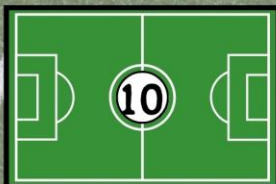
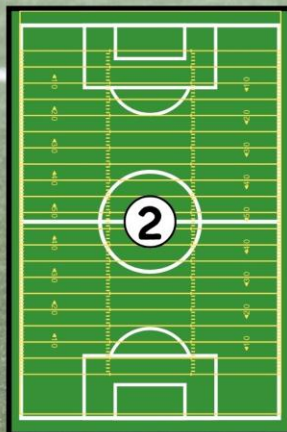
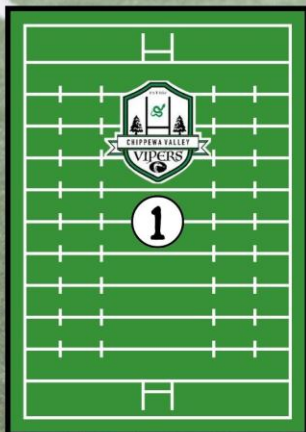


CF Soccer:

HANDBOOK for game-play and a Coaches'/Parents' Guide to Success



KELL'S SOCCER COMPLEX



FIELD 1 - RUGBY
FIELD 2 - MULTI PURPOSE
FIELDS 3 & 10 - U10/12
FIELDS 4, 5, 6, 7, 8, 9 - U6/8



Chippewa Falls Youth Soccer

Coaching Hints and Tips

Adapted from MLS Camps: 10 Week Self-Help Booklet Series

Successful coaches...

- Recognize Contributions: players need to be praised for their good deeds whenever possible. Good coaches steer clear of critical, negative commentary.
- Are Supportive: the coach can provide support at a time when a player is questioning his/ her own ability.
- Positive Role Models: coaches can set the tone by focusing on the positive aspects.
- Put things into Perspective: good coaches have a way of communicating the significance of the game – there's more to the sport than simply winning or losing on the field.
- Listen: a coach must be able to listen to his/ her players. This promotes the importance of the players' contribution to the style of play and overall makeup of the team.

Coaching Methodology:

1. Set objectives: Select one clear objective for every 15 minutes of training time.
2. Organization: Be able to get each activity started in less than 60 seconds – do not lecture players; keep your instructions simple and brief.
3. Make Corrections: Take the key factors, freeze the play, demonstrate the improvements, and re-start play as quickly as possible. Corrections should take no more than 2 minutes.
4. Keep instructional time to a minimum: Do not waste training time with lectures, and keep your vocabulary simple.
5. Coaching progressions: The players need to be continually challenged for the practice to reflect something close to a real game. Progressions should be gradual; you and your players will become frustrated
 - Note: Coaches U8 and above should stay off the field during game play

Organize Your Practice:

The Training Session: developing the awareness factor including roles and responsibilities.

The Coaching Session: developing daily technique factors

Practice like a Pro: Developing the attitude and training factor

Simulation: developing the knowledge factor/ putting it all together

Coaching During the Game

1. Manage your parents
 - a. Tell your parents what you expect from them.
 - b. Tell your parents what you expect the kids to do.
2. Substitution plans for games
 - a. Use a written plan
 - b. Play everyone at least ½ and preferably ¾ of the game.
 - c. Share the plan with your assistant coach.
3. Know who plays where
 - a. Tell the players who plays where
 - b. Make sure you have shown the players how to play the position at practice
4. Rotate goalkeepers
 - a. Have at least 2 goalkeepers

- b. Goalkeepers need to play on the field, as well, to develop field skills.
 - c. U6 & U8 do not have a goalie. U10 & U12/14 must rotate goalies by quarter or half depending on your ages' time restrictions
5. Review game objectives with your team before games. Keep this simple and limited to a couple key ideas.
6. **Minimize coaching from the sidelines.** Let players make their own decisions. When coaching during a game, only coach players without the ball. This allows the player to make his/her own decisions.
7. Check players' safety equipment
 - a. Check for shin guards, rings, gum, jewelry, etc.
8. Have FUN!!

Guidelines for Honoring the Game

The key to preventing adult misbehavior in youth sports is a youth sports culture in which all involved "Honor the Game." Honoring the Game gets to the ROOTS of the matter and involves respect for the Rules, Opponents, Officials, Teammates and one's Self. You don't bend the rules to win. You understand that a worthy opponent is a gift that forces you to play to your highest potential. You show respect for officials even when you disagree. You refuse to do anything that embarrasses your team. You live up to your own standards even if others don't. Here are ways that parents can create a positive youth sports culture so that children will have fun and learn positive character traits to last a lifetime.

Before the Game:

Make a commitment to Honor the Game in action and language no matter what others may do. Tell your child before each game that you are proud of him or her regardless of how well he or she plays.

During the Game:

Fill your children's "Emotional Tank" through praise and positive recognition so they can play their very best.

Don't give instructions to your child during the game. Let the coach correct player mistakes.

Cheer good plays by both teams (this is advanced behavior!)

Mention good calls by the official to other parents.

If an official makes a "bad" call against your team? Honor the Game—BE SILENT!

If another parent on your team yells at an official? Gently remind him or her to Honor the Game.

Don't do anything in the heat of the moment that you will regret after the game. Ask yourself, "Will this embarrass my child or the team?"

Remember to have fun! Enjoy the game.

After the Game:

Thank the officials for doing a difficult job for little pay.

Thank the coaches for their commitment and effort.

Don't give advice. Instead ask your child what he or she thought about the game and then LISTEN. Listening fills Emotional Tanks.

Tell your child again that you are proud of him or her, whether the team won or lost.

Note: The above information is taken from the **Positive Coaching Alliance**, founded by Jim Thompson.

Coach-Parent Partnership

Research is clear that when parents and teachers work together a child tends to do better in school. There is no reason to think that it is any different in youth sports. The following are some guidelines for how parents can contribute to a Coach/Parent Partnership that can help the athlete have the best possible experience.

Recognize the Commitment the Coach Has Made: For whatever reason, you have chosen not to help coach the team. The coach has made a commitment that involves time of preparation beyond the hours spent at practices and games. Recognize their commitment and the fact that they are not doing it because of the pay! Try to remember this whenever something goes awry during the season.

Make Early, Positive Contact with the Coach: As soon as you know who your child's coach is going to be, contact them to introduce yourself and let them know you want to help your child have the best experience they can have this season. To the extent that you can do so, ask if there is any way you can help. By getting to know the coach early and establishing a positive relationship, it will be much easier to talk with them later if a problem arises.

Fill the Coach's Emotional Tank: When the coach is doing something you like, let them know about it. Coaching is a difficult job and most coaches only hear from parents when they want to complain about something. This will help fill the coach's emotional tank and contribute to them doing a better job. It also makes it easier to raise problems later when you have shown support for the good things they are doing. And just about every coach does a lot of things well. Take the time to look for them.

Don't Put the Player in the Middle: Imagine a situation around the dinner table, in which a child's parents complain in front of her about how poorly their math teacher is teaching fractions. How would this impact this student's motivation to work hard to learn fractions? How would it affect their love of mathematics? While this may seem farfetched, when we move away from school to youth sports, it is all too common for parents to share their disapproval of a coach with their children. This puts a young athlete in a bind. Divided loyalties do not make it easy for a child to do their best. Conversely, when parents support a coach, it is that much easier for the child to put their wholehearted effort into learning to play well. If you think your child's coach is not handling a situation well, do not tell that to the player. Rather, seek a meeting with the coach in which you can talk with them about it. If problems continue please let me know: mprafke@chippewafalls-wi.gov

Fill Your Child's Emotional Tank: Perhaps the most important thing you can do is to be there for your child. Competitive sports are stressful to players and the last thing they need is a critic at home. Be a cheerleader for your child. Focus on the positive things they are doing and leave the correcting of mistakes to the coach. Let them know you support them without reservation regardless of how well they play.

Fill the Emotional Tanks of the Entire Team: Cheer for all of the players on the team. Tell each of them when you see them doing something well.

Encourage Other Parents to Honor the Game: Don't show disrespect for the other team **or the officials**. But more than that, encourage other parents to also Honor the Game. If a parent of a player on your team begins to berate the official, gently say to them, "Hey, that's not Honoring the Game. That's not the way we do things here." If problems continue please let me know: mprafke@chippewafalls-wi.gov

Note: These guidelines are adapted from Positive Coaching: Building Character and Self-Esteem Through Sports by Jim Thompson, the founder and leader of the Positive Coaching Alliance.

Rules/Regulations

UP TO COACHES DEPENDING ON HOW MANY PLAYERS ARE PRESENT ON EACH TEAM (GAME FORMAT)

Chippewa Falls Youth Soccer Soccer Rules

Age Group	Game Format	Ball Size	Restart from Sideline	Game Length	Referee	Offside	Subs	Free Kicks	Fouls
U6	5 v 5 (no GK)	3	Kick-In	4x8 min.	Coaches	No	Free	All indirect	Explained
U8	5 v 5 (no GK)	3	Throw-In (2 allowed)	4x10 min.	1 Ref	No	Free	All indirect	Explained
U10	7 v (6+ GK)	4	Throw-In	2x25 min.	1-2 Refs	No	Free	Indirect & Direct	Briefly explained

Try to let all children play all field positions throughout the season. Allow players to play at least two positions in a single game. Move players through the positions on a weekly basis. Remember to switch goalkeepers so that all children get a chance to develop their field skills. This is a league designed for learning and not on winning. If a child wants to attempt to play goalie let them get out there and TRY!

Coaches should do their very best to get all children equal playing time. Children of all abilities get better when they play. The more time they play, the better they get!

Kickoff

- The player who first kicks the ball can not touch it again until another player has touched the ball
- The ball is in play once it has moved one circumference, not necessarily from the referee's whistle
- A goal cannot be scored directly from a kickoff
- All defending players must be at least 10 yards from the ball until the kick is taken

Aggressive Play

- If a player has played the ball first and then slams into the defending player, this is considered reckless play.
- Players must play the ball and not the body.
- Penalties for misconduct:
 - Unacceptable Behavior: Kids that use profanity will be removed from the field. Kids that intentionally attempt to physically hurt another player will be removed from game play and may be removed from the league. Depending on the situation, **w/ multiple offenses or a trend in behavior is when action will be taken.**
 - Direct Kick: taken from where the offense occurred
 - If a player commits any of the following offenses in a manner considered careless:

○ Kicks an opponent	○ Tackles an opponent to gain possession of the ball, or contacting the opponent before touching the ball
○ Trips an opponent	○ Holds an opponent
○ Jumps at an opponent	○ Spits at an opponent
○ Charges an opponent	○ Handles the ball deliberately (hands)
○ Strikes an opponent	
○ Pushes an opponent	
 - Indirect Kick: taken from where the offense occurred; a goal cannot be scored directly from an indirect free kick.
 - If a goalkeeper, inside his own penalty area, commits any of the following offenses:

- More than 6 seconds to get rid of the ball
- Touches the ball with his hands after it has been released
- Touches the ball with his hands after it has been deliberately kicked to him by a teammate
- Touches the ball with his hands after he has received it directly from a throw-in from a teammate
- Wastes time
- If a player:
 - Plays in a dangerous manner
 - Impedes the progress of an opponent
 - Prevents the goalkeeper from releasing the ball
 - Commits any other offense, not previously mentioned
- Penalty Kick: if any of the above offenses are committed by a player inside his own penalty area
- Kicks are taken from the spot of the foul and may be taken immediately without waiting for a whistle from the referee.

Out of Bounds

- Entire ball must cross the line
- Throw-Ins: two feet must be on ground, ball is delivered over the head with both hands
 - A goal cannot be scored directly from a throw-in
 - The thrower cannot touch the ball again until it has touched another player

Goal Kick

- A goal kick restarts the game when a player from the attacking team kicks the ball over the defending goal line.
 - The ball is placed within the goal area
 - After the kick is taken, the ball must go out of the penalty area before it is in play.
 - Defenders are allowed to stay in their penalty area, opposing players must all be outside the penalty area.
 - The player taking the goal kick cannot touch the ball again until another player from either team has touched it.

Corner Kick

- A corner kick restarts the game after the ball is played over the goal line by the defending team.
 - The whole ball must be inside the corner arc.
 - The ball is in play when it has moved one circumference
 - A player who receives the ball direct from a corner kick cannot be offside.
 - All defending players must be at least 10 yards from the ball.

If you have any questions about the rules, please let me know.

I would like to thank you, the parents in advance for helping make this season a successful one. I'd like to also thank, the coaches for taking the time to coach and develop our youth throughout this Spring Soccer season. Though, I will not be able to make it out to the fields every Saturday, I look forward to working with all of you. We will work to have someone there to represent/help with Parks & Rec Soccer whether that's me or a REC Leader, we will work to make continuous improvements our youth's soccer experience. If your team needs a coach please step-up or find someone that can. If you have any questions or concerns, please let me know.

Thanks again,

Mikinley Prafke
Recreation Supervisor
Chippewa Falls Parks and Recreation

(715) 726-2773 (work)

Coach Information Sheet

Contact information

Name: _____

Email: _____

Contact Number: _____

Bag Number (1-33): _____

Preferred Practice schedule for Casper Park

Mondays Time: _____ to _____

- Tuesdays Time: _____ to _____
- Wednesdays Time: _____ to _____
- Thursdays Time: _____ to _____
- Fridays Time: _____ to _____

Field #: _____

Additional information:

Coach Information Sheet

Contact information

Name: _____

Email: _____

Contact Number: _____

Bag Number (1-33): _____

Preferred Practice schedule for Casper Park

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