

# ***Poland Youth Soccer Association Coaches Manual***



## ***2025***

### **Contact Info**

E-mail: [pysa.poland@gmail.com](mailto:pysa.poland@gmail.com)

Website: [www.polandyouthsoccer.com](http://www.polandyouthsoccer.com)

Facebook: [www.facebook.com/polandyouthsoccer](https://www.facebook.com/polandyouthsoccer)

Twitter: [twitter.com/PolandYSA](https://twitter.com/PolandYSA)

# **Highlights**

## ***Heading Rules***

As per adoption of US Youth and Ohio North policies regarding heading, please see the rules below which PYSA implemented in the fall 2016 season.

- *U11 and below – No Heading allowed in practices or games.*
- *U12 and above – Heading allowed in games, limited in practices.*
  - *Maximum of 30 minutes, 15-20 headers per player per week*

*During games these rules will be enforced:*

- 1. The header must, in the opinion of the referee, be intentional*
- 2. The infraction itself is NOT a foul or misconduct*
- 3. Since it is NOT a foul, no penalty kicks can be awarded*
- 4. An INDIRECT free kick shall be awarded to the opponent*
- 5. Advantage should NOT be applied, as this is a safety issue*
- 6. There are no additional penalties for multiple infractions*
- 7. If a header takes place by a defender inside the goal area, the ball will be placed on the perimeter of the goal area for the indirect kick.*

## **Reminders**

**Coaches must complete background check with OYSAN & complete the concussion training.**

**No Earrings (or other jewelry)**

**Games can only be cancelled at the fields by the PYSA Trustees.**

**Check PYSA Laws of the Game section for the number of players on the field in your age group.**

**Some divisions will be co-ed, which is determined by player and/or coaching numbers.**

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# ***Mission Statement***

To develop and deliver a quality youth soccer program in the Poland Area which promotes a fun, family environment based on our philosophies:

1. Have Fun with Players
2. Everyone Plays
3. Balanced Teams
4. Positive Coaching
5. Good Sportsmanship

Prepared under the direction of and with the approval of the Trustees of the Poland Youth Soccer Association

## ***Important Dates***

Contact Team Members.....	Prior to July 31
Background Check Deadline.....	July 31
Start of Practice .....	August 1
Start of Season .....	August 23
Picture Day .....	September 6
End of Season .....	October 11
Annual Meeting .....	October 13
2026 Registration.....	May 1 <sup>st</sup> through June 15, 2026
Travel Team Tryouts.....	TBA in spring 2026

# ***Soccer Goal Safety***

To: All League Representatives and Coach's  
From: PYSA Trustees  
Date: August 20, 2024  
RE: Goal Safety Policy

It is the intention of the Poland Youth Soccer Association Trustees that goal safety be a priority. Therefore, the following policy is adopted.

1. The Poland Youth Soccer Association will require for all programs and every activity:
    - a. The coaches for each game or other responsible person will make a physical inspection of each goal prior to the game/activity to assure that goals are securely anchored accordance with CPSC guidelines/manufacturer's guidelines.
    - b. The coaches for the last game of the day will make sure the goals are safely stored in accordance with the CPSC guidelines/manufacturer's guidelines.
    - c. That all parents and guardians are told of the dangers of unsecured goals and the parents' responsibility to keep kids away from goals, and to secure goals if necessary.
    - d. Poland Youth Soccer Association Board Members will conduct random site surveys.
  2. To reach this end, all coaches can find a copy of the CPSC guidelines, and clear instructions as to how to make goals safe and secure on line at [www.oysan.org](http://www.oysan.org).
1. Coaches will remind their players, and discuss with the team's parents, the necessity of players and siblings not playing, climbing or moving the goals. It is deemed appropriate that players violating this rule may, at the coaches' discretion, sit out a half a game or entire game. Players consistently violating the rule can be subject to a disciplinary hearing of the Board.
  2. For non-club/league owned fields and/or goals, it is important to remind the owners of the fields and/or goals of safety requirements. This is in addition to the checking of goals as listed above.
  3. The President will have random site surveys done to certify compliance with this policy.
  4. The President of the Board will certify to OYSAN no later than November 1 of each year that a policy is in place and enforced.

From the OYSAN Policy: Risk Management Policy Excerpts:

*The Ohio Youth Soccer Association North shall require all member leagues to certify to the state association each year in November by the AGM that Goal Safety Policies have been implemented by the member organization. (Adopted 8/3/04)*

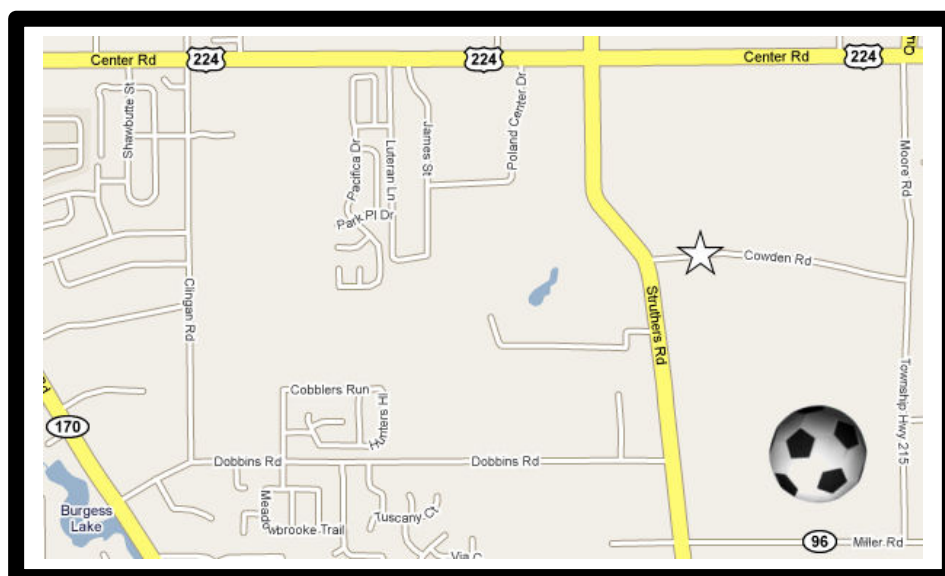
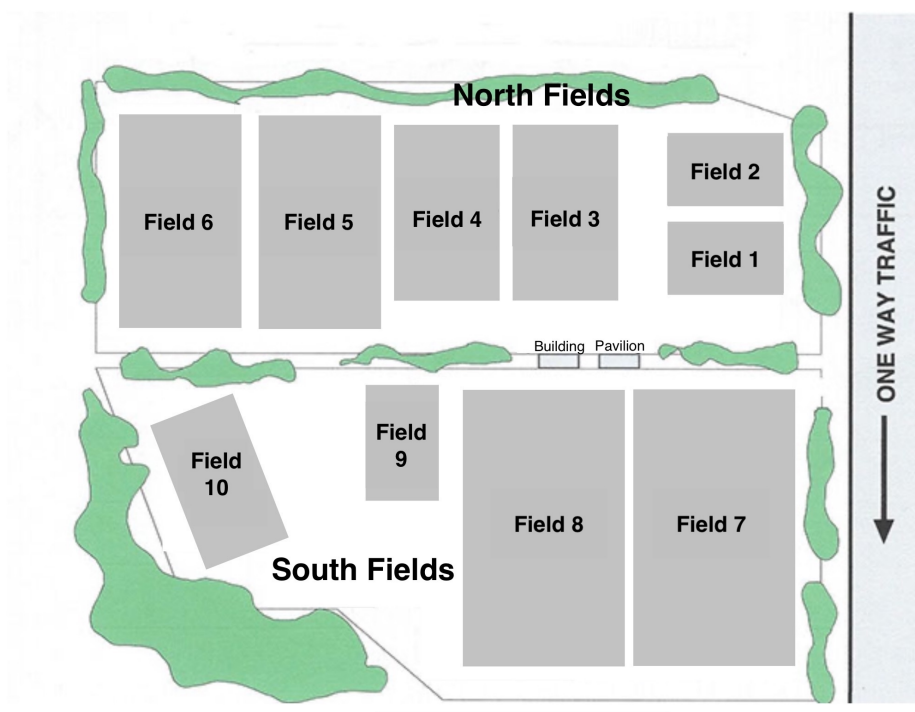
**BOARD POLICY RM-8:**

**Board Policy Regarding Goal Safety in Youth Soccer Activities**

- 1) *The Ohio Youth Soccer Association North will require its own programs and for every activity:*
  - i) *The person coordinating the OYSAN activity or other responsible person will make a physical inspection of each goal prior to the activity to assure that goals are securely anchored and stored in accordance with CPSC guidelines/manufacturer's guidelines. (Attached)*
  - ii) *That all parents and guardians are told of the dangers of unsecured goals and the parents' responsibility to keep kids away from goals, and to secure goals if necessary.*
  - iii) *That staff of OYSAN will conduct random site surveys.*
- 2) *The Ohio Youth Soccer Association North will require all member organizations for every activity:*
  - i) *To have a written goal safety policy in accordance with CPSC/Manufacturer guidelines which require:*
    - (1) *a coach or other responsible person to make a physical inspection of the goal prior to practice and games to assure that the goals are securely anchored and stored in accordance with CPSC guidelines/ manufacturer's guidelines. (Attached)*
    - (2) *the policy to include communicating each year with parents of each player and players about the dangers of unsecured goals, and their responsibility to assure that goals are secure. It is appropriate to have a penalty for players playing on goals.*
  - ii) *The league will conduct random site surveys concerning goal anchoring and storage.*
- 3) *Even if OYSAN or the member does not own the fields and goals, the league still has a responsibility to remind the owners of the safety requirements, and to have a policy for the above.*

# *League Responsibilities*

- Team divisions will be designated by Association Trustees.
- PYSA is Responsible for all Roster changes.
- Games will **only** be cancelled at the field at the discretion of the Referee.
- All games to be played on the Soccer Fields located at the Poland Township Park at Cowden Road. (See Map Below)



# ***Coaches Responsibilities***

## **General**

- Return completed Volunteer Disclosure forms for all coaches.
- Complete Risk Management Requirements at the OYSAN website  
See Section on Risk Management for Instructions
- Ensure Second adult, coach or parent present during practice or activities. Make sure you have copies of registration forms for all players on your team.
- Make initial contact with all players/parents per date in the Important Dates section. Submit team name prior to Soccer Day per Important Date section.
- Notify the PYSA within 48 hours if any injuries could result in an insurance claim. See Insurance Contact on first page.
- Collect money/write check for Picture Day order. (Head Coach's photo is free). Attend annual meeting and election of Board Members.
- All players must be registered with the PYSA to participate in practices and games. Only players listed on your team roster have registered with the PYSA. Coaches assume all legal liability for injuries to players and damages or injuries caused by players not registered with the PYSA.
- Return all PYSA instructional media to your division coordinator by end of season.

## **Practices**

- Prepare first practice handout...team roster, practice schedule, snack/drink schedule, etc. Start practices on time with a practice plan.
- Make practices interesting and fun.
- Be Positive and Encourage players at all time.
- Practices are to be held at the following locations:
  - o Poland Township Park

# Games

- Demonstrate Sportsmanship in both victory and defeat.
- This is a learning league. There is no need for lopsided victories. Each team will share a common sideline. Stay within your team Box. There should only be three coaches on a sideline during a game.
- Do not challenge the Referees. Remember they are volunteers!
- Keep your parents and assistant coaches in control.
- All players should play an equal amount of time unless benched for disciplinary reasons. Parents and League shall be notified prior to game. Rotate players through positions, every game.
- Players that are bleeding must be removed from the game immediately. The player cannot return until the bleeding is stopped and all blood is completely removed from their uniform. Blood Neutralizer is available at the concession stand.
- Coaches ejected from a game are subject to disciplinary action.
- Coaches and their players are to shake hands at midfield after the conclusion of each game.
- Turn in game reports to the concession stand for both teams.
- Help takedown and clean-up fields at the end of the day.

## Parents Responsibilities

- Your child must be registered with the PYSA to participate in Practices and Games.
- Do not force your child to play.
- Let the coaches coach.
- Support the program, get involved.
- Be your child's best fan and a fan of all players.
- Show enthusiasm; do not be critical.
- Recognize the value of the volunteers.
- Be on time for practices, games and other activities.
  - Contact your coach if unable to attend.
- Support and root for all players on the team.
- Applaud good play by both teams.
- Encourage your child to talk with the coaches.
- Understand and display appropriate game behavior.
- Keep soccer in its proper perspective.
- Do not publicly question the Referees decision.
- Do not Litter.
- Spectators must sit on the opposite side of the field from the players behind the Lines. No standing behind the goals or between the 18 yard line and goal line.
- Help coach takedown and clean-up fields at the end of the Day.
- A parent/player game for the U6 division will be held the last day of the season for 1/2 hour. This will be designated with a "P" on the Schedule.
- Please be understanding and patient with difficulties that may arise at the new facility.

## ***Players Responsibilities***

- Have Fun.
- Try your best at every practice/game to succeed within the rules.
- Come prepared to practice with ball, water, proper equipment, etc.
- Practice on your own or with friends.
- Cooperate with your coach and teammates; be a team player
- Demonstrate Sportsmanship in both victory and defeat.
- Play by the rules; never argue with the Referees decision.
- Players are to shake hands at midfield after the conclusion of all games.
- Players ejected from a game are subject to disciplinary action.

# Training Goals

U6		
<b><u>Practice</u></b> 45 min.	<b>Development</b>	<p>Can dribble in straight lines, can turn the ball in wide arcs, can kick with laces and toes and can stop the ball if not coming too fast or in the air. <b>No heading of the ball at this age.</b></p> <p>Have no concept of space or teamwork and do not understand complicated rules.</p> <p>Tactical play should not be addressed at this age.</p>
<b><u>Frequency</u></b> 1/week thru Sept.	<b>Practice</b>	<p>Practice activities should involve frequent ball contacts, and development of basic motor skills. One player-one ball activities and fun games are excellent complements to small-sided games of up to 3 V 3.</p> <p>Need frequent, short breaks.</p> <p>Fitness training at this age should be received through games.</p>
<b>Game Strategy</b>		<p>Rotate players each quarter through offense, defense and goal. Push defense up field to assist with offense.</p>

U8		
<b><u>Practice</u></b> 60 min.	<b>Development</b>	<p>Beginning to think in terms of small groups, making passing more realistic. Can only kick accurately over a short distance and they still do not like to deal with the ball coming out of the air. Can dribble away from pressure and are beginning to understand the game may have a pace.</p> <p>They do not understand offside. <b>No heading of the ball at this age.</b></p> <p>Soccer is still of game of fun, not success.</p>
<b><u>Frequency</u></b> 2/week during Aug.; 1/ week during school	<b>Practice</b>	<p>Dribbling the ball is the primary focus, although passing can be expected and should be encouraged. Emphasis should be on the individual's ability to control the ball. One player-one ball activities are still appropriate. Games of 4 V 4 with no goal keeper are excellent for this group.</p> <p>Giving homework assignments for moves increases their confidence and teaches them to practice on their own.</p> <p>Fitness training at this age should be received through games.</p>
<b>Game Strategy</b>		<p>Rotate players each quarter through offense, defense and goal. Push defense up field to assist with offense. Stress dribbling and passing vs booting the ball.</p>

U11		
<b><u>Practice</u></b> 60 min. - 75 min.	<b>Development</b>	Offside may be introduced and understood at this age. Do not typecast players into position at this level. They are now able to understand the team concept. Basic receiving of flighted balls can be taught. Taking corners, throw-ins, defending as a group and attacking with a pass can be introduced. Thinking ahead is also being developed. <b>No heading of the ball at this age.</b>
<b><u>Frequency</u></b> 2/week during Aug.; 1/ week during school	<b>Practice</b>	Should include significant periods of technical repetition and small sided play to reinforce and refine the technical base. Players can appreciate the basic ideas of positioning and roles, meaning games involving possession in midfield are possible. Lessons of support and mobility can be expanded to evolve into combinations of two's and three's. Defending can become coordinated as players learn to relate to each other in both attack and defense.  Keep away is an excellent game for this group.  Introduction of soccer specific Fitness training at this age should be introduced.
<b>Game Strategy</b>		Rotate players each half through offense, defense and goal. Players should understand playing their position.

U14		
<b><u>Practice</u></b> 60 min. - 75 min.	<b>Development</b>	Decision making is the focus of this age. Practices should be geared towards tactical methods. Technical work should prioritize possession. <b>Limited heading of the ball at this age in practice and games.</b>
<b><u>Frequency</u></b> 2/week during Aug.; 1/ week during school	<b>Practice</b>	Practice activities should be geared towards improving decision-making under pressure, while challenging players to solve small and large group problems quickly. As defenders become stronger, attacking players will require greater skill for creating and using space, and must learn to play with their back to the goal.  Soccer specific fitness training at this age should be continued along with flexibility training becoming more essential.
<b>Game Strategy</b>		Rotate players each half through offense, defense and goal. Players should be able to switch fields.

U18		
<b><u>Practice</u></b> 60 min. - 75 min.	<b>Development</b>	Beginning of the teambuilding years. Training should seek to develop the skill specific to positional play and fitness becomes important as a means of achieving victory. Players begin to be coach-independent. <b>Heading of the ball at this age is allowed.</b>
<b><u>Frequency</u></b> 2/week during Aug.; 1/ week thru Sep.	<b>Practice</b>	Give players the initiative to make decisions. Mistakes are a positive aspect of learning with the best learning environment providing a balance of success and challenge. Teach and encourage players to score, to dribble forward into space, to fake and feint and dribble into open space when under pressure. Teach players to move to open spaces to connect for passes, and to recover the ball ASAP when it is lost.
<b>Game Strategy</b>		Equal play for all. May position players in same position game to game. Discourage aggressive play. This division is for fun and nobody wants to get hurt.

# Practices

## U6

### Sample Practice Schedule

<u>Min.</u>	
5	Warm-up
5	Fun Game
10	Small Sided Game
10	Dribbling Exercises
10	Small Sided Game
5	End

Encourage parent/child to kick ball around as they arrive at practice.  
Ball must always be on ground...carried

### Suggested Practice Exercises

#### **Stretching**

None at this age

#### **Conditioning**

None at this age

#### **Contacting the Ball**

*There are six surfaces used for kicking, dribbling or controlling a soccer ball...inside, outside, instep, sole, toe and heel.*

- Ball Taps - Make sure players are up on their toes.
- Roll Backs - Roll ball back and forth with sole of foot. Left and right foot.
- Inside Roll - Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- Outside Roll - Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- Side to Side Push-Pull Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back the sole of the opposite foot.

#### **Passing**

*Passing is the essence of the game. It is a simple matter of transferring the ball from one player to another. Passes can be short or long, lofted or on the ground, made from a near standstill or out of the air. The overriding principle is control, not power.*

- Pass and Follow (Game)
- Keep Away (Game)
- Pass through the Legs (Game)
- Pass to each other's Balls (Game)
- Hot Potato (Game)
- Pass between the Cones (Game)
- Passing with two Balls (Game)
- Circle Passing (Game)
- Soccer Croquet (Game)

#### **Shooting**

None at this age

#### **Ball Control**

None at this age

***Dribbling...Why do we Dribble?***

1. *To hold the ball because there are no open teammates to pass the ball to.*
2. *To dribble by a player.*
3. *To dribble for the goal for a shot on goal.*

Everyone has a ball. Line up on one side of the grid and dribble to the other side using different variations such as:

- a. Inside of feet alternating each touch.
- b. Right foot only, inside then outside
- c. Left foot only, inside then outside.
- d. Outside of feet only
- e. Shoelaces of one foot only

Dribble ball in a grid. Keep ball close. Eyes up and don't bump anyone.

Follow the Leader (Game)

***Skill Development: Throw-ins, Corners, Goal Kicks, Heading, etc.***

Nerf/Soft Ball Heading: Avoids "Ball Fear" later.

***Tactical: Support, Defending, Transition, Creativity***

None at this age

***Fun Games***

Bulldog  
Freeze tag  
Alligator  
Red-Light Green-Light  
Bees

***Small Sided Games***

No Goalkeepers.

1 v 1, 2 v 2, 3 v 3. Nobody sits. Have odd number player be wild, on offense for both teams.

See Grids for field setup

Offense/Defense (Game)

# U8

## Sample Practice Schedule

<u>Min.</u>	
5	Warm-up: Contacting the Ball
10	Fun Game
10	Dribbling/Passing Exercise
10	Fun Game
10	Small Sided Games
15	Free scrimmage in game format

## Suggested Practice Exercises

### Stretching

None at this age

### Conditioning

None at this age

### Contacting the Ball

*There are six surfaces used for kicking, dribbling or controlling a soccer ball...inside, outside, instep, sole, toe and heel.*

- Ball Taps - Make sure players are up on their toes.
- Roll Back - Roll ball and forth with sole of foot. Left and right foot.
- Inside Roll - Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
- Outside Roll - Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
- Side to Side Push-Pull - Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back the sole of the opposite foot.
- Side to Side Step-On - Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
- Side to Side Front Roll - Tap ball back and forth with inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

### Passing

*Passing is the essence of the game. It is a simple matter of transferring the ball from one player to another. Passes can be short or long, lofted or on the ground, made from a near standstill or out of the air. The overriding principle is control, not power.*

Pass and Follow (Game)  
Keep Away (Game)  
Pass through the Legs (Game)  
Pass to the Cone (Game)  
Hot Potato (Game)  
Pass between the Cones (Game)  
Passing with two Balls (Game)  
Circle Passing (Game)  
Soccer Croquet (Game)

## **Shooting**

*Shooting is the High-Profile part of soccer.*

*A player's first thought in possession should always be "Can I score a goal from here?"*

*The player must learn in the beginning to use their instep for shooting. Points to remember: Power and Accuracy.*

## **Ball Control**

*Not ready for receiving flighted balls at this age.*

## **Dribbling...Why do we Dribble?**

1. *To hold the ball because there are no open teammates to pass the ball to.*

2. *To dribble by a player.*

3. *To dribble for the goal for a shot on goal.*

Everyone has a ball. Line up on one side of the grid and dribble to the other side using different variations such as:

a. Inside of feet alternating each touch.

b. Right foot only, inside then outside

c. Left foot only, inside then outside.

d. Outside of feet only

e. Shoelaces of one foot only

Dribble ball in a grid. Keep ball close. Eyes up and don't bump anyone.

Follow the Leader (Game)

## **Skill Development: Throw-ins, Corners, Goal Kicks, Heading, etc**

Nerf/Soft Ball Heading Avoids "Ball Fear" later.

## **Tactical Support, Defending, Transition, Creativity**

None at this age

## **Fun Games**

Bulldog

Freeze tag

Alligator

Red Light Green Light

Bees

## **Small Sided Games**

No Goalkeepers.

1 v 1, 2 v 2, 3 v 3, and 4 v 4. Nobody sits. Have odd number player be wild, on offense for both teams.

See Grids for field setup

Offense/Defense (Game)

# U11 / U14 / U18

## Sample Practice Schedule

<u>Min.</u>	
10	Warm -up: Free Play Scrimmage
20	Small Sided Games
20	Technical Development

## Suggested Practice Exercises:

### Stretching

*Warm-up up your muscles prior to stretching*

25 Jumping Jacks

Short, easy jog around field

*Stretch until you feel a slight tension, stop and hold for 20 seconds.*

Ankles

Calves & Achilles Tendon

Quadriceps

Hamstrings

Inner Thigh

Groin

Waist and Sides

Shoulders

Triceps

Neck

### Conditioning

*It has been said the average soccer player runs up to 5 miles every game. It's not practical to fit a long distance run into every practice, there are too many other skills that need to be developed. Players at this age must take it upon themselves to do endurance training on their own.*

**Circuit Training** - *an efficient option to build endurance and develop ball handling skills at the same time. The circuit should consist of about 8 activities lasting about 2 minutes each:*

- Juggling the ball.
- Sprinting through cones while dribbling.
- Jumping over the ball.
- Sitting down, throwing the ball in the air, standing up to catch it.
- Toe taps on the ball.
- Dribbling across the field.
- Juggling with the head.
- Push-ups on the ball.
- Lying on back, rolling the ball back and forth under body.
- Throwing the ball up, tucking your legs under your body as you jump, catching the ball.

### Contacting the Ball

*There are six surfaces used for kicking, dribbling or controlling a soccer ball...inside, outside, instep, sole, toe and heel.*

### Passing

*Passing is the essence of the game. It is a simple matter of transferring the ball from one player to another. Passes can be short or long, lofted or on the ground, made from a near standstill or out of the air. The overriding principle is control, not power.*

## **Shooting**

*Shooting is the High-Profile part of soccer.*

*A player's first thought in possession should always be "Can I score a goal from here?"*

*The player must learn in the beginning to use their instep for shooting.*

### **Points to Remember:**

#### **Power and Accuracy**

*When working on another drill, finish with a shot on goal. This allows players more Shooting practice without doing a specific shooting drill, and develops habit of taking the ball to the goal.*

#### **Ball Control**

*Ball control is the ability to catch the ball out of the air so that the ball is placed on the ground in a manner which the player can do anything the situation requires. This requires time and practice and is one of the most important parts of the game.*

#### **Dribbling...Why do we Dribble?**

- 1. To hold the ball because there are no open teammates to pass the ball to.*
- 2. To dribble by a player.*
- 3. To dribble for the goal for a shot on goal.*

#### **Skill Development - Throw-ins, Corners, Goal Kicks, Heading, etc.**

*Heading - Three types of Heading needs to be learned: Heading for goal, pass, and defense.*

#### **Tactical - Support, Defending, Transition, Creativity**

*Offensive Strategy - Here are four general concepts that all offenses should try to execute:*

- Get the ball to the center when you're in the opponent's half of the field.*
- Spread the Defense.*
- Support the player in front of you.*
- Switch fields.*

*Defensive Strategy - Here are five general concepts that all defenders should try to execute:*

- When the ball is lost, a defender's first instinct should be to try to win it back.*
- Try to knock the ball away for the immediate opponent.*
- Try to deny the immediate opponent space to turn with the ball.*
- Try to keep the immediate attacker running towards a sideline or into other defenders.*
- If not in position to achieve any of the above, recover behind the ball and help the team defend.*

#### **Fun Games**

##### **Small Sided Games**

*1 v 1, 2 v 2, 3 v 3, and 4 v 4. Nobody sits. Have odd number player be wild, on offense for both teams.*

*See Grids for field set-up*

# Exercises

## Contacting the Ball

Following is a description of moves with the ball. U6 can learn the simple turns and ball touches. U8 can handle a more with their improved coordination and U11 can handle them all. You should give each a try before you demonstrate it. Break the move down into steps and walk the players through them. Not all the players will pick up the moves but some will. You will be very proud when suddenly Little Susie or Johnny pulls a stop and go to lose a defender.

### U6

1. **Inside Roll** -- Roll the ball across your body from outside to inside with the inside and sole of the foot and stop the ball with the inside of the other foot.
2. **Outside Roll** -- Roll the ball across your body from inside to outside with the outside and sole of the foot and stop the ball with the inside of the same foot.
3. **Side to Side Push-Pull** -- Tap ball back and forth with inside of feet, push ball forward with one foot and pull it back the sole of the opposite foot.

### U8

4. **4 Side to Side Step-On** -- Roll ball to outside with the sole by stepping lightly on the ball, then tap ball back to the inside with the inside of the foot.
5. **5 Side to Side Front Roll** -- Tap ball back and forth with inside of feet, push ball slightly forward then pull the ball across your body with the front part of the sole.

### U11 & Up

6. **6 Pull Instep Push** -- Push ball forward and pull it back with the sole, then tap ball forward with the instep of the same foot.
7. **7 Pull a Vee** -- Push the ball forward and pull it back with the sole of the foot while turning and then take the ball with the inside of the same foot.
8. **8 Pull & Take with Outside of foot** -- Push the ball forward and pull the ball back with the sole then push the ball diagonally forward with the outside of the foot.
9. **9 Pull & Roll Behind** -- Push the ball forward and pull the ball back with the sole of the foot then pass the ball behind the standing leg with the inside of the foot. Control the ball with the sole of the other foot.
10. **10 Pull turn** -- Push ball forward with one foot and pull it back with the other while turning toward ball and take the ball in the opposite direction with the inside of the first foot.
11. **11 Inside of foot turn** -- Push ball forward, move past ball and turn toward ball and take it with the inside of the foot in the opposite direction.
12. **12 Outside of foot turn** -- Push ball forward, move past ball and turn toward ball while taking it with the outside of the foot in the opposite direction.
13. **13 Cruyff** -- Push the ball forward, fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.
14. **4 Step over Turn** -- Push ball forward, step over ball with one foot, turn toward ball and take it in the opposite direction. The ball is in the middle of this imaginary square. The numbers are for feet positions, so think of the square (I know it looks like a rectangle) as having sides about shoulder width apart. The feet are in positions 3 (lf) and 4(rf). Ball is in middle area. RF steps over the ball to position 1. Player pivots on right foot toward position 2. Left foot lands on position 2. Player is now standing on 1 (rf) and 2(lf), facing 3 and 4. After they have this part figured out, have them carry the ball away with the left foot instead on stopping on position.
15. **15 Full Sole Roll** -- Roll the sole of one foot forward over the ball and to the outside so the ball stops against your heel. Turn and take the ball with the sole of the other foot with a Step-On.
16. **16 Scissors** -- Starting with the ball to one side, step over or in front of ball so that the ball ends up on the other side of you. Take the ball in the opposite direction with the outside of the other foot and then stop ball with the sole of the first foot.
17. **360** -- Push ball forward, stop it with the sole of one foot while stepping past it, turn and drag ball back with sole of other foot, continue turning all the way around and take the ball with the inside of the first foot.
18. **Kick Over ball** -- Kick over ball with inside of foot then pull it back with the sole of the same foot.
19. **Foundation (Bell)**

- i) Step up and down to pass ball 4-6 inches between feet. Ball is passed between the feet with very soft, light your heels.
- ii) Knees stay bent at all times.
- iii) Move the ball forward and backward.
- iv) Be sure you are stepping up and down; not sideways
- v) Work at getting a comfortable rhythm.

## MOVES TO BEAT AN OPPONENT

1. **Hip Swivel** -- Fake with inside of one foot by swiveling hips toward ball, then reverse direction and take the ball with the inside of the other foot.
2. **Mathews** -- Fake with inside of foot nudging ball by dipping shoulder, then take ball in the opposite direction with the outside of same foot. (explode)
3. **Cap** -- Cut ball with inside of foot slightly backward and take ball ahead with the inside of the opposite foot other foot.
4. **Scissors over ball** -- Step behind ball as if preparing to take it with the outside of one foot, then step over the ball and take it with the outside of the other foot.
5. **Rivolino** -- Same as step-over, but take the ball with outside of step-over foot.
6. **Vee** -- Fake pass with instep (across body), pull ball back with sole and take in opposite direction with the inside of the same foot.
7. **Cruyff** -- Fake kick with inside of foot, but instead pull ball behind the standing leg and change directions.
8. **Inside of foot cut** -- Cut the ball across body with inside of foot while simultaneously stepping over it and take with outside of opposite foot.
9. **3/4 Inside of foot turn** -- Cut ball back with inside of foot, continue turning 3/4 of the way around and take the ball with the inside of the same foot
10. **3/4 Outside of foot turn** -- Cut ball back with outside of foot, continue turning 3/4 of the way around and take the ball with the outside of the same foot
11. **Scissors behind ball** -- Step behind ball as if preparing to take it with outside of one foot, fake, then take it with the outside of the opposite foot. (easy to learn)
12. **Scissors in front of ball** -- Step behind ball as if preparing to take it with outside of one foot, then step around front of ball and take it with outside of the other foot.
13. **Double Scissors** -- Push ball forward, make alternate scissors steps and take with outside of first foot. (ineffective close to opponent)
14. **Reverse Mathews** -- Fake with outside of one foot, step behind and take with outside of opposite foot. (also called body swerve or Touch 'n go)
15. **Step-over - Scissors** -- Ball rolling. Step-over followed by scissors with same foot and take with outside of other foot.
16. **Front Roll** -- While moving forward, pull ball across body with sole and take with outside of opposite foot.
17. **Scotch** -- With ball moving, step over and ahead of ball; tap the ball forward with the opposite foot behind the step-over foot. Explode.

## Passing

### 1. **Pass and Follow**

Players in groups of three with one ball - Players A and B face Player C who is 5-10 yards away. Player A passes to player C and runs follows her pass to behind player C. Player C receives the ball and then passes to player B and follows. The players keep the rotation going. At first the players can use one touch to receive and one touch to pass. Eventually they can do the exercise with one touch. You can have several groups doing this exercise. You can turn it into competition by having the players count the number of passes they make in a row.

### 2. **Keep Away**

Five players, four players in a square, one in the middle - Outside players pass the ball, inside player puts on pressure. Later the inside player can intercept the ball, player responsible for turnover goes in the middle. Stress accurate passes with good pace.

### 3. **Pass through the Legs**

Two players attempt to pass the ball through each other's legs. If successful, count as 1 point.

### 4. **Pass to the Cone**

Two players take turns passing at their partner's cone. Each touch counts as a point.

### 5. **Hot Potato**

Players pass the ball around the circle as quickly as they can within a time limit. Whoever has the ball at the end of the time is eliminated. The last player is the winner.

### 6. **Pass between the Cones**

Two players pass their ball between two cones. To make this exercise more challenging, increase the distance of the pass or reduce the size of the goal.

### 7. **Passing with two Balls**

Two players, each with a ball, pass to each other. This exercise may be done stationary or while moving.

### 8. **Circle Passing**

Players on the outside of the circle pass the ball to the middle player who must pass it back accurately. This may be done by stopping the ball first or by first time passing. Add a second ball to increase difficulty of exercise.

### 9. **Soccer Croquet**

Create gates on the field using cones. Assign each gate a number. Players must pass through all the gates in order, and finish with a shot on goal. Apply croquet rules.

## Dribbling

### **Follow the Leader**

1. Partner up, one player with the ball one without. The player without the ball moves around the grid and the dribbler has to follow. Switch roles after a short time.

## Fun Games

The only **Equipment** needed for the games is a ball for each player and a way to mark a grid. Usually most coaches purchase some plastic cones and disks to use but you can use anything that is safe. You do not need goals to have a great practice.

**Grids** are a coach's tool for controlling and influencing the game. If you mark out a small grid the players have to stop, turn and dodge each other more often. If you mark a large grid, the players can have longer runs with the ball. Other combinations are wide but short or long and narrow. You will get the hang of it quickly.

### 1. **Bulldog (U6,8,11)**

Mark a square grid at an appropriate size. All players have a ball inside the grid. One player is designated the bulldog. The coach lets the bulldog loose and she tries to kick each player's ball out of the grid. When a player ball gets kicked out, he can join the bulldog or he can do a short ball skill exercise to return. (say tap the ball 5 times with the sole of each foot is one example).

### 2. **Freeze Tag (U6, with ball U8 also)**

Yes... the old favorite. Mark a square grid at an appropriate size. For U6 players you will find that everyone wants to have a turn as the Freezer. You can play without the balls and the kids will have a great time.

The variation with the ball is this:

- (1) Have the kids in the grid, each with a ball. Set the freezer after them. When a player is "frozen" he stands with the ball over his head and legs apart. He can be unfrozen by a teammate if the teammate dribbles the ball between his legs. You might need to make the grid larger so the dribblers have a better chance to escape the freezer.

### 3. **Alligator (U6, U8)**

Set up a wide but short grid. One or two players without balls are the alligators in the grid. The rest of the players are fishes with their balls lined up on the wide part of the grid. At the coaches signal the fishes dribble across the pond to the other side. The alligators try to steal the balls and kick them out over the side. The players who lose their balls either join the alligators or do a chore to return.

### 4. **Red Light/Green Light (U6)**

Set up a narrow but long grid. The coach or a player stands at one end, facing away from the dribblers. The players with their balls stand at the other. When the coach or player yells green light - the players start to dribble. When the traffic light yells "Red Light" they turn around. Anyone still moving to stop their ball goes back to start. The goal is to have the dribblers keep the ball close under control but still get up the field.

### 5. **Bees (U6)**

Set up a square grid an appropriate size for the number of players. The coach(s) are the targets and the players are the bees. The bees dribble their balls and try to sting the coaches by shooting their balls and hitting the coaches.

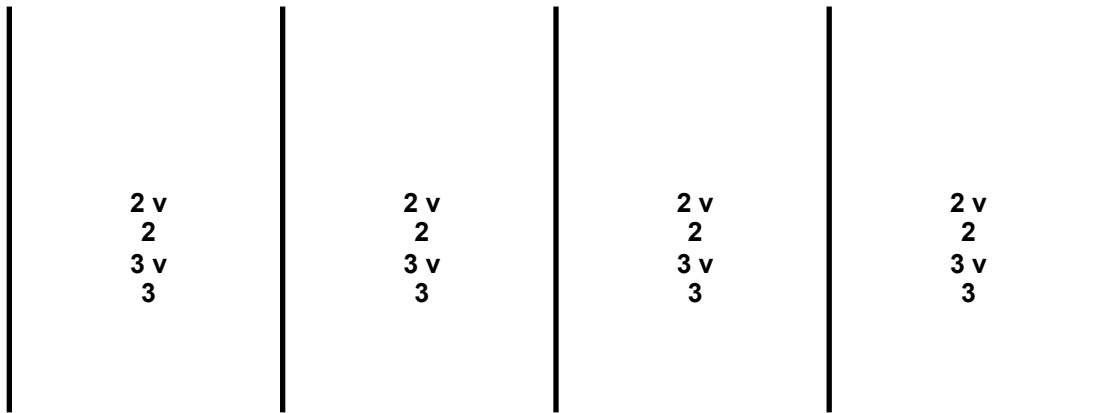
## Small Sided Games

### 1. **Offense/Defense (Small Sided Game)**

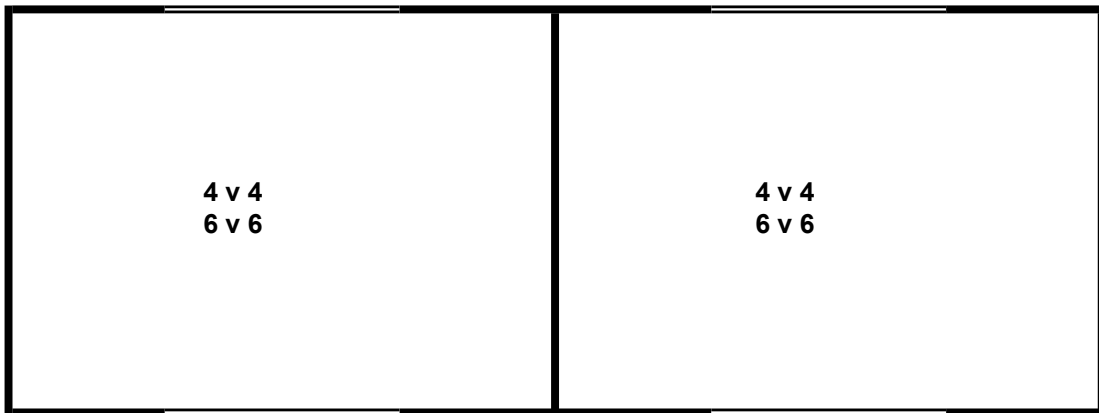
Set up a rectangular grid with goals. Two teams, three or four players each. One team can score in either goal. The other team tries to gain possession and keep it. Let play go on for 2 minutes. Then switch roles. Point to make - While defending the possession team collapses toward the ball, while in possession the team expands its space.

## Field Set-up - Grid Options

15 yds by 30 yds



Take out the dividing line out to quickly transition from small to larger sided games.



# *Useful Web Sites*

<http://www.polandyouthsoccer.com>

Here's a link to Pill's Drills, his version of player development is at the bottom of the page by age bracket. <http://www.eteamz.com/soccer/pills/jpill.htm>

<http://www.oysan.org>

<http://www.fifa.com>

Federal Goal Safety Policy

<http://www.cpsc.gov/CPSCPUB/PUBS/Soccer.pdf>

**OYSAN Risk Management Disclosure Form**

<http://onysa-bgc.sportsaffinity.com/>

**Concussion Training**

<https://www.cdc.gov/headsup/youthsports/training/index.html>

These are just a sample of many web sites with ideas for fun games and exercises to teach your players.

# ***PYSA - Laws of the Game***

<b>No. 1</b>	The Field of Play	<b>No. 10</b>	The Method of Scoring
<b>No. 2</b>	The Ball	<b>No. 11</b>	Offsides
<b>No. 3</b>	Number of Players	<b>No. 12</b>	Fouls and Misconduct
<b>No. 4</b>	The Players' Equipment	<b>No. 13</b>	Free Kicks
<b>No. 5</b>	The Referee	<b>No. 14</b>	The Penalty Kicks
<b>No. 6</b>	The Assistant Referees	<b>No. 15</b>	The Throw-In
<b>No. 7</b>	The Duration of the Match	<b>No. 16</b>	The Goal Kick
<b>No. 8</b>	The Start and Restart of Play	<b>No. 17</b>	The Corner Kick
<b>No. 9</b>	The Ball - In and Out of Play		

<b>Law</b>	<b>Div</b>	<b>PYSA Interpretation</b>
<b>No. 1 The Field</b>	U6	Fields 1, 2 and 9 (The smallest fields)
	U8	Fields 3, 4 and 10
	U11	Fields 5 and 6
	U14	Fields 5 and 6
<b>No. 2 The Ball</b>	<b>All</b>	<b>The home team shall furnish a properly inflated game ball</b>
	U6	Size 3
	U8	Size 4
	U11	Size 4
	U14	Size 5
<b>No. 3A When to Substitute</b>	<b>All</b>	<b>Substitutions:</b> Substitutes ("subs") shall enter the field at the midfield line. Either team may substitute at a stoppage. Injured players must come out of the game
	U6	Any stoppage or injury. Subs are unlimited on injury stoppages
	U8	Any stoppage or injury. 1-for-1 on injury stoppages
	U11	Any kickoff, goal kick, or throw-in. 1-for-1 on injury stoppages
	U14	Any kickoff, goal kick, or throw-in. 1-for-1 on injury stoppages

<b>Law</b>	<b>Div</b>	<b>PYSA Interpretation</b>
<b>No. 3B Number of Players</b>	<b>All</b>	<b>The number of players on the field can be modified, IF agreeable to both coaches AND approved by the referee</b>
	U6	<b>5v5 or 6v6 (if coaches agree), NO Goalies.</b> Teams must play an equal number of players, lopsided game are the exception. Try to limit substitutions (i.e., start of each quarter)
	U8	<b>7v7.</b> Teams must play an equal number of players, lopsided game are the exception
	U11	<b>9v9.</b> Teams must play an equal number of players, lopsided game are the exception
	U14	<b>9v9.</b> Teams must play an equal number of players, lopsided game are the exception
<b>No. 4 Players' Equipment</b>	<b>All</b>	<p>All players must be in uniform, including:</p> <ul style="list-style-type: none"> <li>Shoes – Tennis shoes and rubber molded cleats are acceptable. No toe cleat is permitted. No hard sole shoes are permitted</li> <li>Shin guards, covered with socks</li> <li>Eyeglasses must have a safety band attached</li> <li>The goalkeeper's shirt must be a different color, or a pinnie should be worn</li> <li>No gum</li> <li>No unpadded casts – The referee must approve padded casts</li> <li>No earrings, bracelets, pins, necklaces, etc.</li> <li>Uniforms cannot be covered by a jacket or sweatshirt</li> </ul>
<b>No. 5 Referee</b>	<b>All</b>	The referee is final word on ALL decisions. Disagreements are to be taken to a Trustee, after the game. No disruption on the field will be tolerated
	U6	The referee helps instruct players on the field. Many retries are allowed
	U8	The referee often instructs players. 2 <sup>nd</sup> and 3 <sup>rd</sup> chances are allowed
	U11	The referee occasionally instructs players. 2 <sup>nd</sup> chances are allowed
	U14	The referee occasionally instructs players. 2 <sup>nd</sup> chances allowed
<b>No. 6 Assistant Referees</b>	U6	One scheduled per game, often new referees. Coaches should assist/encourage
	U8	Two scheduled per game. Parents may be asked to help
	U11	Two scheduled per game. Parents may be asked to help
	U14	Two scheduled per game. Parents may be asked to help
<b>No. 7 Duration of Match</b>	U6	4 x 10 minute quarters. Start on the hour, end on horn signal
	U8	4 x 10 minute quarters. Start on the hour, end on horn signal
	U11	2 x 25 minute halves. Start on the hour, end on horn signal
	U14	2 x 25 minute halves. Start on the hour, must end by horn signal
<b>No. 8</b>	<b>All</b>	Games are started with a mid-field kickoff by the visiting team. The home team kicks off to start the 2 <sup>nd</sup> half. Teams change direction at halftime
	U6	Ball must move forward – Minimal Free Kick

<b>Law</b>	<b>Div</b>	<b>PYSA Interpretation</b>
<b>Start/ Restart</b>	U8	Ball must move forward – Instruct FIFA Restart
	U11	Ball must move forward – Instruct FIFA Restart
	U14	Ball must move forward – Instruct FIFA Restart
<b>No. 9 Ball in/ out of Play</b>	U6	Whole of ball must be out (over the line)
	U8	Whole of ball must be out (over the line)
	U11	Whole of ball must be out (over the line)
	U14	Whole of ball must be out (over the line)
<b>No. 10 Scoring</b>	<b>All</b>	<p>The WHOLE ball must be over the goal line, between the uprights and under the crossbar</p> <p><b>Lopsided games – Game management suggestions:</b></p> <ul style="list-style-type: none"> <li>■ At a 2-goal lead, the referee will suggest that adjustment be made</li> <li>■ At a 3-goal lead, the referee will require the coach to make an adjustment, to even out play</li> <li>■ At a 4-goal lead, the referee will make adjustments and inform the coach to even out play</li> </ul>
<b>No. 11 Offside</b>	U6	None
	U8	None
	U11	Offsides applies – The referee should explain to all
	U14	Offsides applies – The referee should explain to all
<b>No. 12 Fouls &amp; Misconduct</b>	<b>All</b>	<p><b>No slide tackles or reckless contact shall be permitted</b></p> <p><b>No cards shall be issued</b>, but removal may occur in extreme cases</p>
	U6	No fouls are called. The referee will control the game
	U8	Limited fouls are called, usually due to intent and/or effect on the game. The referee will instruct players why
	U11	All fouls are called and the referee will instruct players why
	U14	All fouls are called and the referee will instruct players why
<b>No. 13 Free Kicks</b>	U6	None are awarded. The referee will control play and restart by possession
	U8	Standard FIFA. The referee will place the ball for restart
	U11	Standard FIFA
	U14	Standard FIFA
<b>No. 14</b>	U6	No penalty kicks
	U8	No penalty kicks

<b>Law</b>	<b>Div</b>	<b>PYSA Interpretation</b>
<b>Penalty Kick</b>	U11	Standard FIFA
	U14	Standard FIFA
<b>No. 15 Throw-In</b>	U6	Allow 2 attempts to execute a proper throw-in, then a "bad" throw is allowed
	U8	Allow 3 attempts to execute a proper throw-in, then standard FIFA
	U11	Allow 2 attempts to execute a proper throw-in then standard FIFA
	U14	Standard FIFA
<b>No. 16 Goal Kick</b>	U6	Place on Dot in penalty box. Ref to place ball.
	U8	Standard FIFA – Kick taken from the front of the goal box
	U11	Standard FIFA – Kick taken from the front of the goal box
	U14	Standard FIFA – Kick taken from the front of the goal box
<b>No. 17 Corner Kick</b>	U6	The referee should assist players and place ball
	U8	The referee should assist players and place ball
	U11	The referee should assist players and place ball
	U14	Standard FIFA

# ***Suggestions for Managing Lopsided games:***

## **Options:**

### **1.) Passing**

Require the Leading team to complete 5 passes prior to shooting.

### **2.) Shooting**

Require the Leading team to shoot outside the penalty box. Require the Leading team to shoot with their weak foot.

### **3.) Dribbling**

Limit leading team player to two touches

### **4.) No. of Players**

Trailing team adds additional players.

***Note: Fun, Balanced Teams and Good Sportsmanship is the intent of the PYSA.***

## ***Please avoid lopsided games!***

## ***Picture Day***

Team pictures will be taken on a game day. Your time will be coordinated with your game schedule. You will be notified by your coach.

If it rains the date may be rescheduled.