



Coach's Handbook

for

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

"F" Division Skills Checklist

1. Field Knowledge (The player should be able to indicate the named area on the field or the area that the named position usually plays.)
Goal line, touch line, halfway line, corner, penalty area, goal area, center circle
An "F" Division player should know all of these seven locations.
Striker (Left, Center, Right), Defender (Left, Right), Sweeper and Goalkeeper
An "F" Division player should know all seven of the positions for the offense you used.
2. Dribbling (Watch for the number of surfaces of the foot the player uses to advance the ball as during a game or through cones in practice. Surfaces are: inside, outside, toe, "top" (laces) "side" and heel of both the stronger and weaker foot. Players should be able to control the distance the ball is played, show reasonable speed with the ball, look up as they dribble and accelerate after a turn. Expectations are exceeded if the player routinely changes directions)
An "F" Division player should meet expectations.
3. Juggling
An "F" Division player should be able to routinely juggle the ball six times.
4. Power Kicks (Starting with the ball in the goal area, have the player kick it as far as possible.)
An "F" Division player should be able to kick the ball 20 yards beyond the penalty area.
5. Passing (Expectations are met if the player controls the ball before the pass, uses the weaker foot to pass, looks up to see where to pass, occasionally plays the ball behind while on the attack and communicates during play. Expectations are exceeded if the player directs others.)
An "F" Division player should meet expectations.
6. Throw Ins
An "F" Division player should be able to do a standing, stepping and running throw-in.
7. Goalkeeping
An "F" Division player should be able to control defensive play while a goalkeeper.
8. Offside
An "F" Division player should know when Offside occurs and understand an Offside trap.
9. Traps
An "F" Division player should be able to trap the ball with their foot, thigh and chest.
10. Sportsmanship
An "F" Division player is expected to demonstrate good sportsmanship, win or lose.



Appendix C

Player Substitution Tables

Equitable Play

The Association expects that every player will be used equally at all positions. It is not possible to give equal time to all players in a single game and you should work to average playing time over several games. The substitution table that follows assumes a 3-3 and represents one half of a game. Substitutions occur every seven minutes. In the half, six players sit out twice while three sit out only once. (To minimize the time required for substitutions, the goalkeeper is left in for the entire half so that you don't have to try and trade the gloves and jerseys between players.)

Use another copy of the same table in the second half of the game and rotate players down one line so that they change responsibilities.

#	Player Name	0-7	7-14	14-21	21-28	28-35
		G	G	G	G	G
		LD	LD	*1*	LS	LS
		S	S	*2*	CS	CS
		RD	RD	*3*	RS	RS
		LS	*1*	LD	LD	*1*
		CS	*2*	S	S	*2*
		RS	*3*	RD	RD	*3*
		1	LS	LS	*1*	LD
		2	CS	CS	*2*	S
		3	RS	RS	*3*	RD

The half is divided into seven minute increments so that 0-7 represents the first seven minutes of the half. Numbers between asterisks (*1*, *2*, and *3*) represent players who will be sitting out. G = Goalkeeper, LD = Left Defender, S = Sweeper, RD = Right Defender, LS = Left Striker; CS = Center Striker; RS = Right Striker

With this rotation, or any rotation, it is important to balance the playing time in each position. You do not have to be exact nor do you have to balance time spent on the left side of the field with time spent on the right side. Rather, the EPSA wants you to ensure that players get equal time in the offense, the defense and in the midfield.

To provide equal playing time at all positions with this 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, all kids should be able to play goalkeeper. You should not force them, of course, but everyone is capable of it.)



Appendix D

Suggested Practices

and

Practice Hints

“F” Age Considerations

At this age, you should remember:

- all players have a need for lots of positive feedback
- players are willing to play for the sake of the team
- kids like to be in motion; keep instructions short
- they understand the importance of field position and creating space
- don't preach; demonstrate
- heading the ball can be fun
- they have a sense of pace and will take instruction on when to rest
- they will look to pass to an open teammate
- the more often they touch the ball, the more fun they have
- as long as they try their hardest and play their best, they are winners

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 the 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 5 v 5 where everyone on your team has a chance to touch the ball than to try to 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 kick the ball around. Structure this time as a fun moment 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 "F" 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 12)
 - 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 around waist; roll around head
 - F) Have two players stand back-to-back and pass one ball to each other side to side
 - G) As a variation, try an over and under pass
 - H) 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 thigh
 - 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
 - E) Try juggling using the head

- 3) Kicks (15 minutes)
 - A) Inside Kick (kick for control)
 - i) Contact point is behind the big toe; point toes up; lock your ankle
 - B) Outside Kick (kick for control)
 - i) Contact point is behind the little toe; point toes up; lock your ankle
 - C) Control Kicks Drills
 - i) With cones in two straight lines, dribble through cones weaving in and out
 - ii) Increase difficulty by starting players at both ends; look up to avoid teammates
 - iii) With the cones in a circle, have all players dribble in and out of the cones
 - iv) Increase the difficulty, have half the players go 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 a teammate 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) Pass to a teammate with a side kick; work to improve accuracy
 - iii) Stress the position of the non-kicking foot beside the ball
 - F) Accuracy Drill #1
 - i) Place the partner, legs apart, 15 feet from the player
 - ii) Have the player try to kick the ball between partner's legs

- iii) Return ball and player kicks the ball while the ball is still rolling
 - iv) Count number of successes
 - G) 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 ball; turn body; use outside of the opposite foot to push the ball back
- 4) Ball control (10 minutes)
 - A) Everybody in the penalty area, kick for control -- try to find open places to move to
 - B) Drill #1 - Keep-away from another player or players
 - C) Drill #2 - "Cat and Mouse" -- one "cat" tries to kick other balls (mouse) out
 - D) 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; the goal line; the touch line; the corner
 - B) The goal area (smaller of two rectangles around the goal)
 - C) The penalty area (larger of two rectangles around the goal)
 - D) The center circle; the halfway line; the penalty spot; the penalty arc
 - 6) Traps (5 minutes)
 - A) Foot trap: with a rolling ball, 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 fall in front of you so that you can step forward
 - D) Leg trap (inside of thigh or top of thigh)
 - E) *Chest trap (absorb the ball with the chest)*
 - 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 Kickoff (At start of half 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 circle as you wish
 - E) Can score a goal from the kickoff
 - 9) Rules For A Goal Kick (When attackers kick ball over goal line) (5 minutes)
 - A) Place anywhere in the goal area
 - B) Ball must be kicked out of the penalty area (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) Cannot move the corner flag or cone - choose a comfortable point to kick the ball
 - C) If attacking, kick to your teammate; if defending, stay between other players and your 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 (two straight 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 the next player start when the first player gets halfway (or sooner)
 - iv) Players should look up to avoid teammates but keep ball in playing distance
 - B) Set out eight to ten cones in a circle
 - i) Players start at a cone, weave in and out clockwise using control kicks
 - ii) On whistle (or other command) turn and weave counterclockwise; repeat whistle
 - iii) Half players go 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 -- stress placement of foot
 - B) Work with a moving ball -- coach roll across the penalty area; kick while still moving
 - C) Put a coach in as "goal defender" -- shoot where the coach is not

- 13) Headers (5 minutes)
 - A) Hold the ball above your head; look up at the ball
 - B) Lower the ball to your forehead (at hairline) and lightly touch by extending the body
 - C) *Keep your eyes open*
 - D) With the ball six inches above the head, drop it
 - E) Meet the ball halfway by extending the body
 - F) Try a lightly tossed ball (underhand throw by a partner)
 - G) Move to the ball and rock the upper body as the ball is struck

Second Practice - Review The Basics; Install The Offense

- 1) Stretching (5 minutes)

Repeat A) through H) from Practice One

 - I) 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 of the pass
 - C) Back kick -- work to improve deceptiveness and speed

- 4) Ball Control (5 minutes)
 - A) Everybody in the penalty area, kick for control, move to open areas
 - B) Drill #1 - Keep-away from another player or players

- C) Drill #2 - "Cat and Mouse"
 - D) Drill #3 - "Soccer Golf"
- 5) Dribble Drill (5 minutes)
- A) Set out four or five cones (in two lines)
 - i) Weave end to end; turn around and come back; have the two lines compete
 - ii) Repeat, but have next player start when the first player gets half way (or sooner)
 - iii) Players should look up to avoid teammates but keep ball in playing distance
 - B) Set out ten cones in a circle
 - i) Weave in and out clockwise; on whistle, weave counterclockwise; repeat whistle
 - ii) Half players weave clockwise; half counterclockwise
 - iii) Look up to avoid other players; look down to control the ball
- 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) Foot or toe traps; Leg traps; *Chest traps*
- 8) Review Rules (5 minutes)
- A) Throw-ins, Kickoff, Goal Kick, Corner Kick
- 9) The Offense (15 minutes)
- A) Playing 7 on 7 (Suggest 3-3 plus goalkeeper)
 - i) Attackers are: Left Striker, Right Striker and Center Striker
 - a) Strikers attack the ball, try to score; Center Striker is the attack leader
 - 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) Midfielder (if used)
 - a) Helps on both offense and defense
 - iii) Defenders are: Left Back and Right Back and Sweeper
 - 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 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 coach and a cone between the player and the goal
 - ii) Player passes the ball past the cone to a (stationary) coach - the "Give"
 - iii) "Go" around the cone 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; two lines of players start beyond the penalty arc
 - ii) Player 1 dribbles and shoots, coach blocks first shot and player 2 shoots rebound
 - E) More Follow Through
 - i) Two players advance, roll ball to one who shoots, both follow to get rebound at 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 (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
 - iii) Illegal charging forces an opponent off balance
 - C) Tackles
 - i) The act of taking the ball away from another player, using only the feet
 - ii) If the defender makes contact with the ball before the attacker, this is a legal tackle
 - iii) Illegal tackles contact the attacker before the ball
 - D) Sliding Tackles
 - i) A slide tackle is not allowed in "F" Division play
 - ii) Sliding when no other players are near is always OK (but it is usually bad tactics)
 - 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
- 11) Headers (5 minutes)
 - A) Underhand throws by a partner
 - i) Try directing the ball to your partners feet
 - ii) Stress proper form -- neck stiff, rock with the head and shoulders

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

- 1) Stretching (5 minutes)

Repeat A) through H) from Practice One

 - I) Ball on ground, touch ball with toe, alternating feet
 - J) Ball on ground, jump over left, then right
- 2) Juggling (5 minutes)
 - A) Can you set a new personal record for consecutive touches?
 - B) Use all kicks (thigh, foot, side-foot, head) in the juggling repertoire
- 3) Ball Control (5 minutes)
 - A) Everybody in the penalty area, kick for control -- find space to move to; don't bunch up
 - B) Drill #1 - Keep-away from the coach
 - C) Drill #2 - "Cat and Mouse"
 - D) Weave in and out of four or five cones
 - E) Weave in and out of ten cones in a circle (clockwise and 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) 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
 - i) Left, Right and Center Striker, Right and Left Back, Sweeper
 - 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) Headers (5 minutes)
 - A) Underhand throws from a partner
 - B) *Have two players try to keep the ball in the air between them using only headers*
 - C) Continue to stress proper form
 - D) *Keep your eyes open*
- 11) 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
 - 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, Offense and Defense; Add Goalkeeping

- 1) Stretching (5 minutes)

- Repeat A) through H) from Practice One
- I) Ball on ground, touch ball with toe, alternating feet
 - J) Ball on ground, jump over left, then right
- 2) Juggling (5 minutes)
 - A) Use all kicks (thigh, foot, side-foot, head) in the juggling repertoire
 - B) Can you set a new personal high?
 - 3) Ball Control (5 minutes)
 - A) Everybody in the penalty area, kick for control -- find space to move to; don't bunch up
 - B) Drill #1 - Keep-away from a player or players
 - C) Drill #2 - "Cat and Mouse"
 - D) Drill #3 - "Soccer Golf"
 - E) Drill #4 - "Ships Across The Ocean"
 - 4) Review Kicks (5 minutes)
 - A) Inside, Outside, "Top" and "Side" and Back
 - B) Work to improve accuracy and distance
 - 5) Places on the Field (Dribble with their ball) (5 minutes)
 - 6) Traps and Throw-in (5 minutes)
 - 7) Headers (5 minutes)
 - A) *Keep your eyes open*
 - B) On offense, use headers to direct the ball to the ground
 - C) On defense, use headers to direct the ball into the air
 - D) Header drill
 - i) Run toward a coach who tosses the ball up underhanded; use header to score goal
 - 8) Review Rules (5 minutes)
 - A) Throw-ins, Kickoff, Goal Kick, Corner Kick
 - 9) Review The Offense (5 minutes)
 - A) Playing 7 on 7
 - i) Left, Right and Center Striker, Right and Left Back, 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
 - 10) Game Rules (5 minutes)
 - A) Fouls
 - B) Charging
 - C) Tackles
 - D) Sliding Tackles
 - E) Players on the Ground

11) Review The Defense (5 minutes)

- A) Stay between the ball and your own goal
 - i) A defender makes an attacker move toward the touch line without touching the ball!
 - ii) When beaten, hurry back to a position between the attacker and the 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
- 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
 - ii) Work on positioning the defender between the ball and the goal at the same time

12) 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
 - ii) Step forward
- C) After the catch, look around at your teammates; take the time to calmly decide what to do
 - i) Decide what you want to do, then take your four steps
 - ii) Always move forward; do not back up
 - iii) If necessary, direct the offense then throw, roll or punt
 - iii) Never release the ball across the goal mouth
- D) *The parry*
 - i) *Use the palms of your hands to deflect the ball*
 - ii) *If possible, direct the ball to the ground in playing distance*
 - iii) *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
 - iv) Or, can execute a drop kick where the ball hits the ground first
- F) If the goalkeeper can punt the ball a long way --
 - i) Attackers try to catch the defense sleeping with a rush downfield
 - ii) Don't stop the ball, let it go through, play it on the run

- iii) If used as a set play, the attackers should know about where the keeper will kick it
- G) If the goalkeeper can't punt the ball
 - i) Left and right defenders move into the flats
 - ii) Keeper delivers with a baseball throw or a roll to the defenders
 - iii) Defenders may have to come back to the keeper to help out. Communicate!
- H) 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 or where an attacker can get it first
- I) Roll the ball
 - i) Underhand motion, roll to a defender to clear the ball
 - ii) Do not roll across the goal mouth
- J) 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 other team is free to tackle the ball so watch out
- K) On intentional kicks back to the goalkeeper, the keeper cannot pick up the ball
 - i) Defender must mean to kick it to the keeper
 - ii) Keeper cannot play an intentional kick (by defenders) with hands: must kick the ball
 - iii) If the defender uses anything other else (knee, head, chest) keeper can handle
 - iv) Keeper can handle a throw in

Other Possible Drills

- 1) Polishing The Team
 - A) Stepping Throw-in
 - i) Throw as they step, one foot flat; one foot with toes on the ground
 - B) Running Throw-in
 - i) Quicker than a stepping throw-in; the trailing toe must be turned over and dragged
 - ii) To add power, thrower should rock upper body as the throw is made
 - C) Scrimmage 5 v 5 or 6 v 6
 - i) Use your half of the field sideways, with cones for goals
 - ii) Two or three attackers and two or three defenders
 - 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
 - C) 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)
 - D) 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)

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

2) Communication

A) Don't call the player by name, tell them where you are

- i) The Square position (two players advancing together)
 - a) "Square" does not call for a pass -- it is advice to the ball handler
- ii) The Support position (two players in line)
 - a) "Support" does not call for a pass -- it is advice to the ball handler
- iii) The Line position (a player downfield near the touchline)
 - a) “Line” is a call for a pass to the wing
- iv) The Center position (a player heading into the center of the field)
 - a) "Center" calls for a pass into the center
- v) A very effective Give-and-Go is a “Line” followed by a “Center”
- vi) “Settle” means that the player has time to control the ball and look around
- vii) “Man On” means that an opposing player is closing on the back of the ball handler

B) Advice

- i) Talk to each other on every play -- your teammates need to know where you are
- ii) "Square" -- "Support" -- "Settle" -- “Line” -- “Center” -- **"MAN ON"**
- iii) Don't chase a ball that your teammate is going to get
- iv) Run into open spaces; pass into open spaces
- v) Soccer is the **thinking** player's sport
- vi) Rest when the ball is downfield, not when it is between you and your own goal
- vii) If you raise your hand, I'll substitute for you

C) Ask - “Are We Having Fun?”



Appendix D

“F” Program Rules

Eden Prairie Soccer Association

“F” Division Rules (2006 Revision)

I. Team Rules

A team shall be comprised of not less than nine and not more than twelve players. A side is comprised of not more than seven players per team including a goalkeeper. (Eight per team is allowed if the playing fields are large enough and if the Commissioner allows it.) 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.

While it is also expected that each player shall be given equal playing time at each position it is recognized that some specialization (i. e. for the goalkeeper) may occur.

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. If both teams are wearing jerseys that are the same (or nearly the same) color, the visiting team will 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 two thirty-five minute halves. A five minute break is required between halves. 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 five ball. A kick off is also used to restart the game after a goal.

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.

Injuries: Time will be added to compensate for time lost because of injuries. Upon noting an injury, the referee will whistle a stoppage of play and the injured player will be cared for.

Direction of Play: The teams switch ends of the field at halftime. The team that did not kick off to start the first half will kick off to start the second half.

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.

If the ball is touched or caught or if the arm or shoulder is used to control the ball (these are handballs) -- a direct 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. Note that the throw-in is still considered legal even if the player steps on 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 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 play after an injury or other stoppage of play that was not the result of a foul. The ball is in play once it touches the ground. A dropped ball, once it has struck the ground, can be touched twice by the same player.

The referee selects a player from each team. 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 "F" Division play, a goalkeeper who has two hands 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 six 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. (Both of these infractions are also covered under Minor Fouls, below.)

A goalkeeper may dribble the ball to another part of the penalty area before picking it up. This also includes being allowed to dribble the ball back into the penalty area. (The goalkeeper cannot use this tactic to pick up a throw-in or a ball deliberately kicked back by a teammate.)

A goalkeeper may take as many steps with the ball (inside the penalty area) as they please. While 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. However, 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 six 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 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.

Also note that a player in the offside position who gains an advantage as a consequence of that position is offside. For example, an offside player watches as the goalkeeper parries a shot by an attacking (legal) player and then plays the ball. Offside is called even though the ball is closer to the goal than the offending player because that player gained an advantage from the offside position.

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. A coach may instruct players in position and strategy from behind the touch line but only on the side of the field where the team is assembled. 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 avoid crossing into the opponents' half of 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 “F” 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 if 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, or attempting to trip, 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.

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.

Diving or sliding tackles are not allowed in "F" Division play. If a sliding tackle occurs (and there is no foul), stop play and award an indirect free kick for dangerous play to the opposing team.

Direct Free Kick: All opposing players must retreat ten paces from the ball. (The kicker need not wait for the defenders to retreat and may choose to play the ball immediately.) The ball is in play once it has been moved and cannot be played again by the kicker until it has been touched by another player on either team. A goal can be scored from a direct free kick.

The ball does not have to go forward. Furthermore, if a direct free kick is awarded to a team within its own penalty area, the ball must cross out of the penalty area before it is in play even if the penalty area line is more than ten paces from the point of the foul. If a direct free kick is awarded to a team within its own goal area, the ball may be placed anywhere in the goal area. All rules and awards as discussed under Goal Kick, above, then apply.

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 the ball is kicked directly into the players own goal -- no goal is awarded and the opposing team is awarded a corner 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 and the ball cannot be played again by the kicker until it has been touched by another player.

The ball does not have to go forward. Furthermore, if an indirect free kick is awarded to a team within its own penalty area, the ball must cross out of the penalty area before it is in play even if the penalty area line is more than ten paces from the point of the foul. If a indirect free kick is awarded to a team within its own goal area, the ball may be placed anywhere in the goal area. All rules and awards as discussed under Goal Kick, above, then apply.

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 players own goal -- no goal is awarded and the opposing team is awarded a corner kick.

If the defense commits a Minor Foul inside their own 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.

In particular, the defending team should be allowed enough time 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.

Penalty Kick: A Major Foul called against the defending team inside its own penalty area results in the award of a penalty kick. The ball is placed on the penalty spot and all players except the goalkeeper and the player designated to take the kick must leave the penalty area. Players must also remain outside of the penalty arc. The goalkeeper must stand with both feet on the goal line but may move along the goal line before the kick is taken. The kicker may not feint at the ball in an attempt to draw the goalkeeper off the line. The ball is in play once it has been moved and cannot be played again by the kicker until it has been touched by another player of either team.

If the kicker retouched 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 defensive player enters the penalty area or penalty arc before the ball is played and a goal is not scored on the kick, or if the goalkeeper moves off the goal line before the ball is played and a goal is not scored -- award a rekick.

If an offensive player enters the penalty area or penalty arc before the ball is played and a goal is scored, or if the kicker fakes a kick then scores a goal, or if the ball does not go forward -- award a rekick.

If an offensive player enters the penalty area or penalty arc before the ball is played and a goal is not scored -- stop play and award an indirect free kick to the defending team.

X. Cautions and Send Offs

Note: Yellow cards have been given in this division but reds card are rare. Still, a verbal warning may 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 or following the application of the advantage clause.

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 "F" 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.

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 "F" Division (14-and-Under) and are intended for participants in Eden Prairie Soccer Association programs.