

**SEASHORE  
SOCCER LEAGUE  
(SSL)  
General Policy  
and  
Playing Rules**

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*Portions of this booklet were adopted from various local club handbooks.*

## **Mission Statement**

*The purpose of the Seashore Soccer League is to promote mental and physical fitness, good sportsmanship, self and community pride, and to provide young people with an opportunity to learn and to play organized soccer.*

## **Purpose**

This document provides general policies and modified playing rules for Seashore Soccer League (SSL) recreation teams, U6 - U14, playing within Carteret County. If a rule is not covered within this document, conform to FIFA soccer rules.

## **Conduct**

The personal conduct of all individuals associated with SSL (players, coaches, referees, parents, and SSL officials) must be *above reproach*, as spelled out in the "United States Soccer Federation (USSF)". Any individual who displays poor sportsmanship or objectionable behavior is subject to removal from all SSL activities. Such removal will be at the discretion of the Board of Directors. Before the start of each season SSL Board of Directors shall review and approve all coaches and referees. In addition, any individual who did not exhibit good sportsmanship or conduct during the previous season must be approved before coaching again. SSL may allow a player or coach to continue in SSL on probation under conditions set by the Board of Directors. Care must be taken to obtain input from all concerned parties before a decision is made.

SSL expects coaches and parents to **refrain from smoking** on the field and during games.

SSL **discourages bringing dogs (leashed or not)** and other pets to the soccer fields during practice and games.

## **Player Eligibility**

- A. Permanent residents of Carteret County are eligible to participate in SSL competition. Exceptions will be considered on a case by case basis by the SSL Board. The SSL Board will rule by majority vote on eligibility violations.
- B. Players may be ineligible for competition if false information relative to birth date and home address is put on registration forms. Proof of age and address can be required at any time by SSL. Player can not be the same age as age bracket prior to Aug 1 for upcoming season.
  - a. **Example 1:** Player A turns 8 in July 2005. Player A can not play U8 for 2005/06 season. Player must play at least in U10 level.
  - b. **Example 2:** Player B turns 8 in August 2005. Player B can still play U8 for 2005/06 season.
- C. Players are not eligible for competition until payment of fees has been received by SSL. No team is eligible to begin the regular season until registration fees for all players are paid to SSL unless special arrangements have been made.

## **Practices**

Practices shall begin no sooner than 3 weeks prior to the first scheduled game. Fall season games begin the weekend after Labor Day. Spring Season games TBA.

Typical practice times:	U6 - 45 minutes 2 times a week
	U8 - 60 minutes 2 times a week
	U10 - 90 minutes 2 times a week
	U12 - 90 minutes 2 times a week

Where necessary (i.e.: Swinson, Rotary), practice times will be scheduled through SSL, not through Parks and Rec.

## Formation of Teams

- A. Only the Commissioners designated by SSL have the authority to place players on teams. Coaches cannot add players directly to their own team without the consent of the Commissioners. Commissioners are encouraged to seek an equal distribution of talent. Final decisions by the SSL Board will be made if a dispute arises. Expansion (new) teams will be protected as much as possible.
- B. Players who have played soccer for several years and are at an advanced skill level may play up an age level if the commissioner deems it in the best interest of the child. Each case will be decided individually.
- C. Teams and games may be Coed except for Girls divisions which will have only female participants.
- D. The number of divisions and the age limit in each division shall be set by SSL prior to each season to accommodate growth of SSL.

## Number of Players

- A. Maximum number of **players on the field** (including goalkeeper) at any one time: U12 shall be 8; U10 - 6; U8 - 5; U6 - 3 (no goalkeeper).
- B. Maximum number of **players on the roster** for U12 shall be 14; U10 - 10; U8 - 10; U6 - 6.
- C. Minimum number of **players to start a game** for U12 shall be 7; U10 - 5; U8 - 4; U6 - 3
- D. A team is allowed 10 minutes after the scheduled starting time to field a team of at least the minimum number of players. If it can not do so, the game shall be forfeited. If no referee has arrived at the field after 15 minutes from the scheduled starting time, the game shall be re-scheduled at a later date. All games that affect SSL standings must be played.
- E. If a team is short on players prior to start of game, the opposing team can share players, if agreed by opposing coach. The game will stand as played.

## Player Participation

- A. U6 – U14: Each player shall play at least half of the game.
- B. Exceptions being for injury or disciplinary reasons (at the coach's discretion). If playing time is to be decreased for disciplinary reasons, the opposing teams coach must be given prior notification. The child's parent(s) must also be given prior notification including an explanation of the reason for the disciplinary action.

## Protests

- A. Rulings on protests will be made by the Appeals Committee in a majority vote.
- B. Only protests that involve interpretation of the rules will be accepted. Judgment calls cannot be protested.
- C. A protest in writing, accompanied by a \$25.00 fee, must be submitted to SSL President, or in his/her absence to SSL Vice-president within 72 hours of the game in question and a phone call to the President within 24 hours of the game in question. Money will be refunded if protest is approved. If the protest is lost, protest fees revert to SSL Treasury. The President shall convene the Appeals Committee within four calendar days (preferably before the next regularly scheduled game), and present the protest to them. The decision of the Appeals Committee will be final.

- D. The Appeals Committee may, if the situation warrants, deem it necessary to have parties to the protest present to clarify the actual happenings. If this is the case, or if one of the parties to the protest insists, then both sides must be represented along with officials in question.
- E. The referee's judgment with regard to the physical condition of the field and its acceptance for play, to the actual happenings and occurrences related to the game, and those prerogatives granted by the "Laws of the Game" published by USSF shall not be protested

### **Referees**

SSL Officials are trained and tested by State certified instructors. They are paid officials. Contact the league for employment opportunities.

For more information on training: <http://www.ncsra.org/clinics.html>

## **Yellow Card/Red Card Policy**

### **Players**

**Yellow card:** any player receiving a yellow card will be substituted for at the time of the infraction, and will remain out of the game for the remainder of the period. If a second yellow card is issued in the same game, it then becomes a red card (see "Red Card" below). If a player gets a post game yellow card then he/she will sit out the first playing period of their next game.

**Red card:** any player receiving a red card will be ejected from the game, and his/her team must play light for the remainder of the game. He must also sit out during his/her team's next played game. He/she must be present, dressed out, and sitting on the team bench for the entire game. If the player does not comply with this rule, his/her suspension from play will be continued until he/she has complied.

**Two red cards:** any player receiving a second red card during the playing season must sit out the next two games. He/she must be present, dressed out, and sitting on the team bench for the entire two games, and must appear before the SSL Disciplinary Committee. If the player does not comply with this rule, his suspension from play will continue until he/she has complied.

### **Coaches**

**Red card:** If a coach is issued a red card, he/she will be relieved of his/her coaching duties for the remainder of the game in which the infraction occurred, and suspended from coaching the next scheduled game. The coach may not be present at the site of their next scheduled game.

**Two red cards:** If a coach is issued a second red card during a season, he/she will be required to appear before the SSL Disciplinary Committee before he/she will be allowed to resume coaching duties.

## **Safety and Equipment**

- A. Coaches shall ensure field conditions are safe prior to start of game, i.e. goals properly anchored, holes filled, foreign objects removed, ant hills removed, etc.
- B. Recommended ball sizes:
  - 1. U14: #5
  - 2. U10 - U12: #4
  - 3. U6 - U8: #3
- C. Uniform minimum requirements:
  - 1. All players must wear the shirts, shorts, & socks provided by Seashore Soccer League.
  - 2. All players must wear tennis shoes or soccer cleats.
  - 3. All players must wear shin guards.
  - 4. No metal objects such as watches, bracelets, necklaces, rings, etc, shall be worn by any player.

## Duration of Games

- A.** Duration of games shall be as follows:
- U14: two equal 35 minute halves
  - U12: two equal 30 minute halves
  - U10: two equal 25 minute halves
  - U8: four equal 10 minute quarters
  - U6: four equal 8 minute quarters
- B.** There shall be a 5 minute break at halftime for U10-U14. For U6 – U8, there shall be a 6 minute halftime break and 4 minute break after the first and third quarters. Teams will exchange ends of the field at the halftime break.
- C.** Half games stand as completed games if cut short due to adverse weather conditions. Games stopped with more than the half to play, will be played over in their entirety (except U6 and U8). Call your commissioner to reschedule.
- D.** Score sheets will be completed and faxed or emailed to the number/address on the bottom of the score sheets by 5 p.m. on the Tuesday following the game.

## Size of Fields

Fields of play shall be rectangular with dimensions (in yards) as follows:

	<b>Length</b>	<b>width</b>
<b>U12/U14:</b>	70 – 80	45 - 55
<b>U10:</b>	45 - 60	35 - 45
<b>U8:</b>	25 - 35	20 - 30
<b>U6:</b>	20 - 30	15 - 25

## Substitution

- A.** U6 – U8: a team can substitute players at the quarter or halftime break.
- B.** U10/U14: a team may substitute on its own throw in or either team may substitute on a goal kick, after a goal is scored, or at halftime.

## Additional Rules

### **A. U6**

- There shall be no goalkeeper.
- Coaches can assist players on the field during the game.
- Coaches will referee the game and keep time.
- Throw-ins shall be taken from the touch line.
- Goal kicks shall be taken from the goal line.
- Corner kicks shall be taken from goal line and touch line intersection.
- Opponent must be at least 3 yards from the ball during goal and corner kicks and 3 yards from the center mark during kick-off.
- There shall be no penalty kicks
- There shall be no offside rule.

## **B. U8**

1. There shall be a goalkeeper, one player from the roster is allowed to play goalkeeper a **maximum of one quarter** each match.
2. Coaches must remain on touch lines during the match.
3. There shall be a certified center referee.
4. Opponent must be at least 5 yards from the ball during goal, corner, and free kicks and 5 yards from the center mark during kick-off.
5. Throw-ins, goal kicks, corner kicks will conform to FIFA rules. A second throw-in shall be allowed if a player commits a foul during initial throw-in. The referee shall explain the proper method before allowing a second throw.
6. There shall be no penalty kicks.

## **B. U10**

1. There shall be no offside rule.
2. It is recommended that the same player not play Goalie for the entire match.
3. Except for rules provided in this document, conform to FIFA rules.

## **E. U12 – U14**

Except for rules provided in this document, conform to FIFA rules.

## **Coach's Keys to a Successful Practice:**

- Are the activities appropriate for your age group?
- Are your rules simple to understand?
- Do you have a plan of what you are going to do at practices?
- Are the players dynamic (moving)?
- Are the players making decisions?
- Avoid players standing in lines
- Does the practice flow from simple activities to complex activities? (no pressure from a defender progressing to game like pressure...start with a warm-up and end with a game)

## **Responsibilities as Coach:**

- Provide proper instruction
- Communicate with parents concerning "sideline etiquette"
- Provide proper equipment
- Provide supervision of practice and games
- *Attempt to make every child's experience an enjoyable one.*

## **U6 – U8 Activities and Games**

### **The Sprinkler (warm-up, dribbling, passing, teamwork):**

Every player with a ball. On coach's command, players hand balls to coach and coach tosses the ball in various directions. Players must bring the ball back to the coach as quickly as possible on the dribble with their feet.

#### *Variation:*

Players bring ball back while bouncing the ball with the hands.

Players bring the ball back while touching it to their heads.

Players bring ball back with their elbows.

Allow U8 players to work in pairs bringing the ball back with a certain number of passes, body parts, or touches per player.

Vary how far you toss the ball

Coach moves around the area constantly so players have to keep their head up when bringing the ball back to the coach.

### **“I can do this...can you?” (Motor movements):**

Coach demonstrates various motor movements without the ball (ex: skipping, hopping on one leg, jumping in place and doing a 360 degree turn, balancing on leg with hands out)

#### *Variation:*

Allow the kids to invent something to do

### **“Try this...” (receiving, ball control):**

Coach demonstrates various exercises with the ball (ex: tossing ball into the air and catching it, tossing the ball into the air and clapping before catching it, tossing the ball into the air and touching it with the foot before touching the ground, or various footwork on the ball like “rapid toe touches”)

#### *Variations:*

Allow the kids to invent something to do

### **Red Light...Green Light (dribbling):**

Every player has a ball at the starting line. Designate a finish line approximately 15-30 yards away. Players attempt to be the first to drive their car (dribble the ball) over the finish line. On the coach's command of “green light!” players dribble towards the finish line. On the coach's command of “red light”, players must “hit the brakes” (stop their ball immediately with the bottom of the foot). Any player that cannot stop their ball immediately must go back even with the last person.

#### *Variations:*

Vary the surfaces of the foot that the player must dribble or stop the ball with.

Vary the body surface that the player stops the ball with (ex. Elbow, knee, head)

Try it first without the ball.

### **Pendulums (ball control):**

Move the ball from the inside of one foot to the inside of the other foot.

#### *Variation:*

How fast can the players move the ball from foot to foot?

How far apart can their feet go and still move the ball between their feet?

### **Body Part Dribbling (dribbling, flexibility):**

In a designated grid, players dribble and on the coach's command they stop the ball with the body part called out by the coach.

#### *Variation:*

Keep your head and eyes looking up so you don't run into anyone.

**Snake Dribbling (dribbling):**

In small groups of two to five, players follow the leader while dribbling. Switch the leader so every child gets a turn to lead.

*Variation:*

Coach is the leader.

Try it first without dribbling the balls.

**Heads Up! (dribbling):**

In a designated area, players dribble their ball. Coach holds out a certain number of fingers on his hand at waist level (ex. Two fingers). Players must shout out, without stopping their dribble, the number of fingers the coach is holding out.

*Variation:*

Coach moves about the area so players really have to concentrate on dribbling with their heads up.

**Sharks and Minnows (dribbling):**

Every player with a ball lined up on the end line of a designated grid. A player in the middle is designated as the "shark". Grid should be long and narrow. On the coach's command, players attempt to dribble their ball across the "ocean" (open space) to "safe land" (the other ending). If a player is tagged by the shark, they become a shark next round. Continue until there is one minnow.

*Variation:*

Shark has to kick the minnow's ball out of the grid before they become a shark.

**"Boss of the Balls":**

3v3 or 4v4 game with two small cone goals. Every time the ball goes out of play, coach immediately introduces a new ball to play. After all the balls are gone, players gather them up and bring them back to the coach. A 20x30 yard grid is recommended.

**Crazy Cones (dribbling, passing):**

In a designated area, set up numerous cones (or big plastic cups). On the coach's command, players attempt to knock over all the cones by passing their ball against them. Player who knocks over the most cones wins.

*Variations:*

Divide into two teams and have a competition

Vary the surface of the foot they are allowed to touch the ball with.

**Race Card Driver (dribbling):**

In a designated area, set up 6-8 small "tunnels" (two cones approx. 5-6 feet apart). On the coach's command, players attempt to drive their cars (dribble their balls) through as many tunnels as possible in a designated time period. If a player crashes their car (ball or player runs into a cone, another person, another ball) they must go to the garage (coach) and get the car fixed (ex. a ball skill) before re-entering the area. Player who drives through the most tunnels wins!

*Variation:*

Vary the width of the tunnels.

**Math Dribble (dribbling):**

Every player with a ball dribbling in a designated area. Coach calls out 1, 2, or 3. Players dribble into groups of number called out by coach (ex. a group of two or a group of three)

*Variation:*

Coach calls out "3-1" or "1+1"

**Tag (dribbling):**

All players with a ball in a designated area. One player without a ball designated as the “tagger”. On the coach’s command, players dribble and avoid being touched by the tagger. If tagged, player has to perform a ball skill (ex. 3 headers) before entering play again. Switch tagger after a short interval.

*Variation:*

Make tagger dribble a ball also.  
Player tagged switches with the tagger.  
Play the game without using balls.

**Knee Tag (dribbling):**

Every player with a ball in a designated grid. On coach’s command, players dribble and attempt to tag any other player on the knee. Players count how many knees they tag in a certain time period.

*Variation:*

Play with two teams. Players may only tag someone on the other team.

**Stuck in the Mud (dribbling, passing):**

Every player with a ball. One player designated as a “tagger”. On coach’s command, all players dribble and avoid the tagger. If tagged, players are “stuck in the mud” (frozen). Players that are stuck in the mud must hold their ball above their head, spread their legs, and yell “Help! Help! I’m stuck in the mud!” Players can get out of the mud if another player passes a ball between the “stuck” player’s legs. Tagger attempts to get every player “stuck in the mud”. Switch tagger after a short interval.

*Variation:*

Divide group into two teams. Team that avoids getting every player stuck in the mud wins.

**Keep Your Yard Clean (dribbling, passing, receiving, striking the ball):**

Divide your area into three zones. Put half the players, each with a ball, in each of the end zones. An “empty lot” (empty zone) separates the two teams. Keep your yard clean by kicking the trash (passing the ball) into the cleanest yard (last amount of balls) wins. Empty lot needs to be big enough to protect the players from getting struck in the head/face with the ball.

*Variations:*

Try to pass through the other team’s yard and into their “house” (space behind the yard)  
Through the trash into the neighbor’s yard (throw-ins)  
Make players “inspect the trash” (stop it with the inside of the foot before kicking into the other team’s yard. This will keep balls from flying everywhere!)  
Dribble the trash into the opponent’s yard.

**Behind the Back Tag (dribbling):**

Every player with a ball in a designated grid. Each player must keep one hand behind their back at all times. On coach’s command, all players dribble and attempt to tag any player on the hand held behind the back. Players count how many hands they tag.

*Variation:*

Play with two teams. Players may only tag someone on the other team.

**Steal the Bacon (dribbling, passing, shooting, defending, small group play):**

Two team with a player from each team designated the same number as a player on the opposing team. Teams are placed behind the end lines on opposite ends of the field. Coach tosses a ball into the field and calls out a number of the players. Players that are called out enter the field and attempt to score on the opponent’s goal.

*Variation:*

Coach calls out two or three numbers and teams play 2v2, 3v3 against each other

### **3v3 or 4v4 Game:**

Two teams (maximum of 4 players per team) play against each other with goals. Regular rules apply.

## **U9 - U12 Activities**

### **“Get them!” (agility, passing):**

In a designated grid, one player has ball. The other players place their balls just outside the grid. On the coach's command, the player with the ball, the tagger, attempts to pass the ball off of the players without a ball. Players without a ball attempt to avoid being hit by the tagger's ball. If a player is hit by the tagger's ball, they get their ball, from outside the grid, and become another tagger. Play continues until there is only one player left without a ball who is the winner. Players must pass below knee level.

### **The Sprinkler (warm-up and teamwork):**

Players in groups of threes with one ball. On coach's command, players hand balls to coach and coach tosses the balls in various directions. Players must bring the ball back to the coach as quickly as possible under various conditions.

#### *Variations:*

Players bring ball back with all three touching it...cannot use the hands.

Players bring the ball back, off of the ground, while touching it with their heads only.

Players bring ball back with their elbows only

Players bring ball back off the ground and only two players may be touching the ground.

Vary how far you toss the ball

Coach moves around the area constantly so players have to keep their head up when bringing the ball back to the coach.

### **Many goals (dribbling, passing):**

In a designated area, set up numerous (5 –7) cone goals ranging from 3-6 feet in width. Every player has a ball and on the coach's command they attempt to dribble through as many goals as possible in a time period.

#### *Variation:*

Cannot dribble through the same goal twice in a row.

Players work in pairs and must pass through the goals.

Players must play a “one touch” pass through the goals.

Two teams compete by adding total points scored.

### **Hit the Can (warm up):**

Divide players into two teams. Place a garbage can (bag of balls, whatever you have that a ball will bounce off of) in open space. The game is simple. You earn a point every time you pass or dribble into the can.

### **“Gatekeepers” (1v1 dribbling):**

Divide players into two teams. Place one team, every player with a ball, outside of the grid. The other team is inside the grid without balls (the Gatekeepers). Place enough cone goals (gates), 8 feet in a width, inside the grid, so that every player on the team without a ball can stand inside one of the goals. There should be no more than one player in each goal and no unoccupied goals. Players standing in the goals may not step off of the imaginary goal line. They may move left to right along the goal line. On the coach's command, the team with the balls enters the field on the dribble. Players earn a point for successfully dribbling by a gatekeeper and through a gate. If they dribble through a gate and their ball goes out of bounds, no point is awarded. Gatekeepers attempt to deny attackers dribbling through their gate. Play for 1 minute and switch the roles of the teams. Allow teams to count up totals.

#### *Variations:*

Only one player dribbles through a gate at a time.

Vary the width of the gates.

**Ladders and Cyclones (warm-up, stretching, agility):**

Divide players into two teams. One team forms a straight line, one behind the other, with about 2 feet between each player (the Ladder) and a ball in the hands of the first player. The other team forms a small circle with one player standing on the outside of the circle (the Cyclone). On the coach's command, the ladder must pass the ball from player to player, over the head and between the legs, all the way down and back up the ladder. The player outside the Cyclone sprints around the cyclone attempting to do as many laps as possible. Time stops when the ladder has successfully passed the ball down the ladder and up the ladder back to its original starting position. Switch roles of the teams. Team that can do the most laps around the cyclone wins.

*Variation:*

Ladder passes the balls, to the side, alternating left and right side.

**“You’re Outta Here!” (small group play)**

Divide players into two teams. Game can be played as a 1v1, 2v2, 3v3, or 4v4 game to two goals. For now, we will use 1v1 for the example. Game begins with a player from each team in the middle of the grid. Coach serves a ball in. If the ball goes out of bounds, both player in the middle are immediately replaced by a new player from each team. If a player scores on the opponent's goal, that player stays on and the player getting scored on is immediately replaced on the coach's call of “you're outta here!”

*Variations:*

Name captains on each team to keep score.

If a team puts too many players on the field, the opponent earns a penalty kick.

**Knockout (dribbling and shielding):**

All players in a designated area with a ball. On the coach's command, players try to knock other players' balls out of the grid, without losing possession of their own ball. If a player's ball is knocked out, he must perform a ball skill (ex pendulums) before re-entering play. If a player can retrieve their ball before it leaves the grid, they can keep playing.

*Variations:*

Play with two team attempting to knock the opponent's balls out.

Make the grid very small to encourage shielding.

**Steal the Bacon (dribbling, passing, shooting, defending, small group play):**

Two team with a player from each team designated the same number as a player on the opposing team. Teams are placed behind the end lines on opposite ends of the field. Coach tosses a ball into the field and calls out a number of the players. Players that are called out enter the field and attempt to score on the opponent's goal.

*Variation:*

Coach calls out two or three numbers and teams play 2v2, 3v3 against each other.

**Keep Your Yard Clean (dribbling, passing, receiving, striking the ball):**

Divide your area into three zones. Put half the players, each with a ball, in each of the end zones. An “empty lot” (empty zone) separates the two teams. Keep your yard clean by kicking the trash (passing the ball) into the cleanest yard (last amount of balls) wins. Empty lot needs to be big enough to protect the players from getting struck in the head/face with the ball.

*Variations:*

Try to pass through the other team's yard and into their “house” (space behind the yard)

Through the trash into the neighbor's yard (throw-ins)

Make players “inspect the trash” (stop it with the inside of the foot before kicking into the other team's yard.

This will keep balls from flying everywhere!)

Dribble the trash into the opponent's yard.

**Blockout (warm-up):**

Group of 4-6 players, without balls, form a circle with hands on each other's shoulders. One player wears a colored bib. One player outside the circle with a ball. Player with the ball must keep the ball in hands at all times. Player with ball attempts to tag the player with the colored bib with the ball. Players forming the circle swivel to avoid getting the player with the bib tagged by the ball.

**Running the Bases (dribbling):**

In a designated area, divide the team up into taggers and dribblers. There should be more dribblers than taggers (ex. 3 taggers and 7 dribblers). If tagged, the dribblers switch with the tagger. Taggers carry a colored bib to distinguish themselves. Players are safe in any on the four bases (5x5 grids). Only one player is allowed in a base at a time. Tagger may not enter the bases. If a new dribbler enters a base that is already occupied, the old dribbler must leave.

*Variations:*

*Only one tagger.*

*Fewer bases*

*Taggers have to dribble a ball also*

**Knee Tag (dribbling, agility):**

Every player with a ball in a designated grid. On coach's command, players dribble and attempt to tag any other player on the knee. Players count how many knees they tag in a certain time period.

*Variation:*

Players with two teams. Players may only tag someone on the other tea.

**No Man's Land (possession, passing, receiving, small group play)**

Two teams of 4. Each in their own 15x15 yard grid. A 5x15 yard grid separates the two teams. Coach serves a ball into Team 1's grid and 2 players from Team 2 must enter Team 1's grid as defenders. Team 1 gets a point for making 5 passes in a row without losing possession of the ball. Play stops when the 2 defenders from Team 2 can kick the ball out of the grid. After the ball is kicked out, coach serves another ball into Team 2's grid and Team 2 plays 4v2 versus two defenders from Team 1.

*Variation:*

Maximum of 2 touches per player when receiving and passing.

Minimum of 2 touches per player when receiving and passing (encourages taking first touch away from pressure of the defender)

Must keep the ball moving when you receive it (cannot stop the ball)

Must split the two defenders with a pass to earn a point.

**Tag (dribbling)**

All players with a ball in a designated area. One player without a ball designated as the "tagger". On the coach's command, players dribble and avoid being touched by the tagger. If tagged, player has to perform a ball skill (ex 3 headers) before entering play again. Switch tagger after a short interval.

*Variation:*

Make tagger dribble a ball also

Player tagged switches with the tagger

Play the game without using the balls

Play with two teams

**3 v 3 or 4 v 4 Game**

Two teams (maximum of 4 players per team) play against each other with goals. Regular rules apply.

**1 v 1 Game (1 v 1 dribbling, 1 v 1 defending):**

In a 10x20 yard grid, one player with a ball on one end line and another player without a ball on the other end line. Player with the ball passes to player on the other end line and becomes a defender. Player receiving the ball attempts to dribble by the defender and across the opposite end line under control. If the defender wins the ball he/she can attempt to dribble over the attacking end line:

*Variation:*

Play 2 v 1

Play 2 v 2

**Coach's Keys to an Enjoyable Season** (adopted from CFSA website)***Preseason Parent-Coach Meeting***

- discuss philosophy
- discuss team goals
- discuss parental expectations (transportation, communication, sportsmanship)
- obtain medical info on all players

***Develop an Emergency Action Plan***

- Is there a cell phone available at practices?
- Do you know the direct phone number to the nearest medical emergency center?
- Can an ambulance reach the field?
- What do you do if something happens to the coach at practice?
- Do you know specific directions to your field for emergency personnel?

***Equipment Needs***

- Do you have balls, practice jerseys, cones, air pump and first aid kit?

***Ensure the practice/game area is safe***

- Is there debris (glass, metal, rocks) on the field?
- Are the goals properly anchored so they won't tip?

## Parental Expectation:

- Understand the rules of the Game!
- Make sure your child is on time to practices and games!
- Be encouraging and positive to your child, **and ALL children**, while they are playing.
- **DO NOT COACH THE PLAYERS** during practice or the game! Let the coach do the coaching! Reward the player with positive remarks. Avoid panic screaming when the ball is near the goal. The players have enough pressure as it is.
- Allow players to make mistakes. They know when they mess up, they do not need to hear a low moan or sigh from the crowd when they miss a goal.
- Do not offer incentives for your child's performance. Let the coach do the motivating!
- **DO NOT** talk or argue with the referee! Set an example. The level of referees in the U.S. is low compared to other countries because they take so much abuse from parents and don't want to return season after season. Parental/player abuse runs good referees and young aspiring referees off.
- **Support your Coach!** How many times have you listened to parents complain that their kid's coach didn't have a clue...or that he/she didn't know how to motivate the kids? How many times have you felt that way yourself? While we have all had experiences with less-than-perfect coaching, as parents who aren't stepping up to the "coaching plate", you really don't have a right to complain! 99% of the coaches mean well; they just don't have the coaching knowledge required for the position. If you have something to discuss with your coach, do it after the game when the coach has released the team.
- **Volunteer** your services for practices and game day!...oranges at halftime...ice and water for the coolers...setting up a phone tree or email list...carpooling to practice or games...
- Be respectful to other parents! Nothing is worse than to see child's soccer match come to a complete stop to watch bickering parents on the sideline! The final score may not be remembered, but the fan on the touch line making a fool out of him/her self will be.
- Pass the reality test. If your child's team loses, but plays their best, help see this as a "win". Focus on the process, not the end result. Fun and satisfaction should come from "striving to win". On the other hand, don't let "winning" be satisfying if it comes from inadequate preparation and performance.
- Keep the game in its proper perspective. The game should not be larger than life. If the player's performance produces strong emotion in you, suppress them. Remember that your relationship with your child will continue long after the competitive soccer days are over.

## DID YOU KNOW?

75% of all children drop out of organized sports before the age of 14!?!?

Biggest Reasons that Boys and Girls **Participate** in Soccer:

- To have FUN!
- To stay in shape
- For the excitement of competition
- To improve skills
- To get exercise
- To go to a higher level of competition
- To do something I am good at
- To play as part of a team
- For the spirit of the team
- To win

Biggest Reasons that Boys and Girls **Drop out** of Soccer

- I was no longer interested
- It was no long FUN
- I was tired of playing and practicing
- I wanted to participate in other activities
- It conflicted with other sports
- Practices and games were boring
- My coach was a poor teach
- Sport required too much time
- Coach only player his/her favorites
- I did not like the coach
- There was too much pressure
- I never felt like I belonged to the team
- Too much emphasis on winning

You, the Coach, have the ability to make a child's experience with soccer an enjoyable one! Remember...this is recreational soccer. Winning isn't everything! Children perceive winning and losing by how we, the coaches and parents, react to it!

### Sample Practice Plan

Name:

Theme:

First Activity (warm up): Coaching Points

Second Activity:

Third Activity:

Fourth Activity:

Final Activity (The Game):

## **SSL Post Season Tournament**

**A.** The SSL Post Season Tournament will be *single elimination* format. All teams in the U10 - U12 divisions will participate. The Commissioner's Committee will determine sites and brackets. Regular season rules of play will carry over to the tournament except as listed below.

**B.** Seeding for the tournament shall be determined by each team's season standing within their respective age bracket. The team's standing shall be computed by using the following point system:

- 3 points for a win (either on the field or by forfeit)
- 1 point for a tie
- 0 points for a loss

**C.** The team having the most points at the end of a season will be designated as first place seed. Should two or more teams end the regular season with an equal number of points, the winner shall be determined by the following tie breakers:

1. Head to head competition.
2. Points awarded by point spread per game limited to a 4 point spread.
3. Fewest goals allowed for season total.
4. Commissioner's Committee will conduct blind draw.

**D.** Tournament Tie Breaking Procedure:

All games ending in a tie will go to **Golden Goal** overtime for a maximum of two 5 minute periods of play. First team to score wins the match.

If the score is still tied after overtime play, then the game will go into a shoot-out:

- Each team will select 5 players who were on the field at the end of Golden Goal play to participate in the tie breaking kicks. Coin toss will determine which team kicks first and the teams will alternate kicks. The team that scores the most goals out of 5 kicks wins. If the score is still tie after 5 kicks, both teams will continue kicking in an alternating fashion in the same order until one team scores and the other misses, i.e. team A makes kick 7 and team B misses kick 7. After all players (including goalkeeper) from the field have kicked once, then, if necessary, players from the bench will kick. Goalkeepers can be substituted with any player from the field at any time during the tie breaking procedure.

**E.** Awards will be given to the teams that finish first and second place in the SSL Post Season Tournament.

## **U10 and U12 Team Tournament Play**

If a team wants to enter a tournament in state or out of state, you must contact the SSL Registrar as soon as you have received the tournament application to receive assistance with completion of paperwork and player passes.