



DAYAA

**Derry
Soccer**

Coaches Manual

COACHES' CODE OF CONDUCT

All DAYAA coaches are required to abide by the Code of Conduct.

I (coach) will place the emotional and physical well-being of the players ahead of a personal desire to win.

I (coach) will lead by example in demonstrating fair play and sportsmanship to all players.

I (coach) will respect all league supervisors, officials, and other coaches.

I (coach) will support my co-coaches, not complaining about them to parents, players, in front of the team; upholding them for the betterment of the team and league.

I (coach) will treat each player as an individual, remembering the appropriate range of the player's emotional and physical development.

I (coach) will do my best to provide a safe playing situation for players.

I (coach) will promise to review and be familiar with DAYAA league policies & rules

I (coach) will do my best to organize practices that are fun and challenging for all players.

I (coach) will provide a sports environment for the team that is free of drugs, tobacco, and alcohol.

I (coach) will be knowledgeable in the rules of the sport, and will patiently teach these rules to the players.

ASSET-BUILDING IDEAS for Coaches

Coaches teach young people not only the rules and strategy of games but important lessons about life as well. You can help young people develop confidence and self-esteem, help them learn to resolve conflicts peacefully, teach them ways to take care of their health and well-being, and help them develop skills for communicating with others. Here are a few ways coaches can be asset builders:

- Learn the names of all the players on your team and call them by name. Make a point to talk at least once with each player each time you practice or play.
- Create and maintain a positive atmosphere. Two top reasons young people participate in sports are to have fun and to spend time with their friends. Winning is not one of their top reasons.
- Focus on helping players get better, not be the best. It will reduce players' fear of failure and give them permission to try new things and stretch their skills (asset #16: high expectations.)
- Know that highly competitive sports can often cause a great deal of stress for young people. The intense pressure that goes along with trying to be the best can sometimes lead to unhealthy outcomes such as substance abuse /or eating disorders. Be careful not to push young people too hard and learn about warning signs of possible problems.
- Care about your athletes' lives outside of the sport and show them that they are valuable people as well as team members.
- Adapt your teaching style and language to the players' age level. Young children do not always know sport terms. Use words and concepts they understand. On the other hand, older youth may be more successful when they understand the big picture of what they are trying to accomplish as well as the specific skills or strategies needed.
- Set goals both for individuals and for the team. Include young people in setting these goals.
- Catch kids doing things right. Be quick to praise a player's efforts. The best feedback is immediate and positive.
- Use the Sandwich Method of correcting a player's mistake. First praise, then constructively criticize, then praise again.
- Always preserve player's dignity. Sarcasm does not work well with young people. They may not always remember what you say, but they always remember how you said it.
- Insist that all team members treat one another with respect. Then model, monitor, and encourage respect. Have a zero-tolerance policy for teaching that hurts someone's feelings.
- Be specific about a code of conduct and expectations for athletes, parents, spectators, and team personnel.
- Encourage athletes to do well in school and to be motivated to achieve.
- Respect other activities and priorities in athletes' lives. Avoid conflicts with their other commitments and respect their need for time with their families.
- Find ways each child can participate, even if he or she is not particularly skilled in the sport.

"Factors Underlying Enjoyment of Youth Sport & Age Group Comparisons" by Leonard W. Wankel & Philip S. J. Kreisel
Journal of Sports Psychology, March 1985, 51-63

Skill Progression: Dribbling- Basic Techniques

Description:

Dribbling is used to move the ball about the field. It can be used either to move the ball past a defender or to maintain possession while looking for a passing opportunity. Good judgement about when to dribble and when to pass is important. Good dribbling is quite individualistic and can involve the inside, outside, instep, and sole of the foot. Good dribbling techniques require many “touches” of the ball and is often developed at home in the backyard. Encourage your team to play at home.

Method:

Dribbling with the *Outside of the Foot*



Look up and around while pushing the ball with the inside of the foot, toes pointed up.

Contact the ball midway between the big toe and the heel. Keep it close to the foot.

Dribbling with the *Inside of the Foot*



Look up and around while pushing the ball with the outside of the foot, toes pointed up.

Do not let the ball get more than 1 or 2 feet ahead of the dribbling foot.

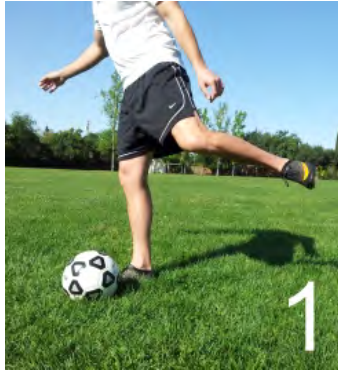
Skill Progression Dribbling (All using BOTH FEET, from the start)

- | | | | | |
|--|----|----|-----|-----|
| 1. Regularly pursue own kicked ball | U6 | U9 | U12 | U18 |
| 2. Keep ball in front while moving slowly | U6 | U9 | U12 | U18 |
| 3. Keep ball in front and within a few feet while moving slowly | U6 | U9 | U12 | U18 |
| 4. Keep ball in front and within a few feet while moving rapidly | | U9 | U12 | U18 |
| 5. Be able to change direction quickly while retaining control | | U9 | U12 | U18 |
| 6. Be able to change speed quickly while retaining control | | U9 | U12 | U18 |
| 7. Shield ball from opponent while dribbling past | | | U12 | U18 |
| 8. Anticipate defender's move, dribble past in response | | | U12 | U18 |
| 9. Feint to draw defender, dribble in opposite direction | | | U12 | U18 |
| 10. Feint to draw defender, dribble or pass as appropriate | | | U12 | U18 |
| 11. Dribble with all sides of both feet (inside, outside, sole) | | | | U18 |
| 12. Dribble out of trouble | | | | U18 |
| 13. Dribble past someone | | | | U18 |
| 14. Changes of direction and turns | | | | U18 |

Skill Progression: Passing - (A) INSIDE of FOOT PASS

Description: This is the basic method used for a short, well-controlled pass along the ground to a nearby teammate. Mastering it involves accuracy of angle, height (low, along the ground), and force, so that the receiver can collect the ball easily. It is important to pass ahead (lead) of the person receiving the ball so they can “run into” the pass. At higher experience levels, anticipation of the receiver’s position is also important.

Method: Different Views of same Pass



1. Plant non-kicking foot beside ball pointed in direction you want ball to go. Bring the kicking foot back. Keep your eyes on the ball.



2. Lock the ankle of the kicking foot and point the toes up toward the knee.



3. Turn the kicking foot sideways and strike the ball with the inside of the foot, between the big toe and the heel.



4. As the kick is completed keep the ankle rigid & keep the kicking leg following through toward the target.



Foot pointed in direction you want ball to go.



Skill Progression Passing: Inside of Foot

(All using BOTH FEET, from the start)

1. Position balance foot correctly beside ball	U6	U9	U12	U18
2. Kick ball with correct part of foot (inside, not instep, or outside)	U6	U9	U12	U18
3. Make contact at correct height, so that ball rolls along ground	U6	U9	U12	U18
4. Kick ball in desired direction	U6	U9	U12	U18
5. Kick ball with desired force, so ball reaches target		U9	U12	U18
6. Kick ball toward open space		U9	U12	U18
7. Kick ball through defensive gap			U12	U18
8. Kick ball through defensive gap toward open space			U12	U18
9. Kick ball toward open space in adjacent lane			U12	U18
10. Pass ball through defensive gap to teammate in adjacent lane			U12	U18
11. Pass ball to anticipated position of teammate				U18
12. Create defensive gap, then pass through it				U18

U# Most should have mastered

U# Most should be working on

No# A few may be working on

Skill Progression: Passing - (B) OUTSIDE of FOOT PASS

Description:

Like the Inside-of-Foot Pass the Outside-of-Foot Pass is used for a short, well-controlled passes, along the ground to a nearby teammate. Mastering it involves accuracy of angle, height (low, along the ground), and force. This pass lends itself more easily to passing while feinting (body going in one direction, kicking ball with outside of foot in opposite direction), since the ball can be more easily be directed away from the body's line of movement.

It is important to pass ahead (lead) of the person receiving the ball so they can "run into" the pass. At higher experience levels, anticipation of the receiver's position is also important.)

Method:



Do not kick ball with toe.



Put the balance foot ahead and away from the ball so there is room to swing the kicking foot.



Point the toes of the kicking foot down and hold the ankle firm. Kick with the Outside of the Foot through the center of the ball.



Keep your eyes on the ball and follow through with the kicking foot.

Skill Progression: Passing Outside of Foot

(All using BOTH FEET, from the start)

- | | | | | |
|---|----|----|-----|-----|
| 1. Position balance foot correctly with respect to the ball | U6 | U9 | U12 | U18 |
| 2. Kick ball with correct part of foot (outside, not instep, or inside) | U6 | U9 | U12 | U18 |
| 3. Make contact at correct height, so that ball rolls along ground | U6 | U9 | U12 | U18 |
| 4. Kick ball in desired direction | | U9 | U12 | U18 |
| 5. Kick ball with desired force, so ball reaches target | | U9 | U12 | U18 |
| 6. Kick ball toward open space | | U9 | U12 | U18 |
| 7. Kick ball through defensive gap | | | U12 | U18 |
| 8. Kick ball through defensive gap toward open space | | | U12 | U18 |
| 9. Kick ball toward open space in adjacent lane | | | U12 | U18 |
| 10. Pass ball through defensive gap to teammate in adjacent lane | | | | U18 |
| 11. Pass ball to <u>anticipated</u> position of teammate | | | | U18 |
| 12. Feint to create defensive gap, then pass through it | | | | U18 |

U#

Most should have mastered

U#

Most should be working on

No#

A few may be working on

Skill Progression:

Throw-Ins

Description:

Throw-Ins are used to restart play without delay, after the ball crosses the touchline (sideline). The players do not have to wait for the other team to be ready or for a referee to tell them to throw the ball in. After the referee designates which team is to throw the ball in the player may then immediately throw the ball in.

(Note: This only Applies to U18,There is no Offsides on any Throw-In).

The ball must be thrown directly behind the head, using both hands equally, and both feet must be outside the touchline, and touching the ground as the ball is thrown. Quick, strong throw-ins can be an effective offensive tool.

Method:

The ball must be thrown with both hands from behind the player's head; part of both feet must be on the ground. Two types of Throw-ins are the 1. Quick (Basic) Throw-In and 2. Long Throw-In; Which is a powerful (long-distance) throw-in, achieved by bending the upper body back as far as possible with knees bent, then swinging forward.

WHEN THE BALL goes off the pitch, or the referee stops the match, the ball must be brought back into play. It is most important that you learn the appropriate rules, and use each dead ball situation to your full advantage. It is a good idea for your team to have a variety of pre-planned moves for when corners, free kicks, and throw-ins are taken. Practise such moves so that on the match day they are second nature to you.

Long throw-in

- 1 If the opposing team kick the ball over the touchline you will be awarded a throw-in. Take the throw from the point where the ball crossed the line. The ball must be thrown from behind your head with both hands. Take a run up to the touchline just before you throw. This will give you power to throw the ball a long way.

Long Throw-In

- 1 Spread your fingers wide around the ball.
- 2 Take the ball back behind your head as far as you can. Arch your back and bend your leading leg.
- 3 Bring your weight on to your leading leg and whip your body forwards as you throw the ball. Bend your body from your waist using your whole body to add power to the throw - your back and shoulders as well as your arms.
- 4 As you release the ball, use your arms and fingers to guide it in the right direction. After you have completed the throw, remember to get straight back into the action of the match.

Hold the ball above your head as you run, then take it further back just before you throw.

Throw the ball so that your targeted team-mate will not have to check his stride.

The follow-through will help you reach your desired target.

Make sure that your front foot is on, or behind the touchline.

Quick (Basic) Throw-In

- 1 You can surprise the opposition by taking a quick throw-in. It is advisable for the player nearest to the ball to take the throw-in. Stand on, or behind the touchline.
- 2 Even though you need to throw the ball as quickly as possible you must remember to take the ball back behind your head and hold it with both of your hands.
- 3 Throw the ball so that a team-mate can gain instant control. If all your team-mates are marked, throw the ball to a player who can pass it back to you as soon as you run on to the pitch again.

Skill Progression: Throw-Ins

- | | | | |
|---|----|-----|-----|
| 1. Throw ball from directly behind head, with both hands | U9 | U12 | U18 |
| 2. With feet together, keep feet on ground while throwing | U9 | U12 | U18 |
| 3. Throw ball in direction of teammate | U9 | U12 | U18 |
| 4. Throw ball to teammates feet, for easy control | U9 | U12 | U18 |
| 5. Quickly select most open teammate and throw to him/her | U9 | U12 | U18 |
| 6. Retrieve ball and throw in quickly (no referee signal needed) | U9 | U12 | U18 |
| 7. With feet staggered, shift weight for longer throw | | U12 | U18 |
| 8. For more force, use running start, drag rear foot during throw | | U12 | U18 |
| 9. Throw in using prearranged receiver movements, feints | | | U18 |

Note: There are no Throw-Ins in DAYAA U6 Soccer

U# Most should have mastered	U# Most should be working on	No# A few may be working on
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Skill Progression: Goalkeeping: Basic Skills

Description:

Unlike other players, the goalkeeper may use his/her hands (within the penalty area) and must do so to be effective. The goalkeeper is not only the last line of defense, but also the first line of attack. After a save, the Goalkeeper must distribute the ball effectively to start the counter-attack. The Goakeeper must also communicate with his/her teammates as to “calling for the ball” and for positions during Corner and Goal Kicks.

Method:



In saving ground balls, the hands are used like a big shovel. To scoop up the ball, the goalie may kneel on one knee (never Both), with no gap between knee and ankle, or he may keep his legs straight and close together and bend from the waist.

Goalie Ready Position
Knees Bent, Body Square to the Ball, Hands and Arms Ready (Not Dangling), On Balls of Feet NOT on heels or flat footed, Body in Motion, Constantly Adjusting Position in relation to Ball, Moving Toward Ball and shortening angle of shot and attacking in final approach.



When the ball is higher than the goalie's chest, the fingers should point upward, with palms facing the ball.

In both cases, goalie should catch ball & bring it quickly to their chest.



When the ball is lower than the goalie's chest, fingers point downward.



Catch a ball in 'W' when the ball is at your chest height or higher.

1. Thumbs together so your hand looks like a 'W'.
2. Tuck your elbows in and have them bent in rough 60 degree angles..
3. Curve your fingers so it they curve around the shape of the ball.
4. Lock wrists
5. When the ball enters you hand, et your elbows bend as shock absorbers.

Skill Progression: Goalkeeping

1. Accept Goalkeeper assignment cheerfully	U9	U12	U18
2. Remain Alert (facing play, not sitting, not hanging from goal)	U9	U12	U18
3. Use <u>hands</u> to stop and collect ball (not feet except in extremes)	U9	U12	U18
4. Roll collected ball <u>away</u> from danger zone, promptly	U9	U12	U18
5. Roll collected ball reliably to teammates	U9	U12	U18
6. Reduce shooting angel by moving out toward attacker	U9	U12	U18
7. Use overhand goalie throw to distribute collected ball	U9	U12	U18
8. Use punt to distribute collected ball downfield		U12	U18
9. Position hands and body correctly when collecting ball		U12	U18
10. Direct defensive teammates verbally as warranted		U12	U18
11. Dive to right or left as necessary to stop shot			U18
12. Punch dangerous high balls away from goal			U18
13. Appropriately leave area to beat attacker to loose ball			U18

Note: There are no Goalkeepers in DAYAA U6 Soccer

U# Most should have mastered

U# Most should be working on

No# A few may be working on

- Following are the Laws of the Game with some Explanation and Diagrams (ie. Offsides, Goal Kicks, Corner Kicks, Indirect Kicks, Direct Kicks, etc.)
- For the purposes of DAYAA Derry Soccer, U6, U9, and U12 have amended Laws and they are found on the last pages of this Handbook. Coaches of U6, U9, and U12 are to refer to them, but are encouraged to review Laws 11 - 17 here.
- Laws 1-10 of Soccer below are very basic and can be skimmed over, but the Explanation & Diagrams starting with Laws 11 - 17 are very informative and helpful.

Laws of the Game

IFAB the International Football Association Board currently acknowledges 17 laws of soccer that are the standard for any professional or international match played. FIFA's most recently published rule book is 140 pages long. This is a 3 page official condensed version. They are as follows: (DAYAA has added the Explanations and Diagrams)

Law 1: The Field of Play

Soccer can be played on either grass or artificial turf, but the surface must be green in color. The field must be rectangular in shape, and distinctly marked by two short goal lines and two long-touch lines. The field is divided into halves, separated by the halfway line, which runs from the midpoints of each touchline. At the midpoint of the halfway line is a marked center point surrounded by a lined center circle with a radius of 10 yards. Opposing players are not allowed to enter this circle during the possessing team's kick-off. The length of the touch line must be greater than the length of the goal line.

Regulation lengths are:

- Touch line: Minimum 90 meters (100 yards), maximum 120 meters (130 yards)
- Width (goal line): Minimum 45 m (50 yds), maximum 90 m (100 yds).
- At each end of the field is an eight-yard-wide goal centered along the goal line.
- Six yards from each goal post along the goal line and six yards out into the field (perpendicular to the goal line) is the goal box.
- Extending 18 yards from each goal post along the goal line and 18 yards out into the field (perpendicular to the goal line) is the penalty box.
- In each of the four corners of the field is a five-foot-high corner flag.

Law 2: The Ball

A soccer ball must be spherical in shape and made of leather or another comparable medium. Its circumference must be in the range of 27 to 28 inches. This rule is only applicable for official sanctioned matches, as youth leagues often employ the use of a smaller ball that is better suited to children.

Law 3: The Number of Players

Matches are generally played by two teams of 11 to a side. The goalkeeper is included in the 11-player total. If a team cannot field at least seven players at match time, the game is a forfeit. Teams of fewer than 11 a side can often be seen in youth leagues where smaller teams are used as a developmental tool. FIFA-sanctioned matches are generally limited to three substitutions per match, with the exception of friendly matches.

Most youth leagues allow an unlimited number of substitutions, which must also be listed on the game card prior to the beginning of the match, otherwise those players are ineligible. Substitutions may only enter at the halfway line, upon the referee's approval, and after the player being subbed out has left the pitch. The goalkeeper may be substituted with anyone on the pitch or any eligible substitute on the bench during a game stoppage.

Law 4: The Players' Equipment

All players are required to wear a jersey, shorts, shin guards, socks and cleats. The socks must cover the shin guards entirely. If the referee deems a player's equipment unsatisfactory, the player can be sent off until the issue is remedied.

Law 5: The Referee

The referee is the authority on the field, & his word is law. If you question a referee's decision, you can be disciplined further simply for dissent.

Law 6: The Assistant Referees

The assistant referees are primarily responsible for assisting the referee in performing his duties – this includes signaling with a flag when a ball goes out of play, when a player is fouled, or when a player is in an offside position.

Law 7: The Duration of the Match

A soccer match is comprised of two 45-minute halves, with extra time added for each at the referee's discretion. The halves are separated by a half-time period not to exceed 15 minutes. The extra time generally corresponds with the referee's determination of how much time was taken up due to substitutions and injuries. The amount of extra time is announced and displayed at the half line at the end of each 45-minute period. Although soccer does have an allotted time limit, it is ultimately up to the referee's as to when to end a match.

Law 8: The Start and Restart of Play

Kick-off is generally determined by a coin toss, whereby the winning team can either choose to start with the ball or choose which goal they would like to attack. The losing team is then afforded whatever choice the winner does not elect to take. Kick-off occurs at the start of each half, and after each goal scored, and is taken at the center of the halfway line. If a team scores a goal, the opposing team is given the kick-off to restart the match.

Law 9: The Ball In and Out of Play

The ball is out of play when it fully crosses either the goal line or the touch line. It is also out of play if the referee stops play for any reason. If, for any reason, the ball strikes the frame of the goal or the referee and remains within the goal and touch lines, it is still in play.

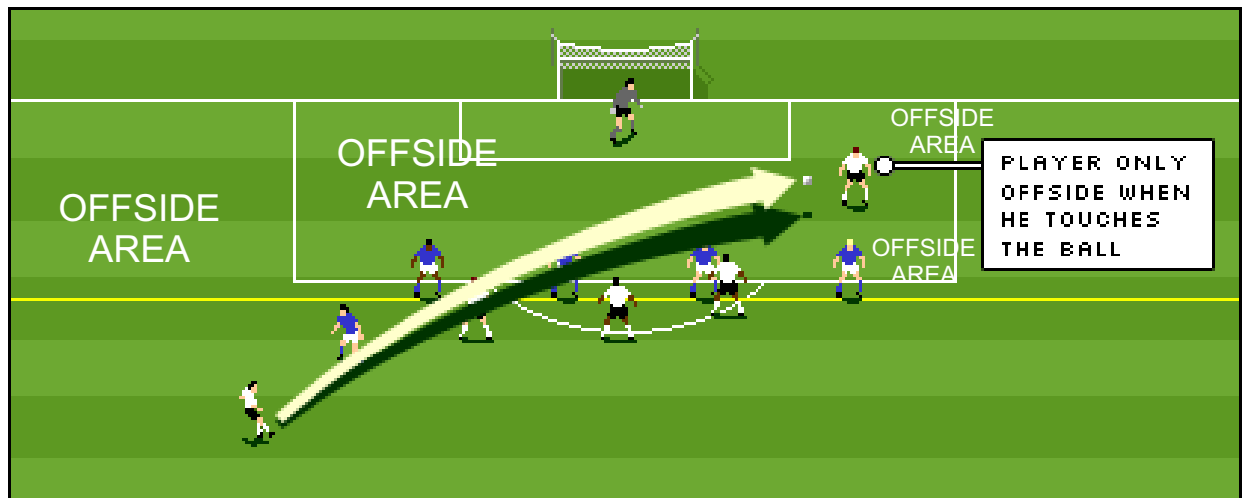
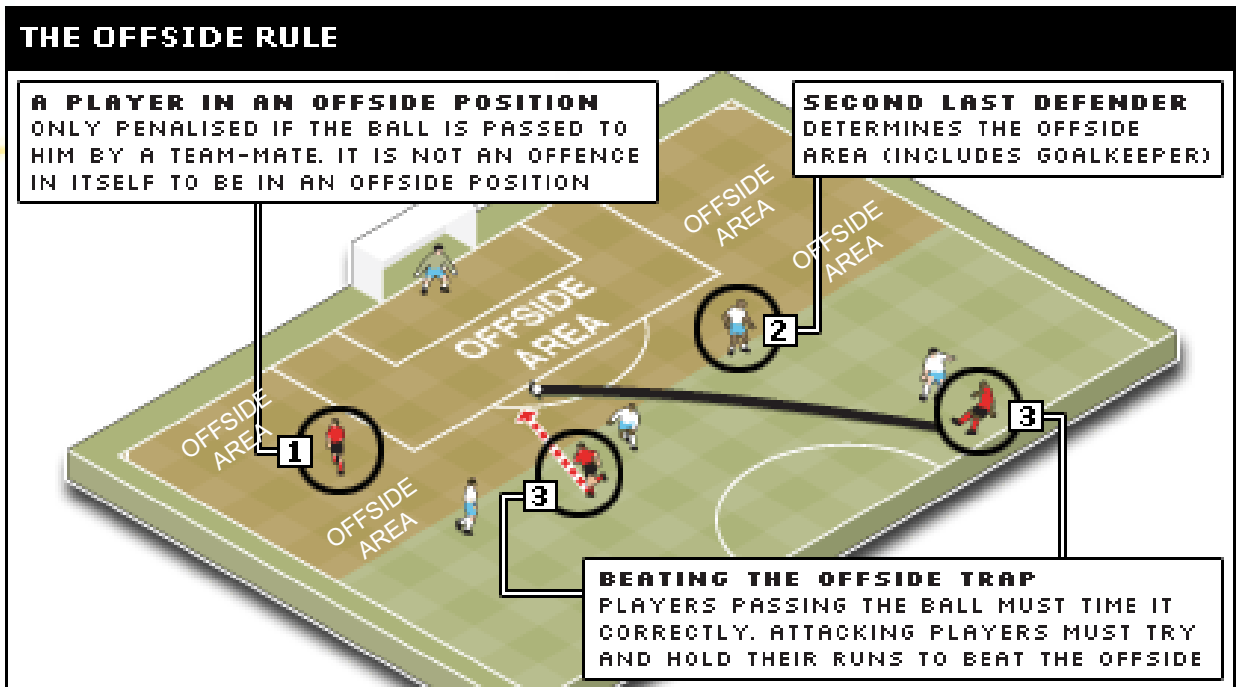
Law 10: The Method of Scoring

A goal is scored when the entire ball has crossed the goal line within the frame of the goal. At the end of the match, the team with the most goals is the winner, barring the circumstantial necessity for extra time.



Law 11: Offside (Offside only applies to U12 and U18 in DAYAA Derry Soccer)

When an attacking player receives the ball while on his opponents half, he must be level or behind the second to last defender (the last typically being the goalkeeper). However, this rule only applies if he is involved with the play.



Offence

A player in an offside position is only penalized if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee.

1. Involved in active play receiving ball
2. Interfering with play
3. Interfering with an opponent
4. Gaining an advantage by being in that position.

No Offence

There is NO offside offence if a player receives the ball directly from:

1. A goal kick
2. A throw-in
3. A corner kick

Infringements/Sanctions

For any offside offence, the referee awards an **Indirect Free Kick** (Definition next page and Law 13) to the opposing team to be taken from the place where the infringement occurred.

Law 12: Fouls and Misconduct

A direct free kick is awarded when a player:

- Kicks or attempts to kick an opponent
- Trips or attempts to trip an opponent
- Jumps at an opponent
- Charges an opponent
- Strikes or attempts to strike an opponent
- Pushes an opponent
- Tackles an opponent
- Holds an opponent
- Spits at an opponent
- Handles the ball deliberately

If any of these are fouls are committed by a player in their team's penalty area, the opposing team is awarded a penalty kick. Indirect free kicks are awarded if a player:

- Plays in a dangerous manner
- Impedes the progress of an opponent
- Prevents the goalkeeper from releasing the ball from his/her hands
- Commits any other unmentioned offense

Important Terms

Direct Kick: A kick awarded to a player after being fouled by the opposition. The player kicks a stationary ball, with opposing players forced to stand 10 yards away from him. Unlike an indirect free kick, a goal may be scored directly against the opposing side without the ball having first touched another player.

Indirect Kick: A free kick from which a goal cannot be directly scored. Another player from his/her team must touch it first before the ball can be shot at the goal. Indirect free kicks are awarded for less serious fouls.

Indirect free kicks can be awarded when a player commits a foul other than a penalty foul (e.g. dangerous play). They can be awarded for a player touching the ball for a second time after a restart, or a goalkeeper touching the ball with his hands when a teammate has deliberately passed it back to him. An offence punishable by an indirect free kick that takes place in the area does not result in a penalty kick, rather it continues to be taken as an indirect free kick. *Also see Law 13*

We do not issue yellow or red cards in DAYAA Derry Soccer, however if a player is threatening the safety of any other player or behaving in a manner that is offensive the coach at his/her discretion may ask the player to come out of the game.

Yellow cards are awarded as a caution or warning to a player and can be issued for the following offenses:

- Unsporting behavior - Dissent by word or action Persistent infringement of the Laws of the Game
- Delaying the restart of play - Failure to respect required distance when play is restarted with a corner kick, free kick, or throw-in
- Entering or re-entering field of play w/o referee's permission - Deliberately leaving field of play w/o referee's permission

Red cards are used to send a player off the field, and can be issued for the following offenses:

- Serious foul play - Violent conduct - Spitting at an opponent or any other person
- Denying opposing team a goal or an obvious goal-scoring opportunity by deliberately handling ball (the goalkeeper being an exception)
- Denying an obvious goal-scoring opportunity to an opponent moving towards player's goal by an offense punishable by a free kick or a penalty kick
- Using offensive or abusive language and/or gestures - Receiving a second caution (yellow card) in the same match

Law 13: Free Kicks

Free Kick is broken into two categories, direct and indirect. A direct kick can be shot directly into the opponent's goal without touching another player. An indirect free kick is indicated by the referee raising his hand during the kick. An indirect kick can only go into the goal if it has subsequently been touched by another player before it enters the goal. The ball must be stationary for both types of kicks. (See previous page for expanded definition of Direct and Indirect Kick)

Law 14: The Penalty Kick

A penalty kick is awarded either when a defensive player fouls an attacking player or commits a handball in his/her team's penalty area. The penalty kick is placed at the penalty spot, and all players on both teams must remain outside the penalty box during the shot. They may enter the box immediately after the shot is taken. The goalkeeper may move horizontally along the goal line before the shot is taken, but he may not come off the line until the ball is struck.



Law 15: The Throw-In

A throw-in is awarded when the possessing team plays the ball out of bounds over the touchline. While taking a throw-in, a player must release the ball with both hands simultaneously and keep both feet firmly planted on the ground. If these conditions are not met, play is stopped and the throw-in is given to the opposing team. Players are not allowed to score directly off a throw-in. (See [Throw-In Skill Progression for Instructions](#))

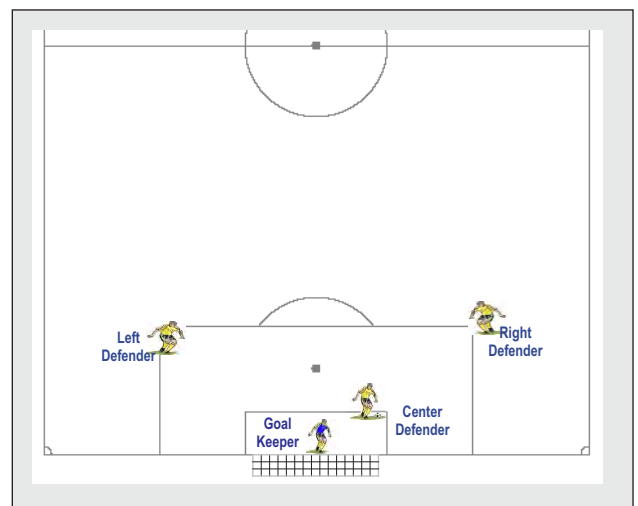
Law 16: The Goal Kick

A goal kick is awarded when the offensive team plays the ball out of bounds over the defensive team's goal line. After the ball is out of play, the defender or goalkeeper may place the ball anywhere within the six-yard goal box and kick the ball back into play.

The Defenders are to guard the Goal on Goal Kicks NOT be out there to receive the ball. The Diagram shows where the Defenders are to typically line up on Goal Kicks.

On a Goal Kick the team is most vulnerable because the ball is going to be kicked back into play. Because of this you want someone who can kick as wide & far as possible to do the Goal Kick.

The Midfielders and Offense stand to receive to kick appropriate to the skill level of the Goal Kicker. [In U9/U12 there will be 1 less defender. This diagram does not show the offensive set-up.]

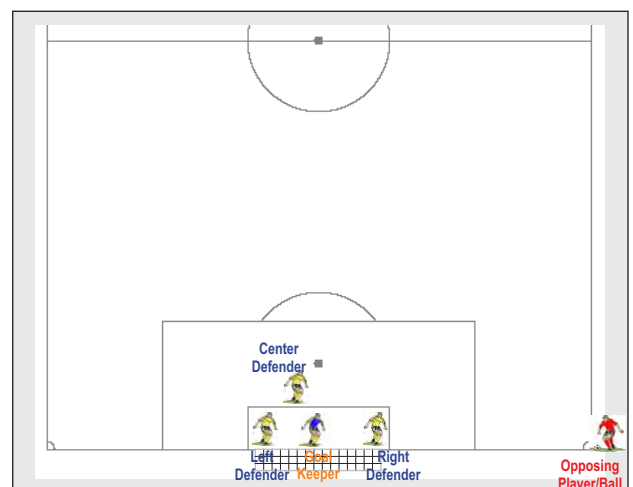


Law 17: The Corner Kick

A corner kick is awarded to the offensive team when the defensive team plays the ball out of bounds over its goal line. The ball is placed within the corner area and is kicked back into play by the offensive team. Players can score directly off a corner kick.

This is where the Defense is to typically line up on Corner Kicks. [In U9/U12 there will be 1 less defender.] This diagram does not show the offensive set-up. Midfielders are to Mark-Up "Cover" the other team's players on the goal side.

Typically. Midfielders are in Penalty Box protecting their Goal as well. Midfielders and other team players not shown as they could be almost anywhere near the goal. In U9/U12 there will be 1 less defender.



Defense Principals & Orientations for all Ages

The 2 Most Common Errors When Setting Up Defense

Error #1
Don't be SQUARE

If the Defenders are Square, i.e. straight across from one another, then if the Right Defender is beat for example, the Center Defender and Left Defender have further to run to catch the Opposing Player with the ball. It becomes a "foot race."

Error #2
Don't Get Stuck in a Box!

While it is tempting for us to use the clearly marked Penalty Box as a Zone or "jail" for our Defenders it isn't meant for that purpose and does them a disservice later on. Defenders should attack player with ball as they come across the Halfway Line as long as they don't mix with their Midfielders (not shown). Younger players do need boundaries*, just not the Penalty Box. Look at ALL the field position given up if Defenders are stuck in a Penalty Box!

*Try using the low profile orange cones during practice to lay out zones by gridding the whole field, they'll get used to their general zones

Setting Up Defense - key is to be on Angle and Defender Rotate

Defenders act like an arrow on a compass with the Left or Right Defender being the tip of the arrow pointing toward the side the ball is on, (Figure 1) going back and forth. If the ball comes down center; Center Defender is the tip of the arrow & Left & Right defender are back (Figure 2) Communication is key between Defenders.

Defenders try get ball away or slow down an attack in order for the team to get back & help. If the Right Defender is beat the trailing Center Defender moves up and attacks and the beat Right Defender Rotates into the trailing supporting position. The beat defender does not chase the person with the ball but rotates into the support position. (Figure 1)

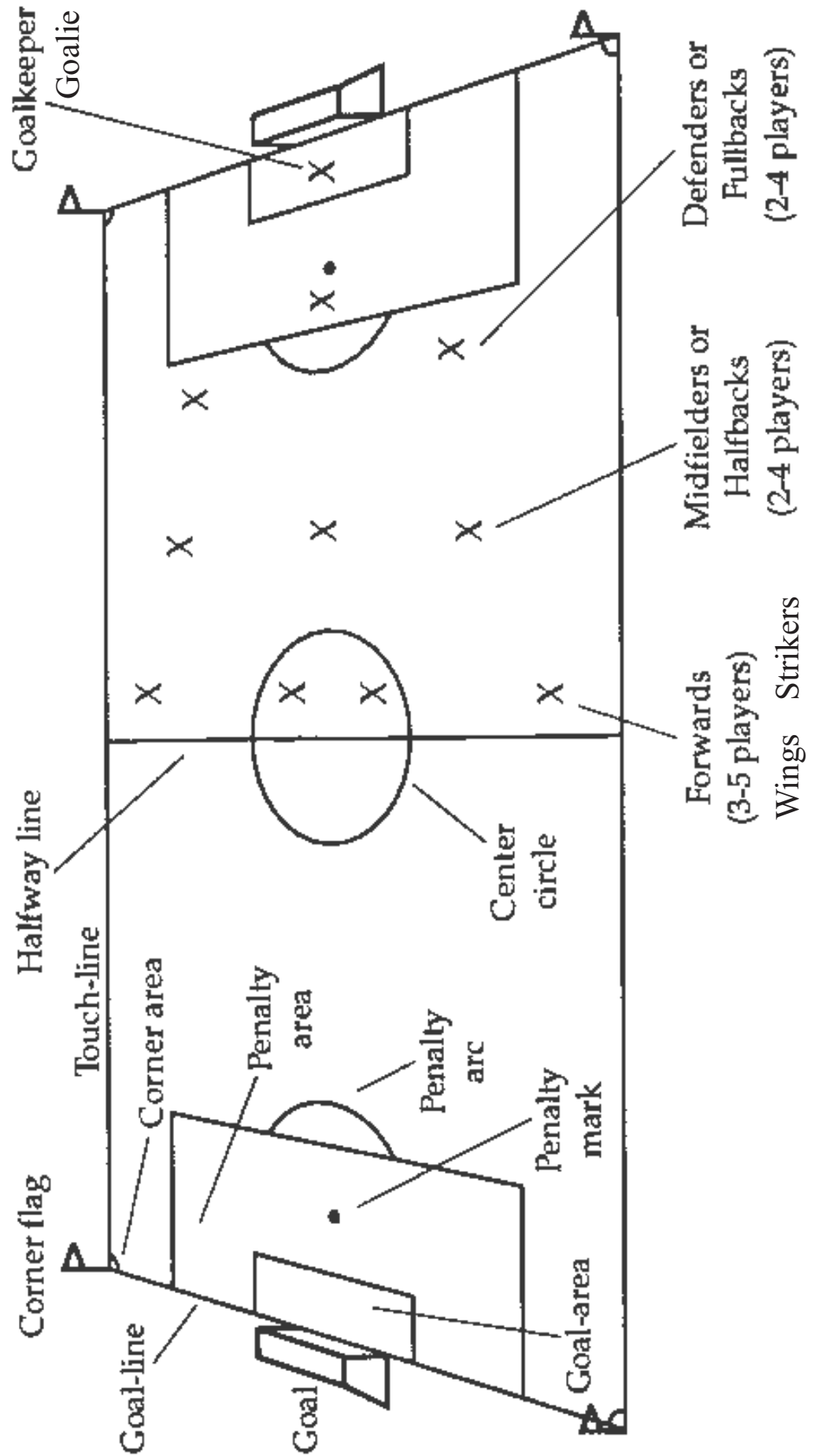
Defenders are allowed up to the Halfway Line but their position should be relative to their own teams Midfielders positions (not to mix with): 10 yards behind (Midfielders not shown).
 NOTE: U9/U12 Will have 1 less Defender. Still use Angle Attack and Defender Rotate

Figure 1

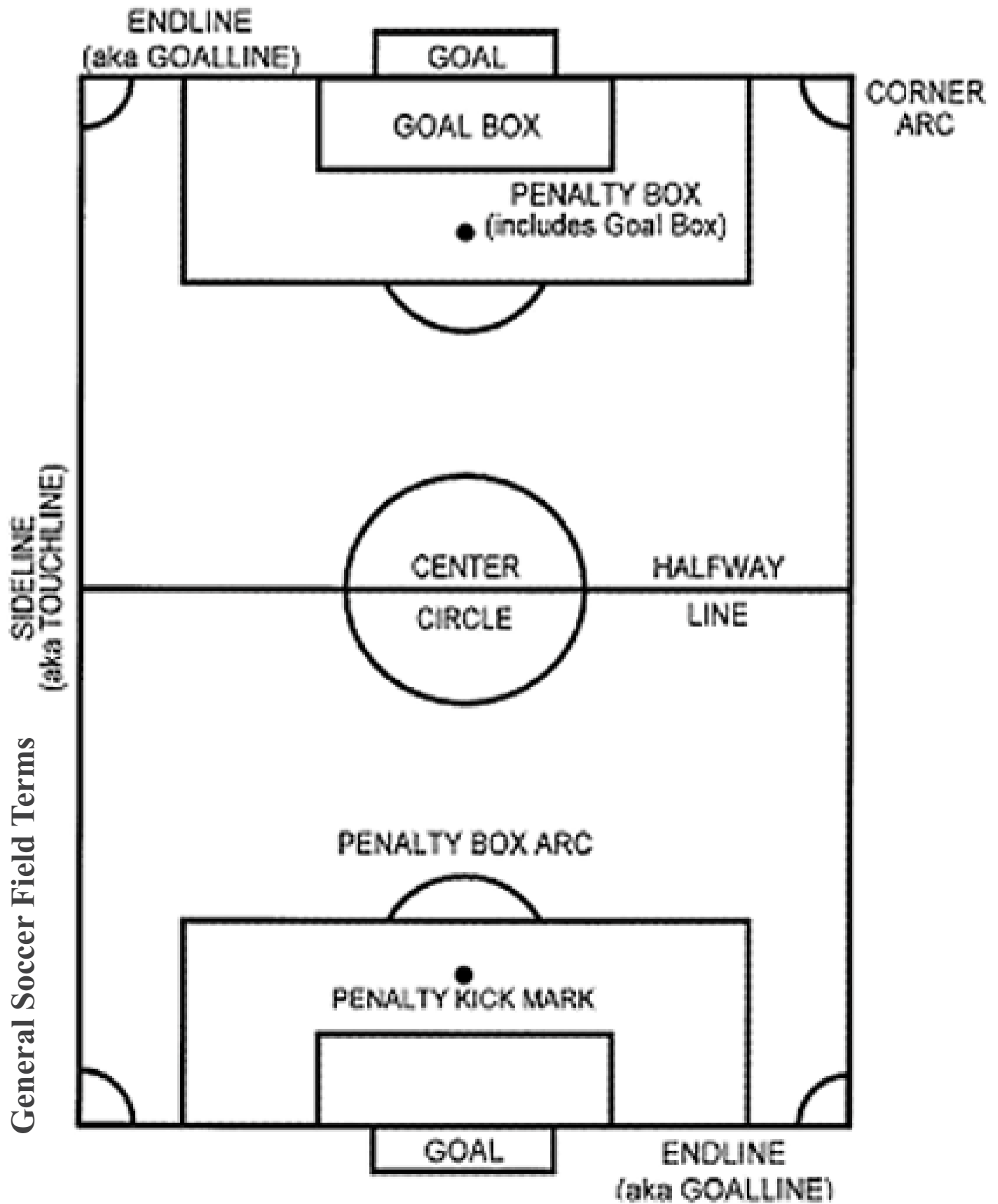
Figure 2

General Soccer Field Terms and Soccer Player Positions

General Soccer Field Terms and Soccer Player Positions



General Soccer Field Terms



DAYAA Soccer Official Under 6 Playing Recommendations

DAYAA Soccer recommended modifications to the FIFA Laws of the Game.

FIFA Laws of the Game can be found at www.ussoccer.com/referees.

Law 1 – The Field of Play:

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 20 yards maximum 30 yards

Width: minimum 15 yards maximum 25 yards

Field Markings: Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of four (4) yards is marked around it.

The Goal Area: None.

The Penalty Area: None.

Flagposts: None.

The Corner Arc: Conform to FIFA.

Goals: Goals must be placed on the center of each goal line. Any size goal is permitted for this age group.

Law 2 – The Ball: Size three (3).

Law 3 – The Number of Players: A match is played by two teams, each consisting of not more than three players. There are NO goalkeepers.

Substitutions: At any stoppage and unlimited.

Playing time: Each player SHALL play a minimum of 50% of the total playing time. Teams and games may be coed.

Law 4 – The Players Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5 – The Referee: A referee is not really needed for this age group. Instead a parent or a coach should supervise the game for safety sake. All rule infringements shall be briefly explained to the offending player. 'Do-overs' should be a regular occurrence allowed by the adult(s) supervising the U6 game. It is strongly recommended that the adult officiating the U6 game attend the Grade 9 referee course.

Law 6 – The Assistant Referees: None.

Law 7 – The Duration of the Match: Games will consist of two (2), twenty (20) minute halves with the time only stopping for goals and player injury

Law 8 – The Start and Restart of Play: Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least four (4) yards from the ball until it is in play.

Law 9 – The Ball In and Out of Play: Conform to FIFA.

Law 10 – The Method of Scoring: Conform to FIFA.

Law 11 – Offside: None.

Law 12 – Fouls and Misconduct: Conform to FIFA with the exception that all fouls shall result in a direct free kick. The referee/coach/parent must explain ALL infringements to the offending player. No cards shown for misconduct.

Law 13 – Free Kicks: Conform to FIFA with the exceptions that all free kicks are direct and opponents are at least four (4) yards from the ball until it is in play.

Law 14 – The Penalty Kick: None.

Law 15 – The Kick-In: A kick-in is considered as a direct free kick with the opponents four (4) yards from the ball until it is in play. A kick-in is in place of a throw-in.

Law 16 – The Goal Kick: The goal kick should be taken within 2-3 yards of the goal line anywhere across the width of the field of play at the nearest point from where the ball was retrieved. Opposing players must be four (4) yards away from the ball until it is in play.

Law 17 – The Corner Kick: Conform to FIFA with the exception that opponents remain at least four (4) yards from the ball until it is in play.

DAYAA Soccer Official Under 9 Playing Recommendations

DAYAA Soccer recommended modifications to the FIFA Laws of the Game.

FIFA Laws of the Game can be found at www.ussoccer.com/referees

Law 1 – The Field of Play

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 40 yards maximum 50 yards

Width: minimum 30 yards maximum 35 yards

Field Markings: Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of four (4) yards is marked around it.

The Goal area: Conform to FIFA. Flagposts: Conform to FIFA.

The Corner Arc: Conform to FIFA.

Goals: Conform to FIFA with exception that the maximum distance between the posts is nine (9) feet and the maximum distance from the lower edge of the crossbar to the ground is five (5) feet.

Law 2 – The Ball: Size four (4).

Law 3 – The Number of Players: A match is played by two teams, each consisting of not more than six (6) players. A match may not start if either team consists of fewer than six (6) players.

Substitutions: At any stoppage and are unlimited. Teams with less than 6 players on game day must forfeit or reschedule – coaches discretion.

Law 4 – The Players Equipment: Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams (uniform top on outside of clothing).

Law 5 – The Referee: Game coaches are also referees. Any disputes in rules will be settled by Division Coach or designated individual.

Law 7 – The Duration of the Match: Conform to FIFA with the exception of matches are played in two 20 minute halves with at least a 2 minute half time. Teams will switch sides each half. Time will only stop on goals and injuries, however the time keeper may reserve the right to stop the clock for prolonged game set up, assessment of injury, removal of injured players, substitutions, or for any other delayed game stoppage reason.

Law 8 – The Start and Restart of Play: The ball will be placed on center line. Ball must be kicked forward. Kicker must no touch ball again until touched by another person. Direct kick will be called from point of infraction.

Law 9 – The Ball In and Out of Play: Conform to FIFA.

Law 10 – The Method of Scoring: Goal may not be scored from center line kick. Goal cannot be scored directly from a throw-in. Direct kick directly into opponent's goal will be awarded a goal. Direct kick directly into teams own goal will also result in a goal for the opposing team.

Law 11 – Offside: All defending players are permitted over center line during play. This is up to the discretion of each individual team coach on their individual offense and defense philosophies. Offensive players are not permitted to surge opponent's goal area (i.e. crashing the net or the goal box area).

Law 12 – Fouls and Misconduct: Players spitting at another person, using offensive language, tackling another player, will be sent off. No slide kicks or slide tackles will be permitted. Also, foul language or actions will not be tolerated by any coach, player or parent. All occurrences should be brought to the attention of your division coach and will be dealt with according to DAYAA-Derry Soccer By-Laws

Law 13 – Direct Kicks: Hand balls, slide tackling or flagrant infringements will result in direct kicks. Opponent must be no closer than four yards on all Direct kicks.

Law 14 – The Penalty Kick: Penalty Kicks will be enforced when; a Hand Ball situation or infringement taking place within the goal area will result in a direct kick to be placed on the penalty mark. All opposing players must be 8 yards from the penalty mark. A goal will be awarded if the ball passes the keeper.

Law 15 – The Throw-In: Ball will be placed in both hands, thrown from behind and over the head, with both feet behind the touch line and both feet must remain firmly on the ground. Opponents must stand no less than 2 yards from point of throw-in.

Law 16 – The Goal Kick: Will be taken from within the goal area (box) adjacent to the goal on the side the ball crossed out of bounds. All opponents must remain outside the goal area and at least 8 yards from the ball until it is put in play (once it leaves the goal area).

Law 17 – The Corner Kick: Placed inside the corner arc. The corner flag must not be moved. Opponents will remain 4 yards from corner arc until ball is in play.

Law 18 – Drop Ball – Drop Ball will only take place if there is a stoppage of play where there is no distinct advantage to either team possessing the ball. There is no limit to the amount of players positioned for a drop ball. If drop ball is in goal area, ball will be dropped on line parallel to goal line, nearest to play stoppage. Ball must touch ground first to start play.

Law 19 - All parents will be seated on opposite side of playing field from the player benches. Please make all efforts for this as it is difficult the way the U9 fields are set up.

DAYAA Soccer Official Under 12 Playing Recommendations

DAYAA Soccer recommended modifications to the FIFA Laws of the Game.

FIFA Laws of the Game can be found at www.ussoccer.com/referees.

Law 1 – The Field of Play

Dimensions: The field of play must be rectangular. The length of the touchline must be greater than the length of the goal line.

Length: minimum 70 yards maximum 80 yards

Width: minimum 45 yards maximum 55 yards

Field Markings: Distinctive lines not more than (5) inches wide. The field of play is divided into two halves by a halfway line. The center mark is indicated at the midpoint of the halfway line. A circle with a radius of eight (8) yards is marked around it. The Goal area: Conform to FIFA.

The Penalty Area: A penalty area is defined at each end of the field as follows: Two lines are drawn at right angles to the goal line, fourteen (14) yards from the inside of each goalpost. These lines extend into the field of play for a distance of fourteen (14) yards and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area a penalty mark is made ten (10) yards from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of eight (8) yards from each penalty mark is drawn outside the penalty area.

Flagposts: Conform to FIFA.

The Corner Arc: Conform to FIFA.

Goals: Conform to FIFA with exception that the maximum distance between the posts is eighteen (18) feet and the maximum distance from the lower edge of the crossbar to the ground is six (6) feet.

Law 2 – The Ball: Size four (4).

Law 3 – The Number of Players: A match is played by two teams, each consisting of not more than eight players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than seven players. Substitutions: At any stoppage and unlimited.

Law 4 – The Players Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Law 5 – The Referee: Registered referee.

Law 6 – The Assistant Referee: Use U.S.S.F. registered referees or club linesmen/women.

Law 7 – The Duration of the Match: Conform to FIFA with the exception of the match being divided into two (2) halves of thirty (30) minutes each. There shall be a half-time interval of five (5) minutes.

Law 8 – The Start and Restart of Play: Conform to FIFA with the exception that opponents of the team taking the kick-off are at least eight (8) yards from the ball until it is in play.

Law 9 – The Ball In and Out of Play: Conform to FIFA.

Law 10 – The Method of Scoring: Conform to FIFA.

Law 11 – Offside: Conform to FIFA.

Law 12 – Fouls and Misconduct: Conform to FIFA with the exception that an indirect free kick is awarded to the opposing team at the center spot on the halfway line if a goalkeeper punts or drop-kicks the ball in the air from his/her penalty area into the opponents penalty area.

Law 13 – Free Kicks: Conform to FIFA with the exception that the distance the defending players must be away from the ball is the same as the radius of the center circle.

Law 14 – The Penalty Kick: Conform to FIFA with the exceptions that the penalty mark is at ten yards and that players other than the kicker and defending goalkeeper are at least eight (8) yards from the penalty mark.

Law 15 – The Throw-In: Conform to FIFA.

Law 16 – The Goal Kick: Conform to FIFA.

Law 17 – The Corner Kick: Conform to FIFA with the exception that the distance the defending players must be away from the ball is the same as the radius of the center circle.