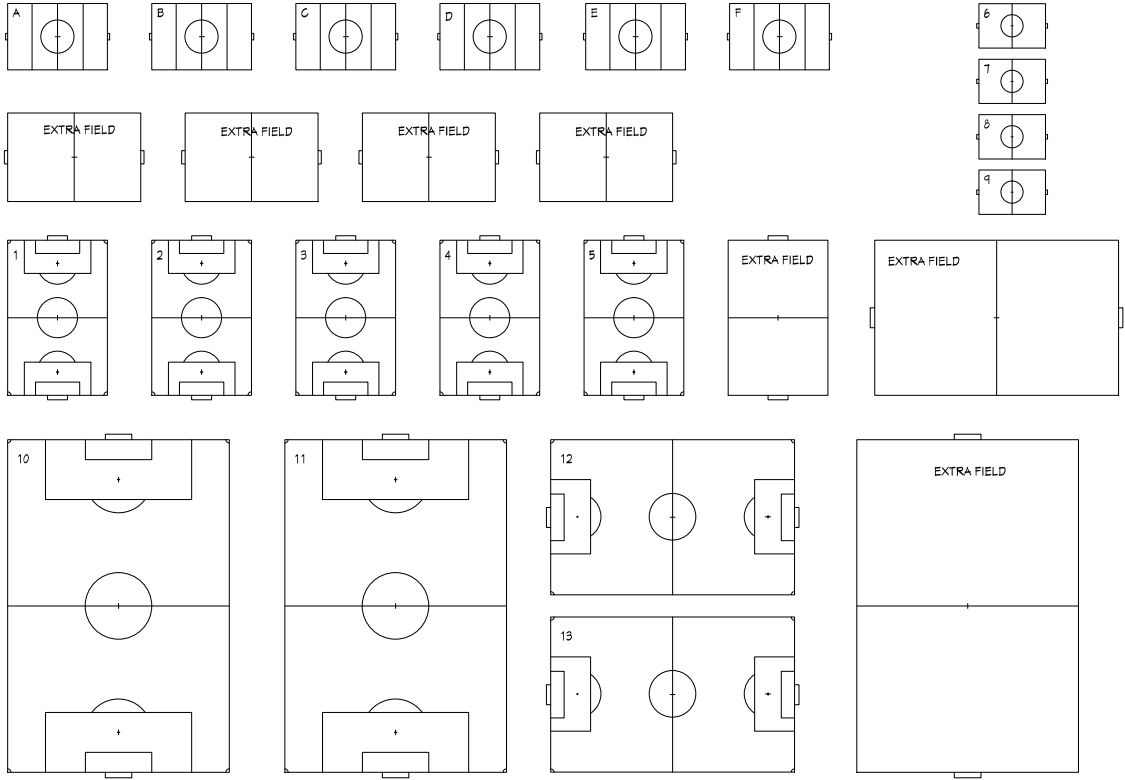
PRE-GAME ACTIVITIES

Warm Ups – Most of the kids up to U10 don't require any formal stretching or warm up activity. Simply encourage them to play with the ball and run around. Dynamic stretching should be introduced around U10. It involves stretching using large movements instead of the classic bend and touch your toes technique. Try Googling “dynamic stretching”.

Pass & Shoot Drill – Form two lines (one left, one right) at near half field. A passer (the coach) stands just outside the goal area and passes to one of the lines. The player receiving the ball is expected to make a trap, dribble then pass to the other player (in a good position), who should have started down the field toward the goal. Passing may continue back and forth (depending on division and field size) until one player shoots. This can be started with no goalie, adding one later. To progress with this, a defender can be added to force the passes. If the defender can take possession of the ball and return to the coach, the attackers turn is through.

Keep Away – This is a great way to get into the habit of controlling, moving to a position and passing.

FIELD MAP



FIELD ("Pitch") TERMINOLOGY



Revisions by Mark Smith, last August 27, 2016