



Coach's Handbook

for

“C” Division

Eden Prairie Soccer Association
Post Office Box 46131
Eden Prairie, Minnesota 55344

EPSA Soccer Hot Line: 952 294-4645
EPSA Web site: www.edenprairesoccer.org

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 “C” Division should be able to demonstrate and the drills that you can use to assess player competence.

“C” 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
 - A “C” Division player should know all seven of these locations.*
 - Striker (Left, Center, Right), Midfielder, Defender (Left, Right) and Sweeper
 - A “C” Division player should know all seven 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. Surfaces are: inside, outside, toe, “top” (laces) “side” and heel of either foot. Players should be able to control the distance over which the ball is played and show reasonable speed with the ball.)
 - A “C” Division player should meet expectations.*
3. Ball Juggling
 - A “C” Division player should be able to routinely juggle the ball three times.*
4. Power Kicks (Starting with the ball in the goal area, have the player kick it as far as possible.)
 - A “C” Division player should be able to kick the ball 10-15 yards.*
5. Passing With Accuracy (Place the ball two yards beyond the penalty area line and have the player try to kick the ball into the goal.)
 - A “C” Division player should be able to put the ball in the goal from eight yards out.*
6. Throw Ins
 - A “C” Division player should be able to throw in without hopping or lifting a foot.*
7. Goalkeeping
 - A “C” Division player meets expectations if they play goalkeeper once in the season.*
8. Rules
 - A “C” Division player should be able to properly take a kickoff, goal kick and corner kick.*
9. Traps
 - A “C” Division player should be able to trap the ball with their foot and their thigh.*
10. Sportsmanship
 - A “C” Division player is expected to demonstrate good sportsmanship, win or lose.*



Appendix C

Player Rotation Tables

Equitable Play

The Association expects that every player will be used equally at all positions. It is usually not possible to give equal time to all players in a single game so you should work to average playing time over several games. The substitution table that follows assumes a 3-3 alignment but can be modified for any alignment. In this table, six players have to sit out twice while four players must sit out three times. (To minimize the time required for substitutions in the middle of the quarter, the goalkeeper is left in so that you don't have to try and trade the gloves between players.)

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

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. G = Goalkeeper, LB = Left Back, S = Sweeper, RB = Right Back, LS = Left Striker; CS = Center Striker; RS = Right Striker

Player Rotation - Playing 7-a-Side Using 9 Players

With this rotation, two players enter the game seven times while the other seven play six times. Except for the goalkeepers, all players play once at each position

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

To provide equal playing time at all positions with either of these rotations, it will be necessary to rearrange the order of the players on the list over the course of several games in order to give everyone a chance, especially as a goalkeeper. (At this age, some kids may not want to play goalkeeper. You should not force them, of course, but just about everyone is capable of it.)



Appendix D

Suggested Practices

and

Practice Hints

“C” 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 only a little concern for the team
- eye/hand (eye/foot) coordination is just developing
- they love to run and jump (and pick dandelions)
- trapping the ball is a hard but can be taught
- they can (usually) balance on either foot
- they have little sense of pace; they usually 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 stop “magnet ball” but it takes a lot of patience
- learning proper technique is important 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 ninety minutes you are allotted, then, when the practice is over, they will have had nine hundred touches.

A scrimmage against another team means that some players will sit out. It is much better to play 4 v 4 or 5 v 5 (or 4 v 5) where everyone on your team has a chance to touch the ball than to try to have players sit while you rotate players in and out of a scrimmage at the end of the practice. 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) probably contain more than you can 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 "C" 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) Stand, touch toes with ball
 - C) Roll ball on ground around legs (in a figure 8)
 - D) Roll ball around waist
 - E) *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)*
 - F) 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 cones in a line
 - ii) Using inside and outside kicks, dribble through the cones weaving in and out
 - iii) Increase the difficulty by starting players at both ends, look up to avoid teammates
 - iv) With the cones in a circle, have all players dribble in and out of the cones
 - v) Increase the difficulty, have half the players move clockwise, half counterclockwise
 - 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 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) Improve the accuracy and distance of the pass with each kick
- 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 (10 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, a parent or one or more players
 - D) Drill #2 - "Cat and Mouse" -- one "cat" tries to kick other balls (mouse) out
 - E) Drill #3 - "Soccer Golf" -- set out nine cones, dribble to each, count number of touches
- 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, trap and throw back
- 8) Rules For A Kick off (At start of quarter or after a goal) (5 minutes)
- A) Ball must go forward (into opponents' half)
 - B) Kicker must wait for second player (either team) to touch the ball before second touch

- C) Defenders are outside the circle; cannot enter until ball has been moved
 - D) As many attackers in the circle as you wish
 - E) Can score a goal from the kick off
- 9) Rules For A Goal Kick (When attackers kick ball over goal line) (5 minutes)
- A) Place anywhere in the goal area (the smaller of the 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 on and follow it to kick it
 - D) Have them practice a goal kick for distance (kick to a partner outside the penalty area)
 - E) Can score a goal from the goal kick
- 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) With ball, weave end to end, using control kicks; turn around and come back
 - ii) Have the two lines compete to see which "team" can finish first (one pass each)
 - iii) *Repeat, but have next player start when the first player gets half way (or sooner)*
 - iv) *Players should look up to avoid teammates but keep ball in playing distance*
 - B) Set out ten cones in a circle
 - i) Players start at a cone, weave in and out clockwise
 - ii) On whistle (or other command) turn and weave counterclockwise; repeat whistle
 - iii) *Half players weave clockwise; half counterclockwise*
 - iv) *Look up to avoid other players; look down to control the ball*
- 12) Shooting Drill (at the goal) (5 minutes)
- A) Start with a stationary ball
 - i) Stress placement of non-shooting foot
 - B) Work with a moving ball
 - i) Coach roll across the penalty area
 - ii) Kick while the ball is still moving
 - C) Put a coach in as the goalkeeper
 - i) Shoot where the coach is not
 - ii) Player should follow the shot to get the rebound or deflection
- 13) Small Sided Scrimmage (10 minutes)
- A) Divide the team equally, put pinneys on half the players (Or play against parents)
 - B) Use cones to mark goals
 - C) Let them kick and run, stopping often to instill some coaching advice

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 -- 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 (or parent)
 - C) Drill #2 - "Cat and Mouse" -- one "cat" tries to kick other (mouse) ball out
 - D) Drill #3 - "Soccer Gold" -- set out nine cones, dribble to each, count the number of touches
 - E) Drill #4 - "Ships Across The Ocean"
 - i) One "pirate", in the middle, calls the "ships" (other players) across the "ocean" (field)
 - ii) Players try to dribble past the pirate
 - iii) Anyone who has their ball kicked out becomes a pirate for the next pass
 - iv) With only a few pirates, work on concentrate on attacking one (or two) players only
 - v) With many pirates, attack the ball with one pirate while others wait to see it it gets by
- 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) Have the two "teams" compete to see who can finish first
 - iii) *Repeat, but this time have another player start before the first player gets half way*
 - B) Set out ten cones in a circle
 - i) Weave clockwise; whistle and reverse direction; whistle...
 - ii) *Half players weave clockwise; half counterclockwise*
 - iii) *Look up to avoid other players; look down to control the ball*
 - C) Use parents as cones and dribble around and through the 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 to a partner, foot or toe trap; throw back
 - B) *Leg trap (inside of thigh or top of thigh)*
 - C) *Chest trap (cushion the ball on the chest; have it drop in front of the player)*
- 8) Review Rules (5 minutes)
 - A) Throw Ins, Kickoff, Goal Kick, Corner Kick
- 9) The Offense (15 minutes)
 - A) Playing 7 on 7 (Choose between a 3-1-2, or a 3-3, plus a goalkeeper)
 - i) Attackers are: Left Striker, Right Striker and Center Striker
 - a) Strikers attack the ball, push the ball down the field, try to score
 - b) Come back to help when the other team's offense has the ball
 - ii) Midfield (the "1" in the 3-1-2, if used)

- a) Helps both offense and especially on defense
 - iii) Defenders are: Left Defender and Right Defender (and Sweeper if 3)
 - a) Stay between the ball and the goal
 - b) Go to the ball -- don't let the other players keep kicking it
 - B) Passing Forward
 - i) Two players advance toward the goal from midfield, passing to each other
 - a) *Pass to where the player will be, not to where they are*
 - ii) 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) Two lines of players, one with ball; a coach or parent in goal
 - ii) Player 1 dribbles and shoots, coach blocks first shot and player 2 shoots rebound
 - E) Communicate With Your Teammates
 - i) *If a defender is closing on the player with the ball, call "Man On"*
- 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 (foot rises above the players knees while in the vicinity of other players)
 - 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
 - C) Tackles
 - i) The act of taking the ball away from another player, using only the feet
 - ii) In a legal tackle, defender makes contact with the ball 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 "C" Division play
 - ii) Sliding when no other players are near is OK (but it is usually bad tactics)
 - iii) If no foul occurred, the player may be warned that sliding is not allowed
 - iv) If a player persists, play will stop and a drop ball or indirect free kick 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) Weave in and out of four or five cones
- 4) Review Kicks (5 minutes)
 - A) Inside, Outside, "Top" and "Side" and Back
- 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 7 on 7 (Dribble to the position with the ball)
 - i) Attackers are: Left Striker, Right Striker and Center Striker
 - ii) Midfielder, if used
 - iii) Defenders are: Left Defender and Right Defender (and Sweeper if 3)
 - iv) Goalkeeper
 - B) Passing Forward
 - C) Give and Go
 - i) 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) Dangerous Play (Sliding Tackles and 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 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 the boxes
 - 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) Attacker dribbles to goal and attempts to shoot
 - iii) When attacker crosses center circle, defender can give chase
 - iv) Get 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, Offense and Defense; Add Goalkeeping

- 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)
- 3) Ball control (5 minutes)
 - A) Everybody in the penalty area, kick for control -- look up to find open areas
 - B) Drill #1 - Keep-away from the coach
 - C) Drill #2 - "Soccer Golf" - set out nine cones, dribble to each, count number of touches
 - D) Cones in a circle, weave clockwise, whistle to change directions
 - E) *Cones in a circle, half go clockwise, half go counterclockwise*
- 4) Review Kicks (5 minutes)
 - A) Inside, Outside, "Top" and "Side" and Back
- 5) Places on the field (Dribble with their ball) (5 minutes)
- 6) Traps and Throw-ins (5 minutes)
- 7) Review Rules (5 minutes)
 - A) Throw-in, Kickoff, Goal Kick, Corner Kick
- 8) Review the Offense (5 minutes)
 - A) Playing 7 on 7
 - i) Left, Right and Center Striker, Midfield, if used, Left, Right Defender (and Sweeper)
 - B) Passing Forward
 - C) Give And Go
 - i) 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, Dangerous Play (Sliding Tackles and 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) Mark off 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
 - 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
 - D) Defensive Drill #3 - Running Down An Attacker
 - i) Attacker at the center spot, defender at the center circle, on the halfway line
 - ii) Attacker dribbles toward goal, defender gives chase
 - iv) Work on getting between the ball and the goal before playing the ball
 - E) Defensive Drill #4 - Go To The Ball
 - i) Attacker, defender run down touchline; defender tries to poke the ball out
 - ii) Force the attacker to move away from the goal - to the touchline or into corner
 - iii) Work on positioning the body between the attacker and the goal to deny space
 - iv) Sometimes, it is best to let the attacker run with the ball (in a controlled direction)
- 11) Goalkeeping
- A) A rolling ball (practice in pairs)
 - i) Move sideways to get between the ball and the goal
 - ii) Use both hands; scoop it up into your arms and into your chest
 - iii) *Position your legs so that they stop the ball if you miss with your hands*
 - iv) *Step forward -- never step backwards*
 - B) A ball in the air (practice in pairs; underhand delivery)
 - i) Don't use your hands; use your arms and chest to trap the ball, *step forward*
 - C) After the catch, look for your teammates; take the time to calmly decide what to do
 - i) Decide what you want to do, then take your four steps
 - ii) If necessary, direct the offense then throw, roll or punt
 - iii) Do not back up - always step forward with your four steps
 - D) *The parry*
 - i) *Use the palms of your hands to knock the ball down to the ground*
 - ii) *Do not pick the ball up, however, if you intentionally parry the ball*
 - E) *The punt*
 - i) *Hold the ball in both hands, below the waist, over the kicking foot*
 - ii) *Step with the non-kicking foot and release the ball over the kicking foot*
 - iii) *Contact the ball with the top of the foot (laces) before it hits the ground*
 - E) Baseball throw
 - i) Use your stronger arm, hold the ball with the fingers and palm
 - ii) Deliver overhand -- *put it in front of a defender so that they get it on the run*
 - iii) Do not throw across the goal mouth
 - F) Roll the ball
 - i) Underhand motion, roll to a defender to clear the ball
 - ii) Do not roll across the goal mouth
 - G) *Rolling to yourself!! -- once you put the ball down, you can't pick it up again*
 - i) *Use control kicks to move the ball out of the front of the goal*
 - ii) *Use a long kick (like a goal kick) to send the ball to a downfield defender*
 - iii) *The defense is free to tackle the ball so watch out*

- H) On intentional kicks back to the goalkeeper, the keeper cannot pick them up -- must kick
 - i) Defender must mean to kick it to the keeper
 - ii) If the defender uses anything other else (knee, head, chest) keeper can handle
 - iii) Keeper can handle a throw in

12) Polishing The Team

- A) Scrimmage 4 v 4 or 5 v 5 (Use your half of the field sideways, with cones for goals)
 - i) Two or three attackers and two defenders
 - ii) Assign coaches to talk to two or three kids each as they play
 - iii) Remind them of the skills they have worked on
 - iv) Enforce the rules (or demonstrate proper form)
 - v) Use the whistle to stop play every few minutes and instruct

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) 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

E) Advice

- i) Talk to each other -- your teammates need to know where you are
- ii) Call "Man On" when your teammate can't see the defender closing on the ball
- iii) Don't chase a ball that your teammate is going to get
- iv) Run into open spaces
- v) Pass into open spaces
- vi) Rest when the ball is downfield, not when it is between you and your own goal
- vii) If you're tired, raise your hand so that the coach knows to put in a substitute

F) Alternate Back Kick

- i) Turn your foot as it crosses over the ball
- ii) Use the inside of your foot to lightly push the ball behind you
- iii) Turn and chase the ball
- (iv) Or, step over the ball and turn your body
- v) Use the outside of the opposite foot to push the ball back)

G) Headers

- i) Sit on ground, hold the ball above your head; look up at the ball
- ii) Lower the ball to your forehead (at hairline) and lightly touch by extending the body
- iii) *Keep your eyes open*
- iv) With the ball six inches above the head, drop it
- v) Meet the ball partway by extending the body -- you hit it, it doesn't hit you
- vi) Try a lightly tossed ball (underhand throw by a partner)

- vii) Move to the ball and *rock the upper body as the ball is struck*
- H) Just for Fun - Players Against Parents
 - i) Everybody plays - start with one ball but you will need many nearby for the jugglers
 - ii) Select one (or a few) player(s) to be the dribblers
 - iii) Players can only touch parents -- parents can only touch players
 - iv) After a touch, the ball is given to the touching person and
 - a) If a parent touches a player who is dribbling, player must juggle ball twice
 - b) If a player touches a parent who is dribbling, parent must juggle thrice
 - v) Only a parent/player who is not juggling can touch the ball or the dribbler
- I) Ask - "Are We Having Fun?"



Appendix D

“C” Program Rules

Eden Prairie Soccer Association

“C” Division Rules (2006 Edition)

I. Team Rules

A team shall be comprised of not less than eight and not more than ten players. A side is comprised of no more than seven players per team including a goalkeeper. Each player present for the game shall play at least one half of the entire 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 wear jerseys that are 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 hard head bands 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 OK.)

II. Referees and Linesmen

A USSF-certified referee may be provided for each game. In the event that a referee is injured, is not available, or does not appear, each team shall provide a referee for one half of the game. Each team provides one linesman for the entire 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 ten-minute quarters. A two minute quarter break is allowed 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 on either team. A goal can 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.

Game Clock: The game clock starts when the kick off is properly taken and time runs continuously even when the ball is out-of-bounds. The clock does not stop when a goal is scored, although the referee should add time if it takes too long to reset after a goal.

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 likely to occur in "C" 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 can 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 from either team touches it -- an indirect free kick is awarded to the opposing team at the spot of the second kick.

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 requests 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 used to restart a game that was stopped because of an injury, an outside agent (e.g., a dog), or other cause when neither team is responsible for the stoppage.

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. Goalkeepers

Each team must have a goalkeeper who should wear a distinctive jersey or a vest. The goalkeeper is the only player who may play the ball with the hands and may only do so within their own penalty area. Outside of the penalty area, the goalkeeper is treated exactly the same as any other player.

An opposing player cannot kick or attempt to kick the ball out of the hands of the goalkeeper or otherwise interfere with the goalkeeper's attempts to put the ball back into play. Kicking at a ball under the control of the keeper will be considered dangerous play. (See Minor Fouls, below.) For the safety of players in "C" Division play, a goalkeeper who has one hand on the ball is considered to be in control of the ball, even if that possession is tenuous.

An opposing player may not charge a keeper in possession of the ball nor may he charge a keeper who does not have the ball, even if the ball is within playing distance. Once in possession of the ball, the goalkeeper is allowed to take ten seconds before putting the ball back into play. This does not include the time the goalkeeper takes to control the ball after taking possession of it, or that results from the keeper's momentum, or that the goalkeeper uses to get clear of an attacking player.

Goalkeepers are not allowed to use their hands to play a ball that has been kicked to them by a teammate. (This foul occurs only if all elements are in place: the ball must be kicked by a teammate in a deliberate attempt to play it to the goalkeeper and the goalkeeper must then touch the ball with the hands.) In addition, a goalkeeper cannot play a throw-in from a teammate with their hands.

A goalkeeper may elect to play the ball with his feet to another part of the penalty area and then pick the ball up. This includes being allowed to dribble the ball back into the penalty area and then to pick up the ball. (The goalkeeper cannot use this tactic to pick up a throw-in or a ball deliberately kicked back by a teammate.)

The goalkeeper may take as many steps with the ball (inside the penalty area) as they please. Once the ball is in their possession, they may bounce-and-catch it. Once the ball has been set down, however, it may not be picked up again.

The goalkeeper may change places with any player at any time. If the change occurs in the middle of the quarter, the coach must notify the referee and the referee must give permission before the exchange is allowed to take place.

If a player charges a goalkeeper not in possession of the ball, if a player is guilty of dangerous play, or if a player impedes or obstructs the goalkeeper -- award an indirect free kick to the keeper's team.

If the goalkeeper wastes time (e. g., takes more than ten seconds) -- verbally warn the keeper of the rule, indicate that the keeper should kick or throw the ball now and add time to the game clock.

VI. Offside

If an attacking player is closer to the opponent's goal line than the ball, that player is in the offside position. If the ball is then passed to the player, offside shall be called unless:

- the player is in his own half of the field

- or there are at least two defensive players (one of whom may be the goalkeeper) even with or between the attacking player and the goal at the moment the ball is kicked

- or the player receives the ball directly from a throw-in, goal kick or corner kick.

Note that a player in the offside position who does not take advantage of that position need not be automatically called offside. If play proceeds, even if a goal is scored, offside will not be called unless the offside player receives the ball, is involved in the play, or is interfering with (or distracting) defensive players.

In "C" Division play, blatant offside should be called. For example, offside should be called when a player who is slow returning to an onside position receives the ball and thereby creates an easy or an uncontested opportunity for the offside player to dribble and shoot at the goal.

When offside is called, the opposing team is awarded an indirect free kick at the point where the offside player was standing at the moment the ball was played.

VII. Coaches' Rules

During the game, only the players and the referee are allowed on the field of play. In "C" 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 or give instructions from behind the goal line. A coach may 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 who act for a missing referee should refrain from giving coaching instructions on the field.

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

VIII. Substitutions

There is no limit to the substitutions allowed during a “C” Division game. Any time the ball is out of play, the coach should inform the referee and, upon a signal from the referee, 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.

IX. Fouls and Their Penalties

The referee will call all fouls but may choose to apply the “advantage” concept where a fouled team is given the opportunity to retain the advantage. Even when advantage is ruled, the referee may still choose to warn, caution or send off players for committing the foul.

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) A player prevents the opposing goalkeeper from releasing the ball from his hands
- 4) The goalkeeper takes more than ten seconds after having the ball under control
- 5) The goalkeeper releases the ball then picks it up again, unless the ball has been touched by another player. (Note: Deliberately bouncing the ball is allowed)
- 6) The goalkeeper plays the ball with his hands after a teammate kicks it to him deliberately
- 7) The goalkeeper plays the ball with her hands after a teammate throws it in to her
- 8) Any player offense, not covered under Major or Minor Fouls, for which play is stopped.

Diving or sliding tackles are not allowed in “C” Division play. A player making a sliding tackle (who does not commit a foul) will first be warned. Persistent sliding will be considered dangerous play (a Minor Foul) and an indirect free will be awarded to the other team.

For both Major Fouls and Minor Fouls where the referee stops play, the ball is placed at the point of the foul. (See below, for placement when the foul occurs in the goal area or penalty area of the offending team.) The ball is put back into play with a Free Kick.

Direct Free Kick: Normally, a major foul results in the award of a direct free kick. In “C” 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 the defending team inside its own penalty area would normally result in a penalty kick. However, in “C” Division play, no penalty kicks are allowed.

If a foul occurs inside the offending teams own penalty area (the larger of the two rectangles) but outside the goal area, the ball is spotted at the point of the foul and an indirect free kick is awarded.

If a foul occurs inside the offending teams goal area (the smaller of the two rectangles), 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 into play.

The defending team time should be allowed enough to get into position.

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.

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.)

X. Cautions and Send Offs

Note: Yellow cards are very rare in this division and reds card are improbable. A verbal warning may be used to curtail actions that 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.)

The EPSA strongly suggests that a player who gets a Caution be temporarily taken out of the game to underscore the severity of the action and to allow the player to regain their composure.

In "C" Division play, an ejected player may not be replaced.

XI. 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 at this time.

If two fouls occur simultaneously, the referee shall 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 seven 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 six-v-six or five-v-five.

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.

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 "C" Division (8-and-Under) and are intended for participants in Eden Prairie Soccer Association programs.