

Pulaski Youth Soccer Club

PO Box 162 Pulaski, WI 54162-0162

www.pulaskiyouthsoccer.com



Dear Coaches,

I would like to thank you for your participation in the Pulaski Youth Soccer Club (PYSC). It is because of volunteers such as yourselves that make the PYSC possible.

PYSC strives to provide a positive environment in which the children we serve can participate in the fun physically active game of soccer. With your help PYSC will be able to continue this mission.

As role models you as a coach can help the children the PYSC serves develop not only good soccer skills but social skills also.

If you ever have any questions please feel free to contact the Commissioner of your age group or me.

On behalf of the executive board of the PYSC I thank you for your service.

Sincerely,

David Graf
Coaching Commissioner

PULASKI YOUTH SOCCER COACHES' CODE OF CONDUCT

Codes of Conduct are intended to serve as guidelines for Pulaski Youth Soccer Club (PYSC) teams.

They will continue to evolve as PYSC evaluates and strengthens its entire program.

Coach's Code of Conduct

I pledge to accept responsibility for my actions during my Pulaski Youth Soccer Club coaching tenure by following this Coach's Code of Conduct:

1. I will place the emotional and physical well-being of my players ahead of a personal desire to win.
2. I will provide a safe playing environment for my players.
3. I promise to review and practice basic first-aid principles needed to treat injuries to my players.
4. I will strive to keep abreast of current learning techniques and knowledge of the game. I will listen and learn from my players and other coaches.
5. I will do my best to organize practices that are fun and challenging to my players.
6. I will lead by example in demonstrating fair play and sportsmanship to all my players.
7. I will provide a soccer environment for my players free of drugs, including tobacco and alcohol, and I will refrain from their use at all practices and games.
8. I will be knowledgeable of the laws of the game, and I will teach them to my players.
9. I will treat parents, players, fans, other coaches and officials with respect regardless of race, sex, religion, or ability, and I will expect to be treated accordingly.

PYSC WEATHER POLICY

PYSC Hotline – 822-PYSC (7972)

Please become familiar with this policy so that you understand what to expect when weather conditions might interfere with the playing of soccer games. PYSC has established the PYSC Hotline for league related messages, including game cancellations. If there are game cancellations the message will be updated by 4:00 PM each game day. If there is no notice of cancellation by 4:00 PM on the hotline, then the responsibility will fall to the referees at the field. If there is no notice of cancellation on the hotline by 4:00 PM, regardless of the weather, please show up at the field and expect a game. Soccer is played in the rain and in wet conditions. If a game is canceled it will **NOT** be made up.

Please do not rely on the website for game cancellation information. Updates to the website are only available as the webmasters availability permits.

Following are condition specific criteria for cancellations:

Extreme Heat

When the temperature is above 90F and the heat index is at a dangerous level, the early matches should be cancelled for the 4-11 yr olds. The 12-18 yr old matches may be rescheduled for another time. Later matches should incorporate longer breaks or more frequent breaks (i.e. halves should be divided into quarters, for those age groups that play halves, or halves/quarters should be shortened). Plenty of fluids should be available.

Extreme Cold

When the temperature drops below 30F and the wind chill index indicates a temperature below 0F, the match should be cancelled. The 12-18 yr old matches may be rescheduled for another time.

Wet Weather

Due to poor field conditions from extended wet weather, the PYSC President and/or the Pulaski School District may cancel matches for the day(s) or week(s), depending upon the conditions of the fields. The presidents of the clubs in the Bay Lakes Area will consult, and make this decision for the 12-18 yr old teams.

Severe Weather

In the event of a storm, play must be stopped and suspended until the danger has passed using the following minimum criteria. This is often called the 30/30 rule.

- (a) A 30 second or less time interval between the sighting of a lightning flash to the hearing of the associated thunder, shall be reason to stop and suspend a game **and**
- (b) Play shall not be resumed prior to the 30 minutes after the last sighting of lightning or the last sound of thunder heard.

Notes

If a parent is uncomfortable with the weather or field conditions, they may request that their child leave the field. The coach will honor the parent's request to remove the child, immediately and without penalty.

Because the weather may not affect the entire county, please note that although games at PYSC fields may be cancelled, games scheduled at other locations in the Bay Lakes Area may still be played (this pertains to the 12-18 yr old teams). Alternately, if you live or work outside the actual Village of Pulaski, the weather where you are may be different than what it is at the fields. If at any time there is a question if a game is to be played, the team must show up.

Overview

We would like to thank you for volunteering your time to help coach. Your coaching will introduce these young players to the game of soccer. PYSC strives to make the soccer season enjoyable for the players, parents, spectators, referees, and coaches. The intent of this manual is to act as a guide for coaches and alert you to some of the policies and expectations of PYSC, as well as some of the basics of coaching.

Organization

PYSC is a recreational soccer club that encompasses the Pulaski School District. We have extended the invitation to the children and parents in the Oconto Falls School District. Currently we have over 600 children participating in our club comprising over 60 teams. PYSC is a district member of the Bay Lakes Area under the Soccer Association of Youth (SAY) Organization. Say suggests, and PYSC fully supports the concept of **“Kid’s Having Fun!”** This means that all players can expect to play at least 50% of all games, with the goal of having fun while learning the game of soccer. To learn more about SAY, please visit their web site at www.saysoccer.org or call 1-800-233-7291.

Injuries

Soccer is a physical sport and could result in sprains, strains, and even broken bones. In the event of an injury, coaches should not be afraid to suggest medical attention. If an injury does require medical attention, an Injury Report Form shall be completed by the coach. This form should be included with your coaching materials or can be obtained on the web site or from the commissioner listed on your team roster. In addition, each player has medical coverage available (less a deductible) through SAY, which covers injuries occurring during practices, games, and travel to and from any game or practice, as well as all other SAY or PYSC sanctioned events. This is just one reason why every player must be registered and included on the team roster. If a player is injured and not registered with SAY, this could open the coach, PYSC, and SAY open to litigation.

Equipment for the Season

At the beginning of the season, each team will be supplied with the following equipment:

1. Shirts (player, goalkeeper if appropriate at your age group, and Coach) There will be an assortment of shirt sizes so use the best size available for your players. There are no custom shirt sizes.
2. 3-4 properly sized balls
Age 4-7 size 3 ball
Age 8-11 size 4 ball
Age 12-18 size 5 ball
3. SAY Rule Book
4. Practice cones
5. Information packet from SAY
6. Injury report form
7. Player Roster
8. Medical release forms
9. Awards and medals

Each player must have the following equipment to play a game:

1. Their assigned tee shirt or jersey
2. Shin guards with a pair of socks which **cover** them
3. Soccer shoes with cleats are not required, but recommended. No baseball shoes.
4. Have a ball with their name on it at every practice.
5. Water bottles are also recommended.

No jewelry, watches or casts (hard or soft) are permitted. This includes newly pierced ears. Band-aids are not permitted to be used to cover jewelry.

Coach's list of things to do:

1. Attend coaching clinics
2. Pick up equipment at equipment distribution
 - a. Receive your team picture date
3. At home
 - a. Place the date and location on each envelop for pictures.
 - b. Count to see if you have enough hand outs for each player in your coaching packet. Also count your trophies too. If you are missing anything, call the commissioner on your team roster.
4. Call the phone numbers of the children on your roster and inform the parents when and where you will hold the team meeting and first practice. Also determine other times and locations for pre-season practices. It is recommended to have two practices a week and your practices should run no longer than what the game time for your age group would be. Try to take into account the travel of the player's parents in determining where to hold your pre-season practices.
5. At the team meeting/first practice
 - a. Introduce yourself, share how you became involved in coaching and talk about your coaching philosophy.
 - b. Hand out team shirts
 - c. Hand out paper work
 - I. Conduct during soccer games forms
 - II. Medical forms (have parents return this to you so you can identify any medical problems your players may have). These forms do not need to be returned to PYSC please keep them for your information if needed.
 - III. Game and practice schedule
 - d. Set up phone tree to communicate with your players.
 - e. Prepare a treat list and have parents sign to bring a drink and a snack for each game.
 - I. Juice boxes and the such are recommended for drinks, and cookies, crackers, fruit and other healthy snacks are recommended for a snack.

- f. This is a good time to ask parents for help managing the team and identify parents who could help with practices and games.
 - g. Use the attached lesson plans for reference on drills you can conduct with your players during practice.
6. During the Season
 - a. Ensure that each player has equal playing time and fun.
 7. End of the season (last game)
 - a. Hand out awards (if a player isn't going to make the last game give their award to them early)
 - b. Turn in equipment to equipment person at the field.

Times-Two Policy

In an effort to protect both the players and the coaches, SAY has implemented a “Times-Two Policy.” This policy requires no less than two unrelated adults to be present at all team functions such as games, practices, picnics, etc. **No Exceptions!** Implementation of the policy requires all volunteers to fill out a “Volunteer Application Form section” on the coaching application at the bottom of the page. We recommend that each coach request several parents to fill out the form to ensure that the policy is being met during times of schedule conflicts.

Please not:

1. The policy can be met by a combination of coaches and parents.
2. While the focus of this policy is the child, it also provides protection for the volunteers in case of misunderstandings.
3. SAY National has for a long time recommended that volunteers NOT provide transportation for non-family members. This was more of an insurance issue but no has implications in regards to the intent of the “Times-Two Policy.”

PYSC Short Sided Rules Soccer

Age Group	U6	U8	U10	U12
Child Ages	4-5 years old	6-7 years old	8-9 years old	10-11 years old
Game Length	8 minute quarters	10 minute quarters	12 minute quarters	15 minute quarters
Quarter Breaks	2 minutes	2 minutes	2 minutes	2 minutes
Half Time Break	5 minutes	5 minutes	5 minutes	5 minutes
# of Players on the Field	3 vs. 3	4 vs. 4	6 vs. 6	8 vs. 8
Goalie	No	No	Yes	Yes
Referees	No, Coaches on field	Yes	Yes	Yes
Offside Rule	No	No	Yes, Ref discretion	Yes
Free Kick after Fouls	Indirect	Indirect	Indirect/Direct	Indirect/Direct
Corner Kicks	No	Yes	Yes	Yes
Throw Ins	Kick or Throw In	Yes	Yes	Yes
Distance player needs to be from ball when there is free kick	N/A	6 yards	8 yards	10 yards
Penalty Box	N/A	Goal box area	Yes	Yes
Playing Time for each player	50%	50%	50%	50%
Keep Score	No	No	No	No
Ball Size	#3	#3	#4	#4

Common Soccer Terms and Definitions

It is important that all coaches and players learn the rules of the game and associated tactics. We encourage you to do this outside of practice and games. Learning the rules will also help parents enjoy the games. Soccer, like all games, has a number of rules and buzzwords. Here are a few key terms to understand:

Throw-in – when the whole of the ball passes over a sideline, either on the ground or in the air, it shall be thrown in from the point where it crossed the line, in any direction, by a player of the team opposite to that of the player who last touched it. The thrower at the moment of delivering the ball must be: Facing the field of play, touching the ground with both feet (neither of which are in the field of play), and delivering the ball from behind and over the head using both hands. Throw-ins are not used in U6 and U8 games.

Offside - A player in an offside position is only penalized if, at the moment the ball touches or is played by another team member, the player is, in the opinion of the referee involved in active play by:

1. interfering with play
2. interfering with an opponent
3. gaining an advantage by being in that position

Free Kicks – Free kicks and penalties can be difficult to understand. It is essential that all players understand the referee's signal on free kicks. An indirect free kick is signaled by a raised hand, which remains raised until the kick is taken. Players can score directly from a corner, a penalty, a kick-off or a direct free kick.

Handball – deliberate handling of the ball; carrying, propelling, or striking the ball with the hands or arms.

Ball In and Out of Play - The ball is out of play when it has wholly crossed the goal-line or side-line, either on the ground or in the air, or when play has been stopped by the referee. The ball is in play at all times, except as listed above, and including: If it rebounds off of a goalpost, corner flag, referee, or coach, on all throw-ins, goal kicks, corner kicks, or free kicks when the action is taken.

Goal Kick – when the whole of the ball crosses over the goal-line (not in the goal), either in the air or on the ground, having last been touched by a member of the attacking team it shall be kicked into play by the defending team inside the goal area.

Corner Kick – when the entire ball crosses over the goal-line (not in the goal), either in the air or on the ground, having last been touched by a member of the defending team it shall be kicked into play by the attacking team in the corner nearest to where the ball left the field of play. All defending players must be at least 5 yards away from the ball. There are no corner kicks at U6.

Second Touch – a player putting the ball into play cannot touch the ball again until it has been touched or played by another player; violation will result in a free kick for the opposing team.

Game Duration - the duration of games depends on the age group. See the following pages for your age group. For interleague games time is added at the referee's discretion to accommodate time lost through injuries and substitutions, etc.

Substitutions - substitutions are unlimited. For interleague games they may be made with the consent of the referee prior to a throw-in in our favor, prior to a goal kick by either team, after a goal by either team, after an injury to any player which stops play, or after a caution "yellow card" to any player.

If you want more information on the soccer laws go to www.fifa.com, where all 17 laws are described in easy to read detail.

WEB SITES FOR COACHES

- 1. Elizabeth and Districts Junior Soccer Association Coaching Manual**
(a general coaching manual which may be helpful with drills and coordinating your season)
<http://www.elizdists.com.au/manuals/edjsa-pcm.pdf>
- 2. CYSA Coaching Program**
(a program used to prepare coaches in California. Good basic material for coaches, such as, planning the season, what to discuss at a parent meeting, age group characteristics, drills.)
<http://www.cysanorth.org/Coaching/CYSACoachingProgram.pdf>
- 3. Soccer Club of Oakridge Coaching Links**
(a list of great soccer links to use as resources)
http://www.discoveret.org/scor/coach_links.html
- 4. Indiana Youth Soccer Coaching Lesson Plans**
(a great site listing age specific lesson plan/drill for players which are specific for a particular technical or tactical skill you may want to teach your team.)
<http://www.indianayouthsoccer.org/coachlessons.html>
- 5. Footy 4 Kids Top Youth Soccer Coaching**
(a great resource for coaches. Headings, a. How to coach youth soccer, b. soccer drills, c. soccer coaching articles, c. soccer for very young children)
<http://www.footy4kids.co.uk/index.html>
- 6. Alaska Youth Soccer-Soccer Links**
(links for soccer coaches to helpful web sites)
<http://www.socceralaska.org/soccerlinks.html>

CHARACTERISTICS OF U-8 PLAYERS

- Attention span is a bit longer than U-6 players but still not at a "competitive" stage
- Inclined towards small group activities.
- Always in motion: scratching; blinking; jerking; rocking....
- Easily bruised psychologically. They will remember negative comments for a long time. Shout praise. Give "hints".
- They want everybody to like them.
- Developing physical confidence. (Most are able to ride a two-wheeler.)
- Starting to imitate older players or sports heroes. Want the same "gear" as them.
- Lack sense of pace. They go flat out until they drop.
- Skeletal system growing rapidly. Often results in apparent lack of coordination.
- Cardiovascular and temperature regulation system is not developed. Their heart rate peaks quickly and they overheat quickly. make sure that they get adequate water breaks.
- Limited understanding with personal evaluation. "If they try hard, they performed well" regardless of the actual performance. Thus, they need to be encouraged constantly, and asked "Now, can you do this?" •Better at recognizing when the ball is out of play, and remembering what goal they are going for... but, in the heat of battle, they will sometimes still forget. They still find it difficult to really be aware of more than one thing at a time.

INVOLVING THE PARENTS

It is imperative that coaches get the parents involved. Not only are they a major resource for your team, but the U-6 player still views their parents as the most significant people in their lives. A pre-season meeting should be held with the parents so that objectives and team policies can be addressed. Some topics that you may want to address at this meeting are:

- A means of contacting everyone without one person doing all of the calling. (Phone chains.)
- Choosing a team administrator-someone to handle all of the details.
- Complete all paperwork required by your league or club.
- Discuss the laws of the game.
- Carpool needs.
- Training and game schedules. How you feel about starting and ending on time, what your attendance expectations are, what you think is a good excuse to miss training.
- What each player should bring to training: inflated ball, filled water bottle, soccer attire, shin guards (Cleats are not mandatory.)
- Most importantly, your philosophy about coaching U-8 players. Let them know that everyone plays; that the game does not look like the older player's games; that you are there to ensure that their player is safe and has a good time, as well as learn about soccer.

- What your expectations for them is during game time. How do you want them to cheer? Do they know that they should not coach from the sidelines?
- Above all, try to enjoy yourself. If you do they probably will too.

THINGS YOU CAN EXPECT

Six, seven and eight year old players are a bit more compliant than their U-6 counterparts. They will be able to follow 2 or 3 step instructions and are starting to have a good understanding about what it means to play a "game". They are also starting to cooperate more with their teammates. In fact, they now will recognize that they even have teammates by the fact that they occasionally, and I mean occasionally, will pass the ball to a teammate, on purpose. Often, they will repeat the phrase "I can't do that!", but, will quickly run to you to show you that they can, even when they only think that they can. Some other things that you can expect to happen during a season with this age group are:

- There will be at least 200-300 falls during the season, but, now they will usually pick themselves back up.
- The puddle in front of the goal is still too tempting to resist.
- Keep a spare pump in your bag as the players usually do not realize that their ball is flat until they try to kick it, or the coach tells them that it is flat.
- Some of the girls are a lot tougher than the boys.
- They will still want to wear a pinnie, even when the color is identical to their shirt.
- It will be impossible to remember who is who's best friend as you try to make up teams.
- School conflicts will come up... please, let them go (they must face their teachers five days a week).
- They will wear their uniform to bed.

COACHING RATIONAL

Some of the players that are playing as a 7 year old have had two years of soccer experience and thus have already touched the ball a few thousand times in their lives. This, however, does not mean that these players are ready for the mental demands of tactical team soccer. True, they do have some idea of the game, but the emphasis still needs to be placed on the individual's ability to control the ball with his/her body. They are still there to have fun, and because some of the players may be brand new to the sport, it is imperative that activities are geared towards individual

success and participation. Following are some more items that a coach of U-8 players should consider.

- Small sided soccer is the best option for these players. Not only will they get more touches on the ball, but, it is an easier game to understand.
- Because of rapid growth spurts during this age, players will go through times when they seem to have lost control of their body. What they could easily do 2 weeks ago now seems unattainable. Be patient.
- Passing is not an important part of their game, no matter how much anybody yells at them to do otherwise, it is much more fun to dribble and shoot. Let them.
- Training once or twice a week is plenty, and should not last longer than one hour and fifteen minutes.
- Each player should bring their own size #4 ball to training. Learning how to control it should be the main objective. They need to touch it as many times as possible during fun activities that will engage them.
- Challenge them to get better by practicing on their own. There is no rule which states that they can't learn by themselves, no matter how important we think we are. •Incidental things are important. They are forming the habits that will impact their future participation. Ask them to take care of their equipment (water bottle included), cooperate, listen, behave, and try hard. Realize, however, that they often forget and will need to be reminded often.
- Ask them to work with others to solve a particular challenge. Start them with just one partner and work from there.

TYPICAL TRAINING SESSION

Here are some items that should be included in a U-8 training session:

WARM-UP: A brief warm-up is appropriate in order to get the players thinking about soccer and to prepare them physically for the time ahead. This should involve individual body activities that may or may not involve the ball. They can chase their ball as it is thrown by the coach, bringing it back with different parts of their body. Or, they can chase someone with their ball at their feet. Static stretching is also appropriate at this time, again, hopefully done with the ball. "Soccernastics" activities are very appropriate, like: dribbling the ball with the bottom of their feet, with their elbows, backwards, with the back of their neck while holding on to it; keeping the ball up with their thighs; keeping it up with their feet while sitting.

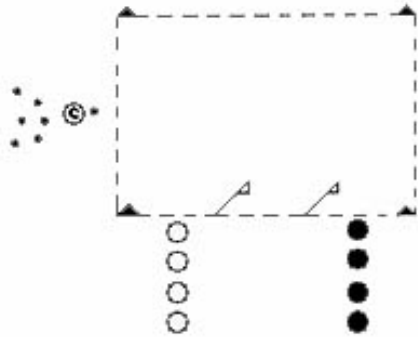
INDIVIDUAL OR SMALL GROUP ACTIVITIES: Follow the warm-up with some kind of individual activity, not a real 1v.1 game, but some kind of activity where players act as individuals in a game environment. An example would be a kind of tag game, or a game where players are trying to work with a partner or small group to obtain a goal. Keep players in motion at all times. Avoid having them wait on lines. Play games of "inclusion" (where everyone plays), instead of games where the "looser sits". Be creative. These players like "crazy" games with a lot of action.

PLAY THE GAME: Small sided soccer can be used to heighten intensity and create some good competition. Play 1v.1 up to 5v.5. Be creative. Play with 4 goals, or 2 balls. Play with or without boundaries. Perhaps play to emphasize a particular skill (can only dribble the ball over a goal line in order to get a point). Use cones if you don't have real goals. Keep players involved. Have more than one game going on at a time if necessary. Switch teams often, give everyone a chance to win. Also, it is important that every player has a chance to shoot on goal as often as possible.

WARM-DOWN & HOMEWORK: Finish the session with a warm down. Give them some more stretches to do with the ball. You may want to review what you started the session with. Also, give them some homework so that they practice on their own. Think of some ball trick that you would like to see them try to do, like, bounce it off their head, then thigh and then catch it. Can one player kick a ball to a partner and then back without it hitting the ground? It is important to finish on time. This is especially essential if the players are really into it. Stop at this point and you will get an enthusiastic return.

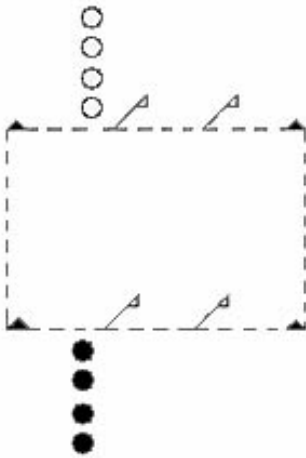
READY-MADE PRACTICE #3

Stage 1a : Exercise : Bring It Home



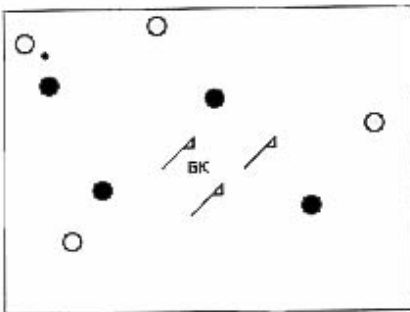
Behind the poles of each goal is a line of players. When the coach plays the ball into the square, the first two race to get the ball. Whoever wins possession tries to score on the small goal.

Stage 1b : Exercise : 1 vs. 1 to Goal



Behind the poles of each goal is a line of players. When the coach plays the ball into the square, the first two race to get the ball. Whoever wins possession tries to score on the opponent's small goal.

Stage II: Game: The Triangle Goal Game



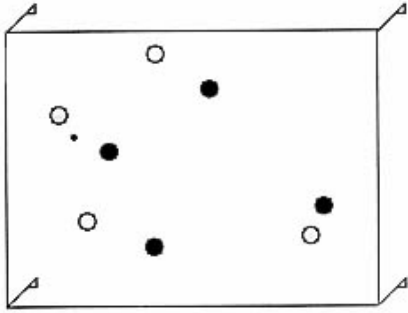
Triangle-Goal Game

two teams attack a three-sided goal -GK defends all three sides

if ball goes through, it is alive on the other side

if GK saves. throw it to open space

Stage III : Game : Line Soccer



Line Soccer

light shirts attack one direction, dark shirts the other -teams score by stopping the ball on the end line

Stage IV: Game: Scrimmage

Use small-sided goals. Goals scored above knee height do not count. Make the game a fair one by dividing the best players onto different teams.