



YOUTH SOCCER MANUAL

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**Rogers
Activity
Center**
A Partnership with the City of Rogers



YOUTH SOCCER MANUAL

The Rogers Community-School Recreation Association (RCSRA) Board of Directors is charged with establishing policies and guidelines that govern our youth recreational sports programs. This group of individuals takes this responsibility very seriously, keeping in mind that the ultimate goal is for every child to have the opportunity to participate, regardless of athletic ability or financial status.

The Rogers Recreation Department staff implements the policies and guidelines established by RCSRA. The individual League Directors constantly strive to make each experience a positive influence in the participant's life.

Recreational Philosophy

"To provide each player the opportunity to play soccer in a supportive and rewarding environment that emphasizes fun, enjoyment and skill learning, through equal participation, regardless of ability."

TEAM FORMATION

Registration is held at the Rogers Activity Center.

U7-U11 Teams are formed according to school zones, when possible. Late registrants, however, cannot be guaranteed placement on their school team or that uniforms will be available in a timely manner. Late registrants are placed on teams with the least number of players.

Middle School boys and girls teams are formed at each Middle School. Ideally, at least two teams will be formed at each school (a Varsity and a JV team). The JV teams will be developmental teams. The Varsity level will be comprised of players possessing a higher level of skill. Varsity Roster will be locked after the 1st games. The league director will approve variance on this, in writing only.

PRESEASON AND PRACTICE PROCEDURES

1. **The Rogers Activity Center** requires all coaches to complete a voluntary disclosure form annually, regardless of prior coaching history. This form must be completed before the first practice. Paper forms are available at the Rogers Activity Center, but **ALL** questions on the form must be completed.
2. The coach will contact the parents of the players on the team as soon as possible after the coaches meeting to notify them the time and location of the first practice.
3. The coach will choose the time and location of the practices. Practice times will be scheduled at the coaches meeting. A scrimmage or team assembly is considered to be a "practice".

4. Each coach should hold a parent/child meeting prior to or at the beginning of the first practice. At this time, the coach can communicate what they expect of the players and parents, as well as what the players and parents can expect of the coach. At this time, the coach can hand out a team phone tree, roster, and any additional team information. Please see **Communication and Engaging with Parents** below.
5. Each coach should encourage the players to bring a soccer ball to each practice. However, we ask that coaches understand that not all players will be able to do so.
6. Coaches should put high importance on hydration and encourage the players to always have water at all practices and games.
7. **PLAYERS NOT REGISTERED with the Rogers Activity Center** are absolutely **NOT** allowed to participate in any practices or games. Teams that do not adhere to this policy will be disqualified and coaches could lose their chance to coach for the RAC.

RECOMMENDED MAXIMUM ALLOWED OF PRACTICES AND GAMES

| <u>Age group</u> | <u>Practices per week</u> | | <u>Games per week</u> | <u>Total games per year</u> |
|-----------------------|---------------------------|---------------------------|-----------------------|-----------------------------|
| | <u>Top Level</u> | <u>Intermediate Level</u> | | |
| | | | | |
| U-7 | 2 | 2 | 1 | 25-30 |
| U-9 | 3 | 2 | 1 | 30-35 |
| U-11 | 3 | 2 | 1 | 30-35 |
| Middle School (JV) | 4 | 2 | 1 | 30-35 |
| High School (Varsity) | 4 | 2 or 3 | 1 | 35-40 |

In terms of the sequence of development, players need to learn technique before tactics and then small group tactics before team tactics. The Player Developmental Model shown below illustrates the sequence and the general relationship between technique and tactics.

| <u>Player Development Model</u> | | | | | |
|---------------------------------|--------------------|-----------|---------------------|----------------------|-----------------------------|
| | <u>U7</u> | <u>U9</u> | <u>U11</u> | <u>Middle School</u> | <u>High School</u> |
| Dribbling | Basic Techniques | →→→↘ | Advanced Techniques | →→→↘ | Advanced Technique at Speed |
| | Individual Tactics | →→→→ | Small Group Tactics | →→→→ | Team Tactics →→→→ |

LEAGUE GAME POLICY

1. League games are played at Rogers City Parks. The earliest game will begin at 9:00 a.m. on Saturdays and 5:30 p.m. on weekdays.
2. Middle School JV teams will play against other Rogers JV teams. Varsity teams will play against other teams in NWA.

3. U7 players will play 2 quarters start to finish. For U9-JV level teams: each player is entitled to play one half of each game. Varsity players are guaranteed 9 minutes of each game. Players can play for 1 J V team and one Varsity team on any given day.
4. Regular attendance at practice is essential to the development of both the player and the team. If your child can not attend practice on a regular basis, we recommend that you reconsider your child's continued participation in the program. If a player is chronically absent, the coach may, after obtaining approval from the league director, reduce the playing time of the child.
5. Any child who did not start the first period of the game must go into the game for the second period. Coaches are asked to equalize the opportunity for all players to be "starters" throughout the season (Exception Middle School).
6. One of the goals of this program is for players to develop the skills and appreciation for each position on the soccer team. Coaches should strive to rotate players into different positions (defender, midfield, or forward). All players should be encouraged to play the goal keeper position (Exception Middle School).
7. **During games, all coaches and players must occupy one side of the playing field; each team must remain on its own side of the center line. All parents and spectators must occupy the opposite side of the field. Coaches will need to inform parents at their team meeting that this policy will be monitored and enforced. This has the potential to stop and delay the game if not adhered to.**
8. The Rogers Community-School Recreation Association does not keep standings or records of the league games in the U7 leagues. Standings **will** be kept for all other age groups in the spring season.
9. Game cancellations will be announced by 4:00 p.m. on weekdays and by 8:00 a.m. on Saturdays. This information can be accessed at www.rogersar.gov/recreation or by calling 479-631-0336 and choosing option #1. It is the responsibility of the coaches, parents, and players to obtain this information. In addition, a game- time decision may be made by the referee at the field to protect the safety of the players.
10. Referee decisions are final! Sportsmanship is required of all those connected with the Rogers Community-School Recreation Association Soccer League. **As a coach, your positive attitude and sportsmanship will serve as an example for your players, other coaches, referees, and spectators.** Each coach is responsible for their own conduct and that of the players, both on the field and off the field. In the event of continued misconduct or unsportsmanlike activity, the referee may terminate the game. Players, fans, or coaches may be suspended from attending or participating in league games.
11. As a coach, it is important to let players know that you believe in them, whether they are the star of the team or the least talented player. Remember, **coaching is not about winning or losing... it is about providing an opportunity for each child to experience the game.**

Purpose of RAC Youth Sports Coach

To coach the specific sport with an expectation that is competitive yet age-appropriate, while emphasizing character development, fundamentals of the sport, fair play and sportsmanship. *See Coaching procedures section of manual.*

Qualifications

1. Thorough knowledge and understanding of the rules of the game.
2. Ability to communicate effectively with children and adults/parents.
3. Enthusiasm, patience, drive and encouragement.

Background Check Policy and Procedures

1. **Purpose:** Background checks will be conducted for all volunteers and staff wanting to work with children through the RAC. This is done to ensure that the children involved in a youth sports organization receive the highest quality experience. As part of that process, the RAC must exclude individuals that have certain criminal histories.
2. **Guidelines:** There must be at least one approved coach or assistant coach present at each athletic activity, including practices, games, meetings or gatherings. Each team will have one coach and one or more assistant coaches processed for approval. Each coach will have a background check every 12 months, for as long as that coach continues coaching in this league.
3. **Process:** A local background check form is attached to your volunteer application. These background checks are required to be completed before the start of practices for each sport. Should any information be found that will prevent an applicant from being accepted, a Director will notify that applicant in a confidential manner. In the event the applicant feels a mistake has been reported in the criminal background check, it is the applicant's responsibility to contact the reporting agency and resolve any issues. The list of crimes that are considered "disqualifying" includes, but is not limited to, the crimes listed on the local background check form attached to your volunteer application.

Coaching Procedures

1. Prior to attending any practices or games, each coach and assistant coach must complete a volunteer application, attend a pre-season coaches meeting, and have an online background check completed. Forms can be found on the website or at the RAC. This process needs to be done once a year and will cover multiple sports.
2. Coaches will contact the parents of the players on their teams as soon as possible after the coaches meetings to notify them of the first practice, which will be or include a parent meeting. It is important that parents are given all necessary paperwork, including the parent packet, a practice schedule, and they should have the opportunity to ask questions. Please be prepared to fill them in on practice agendas and expectations of the players and parents. And, let them know what they can expect from you. You can also take this time to find a "team parent" for organizing emails and events associated with the team (see **Communicating and Engaging with Parents** section below).
3. **Equipment:** Each coach is provided with a ball bag, soccer balls, practice vest, and practice cones. Coaches should remind players that it is unsafe to climb on the soccer goals!
4. Coaches should arrive 20 minutes early to practice in order to be ready to begin at the scheduled practice time. Coaches are required to be at all practices and games of the teams they are coaching.
5. **Coaches should have a schedule and all necessary materials for each practice, to ensure practices run smoothly and constructively.** Up to three practices per week are allowed as long as scheduling allows.
6. Coaches are expected to coach games, as well as teach participants the fundamental skills needed to be successful. Coaches need to invest as much into the success of the individual players as they do in the win/loss records.

7. Coaches should help players develop character, build leadership skills, and strive to make all criticism constructive and appropriate to age of participant.
8. Respecting Authority: Players must understand the importance of respecting authority. This goes beyond just listening to their coaches and following instructions. It means showing respect to all adults involved in the program, respect towards opponents, and, just as important, displaying that respect towards officials at all times, even when calls do not go their way.
9. Demanding their best: It does not take any special athletic talent to give maximum effort; and it does not require any special skills either. All it takes is a commitment to give 100% at all times, regardless of the score in the game. Be sure to stress how valuable a trait it is to be known as hard workers who gives it their all each time they take a step in the game – it is a trait that will impact everything they do in life, from studying and taking tests in school, to their job performance when they enter the working world. Igniting the passion to work hard in all they do will benefit them for the rest of their lives (**See section on Coaching Expectations in this manual**).
10. Coaches should be a positive role model at all times! Coaches should handle frustration with referees, players, or parents respectfully. **Coaches, if you have concerns or questions regarding a particular league game, rule, or referee, please wait until the next business day to contact the League Director** (See coaches code of conduct).
11. Coaches are urged to attend our coaching clinic prior to each soccer season! JV coaches must possess at least an “F” coaching license for soccer, within the last 5 years. Varsity coaches must have an “E” coaching license.

Modeling Good Sportsmanship as a Coach: By The National Alliance For Youth Sports and Greg Bach

- As a youth coach, teaching kids the importance of good sportsmanship can be challenging. What makes teaching (and modeling) good sportsmanship particularly tricky is that youngsters are bombarded with images of older soccer players’ trash talking, showboating, and disrespecting opponents and officials. However, keep in mind that you are fighting the good fight: Good sportsmanship is one of the healthiest ideals you can instill in your players.
- Incorporate the following suggestions into your coaching philosophy. They can help make your team one of the most liked and respected teams in the league (and your players the envy of all parents in the stands):
 - i. Talk about sportsmanship outside your team. While your players are going through warm-ups, you can discuss a game they watched on television and ask whether they saw any displays of good sportsmanship. Praising these displays and subtly reinforcing their importance goes a long way toward instilling the right qualities in your players.
 - ii. Set a positive tone on game day by shaking hands with the opposing coach. The players, fans, and opposing coaches will notice your gesture of sportsmanship. Plus, it will remind everyone that soccer is just a game and you are all there for the kids.
 - iii. Always be a model of good sportsmanship. Do not yell at officials or question their judgment. If you are not a model of good sportsmanship, you can not expect your players (or their parents) to be good sports. Your players will take their cue from you, so if you rant and rave about a call, expect your players to show disrespect toward the officials as well.
 - iv. Shake hands after the game. Regardless of the outcome, have your players line up and shake hands with the opposing team and its coaches. If your team won, your players should tell their opponents that they played a good game, and if your squad lost, your

players should congratulate the opponents on their victory. Another classy move is for your players to shake the officials' hands following the contest.

- v. Recognize good sports during your post-game talk. Perhaps one of your players went out of his way after the game to congratulate an opponent who played a strong game. Recognizing such displays reinforces to your players that how they behave during and after games really does matter to you and to all the spectators.

Coaches Code of Conduct

All coaches, players, spectators, and league staff shall be treated with courtesy and respect at all times. Also, all facilities that the program uses needs to be treated with respect and left the **same as they were found**. Siblings and friends of players must carefully be watched by their parents or guardians.

1. All coaches shall promote and maintain good sportsmanship at all times, including at all practices, games and team functions. This is most important in your interactions with referees and parents. All interactions must be done with respect of the individual and the game in mind. Your role as a role model is most valued and observed at these times. **Coaches, if you have concerns or questions regarding a particular league game or referee, please wait until the next business day to contact the League Director. Also, coaches will not communicate with other teams players, fans or coaches in a negative way.**
2. Coaches shall place the emotional and physical well-being of the players ahead of the desire to win.
3. Coaches will review and practice the basic first aid principles needed to treat injuries of the players. See injury prevention section of manual.
4. Coaches shall comply with the league code of conduct and any additional league rules set down by the league staff.
5. To protect all RAC staff, volunteers, and program members, at no time during a RAC program may a coach be alone with a single child where the coach cannot be observed by others. The "2 adult" rule will be followed at all times. A child must never be left alone with a volunteer unless it is the child's parent.
6. Coaches will never leave a child unsupervised.
7. Abuse of a child will not be tolerated, and may be cause for immediate dismissal. Coaches will not abuse children in any way, including:
 - a. Physical Abuse – striking, shaking, grabbing players by their facemasks, use of excessive punishments or excessive physical training techniques, not allowing children to use the bathroom
 - b. Verbal Abuse – humiliating, degrading, threatening, cursing
 - c. Sexual Abuse – touching or speaking inappropriately
 - d. Mental Abuse – Shaming, withholding kindness, being cruel
 - e. Neglect – withholding basic care, depriving children of water
8. Coaches will respond to children with respect and consideration and treat all children equally, regardless of sex, race, religion, culture, economic level of the family, or fundamental ability.
9. Coaches must be prepared and keep an eye out for possible signs of abuse displayed by a child. Such as:
 - a. Physical abuse: Has unexplained burns, bites, broken bones, a black eye, bruises or faded bruises.
 - b. Emotional abuse: Displays extreme behavior, such as overly compliant or demanding; extreme passivity or aggression.
 - c. Neglect: Is frequently absent; consistently dirty; severe body odor; lacks sufficient clothing; abuses alcohol or other drugs.
 - d. Sexual abuse: Has difficulty walking or sitting; sudden change in appetite; or demonstrates bizarre, sophisticated or unusual sexual knowledge or behavior.

Keep in mind that these indicators don't automatically prove that abuse has taken place, but by being aware of these indicators you can consider them potential warning flags and observe the child more closely to determine whether the situation warrants contacting the appropriate authorities. Please call the Child Abuse Hotline at: 1-800-482-5964 if you suspect any form of abuse. You are now a responsible adult in the lives of these children and any one of them experiencing abuse depends on us to help them if needed.

10. Any DUI, DWI, or arrest associated with alcohol or illegal drugs will lead to immediate job termination.
11. Coaches must dress in a way that is respectable to the game and to the city of Rogers. Each coach is representing the RAC, the School and the City as a representative at all engagements.
12. Any team events or “get-togethers” away from practice/game sites must be reported to the RAC.
13. Any merchandise for RAC teams must be approved by the RAC.
- 14.** All practices, scrimmages and games must be scheduled or approved by the RAC.

Disciplinary Guidelines

Enforcement of the league playing rules shall be the sole responsibility of the officiating staff assigned to the game. Enforcement of additional code of conduct rules shall be the joint responsibility of the League Director, officiating staff assigned to that game, any league staff or volunteer present at the game, and the RAC administrative staff.

Violations of conduct rules for coaches, fans and players include (but are not limited to) the following:

- *Fighting
 - *Foul Language
 - *Derogatory remarks made to officials, coaches or League officials
 - *Cheating or fraud of any kind
 - *Destruction of league or city property
 - *Continued use of improper equipment or wearing of an improper uniform
1. First offense – The Soccer League Director will contact coach and discuss.
 2. Second offense – The Soccer League Director will contact the coach, and a meeting will be held with Recreation Department Director. Results from review can range from another official warning, to suspension of the coach, to removal of the coach, depending upon the situation.
 3. If a coach or fan is ejected from a game, that ejected person must leave the field. In addition to ejection from the game, the individual may receive an additional suspension and/or penalty assigned by the League Director.

The RAC understands that there are many disagreements with coaches that do not warrant any action (parent thinks their kid needs to be playing another position or does not like the practice time.) This Code is about the Coach’s actions and behavior. This Code is subjective in nature and actions will be reviewed by the League Director.

Communicating and Engaging with Parents

Parent Meeting

Each coach must conduct his/her own parent meeting at the start of the season, to foster camaraderie and go over any issues specific to the team. This is your first opportunity to foster camaraderie. Go over all expectations of parents, players, coaches and the League.

Communication is essential to successfully controlling any situation that may develop during the season. At the initial parent meeting where the coach explains the practice plan for the season, the coach should distribute parent manuals, including the Parent Code of Conduct (please review for your own knowledge). It is a good idea to keep parents updated each week on the plans for that week. It is

also a good idea to set guidelines on when and how the parents should communicate with the coach, especially if the parents are concerned or upset about something.

Team Coordination

Coaches can't do it all and there are several functions throughout the season that require coordination. These events will be much easier for the coach to manage if the coach has an efficient Team Parent who can organize the players and parents. Team Parents can help bring snacks and drinks for games and practices, organize team meetings, keep accurate records in the team scorebook, be an extra hand at practice, and, in general, assist the coach in the smooth operation of the team.

When Parents are Upset

It is never a good situation to have a parent, who may be upset, talking to a coach right after a game or practice, with the kids and other adults around. Plus, as a coach, it is difficult sometimes to have a clear head and controlled emotions, right after a game or practice when adrenaline is still high. A general rule is to allow 24 hours to pass from the time of the incident before making contact with the coach, so that everyone has time to cool down, if they are upset. This approach gives you, the coach, some time to process situations that may arise at practices or games.

We have provided **Parental Code of Conduct** that we strongly encourage all coaches to have their parents read and sign.

Injury Prevention "Stop sports injuries – Keeping Kids in the Game For Life" www.STOPSSportsinjuries.org

While the human body is tremendously resilient, pushing a body – especially one that is young and not fully developed – beyond what it can handle can have significant short- and long-term consequences. For all sports, focus on improving core stability and balance first. A sound core and optimal balance is crucial to controlling and stabilizing the limbs. Next, focus on improving overall cardiovascular fitness and endurance, focusing on long duration and low intensity workouts. Even if the sport is primarily an aerobic, an athlete with a strong cardiovascular status will advance faster when training for aerobic/high-explosion activities.

Warming up for play: The years of watching players lying down and counting off their static stretches before practice are over. More and more teams around the country are correctly introducing dynamic warm-ups to their pre-practice and pre-game routines. Dynamic stretches facilitate movements similar to those during play and target muscle groups as they relate to specific sport movements. In addition to raising muscular tissue temperature in the body and increasing blood flow, dynamic stretching activates the nervous system, preparing the body for movements performed during play. Plyometrics is a system of exercise in which the muscles are rapidly and repeatedly stretched and contracted for optimal function.

Common dynamic and plyometric exercises include the following:

- Warm-up: ½ speed jog, ¾ speed jog and backwards jog
- Mild jog with high knees, skipping. Butt kicks, and reaching to toes
- Lunges with twist and walking quad stretch
- Crawling calf stretch

- Warm-up: passing the ball keep-away 5v2 It is a great exercise to develop touch, mobility and ball control.

Cooling Down: Coaches and athletes often sacrifice cooling down properly after practices and games. Taking an extra 5 minutes after play to statically stretch will speed the recovery process, lengthen muscles, and improve muscular range of motion. As dynamic stretches are beneficial prior to play, static stretching is effective for cooling down properly.

Athletes also should continue to drink plenty of fluids after play. Drinking water or other sports drinks 20 minutes after physical activity will help the body recover and recharge, as well as avoid potential heat illness. Coaches should emphasize the importance of warming up and cooling down properly. Warming up effectively will not only prevent injury, but also dramatically improve performance during play, while static stretching after play has been proven to be highly beneficial in helping muscle recovery. By following these practices, coaches will greatly reduce injury, increase performance, and keep our children in the game for life.

Spotting an Overuse Injury and Recovering From It

Use the following system as a general guideline for classifying, grading the development, and assessing the progress of an overuse injury.

- Stage 1: Pain after activity, no functional impairment
- Stage 2: Pain during and after activity with minimal functional impairment
- Stage 3: Pain during and after activity that persists throughout the day, significant functional impairment
- Stage 4: Significant functional impairment with all daily activities

It cannot be stressed enough how important it is to teach players that playing through any amount of pain will only cause further injury and likely longer periods of time away from their sport. Taking the necessary precautions will not only keep athletes healthy, but also increase their performance and enjoyment for years to come. To initially reverse and prevent, overuse injury progression, follow the R-I-C-E method (rest, ice, compression and elevation). This will help muscles, ligaments, and tendons recover after play. *See more information on preventing sports injuries by STOP SPORTS INJURIES in the flyers at the end of this packet.*

Basic First Aide Principles

The key aims of first aid can be summarized in three key points:

- **Preserve life:** the overriding aim of all medical care, including first aid, is to save lives
- **Prevent further harm:** also sometimes called **prevent the condition from worsening**, or **danger of further injury**, this covers both external factors, such as moving a patient away from any cause of harm, and applying first aid techniques to prevent worsening of the condition, such as applying pressure to stop a bleed becoming dangerous.
- **Promote recovery:** first aid also involves trying to start the recovery process from the illness or injury, and in some cases might involve completing a treatment, such as in the case of cleaning a small wound.

1. Take care of the open wounds: Cover any open wound with a clean cloth or bandage and make sure that it does not get contaminated. You should protect yourself during the process to minimize any chance of cross-infection.

2. **Watch out for any surrounding hazard:** In any situation which involves gas leaks or fires, your safety must be a priority. Always ensure that there is no threat to you or the victim's life.
3. **A seriously injured person should never be moved from his position, unless absolutely necessary:** This will prevent any internal injuries from further aggravation.
4. **Never give the victim any sort of medication yourself:** This is the duty of a trained medical personnel only. Any wrong drug or an inappropriate dose can be fatal for the injured person.
5. **Ensure that the victim is stable:** Try to stop any excessive bleeding with help of a tourniquet. Check for the vital stats like pulse and heartbeat. Read more: <http://healthmad.com/health/first-aid-guide-basic-principles/#ixzz22L5kcTWC>

Nutrition and Hydration from National Alliance on Youth Sports

It is very important that the athletes maintain proper hydration and practice good nutritional habits at all times, but especially during their sports season.

1. **Carbohydrates: Fuel for young athletes.** You can teach children the proper way to kicking a soccer ball, shoot a basketball or catch a football, but if they aren't eating the right foods before arriving for practices or games their performance is going to be compromised. All young athletes, regardless of the sports they are participating in, need carbohydrates to fuel their bodies as well as increase their chances of performing at optimal levels. Carbohydrates represent the main source of energy in a diet. The more carbohydrate fuel children lose during competition, the less energy they have to perform at their peak.
2. **Protein: The building block of muscle.** Protein is an important piece of the nutrition puzzle for young athletes, as it helps repair muscles after exercise as well as promotes the growth of valuable muscle tissue. Good sources of protein include chicken, fish, pork, beef, eggs, peanut butter, soy milk, beans and lentils, among others. Every young athlete's daily diet must include adequate amounts of protein to enhance their ability to perform all season long. How much protein should children be consuming? Are protein supplements a good alternative: Which foods are better than others for providing the most protein punch? See the "Nutrition: Protein" flyer at the end of the Packet.
3. **Making good decisions to enhance muscle recovery.** What coaches and parents say to children following games impacts that youngster's confidence and self-esteem. Similarly, What young athletes eat following games impacts their bodies and how they feel. Physical activity can cause damage to muscles and create unwanted soreness, but youngsters who replenish their bodies with the right types of food – and in a timely manner – are more likely to feel better faster and be able to return to the next practice or game at full speed. What nutrients are most important for muscle recover? How do carbs and protein combine to promote muscle recovery? Why is the timing of nutrient intake after exercise so important? See the "Nutrition: Recover" flyer at the end of the packet.
4. **Honing in on Hydration.** The importance of children consuming lots of fluids – and the right kinds- simply can't be stated enough. When children are exerting energy their body temperature rises. Youngsters who don't consume adequate amounts of appropriate fluids during games, especially those contested in hot and humid conditions, are at increased risk of becoming dehydrated and suffering muscle cramps, heat exhaustion or – even worse- heat stroke. How can you tell if you are hydrated? How much fluid should be consumed before, during and after exercise? What should you be looking for in a good sports drink? See the "Nutrition: Hydration" flyer at the end of the packet.

Player Code of Conduct

As with other sports, soccer contributes positively to the mental, physical, and emotional development of the individual. It is most important to establish and maintain standards of ethical behavior and conduct. A coach cannot be effective without the proper conduct of the players. Therefore, the following rules for conduct have been developed for players.

- Play for your own enjoyment, not just to please a coach or parent.
- Play by the rules and laws of the game.
- Play hard, but never try to hurt your opponent.
- Always accept and respect the decisions of the referee and do not question their judgment!
- Play hard for yourself and your team.
- Exercise good sportsmanship, applaud all good plays whether by your team or your opponents
- Respect your opponent. Treat all players, as you would like to be treated. Bullying and verbal abuse of other player will not be tolerated.
- Cooperate with your coach and team mates.
- Remember the goals of soccer are to have fun, improve your skills, and feel good about the way you play soccer.
- Do not use foul language, get attitude, or lose your temper, when things go against you or your team.
- Win with humility and lose with dignity, set a shining example for all involved.
- Attend all practices and games. If attendance is not possible, attempts should be made to notify the Coach in advance.

I have read and understand the code of conduct rules for players and agree to abide by them. I also understand that if I break any of these rules the coach may remove me from a game and/or practices. If I continue to disregard the rules above, I may be dismissed from the team for the remainder of the current season.

Players Signature _____

Date _____

Parent Handbook and Responsibilities

1. Please introduce yourself to your child's coach. Remind your child to thank the volunteer coach at the end of each season.
2. Players and parents should ensure that the players arrive early with the proper attire for games and practices. Weather can be unpredictable. Be prepared by bringing sunscreen, rain jackets, blankets etc. Players need adequate time to warm up and stretch before practices and games. All players need to be sure to have their team jersey for the game or their ability to play said game may be suspended.
3. Please pick up your child promptly after practices and games. Please notify the coach as early as possible **if your child will not be attending a practice or game.**
4. Sportsmanship is important for kids to learn. Set a good example on the sidelines by offering positive encouragement and support to both teams and refrain from sideline coaching. Remember to focus on your player's effort, development, and enjoyment, rather than winning or losing.
5. Respect for the officiating body. While we strive for a uniform standard by which games are officiated, the sport is a very fast moving game. Remember, you may be seeing things from a different angle. This can cause strife as sometimes calls are made or not made which we may disagree with. It is important to model the respect for the officials during the game. If you feel like something needs to be said, please wait until after the game and discuss it with your coach so that he/she can make the determination to escalate the issue with the League Director.
6. Proper hydration is key to a good game. Be sure to bring plenty of water for players to drink before, during and after their practices and games in water bottles labeled with their name. Healthy snacks like orange wedges, grapes and sports drinks are also good for replenishing nutrients after strenuous activity. Please remind your child and other team members to deposit in a trash can all trash and plastic drink bottles on and around the bench area after each game. Before leaving the area, please be sure to that all players have collected his/her items, including trash which needs to be placed in the trash containers.
7. It is the responsibility of the parents to inform the coach of any special needs the child has prior to the first practice. Examples are asthma, hearing loss, physical limitations, severe allergies, behavior disorder, or any other learning disorders.
8. There are several functions throughout the season that require coordination. These functions will be much easier for you to manage if you delegate someone as the team parent who can oversee the snack and drink schedule for after each game. The Team Parent can also ensure that adequate communication with the other parents is achieved when league games are cancelled or when league games are added to the league schedule. Make sure that both the Coach and Team Parent has your correct contact information.
9. Use caution when driving in the areas near the soccer fields.
10. **If a problem develops between a player or a parent and the coach, wait 24 hours and then first discuss the problem with the coach. If the problem cannot be resolved at that level, contact the League Director.**
11. Coaches **DO NOT** assign players to league teams. Any parent who approaches a coach regarding their child being placed on the team will be referred to the League Director.

12. Please remember the soccer registration takes place well before the start of the season. We have two separate soccer season registrations, Spring and Fall. Please consult the Rogers Activity Center website at www.rogersar.gov/recreation or call 479-631-0336 for registration dates. There will be a \$10.00 late fee assessed after deadline.
13. Secondary accident insurance is provided for all players that are registered through the Rogers Activity Center. All injury claim forms must be submitted within 30 days of the injury.

Parental Code of Conduct

I , as a parent, will:

- be encouraging, supportive, and affirmative in regard to my child's play on the field
- remember young players are involved in soccer for their enjoyment, not yours
- respect officials and accept their decisions as final
- support the coach, manager, and the team
- volunteer my services and talents to the team when possible
- set a good example by applauding good play on both sides
- familiarize myself with the Laws of the Game and encourage my child to play by them
- comply with rules, policies, and procedures of the team and RAC as they apply to me
- discuss my child
 - only with the coach
 - not with the manager or any other person
 - only at a time mutually agreed upon with the coach
 - never prior to, during, or directly after a game
- lead by example and be on my best behavior

Further, I will never:

- engage in dissent directed toward an official
- engage in any kind or type of unsportsmanlike conduct with any official, coach, player, or parent
- interfere at any time with the duties and responsibilities of the coach, manager, league staff, or official
- will not place emphasis on "winning at all costs"
- act in any manner which is detrimental to the team or the RAC

Signature

Date

Printed Name

US Youth Soccer Guide to the Rules and Players

(usyouthsoccer.org)

Object of the Game: Goals are at each end of the field. Each team defends their goal, while trying to score on their opponent. Players primarily use their feet to advance the ball towards their opponent's goal. Players will often use their head, chest and thighs to control and advance the ball. The goalkeeper is the only player allowed to use their hands, but only inside their penalty area. A "goal" is scored when the entire ball crosses the goal line, inside the goal. A goal is worth one point. Some competitions may have over time periods, or use penalty kicks to determine a winner.

Game Time: For U7 age groups, games will range from 10 minute quarters. For older age groups, games are divided into halves ranging from 25-35 minutes each half. All games have a five minute half time. Teams switch sides after halftime. The referee keeps the official time and does not stop the clock for out-of-bounds, throw-ins or free kicks. Referees may add extra time if they feel time was lost due to substitutions, injury or players/teams wasting time.

Soccer Talk

- **Advantage:** A decision by the referee to disregard a foul by the defensive team if a stoppage in play would benefit the team that committed the violation. This allows the team on offense to maintain its playing advantage.
- **Beat:** To get the ball around an opponent by dribbling or shooting.
- **Breakaway:** When an attacker with the ball makes it past the last defender and is on his way toward the goal for a one-on-one showdown with the goalkeeper.
- **Clearing:** Happens when a team kicks the ball out of its defensive zone, ending an offensive threat by the opposing team.
- **Cross:** A kick made near the sideline toward the middle of the field to get the ball closer to the front of the goal.
- **Corner Arcs:** A quarter-circle located at each of the four corners of the field. On a corner kick the ball must be kicked from inside the arc.
- **Chip:** A short, lofted pass or shot.
- **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.
- **Goal Area:** A rectangular area extending from the goal line. Used to designate where goal kicks are taken.
- **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.
- **Juggling:** Keeping the ball in the air with any part of the body (no hands or arms). Used for practice and developing coordination.
- **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. A goal can be scored directly from a kickoff.
- **Marking:** Closely defending a player to prevent him from receiving the ball or advancing the ball by dribbling or passing.
- **Penalty Area:** 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.
- **Receiving:** When a player uses his body to slow down and control a moving ball. Most often this is done using the chest, thigh or foot.

- Slide Tackle: An attempt by a defender to take the ball away from a 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.
- 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 the goal against a free kick.
- Switch the field: asks to change the point of attack from one side of the field to the other (left-right)
- Drop back: When you see the opposition is counter-attacking you need to let the team know that they need to get back a bit and help defend.
- Down Line: When you want your teammate to kick or throw the ball down the nearest sideline.
- Cut In or Cut Out: Using the inside of foot to chop the soccer ball across the body to the left or right as a way to change the ball's direction. Cut In would be towards the goal and Cut Out would be towards the nearest sideline.
- Goal Side: Make sure your defense is between the opposition players and the goal on set pieces.
- Man On: Say "man on" to your teammate when an opponent is approaching them to tackle. This lets them know they need to act fast and either pass or move.
- Time: This lets your teammate know that they are not under pressure from any opponents. There is space and time to carry the ball and to make a decision on what to do next.
- Push Up: asks individual or group to quickly move up the field away from their goal. Purpose is to leave one or more opponents in an off-side position and/or to support the attack.

The Player

There are typically 11 players on the field for each team during a game (younger age groups have fewer players). There are no required formations, but most teams will use three forwards, three midfielders, four backs/defenders and a goalkeeper. Positions are very fluid as any player may score a goal and all players may drop back to defend.

- Goalkeeper: The goalkeeper is responsible for defending the goal and any shots that come toward it. Only the keeper can put his hands or arms on the ball, the penalty are surrounding the goal.
- Forwards: The forwards (also called attackers or strikers) are the team's primary offense. Their role is to advance the ball and score goals.
- Midfielders: Midfielders play behind the forwards and in front of the defense and their job is to assist both of these groups. Generally, they'll receive the ball from the defenders and advance it to the forwards to score goals.
- Fullbacks: In soccer, everyone plays offense and defense, depending on when their team possesses the ball. Specialized defensive positions are sweepers and stoppers, depending on the type of formation a team may use.
- Substitutes: Any player who does not start the game, but is eligible to come off the bench. In recreational play it is recommended that all players receive equal playing time. In older age groups and more competitive levels, substitutes may be used less frequently. Typically in youth games, substitutes may only enter the field with the referee's permission during a stoppage of play, and when their team has possession of the ball on throw-ins and goal kicks.

Referee Talk

- Charge: To run into an opponent. This is legal if done from the side of the ball carrier. However, it is illegal against a player without the ball or from behind.
- Hand Ball: A foul where a player (other than the goalkeeper in the penalty area) deliberately touches the ball with his hand or arm. The opposing team is awarded a direct free kick.
- Holding: When an opponent's movement is obstructed with either hand or arms, a direct kick is awarded.

- **Officials:** 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 to the referee and to the players 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.
- **Tripping:** If a player uses any part of his body to trip an opposing player, a direct kick is awarded.
- **Offside:** (Does not apply to U7 small sided games) Occurs when a player positions himself 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.
- **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.
- **Yellow Card:** (Caution) Shown to a player by the official for dangerous or unsportsmanlike behavior. If a player is shown two yellow cards in one game, it is an automatic ejection from the game.

Kickoff

- **Corner Kick:** Awarded to the attacking team if the defense knocks the ball out of bounds over their own endline. The kick is taken from the corner nearest where the ball went out of bounds. A goal can be scored directly from a corner kick.
- **Goal Kick:** Awarded to the defense when the attacking team knocks the ball out of bounds over the 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.
- **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.
- **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.
- **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.
- **Penalty Kick:** A direct kick is awarded to the attacking team when a major foul is committed by a defender inside his 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.

Program Evaluations

Program evaluations are extremely important because they help us evaluate and plan for the next season. The league director wants to hear from parents what they like about the program and what they would like to see changed. The youth soccer program can only get better if the league director knows what needs to be changed and what needs to remain the way it was for the next season. The form can be found at www.rogersar.gov/recreation or the Rogers Activity Center front desk.

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- act in any manner which is detrimental to the team or the RAC

Signature

Date

Printed Name

Player Evaluation

Players Name:

Coach

Year

A = exceptional ability, keep refining speed & pressure

B = good base, refinement required

C = average ability, improvement needed

D = development in this area a priority

TECHNICAL

A B C D

| <u>Dribbling</u> | | | | |
|--------------------------------|--|--|--|--|
| use of different parts of feet | | | | |
| dribbling for possession | | | | |
| dribbling at speed | | | | |
| change of pace/direction | | | | |

Passing

| | | | | |
|--------------------------|--|--|--|--|
| use of both feet | | | | |
| proper pace on passes | | | | |
| accuracy of passes | | | | |
| longer flighted passes | | | | |
| longer low driven passes | | | | |

Receiving (ground)

| | | | | |
|-------------------------------|--|--|--|--|
| use of both feet | | | | |
| 1st touch direction & control | | | | |
| body shape | | | | |

Receiving (air)

| | | | | |
|------------------------|--|--|--|--|
| body surface selection | | | | |
| control with purpose | | | | |

Shooting

| | | | | |
|----------------------|--|--|--|--|
| accuracy | | | | |
| power | | | | |
| selection of surface | | | | |
| use of both feet | | | | |

TECHNICAL CNTD.

A B C D

| <u>Crossing</u> | | | | |
|--------------------|--|--|--|--|
| placement of cross | | | | |

Heading

| | | | | |
|----------------------|--|--|--|--|
| use of forehead | | | | |
| body position | | | | |
| heading for power | | | | |
| heading for accuracy | | | | |

TACTCAL

1st Defender

| | | | | |
|---------------------------|--|--|--|--|
| provides pressure | | | | |
| control and composure | | | | |
| making attack predictable | | | | |
| decision to tackle | | | | |
| ability to tackle | | | | |

2nd/3rd Defender

| | | | | |
|------------------------------|--|--|--|--|
| position off of 1st defender | | | | |
| communication | | | | |
| reading/marking attackers | | | | |
| zonal defending concept | | | | |

TACTICAL CNTD.

A B C D

| <u>1st Attacker</u> | | | | |
|---------------------------|--|--|--|--|
| recognize when to attack | | | | |
| attack via the dribble | | | | |
| penetrate via the pass | | | | |
| changing point of attack | | | | |
| playing with back to goal | | | | |

2nd/3rd Attacker

| | | | | |
|-------------------------|--|--|--|--|
| supporting roles | | | | |
| timing & choice of runs | | | | |
| combination play | | | | |
| mobility (off the ball) | | | | |

PHYSICAL

| | | | | |
|------------------|--|--|--|--|
| endurance | | | | |
| quickness | | | | |
| agility/balance | | | | |
| change of pace | | | | |
| strength & power | | | | |
| speed | | | | |

PSYCHO-SOCIAL

| | | | | |
|---------------------|--|--|--|--|
| composure with ball | | | | |
| concentration/focus | | | | |
| leadership | | | | |
| training mentality | | | | |
| speed | | | | |
| game mentality | | | | |
| team concept | | | | |

Goalkeeper Evaluation

Players Name:

Coach

Year

A = exceptional ability, keep refining speed & pressure

B = good base, refinement required

C = average ability, improvement needed

D = development in this area a priority

TECHNICAL A B C D

Basic Position

| | | | | |
|-----------------------------|--|--|--|--|
| feet shoulder width apart | | | | |
| knees bent, weight forward | | | | |
| arms bent, hands up | | | | |
| hands ready, fingers spread | | | | |

Catching (low balls)

| | | | | |
|-----------------------------------|--|--|--|--|
| arms attack ball, elbows together | | | | |
| protect ball, collapse on receive | | | | |

Catching (high balls)

| | | | | |
|--------------------------------|--|--|--|--|
| meet ball at highest point | | | | |
| catches in front or above head | | | | |

Catching (crosses)

| | | | | |
|-----------------------|--|--|--|--|
| ability to hold balls | | | | |
| timing | | | | |
| range | | | | |
| punching | | | | |

Diving (ground shots)

| | | | | |
|---------------------------|--|--|--|--|
| foot work to ball | | | | |
| dives at a positive angle | | | | |
| hands (1 behind & 1 on) | | | | |

TECHNICAL CNTD. A B C D

Diving (shots in air)

| | | | | |
|---------------------------|--|--|--|--|
| ability to hold ball | | | | |
| ability to extend | | | | |
| dives at a positive angle | | | | |

Distribution (punts/drop kicks)

| | | | | |
|-------------------------------|--|--|--|--|
| kicking foot through the ball | | | | |
| distance | | | | |
| accuracy | | | | |

Distribution (goal kicks)

| | | | | |
|-------------------------------|--|--|--|--|
| distance | | | | |
| accuracy | | | | |
| kicking foot through the ball | | | | |

Distribution (throwing)

| | | | | |
|---------------------|--|--|--|--|
| quick, fluid motion | | | | |
| distance | | | | |
| accuracy | | | | |

Field Skills

| | | | | |
|-----------|--|--|--|--|
| passing | | | | |
| receiving | | | | |

A B C D

TACTICAL

| | | | | |
|---------------------------|--|--|--|--|
| positional play to ball | | | | |
| helps to build attack | | | | |
| organization of defense | | | | |
| control of box | | | | |
| decisions on distribution | | | | |
| involved in play | | | | |

PHYSICAL

| | | | | |
|------------------|--|--|--|--|
| endurance | | | | |
| quickness | | | | |
| agility/balance | | | | |
| strength & power | | | | |
| speed | | | | |
| vertical leap | | | | |
| horizontal range | | | | |
| coordination | | | | |

PSYCHO-SOCIAL

| | | | | |
|---------------------|--|--|--|--|
| composure with ball | | | | |
| concentration/focus | | | | |
| leadership | | | | |
| training mentality | | | | |
| game mentality | | | | |
| courage | | | | |
| presence | | | | |

Sample Parent Meeting Agenda

Team Goals: Our primary goals as a team are to have fun and to develop as young soccer players. I hope to be able to teach the players needed skills that will help them improve in the game. We will have fun practices that focus primarily on technical skills. I do hope that we win games as well, however this will be a by-product of our players developing skills and enjoying the game. If you watch practice you may at times see us engaging in activities that do not look like .real soccer.. Please be assured that all activities we do will help with skill building or team bonding.

Style of Play: I will be encouraging the players to take risks and be creative. We will focus on developing dribbling, passing, receiving, and shooting skills so players are proficient at all. It is my hope that players have the confidence to show their skills in the game and show comfortability on the ball. We will move up and down the field as a team, use combination plays, and I will be moving players into multiple positions to help them learn all parts of the game. I tend to encourage an attacking style of play that players typically find quite fun.

Attendance: I will be at every practice and game, foregoing any unforeseen emergencies. Please make every attempt to have your child at every practice and game as well as it is part of learning the responsibility of being on a team. Given our hectic lives, I do understand that players may have conflicts here and there. Please let me know before the first game of any conflicts you might have for the season so I can prepare my practices accordingly and we can make sure our team has enough players at every game.

Discipline: I have been told that I run a tight ship and will continue to do so. If players are acting out I will ask them two times to fix their behavior. If they fail to do so after these warnings, I will sit them down at practice or during a game. If the behavior continues we will need to talk about it to find a way to help resolve the behavior best without it detracting from the rest of the players. experiences on the team.

Communication: I am typically a difficult person to reach by phone. The best way to get a hold of me is via email at soccercoach@sampleclub.com. Should you wish to talk by phone my office number is 1-800-852-6666 and the best time to reach me is between 12pm and 3pm. If these times do not work, let.s schedule a time that works for both of us. Please do not ask to talk to me during a practice or game or immediately before or after the game or in front of your child. I do encourage open communication and questions as we all hope to make this a great experience for the children.

Sideline Behavior: Please be supportive and enthusiastic on the sideline during games. The players and I will truly appreciate your applause and encouragement. However, if everyone is coaching, this will only confuse the players. Please do not coach from the sideline. The players need to make their own decisions and we need to support them and educate them at practice. Remember you are a role model on the sideline for the players. Please set a good example.

Overall: I am excited for a great year and I hope you and your child are as well. Let.s all have fun and enjoy the game. If you have any questions, please, let.s keep open communication.