



# **Grand Island YMCA Soccer Coaches Manual**

## **Children's Pledge**

Win or Lose I pledge before God to do my best, to be a Team player, to respect my teammates, Opponents, Coaches and Officials, and to improve myself, in spirit, mind, and body.

## **YMCA Coaches Pledge**

Everybody Plays, Everybody Wins!



YMCA Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.



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**Be sure to read all the information. Have a great Season!**

# YMCA Youth Soccer

## Coaches Memo and Instructions

- Welcome to the World of YMCA Youth Sports where everybody is a WINNER!
- Please call or email your team as soon as possible to let them know
  - Your name/phone number/ email address
  - When and where the first practice is/will be
  - Ask them to bring a ball and glove with them to practice
- If there are any problems with the Youth Sports jerseys, exchanges need to be made at the Front Desk
- If you are contacted by a parent about adding or changing player to your team, please have them contact our office. Do not promise anyone a spot on your team.
- Please leave your practice site clean.
- Please supervise team members at all time. Do not leave practice area until all youth have been picked up. Do not stay alone with a single player where you cannot be observed by others.
- Please observe that the YMCA, City of Grand Island, and the Grand Island Public School facilities where practices and games are held are smoke free and alcohol free.
- Please read through the Coaches Behavior Policy (in Appendix)
- Please also discuss the Fan Behavior Policy and Diversity Policy (in Appendix) with your team parents and fans.
- Game Cancellations: Please call the Grand Island YMCA at (308) 395-9622 to find out if games are cancelled due to extreme weather conditions. The Program Staff will call each coach to let them know of a cancellation.

## Youth Sports Pledge

Before each game, an official will lead the teams and coaches in reciting the youth sports pledge.

**Win Lose I pledge before God to do my best, to be a Team player, to respect my teammates, Opponents, Coaches and Officials, and to improve myself, in spirit, mind, and body.**

# Welcome YMCA Coaches

## A. YMCA Youth Sports welcomes you

This will be one of the most rewarding and fun experiences you will be involved with. As a coach, you will have the opportunity to make a positive difference in a child's life...a difference that will last a lifetime.

Your team will probably be made up with some fairly skilled players and some not so skilled players. Your practices may not always go as planned, but have fun, relax, and remember the YMCA program is designed to provide and "experience" for girls and boys through sports. We don't care how many wins or losses your team accumulates. We care that every child leaves your practice, games, and season feeling good about themselves!

## B. YMCA Youth Sports Program Goals:

- To build **self-esteem**
- To teach **social skills**-values, communication, human relations
- To teach **physical skills**, fitness and health
- To develop **responsibility** and decision-making skills
- To enhance **leadership** skills-in youths and adults
- To build **relationships** among peers and between parent and child
- To **support** and strengthen family life
- To create a **FUN** experience for children and their families

## C. Character Development Values are Important

- Respect- to treat others as you want to be treated
- Honesty- to tell the truth and play by the rules
- Caring- putting others before yourself
- Responsibility-to do what you should

The Y integrates Character Development Values into every program and sport. Values are the foundation of all we do!

## Unique Characteristics of our Programs:

- Cooperation, not competition
- Age appropriate, progressive program
- Membership in community service organization
- Leadership Development
- Youth Health Advocacy
- Family Involvement

# Coaches Expectations

## A. Specifics about your sport – Soccer

- Call your team immediately to set up practice and make sure the players/parents know how to contact you- home/work/cell phone number, pager, email, etc.
- Set up a parent's meeting prior to or following the first practice.
- Determine a practice site and time for the season. Teams may practice twice a week before season begins. After season begins teams may only practice once a week for 1 hour.
- Read your rules carefully-especially those designed for your grade level.
- Teams provide their own practice equipment ball and soccer balls. (YMCA provides game balls during games at site)
- Safety First: set up strict rules and guidelines about safety when organizing practice.
- Support the officials - they may be a trainee gaining experience and trying to do their best. Please keep in mind RESPECT and CARING are both values of the YMCA.
- Coaches are responsible for their own behavior and the behavior of their fans. Be a positive role model. Put the game in perspective (FUN).
- Practice Sites are limited and may be shared with other coaches/teams. If so, work cooperatively.
- YMCA philosophy is to give players equal playing time and a chance to play many positions. Give your players a well-rounded experience!

## B. Parent Meeting: We are depending on you to share this information with your parents

- Introduce yourself and other coaches; introduce team players and parents.
- Discuss pertinent rules for your level of play
- Describe your coaching philosophy/YMCA philosophy-objectives for the season.
- Practice details- ask for help, equipment for players to bring, water etc.
- Game Behavior - stress sportsmanship for all people involved; refer to Fan Behavior Policy in Appendix
- Your roster will have contact information and list for snacks and times and dates for games.
- If games are cancelled, they will be rescheduled.

## C. Practice Plans (see example in Appendix)

Follow these principles for an effective Practice:

- Plenty of activity
- Maximum use of time, facilities equipment
- Variety of activities/training exercises
- Progress from simple to complex
- Safe, successful, non-threatening environment

**When giving explanations they should be:**

- Short
- Clear and concise
- Given Enthusiastically
- Directing attention to important cues

**Good Demonstrations should be:**

- Repeated Several times
- Done from Several angles
- Clearly seen by all
- Technically Correct (If Possible)

**D. Fan Behavior policy** - See Appendix and review this policy with your parents

**E. Coach Behavior Policy** - See Appendix and review this policy with your parents

**F. Officials**

- Have jurisdiction from the beginning until the end of the game.
- May caution or eject a player/coach/fan for unsportsmanlike conduct.
- May terminate a game if the game becomes a travesty
- We will not tolerate any abuse toward officials. Discuss problems or questions with the site supervisor or call the YMCA and ask for Josh at (308) 395-9622 or email: [sports@qiyymca.org](mailto:sports@qiyymca.org).

**G. YMCA Staff:**

Site Supervisors will be present at all game sites. If you have questions or need assistance, please contact the site supervisor. Site supervisors are paid staff that are there to help answer questions or help with any concern you might have.

## **Game Policies and Rules**

### **Specifics about Game and Practice Sites**

- Please observe that the YMCA, City of Grand Island, and the Grand Island Public School facilities where practices and games are held are smoke free and alcohol free.
- Please observe No Parking signs when marked or posted; and DO NOT park in designated handicapped areas without proper permit. Improperly parked vehicles may be towed without warnings.
- Please slow down vehicles upon entering and exiting school/YMCA parking areas.
- Please advise parents to supervise their children while within the facilities to minimize accidents from happening.

# Playing Rules –Soccer

Divisions will play under their appropriate rules with the following expectations:

## Divisions

- U5 ages 3 and 4: Coaches will use the U6 book
- U6 ages 4 and 5: Coaches will use the U8 book
- U8 ages 6 and 7: Coaches will use the U8 book
- U10/U12 ages 8, 9, 10, and 11: Coaches will use the U10 book

## The Ball

- U5, U6: Size 3
- U8, U10, U12, U14: Size 4

## Number of players

- U5: 5 v 5 (No keeper)
- U6: 5 v 5 (With keeper)
- U8: 7 v 7 (With keeper)
- U10/U12/U14: 7 v 7 (With keeper)

## Player Equipment

- Shirt - all the same color except for keeper (the YMCA provides this jersey for each game)
- Shin guards must be worn in all divisions.
- Shoes ~ all players must wear tennis shoes or cleats. Softball/baseball cleats will not be permitted (no steel cleats or "hard" cleats).
- No jewelry, watches, necklaces, bandanas, etc. anything that can be considered dangerous to the person or another player.

## Length of Game

- U5 Eight (8) -4 min quarters
- U6 & U8 Four (4) -10 min quarters
- U10/U12/U14 Two (2) -20 min halves \*Half time will be 5 minutes.

## Starts and Re-Starts

- Games start with a kick off in the center of the field, with the defending team outside the center circle.
- A coin toss determines which team starts the game, with the winner of the toss selecting which side of the field to defend and the loser kicking off in the first-half and the other team kicking off in the second half.
- The entire team recites the Youth Sports Pledge.
- A goal may not be scored directly from the kick-off in all leagues; if the ball goes into the goal on a kick-off the goalie or fullback will perform a goal kick.
- On the kick-off the ball is in play when it is kicked and moves FORWARD, the kicker cannot touch the ball a second time until it has touched another player.

## Substitutions

- Substitutes must enter at the mid line.
- Substitutes may only come on when referee signals to come on.
- Referee must be notified of a keeper substitution.
- Referee's will offer a mandatory substitution break half way through the quarters in U6, U8, U10, and U11.

## Ball Out of Play

- The ball is out of play when it has entirely crossed the goal line or out of bounds line whether on the ground or in the air.

## Scoring

- A goal is scored when the whole ball passes over the goal line.

## Offside

- Offsides in soccer is determined when the ball is kicked rather than when the player receives the ball. In order to be offsides, a player must be on their attacking half of the field, be involved in the play, and be closer to the goal line than the ball and any of the opposing team's players.
- Offsides does not apply on corner kicks, throw ins, and goal kicks. If offsides is called, the opposing team gets a free kick wherever the offsides player was when he was offsides. If the player is level with his last opponent, he is not offsides.
- Offsides does not apply in 4v4 soccer games.

## Fouls and Misconduct

- **Direct Free Kick** – players may score from these, defending team must give 10 yards. A direct free kick will occur when, in the referees opinion, a player:
  - Kicks or attempts to kick opponent
  - Strikes an opponent
  - Trips or attempts to trip opponent
  - Jumps at an opponent
  - Charges an opponent
  - Charging from behind
  - Pushes an opponent
  - Tackles an opponent to gain possession of the ball, making Contact with the opponent before touching the ball.
  - Holds an opponent
  - Spits at an opponent
  - Handles the ball ~ "Handball"
- **Free Kick:** taken where the penalty occurs.
- **Penalty Kick:** is taken for any of the above fouls that occur in the penalty area.
- **Indirect Free Kick:** Must be touched by another player to score. An indirect kick is taken where the offense occurred.
  - • Plays in a dangerous manner
  - • Impedes the progress of an opponent. (Obstructing)
  - • Prevents the goalkeeper from releasing the ball
  - • Goalkeeper taking too many steps (four or more) ~ in grades 4/5/6
  - • Off-sides 9 YMCA Soccer Coaches Manual
- **Goalkeeper Rules:** (violation of these offenses is an indirect kick)
  - Keeper takes more than six seconds to release the ball or more than 4 steps ~ in grades 4/5/6
  - Touches the ball again with his hands after it has been released from his possession and not been touched by another player.
  - Touches the ball with his hands after it has been kicked to him/her by his/her own player.

## Throw In

- Player must face the field of play
- Part of each foot on or behind the touchline.
- Use both hands to deliver the ball from behind and over his head.
- Thrower may not re-touch ball until after someone has touched it in the field of play.



### **Goal Kick**

- Goal kicks are taken after a player from the opposing team sends a ball over the goal line without it touching an opposing player.
- Kick can be taken from anywhere in the goal area
- Opponents have to be outside the penalty area when the kick is taken.
- Kicker may not play the ball a 2nd time until it is touched by another player.
- Ball must leave the penalty area, or it is replayed.

### **Corner Kick**

- Occurs when the ball fully crosses the end line and is last touched by a member of the defending team.
- Kick must be taken on the corner of the out of bounds and end line closest to the side the ball left the playing field.

### **Slide Tackle**

- A slide tackle is an attempt by a defender to take the ball away from a ball carrier by sliding on the ground feet-first into the ball; THIS IS ILLEGAL IN YMCA SOCCER LEAGUES.

### **Sportsmanship**

The YMCA Site supervisors and officials enforce the rules of the game, and they make sure the players, coaches and fans participate within the spirit of the rules. Players, coaches or fans who commit any of the following actions will cause their team to be given an individual or team warning and with future occurrences possible ejection from the league.

- Making rude or vulgar remarks or gestures.
- Engaging in disruptive or distracting behavior during the game from outside the court.
- Yelling, shouting, or clapping at an opponent who is playing or attempting to play a ball.

### **General**

- The team should move up and down the field with the ball.
- Teams should not park players in the penalty area.
- Teams should pick up their "player" areas after their games are completed.

# **Appendix**

**Coaching Policy**

**Fan Policy**

**Practice Planning Form**

**Soccer Terms**

**Soccer Field**

# Coach Behavior Policy

YMCA Youth Sports Coaches have the potential to influence a great number of people. We want you to be a positive role model for youth by maintaining an attitude of CARING, HONESTY, RESPECT, and RESPONSIBILITY.

## Please Remember:

Your attitude and actions are on display for your team, your team's parents, plus opposing teams.

- You are a role model—volunteer coaches should appear clean, neat, and appropriately attired. You should treat all children equally—regardless of sex, race, religion, or culture.
- Coaches must use positive techniques of guidance, including redirection, positive reinforcement, and encouragement—rather than competition, comparison, and criticism.
- YMCA Coaches should be involved for the kids:
  - To teach skills & knowledge about the game
  - To teach sportsmanship, teamwork, and character
  - To provide a fun, low-key environment for all
  - To promote friendships and family togetherness
- Coaches should give high priority to the objectives above—focusing on winning & recognition can destroy positive outcomes.
- YMCA Recreational Leagues are low-key and should be more relaxed. Higher competition and intensity are available in other leagues.

## Specific Guidelines:

- Harassment & verbal criticism of officials is not allowed. Site supervisors are available for constructive comments following games.
- In order to protect YMCA volunteers and participants, at NO time during a YMCA program should a volunteer leave a child unsupervised or be alone with a single child where they cannot be observed by others.
- Never touch a child in a manner that could be interpreted as abusive or would make them feel uncomfortable.
- Treat each child on your team and opposing teams as individuals and be sensitive to their own personal feelings. Profanity, inappropriate jokes, sharing intimate details of one's personal life, and any kind of harassment in the presence of children or parents is inappropriate.
- Effective coaching experts agree that instructions should be given at practice. An over-abundance of instruction at game time only serves to confuse players.
- Mannerisms can be just as offensive as foul language, i.e. throwing things, flailing movements, foot stomping, and tone of voice. This behavior is not allowed.
- Smoking or use of tobacco in the presence of children, as well as, possessing or being under the influence of alcohol or illegal drugs during YMCA programs are all prohibited.
- Volunteers shall not abuse children including:
  - Physical abuse—strike, spank, shake, slap
  - Verbal abuse—humiliate, degrade, threaten
  - Sexual abuse—inappropriate touch or verbal exchange
  - Mental abuse—shaming, withholding praise, cruelty

## Policy Enforcement:

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s), game(s) may be terminated and/or individual may be asked not to return for other Youth Sports activities.
- Other sanctions as deemed necessary may be enforced.

# Fan Behavior Policy

YMCA Youth Sports Department is asking for your cooperation as a spectator. We want everyone involved:

- To feel comfortable enjoying youth activities.
- To have fun.
- To learn in an environment that is positive & free of stress.

## Youth Sports Mission Statement

The purpose of the YMCA Youth Sports Program is to provide the children an opportunity to participate in various activities and to:

- Have fun
- Build character and values
- Develop sportsmanship
- Make new friends
- Promote teamwork
- Learn lifetime fitness
- Strengthen self-confidence
- Learn skills

To promote an atmosphere that strengthens family relationships and Christian values. To provide an opportunity for individuals to be of service to others through volunteer experiences.

## Specific Fan Guidelines:

- Encourage your children during games/practice.
- Keep comments positive
- Leave coaching to the coaches. (You may be asking your child to do something the coach has told them not to do).
- Take any constructive comments regarding the game to the coach, who may approach the site supervisor at the end of the game.
- Do not interrupt the game.
- Be examples of good sportsmanship for our children to model.
- Criticizing the officials will not be allowed.
- Negative behavior toward the opposing team will not be allowed.
- Please do not say or do anything that you would not want your child to say or do.
- Help us make this a positive and fun experience for both teams.

## Policy Enforcement:

- Individual may be given a warning for inappropriate behavior.
- Individual may be asked to leave the game(s) and may be asked not to return for other Youth Sports activities.
- Other sanctions as deemed necessary may be enforced.

# Practice Session Planning Form

Practice Session # \_\_\_\_\_ Location \_\_\_\_\_ Date \_\_\_\_\_

Performance Objectives

Leader	Time	Component	Activities	Equipment	Notes
		Warm-Up			
		Skill Development			
		Play			
		Character Development Discussions (This can be done before or after skill practice)			

# Soccer Terms

**Center kickoff:** A game begins with one team kicking the ball from the center spot. The opposing team's players can't be in the center circle during the kickoff. Players on both teams must be on their half of the field during the kickoff.

**Cold defense:** Way of defending in which you don't guard other players closely but you still concentrate on preventing the other team from scoring a goal.

**Corner kick:** When the defensive team sends the ball out of bounds at the end of the field on either side of the goal, it is placed in a corner and kicked in bounds by a player from the offensive team.

**Cushioning:** Moving your foot, chest or thigh back with the direction of the ball to slow it down when trapping (receiving).

**Defense:** The team without the ball that is trying to keep the other team from scoring a goal.

**Defensive players:** Players on the team without the ball.

**Direct kick:** A free kick aimed directly at the goal to try to score.

**Distribution:** When a goalkeeper sends the ball to his or her teammates, starting them back on offense.

**Dribbling:** Controlling and moving the ball with your feet as you run.

**Dropkick:** A way for a goalkeeper to get the ball to a teammate in which the goalie drops the ball and kicks it right after it touches the ground. A dropkick will usually travel closer to the ground than a punt and catch less wind.

**Foul:** Running into, pushing, tripping, or kicking another player.

**Free kick:** When another player fouls you or touches the ball with his or her hands, you get to kick without another player guarding you (see also direct kick and indirect kick).

**Goal kick:** The defensive team gets to take a kick from inside the goal area when the offensive team kicks the ball past an end line on the field.

**Hot defense:** On defense, constantly pressuring the other team, trying to take the ball away.

**Indirect kick:** When you take this free kick, another player (either a teammate or an opponent) must touch the ball before anyone can score a goal.

**Marking:** On defense, staying close to or guarding a player from the other team.

**Offense:** The team with the ball.

**Offensive players:** Players on the team that has the ball.

**Offside:** When the ball is passed to an offensive player near the goal and there are not at least two defenders, including the goalie, between the offensive player and the goal.

**Penalty kick:** A free shot taken from the 12 foot line at the goal by an offensive player with only the goalkeeper defending against the shot.

**Punt:** A way for a goalkeeper to get the ball to a teammate in which the goalie drops, then kicks the ball before it hits the ground.

**Tackling:** When you tightly mark an opponent, trying to win the ball.

**Toeing:** Incorrect way of kicking the ball with the front of your foot.

**Trapping:** How you receive or intercept a pass, also called receiving.

**Warm defense:** Trying to keep the other team from scoring (as in a cold defense) but also trying to take the ball from the other team (as in a hot defense). A warm defense puts less pressure on the ball than does a hot defense.

# Soccer Field Diagram

