

Spring 2022 Recreation Program Coaching Resources & Division Formats/Rules

Resources for coaches

- Coaching basics: <https://www.usyouthsoccer.org/first-time-coaches/> (article), <https://playerdevelopmentproject.com/soccer-coaching-101/> (article), https://www.soccerhelp.com/Basic_Info.shtml (article)
- P2 Soccer practice plans (<https://p2.soccer/regular-season-curriculum>): Their website has a plethora of resources for coaches, with individual practice plans and curriculums.
- NC Youth Soccer practice plans: <https://www.ncsoccer.org/coaches/coaches-lesson-plans/>
- US Youth Soccer practice plans: <https://www.usyouthsoccer.org/lesson-plans/>
- Basic soccer rules: <https://youthsoccer101.net/basic-soccer-rules/> (article), <https://www.youtube.com/watch?v=M18UNJDspO4> (video), <https://www.soccer-for-kids.com/youth-soccer-rules-parents-should-know.html> (article)

Note: TYSA's formats, rules, and practices may vary slightly from articles listed. Please read your division's format and rules thoroughly and plan to include education about these rules during your practices.

Kinder Kix Coed (Pool play, sky-blue jerseys - use pinnies when playing games)

- Saturday trainings and games only (approximately 30min training, 30min game/scrimmage)
- 4v4 games/scrimmages (no goalkeepers)
- Shin guards recommended for safety
- Coaches organize and lead players through drills and games
- Each week the emphasis will change to focus on different aspects of the game
- Field dimensions (modified U6/U8 fields): 20yds x 30yds length/15yds x 20yds width, Pugg or PVC Goals (3' x 6')

U6 Coed (Individual teams and jerseys - refer to game schedule for weekly matchups)

- Saturday trainings and games only (approximately 30min training, 30min game)
- 4v4 (no goalkeepers)
- Each game will consist of 4 7-minute quarters (recommended 1-2min breaks between quarters)
- Shin guards recommended for safety
- Size 3 soccer balls for play
- Kick-ins to restart play after ball goes out of bounds
- Goal kicks taken from the end-line (opposing team waits at half line)
- No corner kicks - defensive team plays all balls out on their end line
- Fouls or infractions result in free kicks that are indirect
- Coaches are on the field with players giving instruction and encouragement
- Substitutions allowed at any stoppage of play
- Coaches will officiate/manage time

- Field dimensions (U6-U8 fields): 25yds x 35yds length/15yds x 25yds width, Pugg or PVC Goals (3' x 6')

U8 Boys/RES Coed (Individual teams and jerseys - refer to game schedule for weekly matchups)

- Teams practice 1 hour during the week, Saturday games (1 hour)
- 4v4 (no goalkeepers) or 5v5 with goalkeepers (coaches decide based on numbers)
- Each game will consist of 4 10-minute quarters (recommended 3min breaks between quarters 1 & 3 and 5min at half-time)
- Shin guards recommended for safety
- Size 3 ball
- Kick-ins to restart play after ball goes out of bounds
- Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build-out line)
- Corner kicks taken from line closest to corner where ball crossed the end line
- Any fouls or infractions result in free kicks that are indirect
- Coaches on field with players (ideally coaches will stay in own half for gentle directions)
- Youth referees will officiate/manage time
- Offside is NOT enforced
- Substitutions allowed at any stoppage of play
- Throw-ins start in Week 5 and players get two chances on throw-ins. Play on if the second throw-in is not correct.
- Field dimensions (U6-U8 fields): 25yds x 35yds length/15yds x 25yds width, PVC Goals (3' x 6')

U8/U10 Girls (Individual teams and jerseys - refer to game schedule for weekly matchups)

- Teams practice 1 hour during the week, Saturday games (1 hour)
- 4v4 (no goalkeepers) or 5v5 with goalkeepers (coaches decide based on numbers)
- Each game will consist of 4 10-minute quarters (recommended 3min breaks between quarters 1 & 3 and 5min at half-time)
- Shin guards recommended for safety
- Size 3 ball
- Kick-ins to restart play after ball goes out of bounds
- Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build-out line)
- Corner kicks taken from line closest to corner where ball crossed the end line
- Any fouls or infractions result in free kicks that are indirect
- Coaches on field with players (ideally coaches will stay on own half for gentle directions)
- Youth referees will officiate/manage time
- Offside is NOT enforced
- Substitutions allowed at any stoppage of play
- Throw-ins start in Week 5 and players get two chances on throw-ins. Play on if the second throw-in is not correct.

- Field dimensions (U6-U8 fields): 25yds x 35yds Length/15yds x 25yds Width, PVC Goals (3' x 6')

Note: U8/U10 Girls teams playing at 10am on Field 9 (U10-U16 field) will play on a modified field with smaller goals. These goals/cones will need to be removed prior to 11:15am games for U14/16.

U10 Boys (Individual teams and jerseys - refer to game schedule for weekly matchups)

- Teams practice 1 hour during the week, Saturday games (1 hour)
- 5v5 or 7v7 with goalkeepers (depending on numbers)
- Each game will consist of two 25-minute halves (10min half-time)
- Shin guards recommended for safety
- Size 4 ball
- Throw-ins to restart play after ball goes out of bounds, players to get two chances on throw-ins, ball changes hands on bad throw-ins
- Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build out line)
- Corner kicks taken from line closest to corner where ball crossed the end line
- Any fouls or infractions result in free kicks that are indirect, no penalty kicks
- Coaches on sideline (ideally coaches will stay on own half of field)
- Ideally 2 youth referees will officiate/manage time
- Offside is NOT enforced, but will be watched for flagrant infractions
- Substitutions allowed at any stoppage of play
- Field dimensions (U10-U16 fields) 55yds x 65yds length/35yds x 45yds width, Goals (6.5' x 18.5')

U12 & U14/16 Coed (Pool play, skyblue (U12) and maroon (U14/16) jerseys - use pinnies when playing games)

- Teams practice 1 hour during the week, Saturday games (1 hour)
- 7v7 or 9v9 with goalkeepers (depending on numbers)
- Each game will consist of two 25-minute halves (10min half-time)
- Shin guards recommended for safety
- Size 4 ball
- Throw-in's to restart play after ball goes out of bounds, players to get two chances on throw-ins, ball changes hands on bad throw-ins
- Goal kicks taken from in front of the goal/penalty area (opposing team waits at half line or build out line)
- Corner Kicks" taken from line closest to corner where ball crossed the end line
- Any fouls or infractions result in free kicks that are indirect, no penalty kicks
- Coaches on sideline (ideally coaches will stay on own half of field)
- Ideally 2 youth referees will officiate/manage time
- Offside is NOT enforced, but will be watched for flagrant infraction
- Substitutions allowed at stoppage of play, throw-ins and corner kicks
- Field dimensions (U10-U16 fields), 70yds x 80yds length/ 45yds x 55yds width, Goals (7' x 21')