



EXETER YOUTH SOCCER ASSOCIATION

COACHING MANUAL

This booklet is provided to the coaches of Exeter Youth Soccer Association as a courtesy to be used as a reference guide only. Please refer to the EYSA website for additional information.

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Direct Kick: Awarded when a serious foul is committed against another player. This is a free kick in which a goal can be scored directly by the kicker. Some fouls resulting in a direct kick are holding, striking, tripping, pushing and hand balls.

Dribble: The basic skill of advancing the ball with the feet while controlling it.

Drop ball: A restart when the ball is dropped between two players and may only be played once it has touched the ground.

Free kick: Awarded by the referee due to an infraction of the rules. The kick is generally taken from the spot in which the infraction took place. The defending team must be a minimum of 10 yards away from the ball (modified for small-sided games). There are two kinds of free kicks- direct and indirect – determined by the severity of the infraction.

Goal kick: Awarded to the defense when the attacking team knocks the ball out of bounds over the goal line. The kick is taken from within the goal area, and must clear the penalty area before being touched by another player. Extremely rare and unlikely, but a goal can be scored directly from a goal kick.

Goal area: Also called “the 6.” A rectangular area extending six yards from the goal line. Used to designate where goal kicks are taken.

Hand ball: A foul where a player (other than the keeper in the penalty area) deliberately touches the ball with his hand or arm. The opposing team is awarded direct free kick.

Hat trick: Three or more goals scored in a game by a single player.

Half-volley: A kick of the ball just as it is rebounding off the ground.

Header: When a player controls or strikes a ball in the air, using their head.

Holding: When an opponent’s movement is obstructed with either hands or arms, a direct kick is awarded.

Indirect Kick: Awarded when an infraction of the rules has taken place or a less serious foul has been committed. On an indirect kick, a goal cannot be scored unless the ball is touched by a second player. Some minor fouls or infractions resulting in an indirect kick are offside and dangerous play.

Juggling: Keeping the ball in the air with any part of the body (no hands or arms). Used for practice and developing coordination.

Kickoff: Kickoff takes place at the center of the field and is used to start play at the beginning of a game, after halftime, or after a goal is scored.

Marking: Closely defending a player to prevent him/her from receiving the ball or advancing the ball by dribbling or passing.

Officials (referees): The official protects the players and enforces the rules. The referee officiates the game and is on the field with the players. The referee keeps the official time. The assistant referees each patrol one half of the field, from opposite sidelines. Their job is to provide assistance to the referee only. AR's as they are called, use a flag to signal when the ball is out of bounds, when a player is potentially offside, or they have seen a foul committed. The referee makes the final determination whether or not to blow the whistle.

Offside: Occurs when a player positions him/herself nearer to the opponent's goal line than both the ball and the second-to-last opponent. No fewer than two defenders (usually the goalkeeper and one other defender) must be nearer to the goal line than the attacker. The person advancing with the ball must be the first to cross the line of defense. A player in an offside position is only penalized if, at the moment the ball is played by a teammate, he/she is, in the opinion of the referee, involved in active play, or interfering with play or any opponent, or gaining an advantage by being in that position. When a player who is in an offside position receives the ball from a teammate or is involved directly in the play, an offside is called and an indirect free kick is awarded to the defense.

Penalty Area: Also called "the 18." Rectangular area extending 18 yards from the goal line (modified for small-sided games). Goalkeepers only can use their hands within their penalty area. Any foul against the defending team resulting in a direct kick inside this area results in a penalty kick for the attacking team.

Penalty Kick: A direct kick is awarded to the attacking team when a major foul is committed by a defender inside his/her own penalty area. The kick is taken from the penalty spot. Only the kicker and the keeper are allowed in the penalty area. The goalkeeper must be on the goal line until the ball is kicked.

Receiving: When a player uses his/her body to slow down and control a moving ball. Most often this is done using the chest, thigh or foot.

Red card: Serious misconduct, violent play, offensive language or intentionally denying a goal. Immediate ejection from the game. The team may not replace this player, and will play shorthanded for the remainder of the game.

Slide tackle: An attempt by a defender to take the ball away from the dribbler by sliding on the ground feet-first into the ball.

Tackle: A move to take the ball away from an opponent's feet.

Throw-in: The only time a field player may use their hands. Used to bring the ball back in play after it has crossed out of bounds on the sidelines. Two hands must be used and the ball must be thrown from behind the player's head. Both feet must be on the ground and behind the sideline.

Tripping: If a player uses any part of his/her body to trip an opposing player, a direct kick is awarded.

Volley: A kick made while the ball is in the air, before it touches the ground. Can be for a clearance or to shoot on goal.

Wall: Players stand as a line or wall to protect their goal against a free kick.

Yellow card (caution): Shown to a player by the referee for dangerous or unsportsmanlike behavior. If a player is shown two yellow cards in one game, it is an automatic ejection from the game.

RULES OF THE GAME

Each season FIFA publishes an extensive 'Laws of the Game' guide which describes the rules of soccer. Some of these laws may be modified for youth soccer at various ages. NOTE: Most of these rules are not enforced in the Recreational Youth Program.

Law 1: The Field of Play

There are very few fixed dimensions for soccer fields, even at the highest level. FIFA only stipulates that for professional 11-versus-11 competition, the length must be between 100 yards and 130 yards and the width between 50 and 100 yards.

Law 2: The Soccer Ball

The circumference of a soccer ball must not be more than 28 inches (70 centimeters) and not less than 27 in (68 cm). The size 5 ball, used by ages 12 and above, is spherical and made of leather or some other suitable material. It must not weigh more than 16 ounces (450 grams) and not less than 14 oz (410 g) at the start of a match. The ball must be of a pressure equal to 0.6 – 1.1 atmosphere (600 – 1,000 g/cm²) at sea level (8.5 lbs/sq in – 15.6 lbs/sq in).

Law 3: The Number of Players

A match is played by two teams, with each allowed no more than 11 players on the field at any one time, one of whom is a goalkeeper. A match may not start if either team has fewer than seven players. Substitutions may be made during a stoppage in play resulting in a throw-in or goal kick, and after a goal is scored. New players may not enter the field until signaled by the referee.

Law 4: The Players' Equipment

The FIFA 'Laws of the Game' state that players are not allowed to use equipment or wear anything that is dangerous to himself or any other player (including any kind of jewelry). A player's basic equipment consists of a jersey or shirt with sleeves, shorts, socks, shin pads and footwear. The two teams must wear colors that distinguish themselves from the opponent, referee and assistant referees.

Law 5: The Referee

The referee has the full authority to enforce the laws of the game and his decision is final. He controls the match in cooperation with the assistant referees, and where applicable, the fourth official. The referee ensures that the ball and players' equipment meets the requirements, acts as timekeeper and stops play for infringement of the laws among several other duties.

Law 6: Other Match Officials

In 11v11 play, there are two assistant referees whose job it is to call offsides and throw-ins, and help the referee make decisions. Carrying a flag to signal their observations, assistant referees, or linesmen as they are commonly known, must monitor the sidelines and goal lines and flag if the ball goes out of play, signaling which team the goal kick or throw-in should be awarded to.

Law 7: The Duration of the Match

Matches consist of two 45 minute halves, unless the two teams and referee agree otherwise before the start of play. The half-time interval must not exceed 15 minutes, and can only be altered upon consent of the referee. A referee may play added time because of substitutions, assessment of injuries, removal of injured players from the field of play, time wasting and any other cause. An abandoned match is replayed unless the competition rules state otherwise.

Law 8: The Start and Restart of Play

Kick-off is the way of starting or restarting play:

- To begin a match
- If a goal has been scored
- To begin the second half
- To begin a period of extra-time.

Law 9: The Ball in and out of Play

The ball is out of play when:

- It has wholly crossed the goal line or touchline
- Play has been stopped by the referee.

The ball is in play at all other times, including when:

- It rebounds off a goalpost, crossbar or corner flag and stays on the field.
- When it hits a referee or assistant referee when they are on the field.

Law 10: Determining the Outcome of a Match

Goal Scored:

A goal is scored when the whole of the ball crosses the whole of the goalline between the posts and crossbar, provided there is no infringement such as offside, a foul or handball. The team that scores the most goals wins the match. If the number of goals scored between the two sides is equal at the end of a match, it is a draw.

When competition rules require that there must be a winner, the outcome will be decided by either:

- Away goals rule
- Extra-time
- Penalty kicks

Law 11: Offside

The law states that if a player is in an offside position when the ball is played to him or touched by a teammate, he may not become actively involved in the play. A player is in an offside position if he is closer to the goal line than both the ball and the second-to-last defender, but only if he is in the opposition half of the field.

Law 12: Fouls and Misconduct

Direct or indirect free kicks and penalty kicks are awarded for offenses or infringements committed when a ball is play.

Law 13: Free Kicks

Direct and indirect free kicks are awarded to the opposing team of a player guilty of an offense or infringement. The ball must be stationary when the kick is taken. The kicker must not touch the ball again until it has touched another player.

Law 14: The Penalty Kick

Penalty kicks are awarded if a player commits a direct free kick offense or infringement inside the penalty area. Once the referee signals for a penalty kick to be taken, it must be taken. The player taking the kick must move the ball forward, and may not play the ball again until it has touched another player. The other players must stay outside the penalty arc until the ball is played.

Law 15: Throw-Ins

When the ball goes out of play over the touchline, a throw-in is awarded to opponents of the player who last touched the ball before it went out of bounds. The player taking the throw must have part of each foot on or outside the touchline, and the ball must be thrown with both hands from behind and overhead at point where the ball left the field of play.

Law 16: Goal Kicks

A goal kick is awarded when the ball passes over the goal line, having last touched a player of attacking team, but a goal was not scored. Ball must be stationary and is kicked from any point within the goal area by a player of the defending team. The ball is in play when it leaves the penalty area. Opponents must be outside the penalty area until the ball is in play.

Law 17: Corner Kicks

A corner kick is awarded when the ball passes over the goal line, having last touched a player of the defending team, but a goal was not scored. Ball must be stationary at the corner area closest to the point the ball went out of bounds. The ball is in play when it is kicked but it does not have to leave the corner area.