



# Coach's Handbook

## for

### “A” Division

Eden Prairie Soccer Association  
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The Eden Prairie Soccer Association intends:  
to equitably teach the fundamentals of soccer  
in a non-competitive (intramural) setting;  
to work to improve the skills of young players;  
to foster a spirit of sportsmanship and fair play;  
to stress participation so as to create a lifelong  
love of playing;  
to encourage parents to become involved in  
their children's teams;  
and to provide a setting where learning about  
the game of soccer is fun and safe.

As a coach for the Eden Prairie Soccer Association, you are now part of an all-volunteer team whose intention is to let their children have fun and learn about soccer in an atmosphere where their participation is valued ahead of skill.

The "job" of coach is not meant to be painful and this handbook will help you through it. If you have any problems or need any advice, contact your age group Commissioner(s) or any other member of the Association board.

This handbook is intended as a guide for the coaches in the EPSA. An addition section, general for all Divisions, contains Association information, and gives you an idea of how teams are formed and the program is run.

This guide is not intended as rigid dogma -- you are in charge of the team you volunteered to coach. It is a checklist intended to make sure that nothing is missed along the way. This is also an active document; any ideas that you might have to improve this handbook should be given to the President or another officer of the Association.



## Appendix B

### Player Skill Levels

## **EPSA Expectations**

At the end of the season, the EPSA wants each player to have improved their knowledge of the game and to have made progress as a soccer player. The coach is the only means we have of attaining that goal. Below is a checklist of skills that each player in the "A" Division should be able to demonstrate and the drills that you can use to assess player competence.

### **"A" Division Skills Checklist**

1. Field Knowledge (The player should be able to indicate the named area on the field or the location that the named position usually plays.)  
Goal line, touch line, halfway line, corner, penalty area, goal area, center circle  
*An "A" Division player should know at least five of these seven locations.*  
Striker (Left, Center, Right), Midfield, Defender (Left, Right) and Sweeper  
*An "A" Division player should know all five of the positions for the offense you used.*
2. Dribbling (Watch the player as they dribble during a game or through cones in practice. If they use multiple surfaces, including the weaker foot, and control the distance that the ball is played then they meet EPSA expectations. If they also show good speed, then they exceed expectations.)  
*An "A" Division player should meet expectations.*
3. Ball Juggling  
*An "A" Division player should be able to routinely juggle the ball twice.*
4. Power Kicks (Starting with the ball in the goal area, have the player kick it as far as possible.)  
*An "A" Division player should be able to kick the ball beyond the penalty area (~7 yards).*
5. Passing With Accuracy (Place the ball one yard in front of the penalty line and have the player kick the ball into the goal.)  
*An "A" Division player should be able to pass the ball into the goal from five yards out.*
6. Throw Ins  
*An "A" Division player should be able to throw in without hopping or lifting a foot.*
7. Handling The Ball  
*An "A" Division player should be able to play without handling the ball.*
8. Rules  
*An "A" Division player should be able to properly take a kickoff, goal kick and corner kick.*
9. Traps  
*An "A" Division player should be able to trap the ball with their foot.*
10. Sportsmanship  
*An "A" Division player is expected to demonstrate good sportsmanship, win or lose.*



## Appendix C

# Player Rotation Tables

### Equitable Play

It is possible to give equal time in a single game using this table which assumes a 3-2 formation but can be modified for 2-1-2 or 3-1-1 by changing the position names. The players are entered by name. Each player enters the game five times and sits three times. To equalize playing time at each position, the names are rotated each game.

Player Name	Q1 - 1	Q1 - 2	Q2 - 1	Q2 - 2	Q3 - 1	Q3 - 2	Q4 - 1	Q4 - 2
	LS	*1*	LB	*3*	RS	RS	*2*	LB
	CS	*2*	RB	RB	*1*	CS	*3*	LS
	RS	*3*	LS	LS	*2*	LB	LB	*1*
	LB	LB	*1*	RS	*3*	LS	LS	*2*
	RB	RB	*2*	CS	CS	*1*	RS	*3*
	*1*	LS	*3*	LB	LB	*2*	CS	CS
	*2*	CS	CS	*1*	LS	*3*	RB	RB
	*3*	RS	RS	*2*	RB	RB	*1*	RS

The quarters are split in half so that Q1 - 1 represents the first half of the first quarter. Numbers between asterisks (\*1\*, \*2\* and \*3\*) represent players who will be sitting out. LS = Left Striker; CS = Center Striker; RS = Right Striker; LB = Left Back; and RB = Right Back

### Player Rotation - Playing 5-a-Side Using 7 Players

With this rotation, two players enter the game five times while the other five play six times.

Player Name	Q1 - 1	Q1 - 2	Q2 - 1	Q2 - 2	Q3 - 1	Q3 - 2	Q4 - 1	Q4 - 2
	LS	*1*	RS	RS	*2*	RB	RB	RB
	CS	*2*	LB	LB	LB	*1*	LS	LS
	RS	RS	*1*	RB	RB	*2*	CS	CS
	LB	LB	*2*	LS	LS	LS	*1*	RS
	RB	RB	RB	*1*	CS	CS	*2*	LB
	*1*	LS	LS	*2*	RS	RS	RS	*1*
	*2*	CS	CS	CS	*1*	LB	LB	*2*

### Player Rotation - Playing 5-a-Side Using 6 Players

With this rotation, four players enter the game seven times while the other two play six times.

Player Name	Q1 - 1	Q1 - 2	Q2 - 1	Q2 - 2	Q3 - 1	Q3 - 2	Q4 - 1	Q4 - 2
	LS	*1*	RB	RB	RS	RB	RS	*1*
	CS	CS	*1*	LS	LB	LB	LS	LS
	RS	RS	LS	*1*	RB	RB	CS	CS
	LB	LB	CS	CS	*1*	LS	RB	RB
	RB	RB	RS	RS	LS	*1*	LB	LB
	*1*	LS	LB	LB	CS	CS	*1*	RS



Appendix D

Suggested Practices

and

Practice Hints

## “A” Age Considerations

At this age, you should remember:

- players have short attention spans
- they are oriented toward “me, my, mine”
- kids are constantly in motion; standing still is hard for them
- they have little or no concern for the team
- eye/hand (eye/foot) coordination is primitive
- they love to run and jump (and pick dandelions)
- trapping the ball is a difficult skill to develop
- they can balance on their good foot
- they have no sense of pace; they run until they are tired, then they stop
- they will dribble through a crowd rather than pass to an open teammate
- they will not hold their positions; they will go with the ball (that’s where the fun is)
- you can’t stop “magnet ball”
- learning proper technique is important now because it produces the greatest retention
- the more often they touch the ball, the more fun they have

## Hints For Effective Coaching

Plan your practices before you walk onto the field.

Know the rules.

Keep all players moving most of the time.

Do not lecture; demonstrate.

Teach skills before tactics.

Treat all players equally (including your own child).

Use praise as the reward -- and praise the less talented with the same enthusiasm.

Use players who demonstrate proper technique to show the rest of the team.

Similarly, never use players as examples of poor technique.

Plan your player rotation before the game starts.

Find something good to say to every player each night.

Be flexible -- if it’s not working, drop it and try something else.

Be alert for individual weaknesses and plan drills to work on them.

Simplify.

Make practices fun. (This means fun for you, too.)

Don’t hesitate to have the parents act as partners for their kids.

During the course of a practice, everything should be done with the ball, including running and stretching. The more often a player touches a ball in practice, the faster their confidence grows. If a player touches the ball ten times a minute over the seventy-five minutes you are allotted, then, when the practice is over, they will have had seven hundred and fifty touches.

A scrimmage against another team means that some players will sit out. It is much better to play 3 v 3 or 4 v 4 (or 3 v 4) where everyone on your team has a chance to touch the ball than to have players sit out. You learn just as much about your team and their needs by a self-scrimmage. Furthermore, it is a lot easier to interrupt a self-scrimmage to give instruction and praise. More importantly, every player gets more touches on the ball from a small sided scrimmage.

## Practices

The suggested practices that follow are simply that, suggestions. You are free to include drills or activities that you enjoy. The "Feet-On" Clinics may have given you some ideas that you want to try. The Coaches' Manual (from the New Coaches Clinic) and the manuals in the coach's bag also contain activities that you may wish to use. The following suggestions (and the time allotted to them) contain more than you can probably get in during the course of the time you have.

**Choose the drills that suit you.**

As the players arrive, let them warm-up by kicking the ball around. Structure this time as a few fun moments with little or no pressure. Stretching should be done after the players are warm. (Avoid ballistic stretching like jumping jacks.) Schedule plenty of water breaks (especially if the weather is warm).

*Items in italics may be difficult for "A" Division players.*

### First Practice - Basic Skills

- 1) Stretching (5 minutes)
  - A) On ground, legs in "V", touch foot with ball, head toward knee (hold for count of 10)
  - B) Roll ball around each leg, foot and behind back. Keep knees straight, if possible
  - C) Stand, touch toes with ball
  - D) Roll ball on ground around legs (in a figure 8)
  - E) Roll ball around waist
  - F) *Have two players stand back-to-back and pass one ball to each other side to side (As a variation, try an over and under pass)*
  - G) Roll ball over and under legs with knee lifts (form a flat "table top" with the leg)
  
- 2) Juggling (5 minutes)
  - A) Hold leg up -- form flat "table top" with thigh -- drop ball and catch after it hits leg
  - B) Next, raise leg as ball is dropped -- try to have the ball go into the air
  - C) *Drop ball onto foot -- point toes up -- try to kick (gently) into air*
  - D) *Try to touch the ball with the leg or foot again before it hits the ground or is caught*
  
- 3) Kicks (15 minutes)
  - A) Inside Kick (kick for control)
    - i) Contact point is behind the big toe
    - ii) Point toes up, *lock your ankle*
    - iii) Practice the inside kick
  - B) Outside Kick (kick for control)
    - i) Contact point is behind the little toe
    - ii) Point toes up, *lock your ankle*
    - iii) Practice the outside kick
  - C) Control Kicks Drills
    - i) Set up two groups of five cones in a line
    - ii) Using inside and outside kicks, dribble one way in and out of the cones
    - iii) *Start players at both ends of the cones, look up to avoid players coming at them*
    - iv) With the cones in a circle, have all players dribble in and out of the cones
  - D) "Top" Kick (use the top of your foot, kick for power)
    - i) Use the top of your foot (kick with the shoe laces), point toes down, *lock your ankle*

- ii) Form a line and have them pass to their parents with a top kick
  - iii) Stress the position of the non-kicking foot beside the ball
  - iv) Work to improve the accuracy and the distance of the pass
- E) "Side" Kick (use the side of your foot, kick for power)
- i) Kick with the fat part of the foot (near the ankle), point toes down, *lock your ankle*
  - ii) Form a line and have them pass to their parents with a side kick
  - iii) Stress the position of the non-kicking foot beside the ball
  - iv) Work to improve the accuracy and distance of the pass
- F) Accuracy Drill #1
- i) Place the parent, legs apart, 10 feet from the player
  - ii) Have the player try to kick the ball between parent's legs
  - iii) Return ball and player kicks the ball *while the ball is still rolling*
  - iv) Count number of successes
  - v) Move the parent 5 feet farther away and repeat
- G) *Back kick -- use your heel*
- 4) Ball control (5 minutes)
- A) Everybody in the penalty area
  - B) Kick for control -- if it goes out, return -- try to find open places to move to
  - C) Drill #1 - "Keep-away" from the coach (or a parent or a player)
  - D) Drill #2 - "Cat and Mouse" -- one "cat" tries to kick other balls (mouse's) out
  - E) Drill #3 - "Freeze Tag" -- one tries to freeze all before a ball goes through the frozen's legs
- 5) Places on the field (5 minutes -- send them there, while they dribble with their ball)
- A) The goal (no hanging in the nets!)
  - B) The goal line
  - C) The touch line
  - D) The corner
  - E) The goal area (smaller of two rectangles around the goal)
  - F) The penalty area (larger of two rectangles around the goal)
  - G) Center circle
  - H) Halfway line
- 6) Traps (5 minutes)
- A) Partner (parent) rolls ball and player tries to stop it with their foot or toe
  - B) Remember, cushion the ball -- act as a sponge, not as a board
  - C) *Try to have the ball stop in front of you*
  - D) *Leg trap (inside of thigh or top of thigh)*
- 7) Rules For A Throw-in (Ball goes over touch line) (5 minutes)
- A) Both feet on ground at time of throw
  - B) Both hands on ball, ball behind the head
  - C) Deliver over the head
  - D) Throw to a partner who traps the ball. Throw back (properly), repeat.
- 8) Rules For A Kickoff (At start of quarter or after a goal) (5 minutes)
- A) Ball must go forward (into opponent's half)
  - B) Kicker must wait for a second player (either team) to touch the ball before second touch

- C) Defenders are outside the circle; cannot enter center until ball has been moved
  - D) As many attackers in circle as you wish
  - E) In "A" Division, cannot score a goal from the kickoff (*as allowed in older Divisions*)
- 9) Rules For A Goal Kick (When attackers kick the ball over the goal line) (5 minutes)
- A) Place anywhere in the goal area (the smaller of two rectangles around a goal)
  - B) Ball must be kicked out of the penalty area (the larger rectangle) or it will be a rekick
  - C) On defense, don't stop the ball at the penalty area line - let it roll through and follow it
  - D) Have them practice a goal kick for distance (kick to a partner outside the penalty area)
  - E) In "A" Division, cannot score a goal from a goal kick (*as allowed in older Divisions*)
- 10) Rules For A Corner Kick (When defenders kick the ball over the goal line) (5 minutes)
- A) Place within 1 yard of corner -- kicker can score a goal!
  - B) If attacking, kick to one of your players
  - C) If defending, position between the other players and your own goal
  - D) Practice corner kicks (kick to a coach, run to goal, receive coach pass, score)
- 11) Dribble Drill (5 minutes)
- A) Set out four or five cones (in two lines)
    - i) Weave in and out, with ball, end to end, using control kicks
- 12) Shooting Drill (at the goal) (5 minutes)
- A) Start with a stationary ball
    - i) Stress placement of foot
  - B) Work with a moving ball
    - i) Coach roll across the penalty area
    - ii) Kick while still moving
  - C) *Put a coach in as "goal defender"*
    - i) *Shoot where the coach is not*
- 13) Small Sided Scrimmage (10 minutes)
- A) Divide the team equally, put pinneys on half the players
  - B) Use cones to mark goals
  - C) Let them run and kick, stopping often to try to instill some coaching advice
  - D) A fun alternative is to play against siblings and parents

### **Second Practice - Review The Basics; Install The Offense**

- 1) Stretching (5 minutes)  
Repeat A) through F) from Practice One  
G) *Ball on ground, touch ball with toe, alternating feet*
- 2) Juggling (5 minutes)  
A) Can you set a new personal record for consecutive touches?
- 3) Review Kicks (5 minutes)  
A) Inside Kick and Outside Kick -- work to improve control  
B) "Top" Kick and "Side" Kick -- work to improve accuracy and distance with each kick  
C) *Back kick -- use your heel*

- 4) Ball control (5 minutes)
  - A) Everybody in the penalty area, kick for control -- if it goes out, return
  - B) Drill #1 - "Keep-away" from the coach
  - C) Drill #2 - "Cat and Mouse" -- one "cat" tries to kick other balls out of penalty area
  - D) Drill #3 - "Freeze Tag" -- one tries to freeze all before a ball goes through the frozen's legs
  - E) Drill #4 - "Soccer Golf" - set out nine cones, dribble to each, count number of touches
  
- 5) Dribble drill (5 minutes)
  - A) Set out four or five cones (in two lines)
    - i) Weave in and out, with ball, end to end, using control kicks
    - ii) *Look up to see where you are going*
    - iii) Use parents as cones - in a circle - dribble around parents
  
- 6) Places on the field (5 minutes -- send them there, while they dribble with their ball)
  - A) The goal, goal line, touch line, corner goal area, penalty area, center circle, halfway line
  
- 7) Throw-ins and Traps (5 minutes)
  - A) Throw or kick to a partner, foot or toe trap; kick back
  - B) *Leg trap (inside of thigh or top of thigh)*
  
- 8) Review Rules (5 minutes)
  - A) Throw In, Kick off, Goal Kick, Corner Kick
  
- 9) The Offense (15 minutes)
  - A) Playing 5 on 5 (Choose between a 2-1-2, a 3-2 or a 3-1-1)
    - i) Attackers are: Left Striker and Right Striker (and Center Striker if you play 3 in front)
      - a) Strikers attack the ball, try to score
      - b) They push the ball down the field toward the goal
      - c) Come back to help when the other team's offense has the ball
    - ii) Center Midfield (the middle "1" in both the 2-1-2 and the 3-1-1)
      - a) Helps both offense and defense
    - iii) Defenders are: Left Defender and Right Defender (or Sweeper if you choose 1)
      - a) Stay between the ball and the goal
      - b) Go to the ball -- don't let the other players keep kicking it
    - iv) No goalkeeper -- so don't pick the ball up
    - v) Players should know names of the locations on the field for the offense you use
  - B) Passing Forward
    - i) Two lines, starting at either side of the center circle, one line with balls
    - ii) Two players advance toward the goal, passing to each other
      - a) *Pass to where the player will be, not to where they are*
    - iii) Finish with a shot on goal (no stationary ball shots)
  - C) Going Around A Defender - Give And Go
    - i) Position a parent, a coach or a cone between the player and the goal
    - ii) Player passes the ball past the parent to a (stationary) coach - The "Give"
    - iii) "Go" around the parent toward the goal, receive the pass and shoot
    - iv) *Practice "Gives" to both left and right to encourage the use of both feet*

- D) Follow Through
    - i) Position a parent or coach in goal
    - ii) Players start beyond the penalty area in two lines
    - iii) Player 1 dribbles and shoots, coach blocks first shot and player 2 shoots rebound
  - E) More Follow Through
    - i) Two players advance on goal, roll ball to one, both follow all the way to the goal
- 10) Game Rules (10 minutes)
- A) Fouls (Demonstrate)
    - i) Pushing, pulling, tripping, kicking, holding, jumping (into), striking an opponent
    - ii) Handling the ball with the hands, arms or shoulders
    - iii) High kicks (in the vicinity of other players, foot rises above other players knees)
    - iv) Obstruction (setting a pick or blocking a player)
  - B) Charging
    - i) Players can lean into other players (if both are playing the ball) -- this is charging
    - ii) Legal charging involves shoulder-to-shoulder contact only
    - iii) Illegal charging forces an opponent off-balance. This is a Major Foul
    - iv) Charging an opponent from behind is also illegal
    - v) Charging an opponent not within playing distance of the ball is also a Major Foul
  - C) Tackles
    - i) The act of taking the ball away from another player, using only the feet
    - ii) In a legal tackle, a defender makes contact with the ball before touching an attacker
    - iii) Illegal tackles contact the attacker before touching the ball. This is a Major Foul
  - D) Sliding Tackles
    - i) Using a slide to tackle the ball is never allowed in "A" Division play
    - ii) Sliding when no other players are near is OK (but it is usually bad tactics)
    - iii) If no foul occurred, verbally warn the player that sliding is not allowed
    - iv) If a player persists, play will stop and a drop ball will occur
  - E) Players on the Ground
    - i) Do not kick the ball out from under a player on the ground (Dangerous play)
    - ii) Kicking the ball into a player on the ground is also dangerous play

### **Third Practice - Review The Basics and The Offense; Install The Defense**

- 1) Stretching (5 minutes)
  - Repeat A) through F) from Practice One
  - G) *Ball on ground, touch ball with toe, alternating feet*
  - H) *Ball on ground, jump over left, then right*
- 2) Juggling (5 minutes)
  - A) Can you set a new personal record for consecutive touches?
- 3) Ball control (5 minutes)
  - A) Everybody in the penalty area, kick for control -- if it goes out, return
  - B) Drill #1 - "Keep-away" from the coach
  - C) Drill #2 - "Cat and Mouse" -- one "cat" tries to kick other balls (mouse) out
  - D) Drill #3 - Weave in and out of four or five cones
- 4) Review Kicks (5 minutes)

- A) Inside, Outside, "Top" and "Side"
  - B) *Back kick -- use your heel*
- 5) Places on the field (Dribble with their ball) (5 minutes)
- 6) Throw-ins and Traps (5 minutes)
- 7) Review Rules (5 minutes)
- A) Throw-in, Kickoff, Goal Kick, Corner Kick
- 8) Review The Offense (5 minutes)
- A) Playing 5 on 5
    - i) Attackers are: Left Striker and Right Striker (plus Center Striker if 3)
    - ii) Center Midfield, if used
    - iii) Defenders are: Left Defender and Right Defender (or Sweeper if 1)
  - B) Passing Forward
  - C) Give And Go *Practice "Gives" to both left and right to encourage the use of both feet*
  - D) Follow Through
- 9) Game Rules (5 minutes)
- A) Fouls
  - B) Charging
  - C) Tackles
  - D) Sliding Tackles
  - E) Players on the Ground
- 10) Defense (10 minutes)
- A) Stay between the ball and your own goal
    - i) A defender's job is to make the attacker take bad shots
    - ii) Kicking the ball out of play is also a useful defense
  - B) Defensive Drill #1 - Tackles
    - i) Set out cones to mark off four ten yard square boxes; two players in each box
    - ii) Roll a ball in and have players try to tackle the ball from each other
    - iii) Rotate players between boxes to let each player work against all others
    - iv) Attack the ball, not the player
  - C) Defensive Drill #2 - 2 Against 1
    - i) One defender, two attackers in a ten yard square box
    - ii) Defender must attack the ball and try to be in position to intercept any pass
    - (iii) *It may be necessary to limit the movement of one or both of the attackers*
  - D) Defensive Drill #3 - Running Down An Attacker
    - i) Attacker at the center spot, defender at the center circle, on the halfway line
    - ii) Have attacker attempt to dribble to goal and shoot
    - iii) When attacker crosses center circle, defender can give chase
    - iv) Work on getting between the ball and the goal before playing the ball
    - v) Avoid charging from behind
  - E) Defensive Drill #4 - Go To The Ball
    - i) Attacker, defender run down touchline; defender tries to poke the ball out

#### **Fourth Practice - Review The Basics, The Offense and The Defense; Add Polish**

- 1) Stretching (5 minutes)
  - A) Repeat A) through F) from Practice One
  - G) *Ball on ground, touch ball with toe, alternating feet*
  - H) *Ball on ground, jump over left, then right*
  
- 2) Juggling (5 minutes)
  
- 3) Ball control (5 minutes)
  - A) Everybody in the penalty area, kick for control -- if it goes out, return
  - B) Drill #1 - "Keep-away" from the coach
  - C) Drill #2 - "Cat and Mouse" -- one "cat" tries to kick other balls (mouse) out
  - D) Drill #3 - Weave in and out of four or five cones
  
- 4) Review Kicks (5 minutes)
  - A) Inside, Outside, "Top" and "Side"
  - B) *Back kick -- use your heel*
  
- 5) Places on the field (Dribble with their ball) (5 minutes)
  
- 6) Throw-ins and Traps (5 minutes)
  
- 7) Review Rules (5 minutes)
  - A) Kick off, Goal Kick, Corner Kick
  
- 8) Review The Offense (5 minutes)
  - A) Playing 5 on 5
    - i) Left Striker and Right Striker (plus Center Striker if 3)
    - ii) Center Midfield, if used
    - iii) Left Defender and Right Defender (or Sweeper if 1)
    - iv) Remember - no goalkeeper -- don't pick the ball up
  - B) Passing Forward
  - C) Give And Go *Practice "Gives" to both left and right to encourage the use of both feet*
  - D) Follow Through
  
- 9) Game Rules (5 minutes)
  - A) Fouls, Charging, Tackles, Sliding Tackles, Players on the Ground
  
- 10) Review The Defense (5 minutes)
  - A) Stay between the ball and your own goal
  - B) Defensive Drill #1 - Tackles
    - i) Set out cones to mark off four ten yard square boxes; two players in each box
    - ii) Roll a ball in and have players try to tackle the ball from each other
    - iii) Rotate players between boxes to let each player work against all others
    - iv) Attack the ball, not the player
  - C) Defensive Drill #2 - 2 Against 1
    - i) One defender, two attackers in a ten yard square box
    - ii) Defender must attack the ball and try to be in position to intercept any pass

- (iii) *It may be necessary to limit the movement of one or both of the attackers*)
  - D) Defensive Drill #3 - Running Down An Attacker
    - i) Attacker at the center spot, defender at the center circle, on the halfway line
    - ii) Have attacker attempt to dribble to goal and shoot
    - iii) When attacker crosses center circle, defender can give chase
    - iv) Work on getting between the ball and the goal before playing the ball
    - v) Avoid charging from behind
  - E) Defensive Drill #4 - Go To The Ball
    - i) Attacker, defender run down touchline; defender tries to poke the ball out
- 11) Polishing The Team
- A) *Stepping Throw-in* (Throw as they step, keeping both feet in contact with ground)
  - B) Two Touch Passing
    - i) Form two squares of four players
    - ii) Pass the ball clockwise player-to-player
    - iii) *Each player must trap the ball then pass the ball (two touches only)*
    - iv) Reverse direction, repeat i) through iii)
  - C) *One Touch Passing (or Volley Passing)*
    - i) *Form two squares of four players*
    - ii) *Pass the ball clockwise player-to-player*
    - iii) *Each player must pass the ball using one touch only*
    - iv) *Reverse direction, repeat i) through iii)*
  - D) Scrimmage 3 v 3 or 4 v 4
    - i) Use your half of the field sideways, with cones for goals
    - ii) Two attackers and one defender (or two and two)
    - iii) Assign coaches to talk to two or three kids each as they play
    - iv) Remind them of the skills they have worked on
    - v) Enforce the rules (or demonstrate proper form)
    - vi) Use the whistle to stop play every few minutes and instruct
    - vii) Rotate players and go again
  - E) Just For Fun - Soccer Freeze Tag
    - i) Players dribble in the penalty area, being chased by a player without a ball
    - ii) If they are tagged, pick up ball, put on head and freeze, legs spread
    - iii) If a player with a ball kicks it through their legs, they are free
    - iv) May need more than one player to be “it” simultaneously
  - F) Ask - “Are We Having Fun?”



## Appendix E

### “A” Program Rules

# Eden Prairie Soccer Association

## “A” Division Rules (2006 Revision)

### I. Team Rules

A team shall be comprised of not less than six and not more than eight players. A side is comprised of no more than five players per team without a goalkeeper. Each player present for the game shall play at least one half of the game, unless injured.

*Equal playing time for all players is required.*

*It is also required that each player shall be given equal playing time at each position.*

Each player must wear their team jersey, shin guards and socks that cover the shin guards. In cool weather, the team jersey must be worn on the outside of all other clothing. When both teams are wearing jerseys that are the same (or nearly the same) color, the visiting team should put a practice jersey over the team jersey.

No player may wear jewelry, watches, metal or hard-plastic barrettes or other hair beads, or objects that may pose a hazard to themselves or other players. A securely-fastened shoe must be worn. Any shoe is allowed except for shoes with metal spikes or metal-tipped spikes. (Metal rivets not in the spike are allowed.)

### II. Referees and Linesmen

Each team shall provide one linesman for the entire game and the home team shall provide the referee for the game. Parents and coaches may be used to fill these requirements but players cannot be used as either referee or linesman.

The referee is responsible for knowing and enforcing the rules of the game including cautions and send offs, for keeping time, for positioning the linesmen, for calling all fouls and for awarding goals. The referee is the ultimate authority in the game for the interpretation and explanation of the rules.

The linesman indicates when a ball has gone out of play (all of the ball over all of the line) by raising the flag and assists the referee in determining the last player to make contact with the ball. Each linesman is responsible for one entire touch line and for one goal line. Consequently, two linesmen “work” opposite ends (opposite diagonals) of the field.

### III. Game Rules

The game is comprised of four six-minute quarters. A two minute break is allowed between quarters with a five minute break at the half. During the game, access to the field of play is controlled by the referee. This includes all substitutions as well as permission for coaches to come onto the field.

Before the game, the referee will check all players for proper equipment (jerseys, shin guards that are covered by socks, legal shoes and no jewelry). Team captains participate in a coin toss. The visiting team calls the toss. The winner of the coin toss selects the end of the field they intend to defend. The team that loses the coin toss kicks off.

**Kick Off:** The game begins with a kick off from the center spot using a size three ball. A kick off is also used to restart the game after a goal is scored.

All players on both teams must remain on their own side of the field until the ball is put into play. Furthermore, all players on the team that is opposing the kick off must remain outside the center circle until the ball has been moved by the kicking team.

The ball must go forward on the kick off and is not in play until it has been moved by the kicker. The kicker may not play the ball again until it has been touched by another player of either team. A goal cannot be scored directly from a kick off.

If the ball does not go into the opponents half of the field, or if the defense enters the center circle before the kick is properly taken -- a rekick is awarded.

If the kicker retouches the ball (before it is touched by another player) -- an indirect free kick is awarded to the opposing team at the spot of the second kick.

If a goal is scored directly from the kick off (only the kicker touched the ball) -- no goal is awarded and the opposing team is given a goal kick. (*This rule is only used in "A" and "B" Division play.*)

**Game Clock:** The game clock starts when a kick off is properly taken and time runs continuously even when the ball is out-of-bounds. For "A" Division play, the clock stops when a goal is scored and remains stopped until the next kick off.

**Injuries:** The clock will be stopped for injuries. Upon noting an injury, the referee will whistle a stoppage of play and the injured player will be cared for.

**Direction of Play:** A team will play in the same direction for the first two quarters of play and then switch ends at halftime. The team that controlled the kick off at the start of the game will also kick off to start the second quarter. The other team will kick off to start the third and fourth quarters.

#### IV. Play of the Game

While in the field of play, the ball is moved by striking with the foot and may be further controlled by using any part of the body except the hands or arms. Note: Using the head to purposely control the ball (this is called a header) is legal but headers are not recommended in "A" Division play.

If the ball is touched or caught or if the arm or shoulder is used to control the ball (these are handballs) -- an indirect free kick is awarded to the opposing team.

*Note: If, in the opinion of the referee, the handball is not intentional, or if the player was trying to protect the genitalia, or if the team that commits the foul does not gain an advantage, then no handball need be called.*

**In Play:** A ball may be "in play" while any part of the ball is in the field of play. The ball remains in play after striking goal posts, crossbars, corner flags, other players, or the referee (if the ball remains within the boundaries of play).

**Out of Play:** A ball is “out of play” when the referee stops play, when a goal is scored, or when all of the ball completely crosses the touch line or the goal line.

**Goal:** A goal is scored when a ball in play passes completely over the goal line between the goal posts and under the crossbar. A goal may be disallowed if, in the opinion of the referee, it is a consequence of a foul where there has not been time enough for a whistle.

**Throw-ins:** When the whole of the ball has crossed over the touch line, a throw-in is conceded by the team that last touched the ball to the opposing team. The thrower must face the field of play, must use both hands, and must deliver the ball from over the top of the head while keeping part of each foot in contact with the ground on or behind the touch line.

The ball is not in play until it has broken the plane of the touch line into the field of play. The thrower cannot retouch the thrown ball until it is played by a second player of either team. A goal cannot be scored directly from the throw. Opposing players must be no closer than two paces away and may not jump at the thrower.

If the feet do not remain on the ground, or if the throw does not come over the head, or if the thrower does not use two hands, or if the thrower crosses the touch line before throwing -- award a rethrow.

If the thrower plays the ball before a second player touches it -- an indirect free kick is awarded to the opposing team at the spot of the second touch.

If an opposing player impedes the throw-in -- award an indirect free kick to the throwing team at the spot of the foul.

If a goal is scored directly from the throw-in (only the thrower touched the ball) -- no goal is awarded and the opposing team is given a goal kick.

**Goal Kick:** When the whole of the ball has crossed the entire goal line (except if a goal is scored) and was last touched by the attacking team, the defending team is awarded a goal kick. The ball may be placed anywhere in the goal area (the smaller of the two rectangles around the goal). The ball is in play when it been kicked completely beyond the penalty area (the larger rectangle).

Opposing players must leave the penalty area while the goal kick is taken. Defending players (as many as desired) are allowed in the penalty area. However, no player can touch the ball until it completely crosses the penalty area line. The kicker cannot touch the ball again until it has been played by another player of either team. A goal cannot be scored directly from a goal kick.

If the ball does not cross out of the penalty area, or is touched by either team before it crosses out of the penalty area, or is kicked out-of-bounds before it crosses out of the penalty area, or if the kicker kicks the ball into his own goal -- award a rekick.

If the kicker plays the ball (outside of the penalty area) before another player touches it -- an indirect free kick is awarded to the opposing team at the spot of the second kick.

If a goal is scored directly from the goal kick (only the kicker touched the ball) -- no goal is awarded and the opposing team is given a goal kick. (*This last rule is only true in “A” and “B” Division play.*)

**Corner Kick:** When the whole of the ball has crossed the goal line (except if a goal is scored) and was last touched by a member of the defending team, the attacking team is awarded a corner kick. The ball is placed in the corner area nearest to where it crossed the goal line. The ball is placed within one yard of the corner so that the entire ball is on the line(s) or in the field of play.

Opposing players must remain at least ten paces from the ball until it is in play. (The kicker does not have to wait for the defenders to retreat and may choose to play the ball immediately.) The ball is in play when it has moved. The kicker cannot touch the ball again until it has been played by another player of either team. A goal can be scored directly from a corner kick.

If the defenders do not remain ten paces from the ball (and the kicker asks for or is in need of the room) -- instruct the players to retreat. The kicker must then wait for a signal from the referee.

If the kicker plays the ball before it is touched by another player -- an indirect free kick is awarded to the opposing team at the spot of the second kick.

**Drop Ball:** A drop ball is awarded if, in the opinion of the referee, both teams are equally responsible when a ball goes out of play. More often, a drop ball is used to restart play after an injury or other stoppage of play that was not the result of a foul.

The referee selects a player from each team. All other players must stand away (five paces seems adequate) and cannot approach until the ball has been touched. The ball is held about belt high and dropped half way between the two players. The ball must hit the ground before it can be kicked by either player. The ball is in play once it touches the ground. Infractions result in another drop.

## V. Coaches' Rules

During the game, only the players and the referee are allowed on the field of play. The referee should refrain from acting as a coach and should be sure that both teams are instructed in the rules equally. These "instructions" should be to clarify the rules and to encourage participation.

In "A" Division play, a coach may instruct players in position and strategy from either touch line. Spectators, coaches and other players are not allowed to observe the game from behind the goal line. A coach should not walk onto the field of play while the game is in progress.

If both teams occupy the same side of the field, coaches should not cross into the opponents' half of the sidelines. A coach should refrain from shouting instructions from the sidelines.

Coaches are expected to exhibit a level of sportsmanship commensurate with the spirit of the game.

## VI. Substitutions

There is no limit to the substitutions allowed during an "A" Division game. Any time the ball is out of play, the coach should inform the referee and, upon a signal from the referee, may make as many substitutions as seem reasonable. Players may exit and reenter the game as often as desired.

Substitutions may only be made during stoppage of play (throw-in, corner kick, goal kick, kick off, etc.). Both teams may substitute, without limit, at these times.

## VII. Fouls and Their Penalties

In soccer, most fouls are obvious. If a player acts to gain an advantage in a manner that does not seem fair, it is very likely that a foul has occurred. The referee will call all fouls. (In "A" Division play, it is necessary that the players understand the rules and play within them.)

There are ten **Major Fouls**:

- 1) Kicking, or attempting to kick, an opponent
- 2) Tripping an opponent
- 3) Jumping at or into an opponent
- 4) Striking, or attempting to strike, an opponent
- 5) Pushing an opponent
- 6) Holding an opponent
- 7) Spitting at an opponent
- 8) Handling the ball (handballs)
- 9) Tackling an opponent. (Note: Tackling is the act of taking the ball away from an opponent by using your feet. However, the tackling player must touch the ball before making contact with the ball handler. If the player with the ball is touched first, it is a Major Foul.)
- 10) Charging an opponent (Note: Players are allowed to use their shoulders to lean into an opposing player while they both pursue the ball. To be a Major Foul, the player must be guilty of charging from behind, charging a player who is not in playing distance of the ball, or charging in a manner that forces the opponent off balance.)

There are eight **Minor Fouls**:

- 1) Dangerous play or dangerous kicks (including high kicks near other players)
  - 2) Impedes progress of an opponent (blocking an advancing player or setting a pick)
  - 3) Any player offense, not covered under Major or Minor Fouls, for which play is stopped.
- (The other five involve goalkeepers and do not arise in "A" Division play.)

Diving or sliding tackles are not allowed in "A" Division play. If a player makes a sliding tackle and did not foul the opponent, it will be considered dangerous play and a Minor Foul will be awarded.

For both Major Fouls and Minor Fouls, except those that occur inside the goal area, play is stopped and the ball is placed at the point of the foul. The ball is put back into play with a Free Kick. (For fouls committed inside the goal area, see the rules under Penalty Kick, below.)

**Direct Free Kick:** Normally, a Major Foul results in the award of a direct free kick. In "A" Division play, however, all fouls, major and minor, are enforced with the award of an indirect free kick.

**Indirect Free Kick:** A goal cannot be scored directly from an indirect free kick. All opposing players must retreat ten paces from the ball. (The kicker does not have to wait for the defenders to retreat and may choose to play the ball immediately.) The ball is in play once it has been moved by the kicker and the ball cannot be played again by the kicker until it has been touched by another player of either team. The ball does not have to go forward.

If the kicker retouches the ball (before it is touched by another player) -- an indirect free kick is awarded to the opposing team at the spot of the second kick.

If a goal is scored directly from the indirect free kick (only the kicker touched the ball) -- no goal is awarded and the opposing team is given a goal kick.

If the ball is kicked directly into the player's own goal -- no goal is awarded and the opposing team is awarded a corner kick.

**Penalty Kick:** A Major Foul called against a team inside its own penalty area normally results in a penalty kick. Because "A" Division teams play without a goalkeeper, no penalty kicks are allowed.

If the foul occurs inside the penalty area but outside the goal area, the ball is spotted at the point of the foul and an indirect free kick is awarded.

If the foul occurs inside the goal area, the ball is moved to the goal area line parallel to the goal line at a point nearest to where the foul occurred and an indirect free kick is awarded. The defensive players must retreat ten paces but may stand on the goal line between the goal posts at *any* distance from the ball. They cannot move off the goal line until the ball has been played. The offensive players must remain outside the goal area until the ball has been kicked.

*For both foul locations, please instruct all players about their positions before allowing the ball to be played. In particular, pay attention to defensive positioning on or near the goal line.*

If a defensive player moves off the goal line (and moves into the area less than ten paces from the ball) before the ball is played -- award a rekick.

If an offensive player moves into the goal area before the ball is played -- award a rekick.

See awards under Direct and Indirect Free Kicks for handling other infractions of free kicks. (And remember that an indirect free kick cannot go directly into the goal.)

## VIII. Cautions and Send Offs

*Note: Yellow cards are very rare in this division and reds card are improbable. A verbal warning should be used to curtail actions that, in the opinion of the referee, do not warrant a yellow card.*

**Verbal Warnings:** Verbal warnings may be given to any player when, in the opinion of the referee, more severe actions are not warranted. A verbal warning can be given at any time and for any purpose including infractions that do not warrant calling a foul.

**Cautions:** Yellow cards are displayed to a player who engages in dangerous play. They are warnings that the player is being over-exuberant. A Caution can be given if the player persists in disagreeing with the call(s) of the referee. Two yellow cards during the course of the game are equivalent to a red card. (By law, Cautions are given for: dissent with the umpire, unsporting behavior, persistent infringement of the rules, delaying the restart of the game, failure to keep the required distance on free kicks or corner kicks, entering or reentering the field of play without permission, and deliberately leaving the field of play without permission.)

**Send Offs:** Red cards indicate immediate ejection from the game and are displayed to any player who is deliberately attempting to hurt another player. A player who uses foul or abusive language should also be given a red card. (By law, Send Offs are given for: serious foul play, violent conduct, spitting at any person, using offensive, insulting or abusive language, deliberately denying a goal scoring opportunity by an offense punishable by a free kick or penalty kick, or if a player who has already received a Caution commits a second cautionable offense in the same match.)

In "A" Division play, an ejected player may be replaced by any available substitute. However, if a second player from the same team is later ejected, the team must play one player short.

## IX. Advantage

If a foul occurs but, in the opinion of the referee, the team that was fouled would be more penalized by a stoppage of play, the referee may apply "Advantage" and allow the fouled team to continue to attack with the ball. The referee should clearly (and loudly) say "Play On" so that both teams do not stop play. (This also informs any observers that the referee saw the foul.) If, in the ensuing few seconds, the anticipated advantage does not materialize, the referee may still whistle the foul.

Application of the advantage clause does not mean that the player who committed the foul is free of any consequences for that action. An additional verbal warning can be given at the next stoppage of play. If, in the opinion of the referee, the player should also receive a Caution or a Send Off, the referee should wait for the next stoppage of play and then enforce the decision.

## X. Miscellaneous

Both teams will meet in the center of the field after the game to exchange handshakes and to show appreciation for their opponents. Any questions on the rules or their interpretation by the referee(s) can be addressed, quietly, at this time.

If two fouls occur simultaneously, enforce the more serious penalty. A goal scored against the offending team is a more serious penalty than a free kick.

No forfeits -- if a team cannot field five players, the team that is short should borrow some players from the other team (or from a team on an adjacent field) and play anyway. Alternately, both teams can play four-v-four.

Standings will not be kept, nor will the outcome of the game be reported. Games are over when the referee indicates the end of regulated time -- no overtimes nor shoot-outs.

Interference with play by spectators, by animals or by objects on the field will be immediately dealt with by the referee. If necessary, the referee may stop play immediately to remove the interference. In all cases, the safety of the players should be of primary concern.

The 2005/2006 FIFA Laws of the Game will be used to settle any events not covered by these laws. The changes to the official FIFA laws, as outlined above, are made for the express purpose of the enjoyment of players in the "A" Division (5-and-Under) and are intended for participants in Eden Prairie Soccer Association program.