



# NJYS COACHING SCHOOL



**State  
Certificate**



## Netiquette Rules

1. The Golden Rule. Treat others the way you want to be treated online.
2. To ensure you have a strong signal turn off applications not in use and when you have a technical issue, send a personal chat message to \_\_\_\_.
3. Only use the chat function when we ask you to do so.
4. Be mindful of the words you choose in the chat (typed words can be interpreted different from spoken words).
5. Please mute all your devices and unmute if we ask you to do so.
6. We might “cold call” on people at times to provide an answer or clarify an answer they typed in the chat. It is ok to say no, or I do not know.
7. Its not that we don’t want to see your face, we ask that you turn off your webcam as it helps avoid background noise and strengthen the signal.
8. At times we may ask you to go to different websites by clicking on the link this is sent through the chat.
9. Internet can go out at anytime, don’t panic and get back on – it may go out on us, don’t worry we have a back up plan.
10. Have patience for potential mistakes we make. We are all learning.

# 10 Game Rules

## To help you to:

1. Better understand the responsibilities of coaching, **especially for the parent/coach** who may be coaching for the first time.
2. Satisfy the minimum State standards for duration and course material required by NJ law for volunteer coaches regarding limited immunity (N.J.S.A. 2A:62A-6).





## **6 Responsibilities of a youth soccer coach**

- 1. Leadership**
- 2. Coaching Games**
- 3. Coaching Training Sessions**
- 4. Leading the Team**
- 5. Leading the Player**
- 6. Managing the Performance Environment**

# **Discussion Topics**

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## 6 Responsibilities of a youth soccer coach

1. **Leadership:** developing and implementing leadership characteristics in all aspects of coaching and personal development in order to develop the team and players.
2. **Coaching Games:** coaching the team during soccer games focused on achieving predefined objectives.
3. **Coaching Training Sessions:** preparing the team systematically during training.
4. **Leading the Team:** leading a team of players in order to drive and improve team development.
5. **Leading the Player:** leading and guiding individual players.
6. **Managing the Performance Environment:** creating and developing a performance environment.



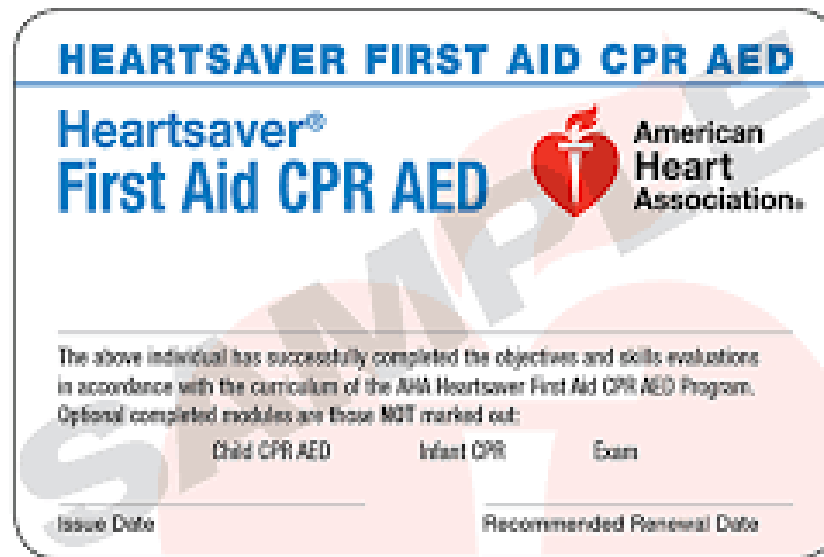
# Discussion Topics

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# Review prevention and care of soccer injuries

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# Life Saving Certification

**NJ Youth Soccer (NJYS) resumed sanctioned competition on July 6<sup>th</sup>, 2020 in line with Governor Murphy's Executive Order #149, which detailed the process to resume organized youth sports. This date marked the progression into Phase 4 of NJYS' "Return to Play" guidelines, which permits traditional practices and competitions on the field while maintaining physical (social) distancing practices off the field. In line with this coaches need to:**

- Follow all [NJYS return to play guidelines](#).
- Follow all State and local guidelines.
- Inquire how players are feeling. Send them home if they are not feeling well.
- Provide adequate physical distancing (at least 6 feet) during practice and exercises to avoid long waiting lines.
- Wear a face mask when unable to physically distance yourself from your players or others.
- Only Coach handles equipment (place, pick up, touch cones, discs)
- Ask players to bring their home and away game jerseys to practice to avoid having to use and share pinnies.
- Respect participants who may not yet be comfortable with returning

**Other Resources:**

- [CDC Considerations for Youth Sports](#)
- [Click here](#) for an Office of Local Public Health (OLPH) list from the NJ Dept of Health.

# **COVID-19: Return to Play**

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- As a reminder about masks/face coverings, the NJ Department of Health states, *“Coaching staff and parents/ guardians should wear cloth face coverings. Athletes are also encouraged to wear cloth or disposable face coverings when not engaging in vigorous activity, such as when sitting on the bench, when interacting with an athletic trainer, etc. Face coverings should not be worn by staff or athletes when engaging in high intensity aerobic or anaerobic workouts or while in the water, or where doing so would inhibit the individual’s health.”*

## **COVID-19: Return to Play**

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# TYPES OF INJURIES

- **CONTUSION**
- **STRAIN**
- **SPRAIN**
- **DISLOCATION**
- **FRACTURE**
- **BLEEDING**



# ***Treatment: R.I.C.E.***

R - Removal from the activity and rest

I - Ice

C - Compression

E - Elevation



- Applying **ICE** to injured area causes the blood vessels to constrict limiting circulation to the injured area.
- General rule 20 minutes on , 20 minutes off, 3 consecutive times
- Applying **COMPRESSION** with an elastic bandage inhibits the accumulation of blood and fluids in the area; thereby minimizing pain and swelling
- **Resting & Elevating** the injured area decreases fluid accumulation, and helps to reduce muscle spasms.



# *Other common soccer injuries*

## **Cuts and Abrasions:**

To reduce the risk of infection ALWAYS wear protective gloves and wash your hands before and after contact. Protect yourself and the player.

### ***Treatment:***

Clean wound and surrounding area with clean water, wiping away from the wound.

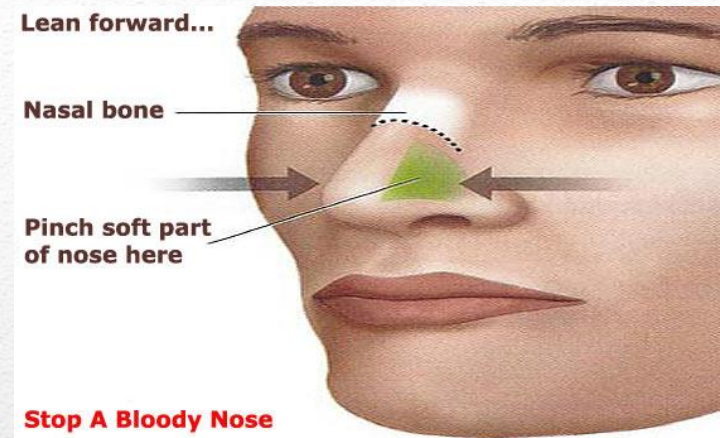
To Stop bleeding on an open wound:

Place sterile dressing over wound and apply direct pressure.

Elevate if necessary

If a severe cut, call 911.

# Nose bleeds



## *Treatment:*

- Place the player in a sitting position with the head forward.
- Apply pressure to just below the bridge of the nose. Use ice when necessary.
- If you suspect a head or neck injury do not try to control the bleeding. Instead stabilize the head and call 911.

# Heat Illness

Young children are not as efficient as adults dealing with heat or cold.

**Heat cramps:** Brief severe cramps in the muscles of the leg, arm or abdomen that may occur during or after vigorous exercise in extreme heat. Lack of drinking fluids is a common cause.

**Treatment:** A cool place, rest and fluids

**Heat Exhaustion:** Player's body is having trouble keeping itself cool. Can come on very suddenly, the player's temperature is raised and they may feel sick or dizzy. The player is still sweating and the skin feels clammy.

**Treatment:** Call 911, cool place, loosen clothing, rest and drink fluids.

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## Types of Injuries

# Heat Illness

**Heat Stroke:** The most severe form of heat illness, a life threatening emergency and requires immediate medical attention.

With heat stroke the body's temperature is very high, sweating stops, their skin is hot and dry and the player may become confused or unconscious.

**Treatment:** Immediately call 911

- Get into cool area
- Cool the players body by spraying or dousing with water
- Loosen clothing
- Fan the player to help in cooling

# Concussion\*

Usually due to a clash of heads.  
Possible dizziness, headache,  
disorientation, ringing in the ears  
and vomiting

## *Treatment:*

Do not move the player. Seek  
immediate medical care.



\*All coaches are required to take the online CDC Concussion Awareness Training and be able to present the certificate they receive from taking the course upon demand. All clubs will certify to NJYS by October 15th of each year that their coaches have complied with the Concussion Awareness Training requirement and are able to produce a certificate. The required Concussion Awareness Certification form is available on the NJYS website.

1. Notify
2. Document
3. Follow Up

INCIDENT  
REPORT



- The structure of the game is built around the “rules”.
- Within the spirit of FAIR PLAY, there are ? Laws.
- Some are modified for younger players per US Soccer



## Methods – Laws of the Game

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## Small-Sided Games Chart



	U6 6 years old and younger	U7 7 years old and younger	U8 8 years old and younger	U9 9 years old and younger	U10 10 years old and younger	U11 11 years old and younger	U12 12 years old and younger
Field Size Ranges (yards)	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 25-35 Width 15-25	Length 55-65 Width 35-45	Length 55-65 Width 35-45	Length 70-80 Width 45-55	Length 70-80 Width 45-55
Maximum Goal Size (feet)	Height 4 Width 6	Height 4 Width 6	Height 4 Width 6	Height 6.5 Width 18.5	Height 6.5 Width 18.5	Height 7 Width 21	Height 7 Width 21
Ball Size	3	3	3	4	4	4	4
Players	4v4 No GK	4v4 No GK	4v4 No GK	7v7 GK	7v7 GK	9v9 GK	9v9 GK
Game Time (minutes)	4x10	4x10	4x10	2x25	2x25	2x30	2x30
Offside	No	No	No	Yes	Yes	Yes	Yes

# Player Development Initiatives 20

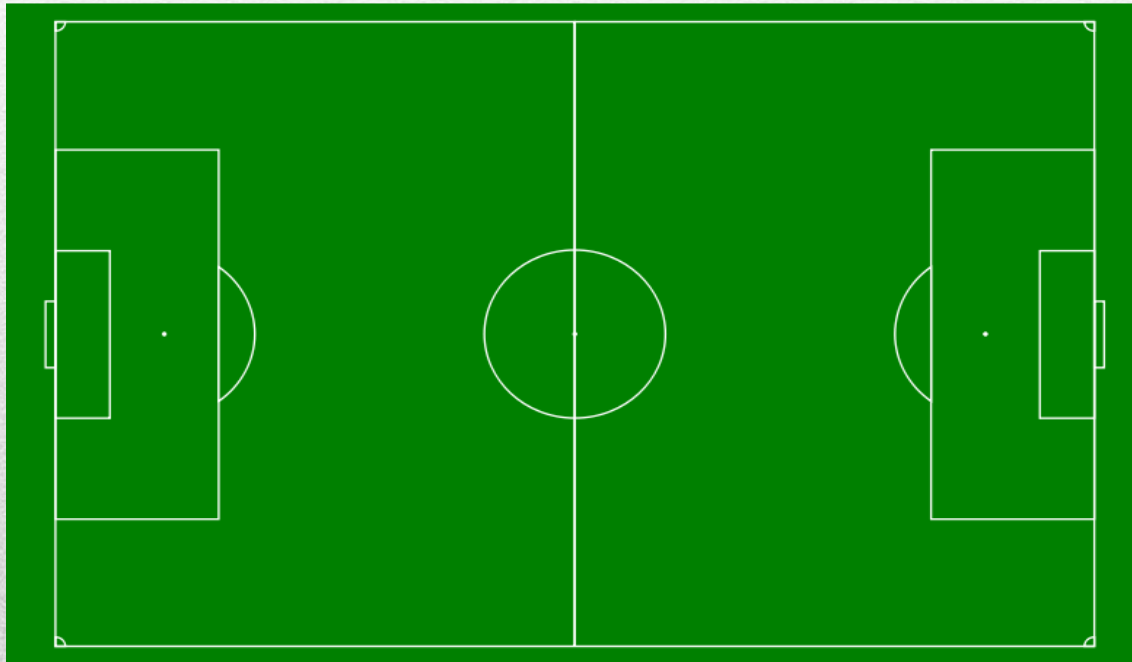
AGE GROUP	GAME RULES	TRAINING RULES	METHODOLOGY	COACHING OBJECTIVES
U11 and younger	Heading prohibited	Heading prohibited	N/A	N/A
U12	Heading permitted	Limited to 30 min. per week. No more than 15-20 headers per player, per week	<p>Ball: Size 4 or lighter/softer (e.g. beachball, sponge/nerfball, volleyball). Not futsal balls.</p> <p>Service: balance it on head, then 2 handed underhand-toss, progressing to service from the teammates' feet ground (no coach service from feet)</p> <p>Activities:</p> <ul style="list-style-type: none"> <li>• Training in pairs</li> <li>• Unopposed to restricted opposition</li> <li>• Skill games, ie. soccer tennis</li> </ul>	<p>Teach technique to build confidence and reduce injury risk</p> <p>Coaching Points:</p> <ul style="list-style-type: none"> <li>• Eyes open</li> <li>• Mouth closed</li> <li>• Point of contact -forehead</li> <li>• Retract head from approaching ball</li> <li>• Arms out for balance and protection</li> <li>• Body control, footwork and approach</li> </ul>

## Technical - Heading

AGE GROUP	GAME RULES	TRAINING RULES	METHODOLOGY	COACHING OBJECTIVES
U13-14	Heading permitted	Limited to 30 min. per week. No more than 15-20 headers per player, per week	Ball: Size 5 or lighter/softer ball Service: Variety of services from teammates (no coach service from feet) Activities to add to above: Training games, e.g. Head-Catch	Refine technique and tactical application  Coaching Points: Attacking vs. Defensive application Contact the ball at its highest point: for attacking contact the top half of the ball so ball goes down and when defending contact the bottom of the ball so it goes high, far and wide
U15-19	Heading permitted	Continue to keep safety in mind	Ball: Size 5 Service: Variety of game-related service Activities to add to above Match situations, e.g. set pieces	Technical/Tactical/Functional application Coaching Points to add to above: Body control for power/accuracy Maintain separation from opponents

## Specifies the Field, Markings and Goal Sizes

- All lines are part of the area they define; thus, the ball is in play until the ball crosses the entire line.
- Size of the field and goals are **AGE APPROPRIATE**;
- **What are the official FIFA Dimensions?**



Length:

minimum 90 m  
(100 yds),  
maximum 120 m  
(130 yds)

Width:

minimum 45 m  
(50 yds),  
maximum 90 m  
(100 yds)

## Law 1 – The field of play

- Specifies the shape, size, weight and pressure of the ball:

- U-6: Size 3
- U-8: Size 3
- U-9, 10,12: Size 4
- U-13 and older: Regulation Size 5



## Law 2 – The Ball

Specifies the maximum and minimum number of players required to have a legal game.

Official: 11 vs. 11, of which 1 is a goal keeper. A match may not start or continue if a team consists of fewer than 7 players.

U6-U8: 4 vs. 4, NO goalkeeper (8 players)

U9-U10: 7 vs. 7, of which 1 is a goal keeper (12 players)

U11-12: 9 vs. 9, of which 1 is a goal keeper (16 players)

U13-19: 11 vs. 11, of which 1 is a goal keeper (18 players)

Substitution, rosters, playing time, co-ed: Rules Vary

## **Law 3 – The Players**

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- All players must wear a shirt, shorts, socks, shin guards and footwear.
- Shin guards must be covered entirely by the socks.
- U8 and U10: footwear can be tennis shoes or soft-cleated soccer shoes.
- NO JEWELRY (with the exception of secured Medical Alert Bracelets)! Hair fasteners must be soft.
- Nothing dangerous at referee's discretion!



## Law 4 – The Players' Equipment

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Each match is controlled by a referee who has full authority to enforce the Laws of the Game by:

- Calling fouls
- Cautioning and sending off any participant
- Stopping play when necessary
- Keeping time and record of the game.

U-8 and U-10: Registered Referees, Associate Referees, Parent/Coach Referee



## Law 5 – The Referee

Two assistant referees are appointed whose duties, subject to the decision of the referee are to indicate:

- ball out of the field of play
- corner kick/goal kick/throw in
- offside
- substitutions
- foul/misconduct



Younger age groups may use club linesmen/ volunteers or only one referee system

## Law 6 – The Other Match Officials 28

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Specifies that each period of play is of equal length.

Official: two 45min halves

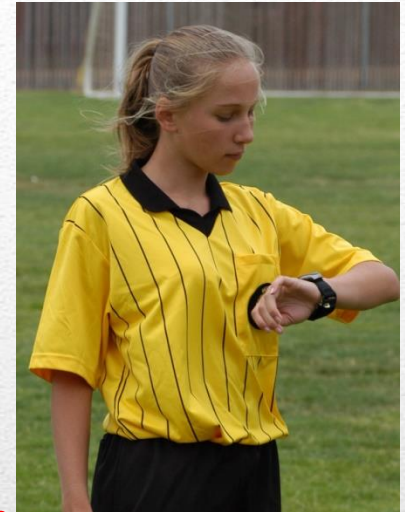
U6-U8: 4 x 10 min quarters / 5 min breaks

U9-U10: 2 x 25 min halves / 10 min half time

U11-U12: 2 x 30 min halves / 10 min half time

U13s: 2 x 35 min halves / 15 min half time

( There may be League variations)



## Law 7 – Duration of the Match

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The referee shall conduct a coin toss and the team that wins decides which goal it will attack in the first half and the other team has the kick off.



The kick off is from the center spot. All players must be on their own half. The ball must clearly move but does not have to travel forward. The kicker does not touch the ball a second time until it has touched another player.



Official: Opponents must be 10 yards from ball

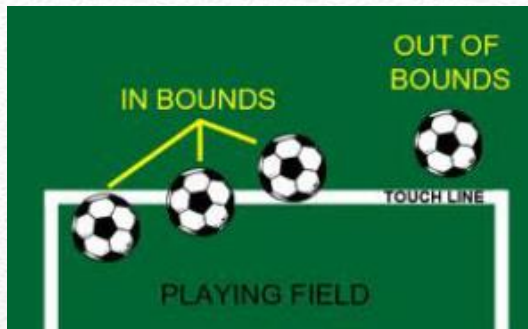
U-8: 6 yards; U-10: 8 yards

Can a goal be scored directly from a kick off?

**YES!**



## Law 8 – Start and Restart of Play



The ball is out of play when:

- it has **WHOLLY** crossed the goal line or touch line, whether on the ground or in the air or when
- play has been stopped by the referee

Is the ball in play when it hits the cross bar or goal post?

**YES!**



Is the ball in play when it hits the corner flag?

**YES!**

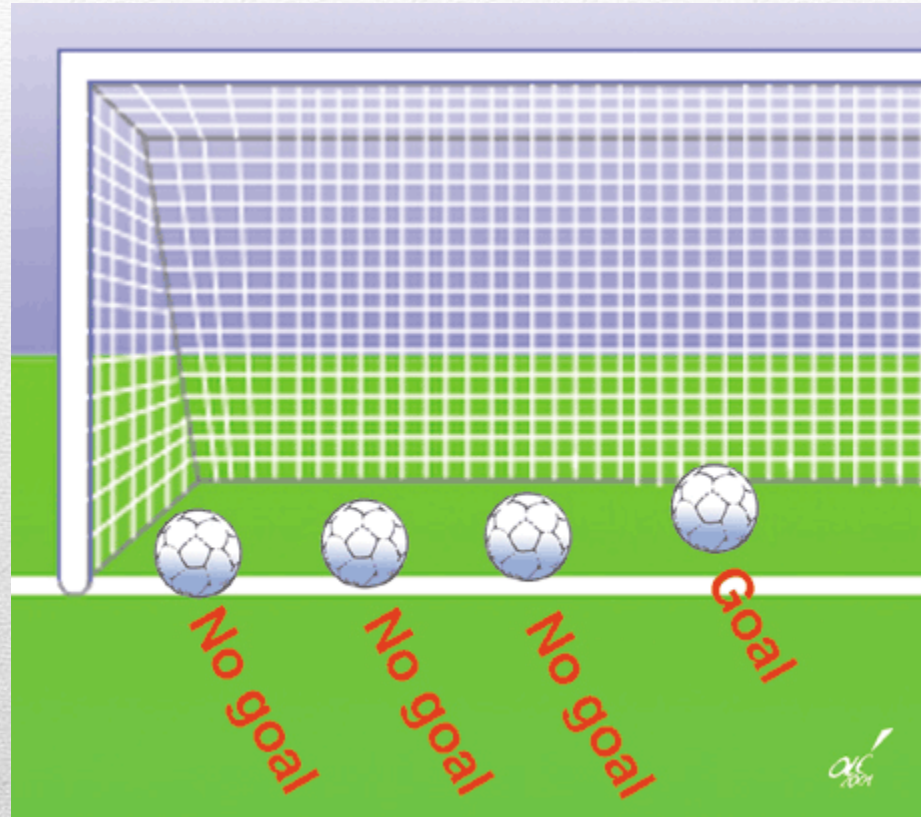


Is the ball in play when it hits the referee?

**YES!**

## Law 9 – The Ball in and out of Play 31

A goal is awarded when the **WHOLE BALL** passes **COMPLETELY OVER** the goal line between the goal posts, under the crossbar and no infringement has occurred.



## **Law 10 – Determining the Outcome of a Match 32**

### Offside position if:

- Nearer to his opponents' goal line than both the ball and the second last opponent.

### Not offside position if:

- In his own half of the field of play.
- Level with the second last opponent
- Level with last two opponents

### No offence if ball direct from:

- A goal kick
- A throw-in
- A corner kick

### When?

- At the moment the ball touches or is played by one of his team-mates

### Active play:

- Interfering with play
- Interfering with an opponent
- Gaining advantage

# Law 11 – Offside

Onside Position

Offside Position



**Law 11 – Offside**

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- Defines the letter of the Law and the spirit of the game.
- Fouls and misconducts are penalized as follows:
  - **Direct Free Kick** –offenses that are careless, reckless or excessive force (trip, kick, jump, push, strike, spit at, or holds an opponent and deliberately handling the ball)
  - **Penalty Kick**- awarded to the above offenses if committed in his own penalty area.
  - **Indirect Free Kick** – awarded to the opposing team when a goalkeeper inside his own penalty area takes more than 6 seconds/pass back/throw in. Also, if any field player, in the opinion of the referee, plays in a dangerous manner, impedes progress of opponent, prevents GK from releasing ball from hands.

## **Law 12 – Fouls and Misconduct**

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Cautionable  
Offenses  
Yellow Card

- Unsporting behavior
- Dissent by word or action
- Persistent infringement of Laws
- Delay restart
- Fails to respect distance when play is restarted
- Enters/re-enters field without referee permission
- Deliberately leaves field of play without permission

Send Off  
Offenses  
Red Card

- Serious foul play
- Violent conduct
- Spitting
- Denies goal for opposing team by deliberately handling the ball
- Denies goal-opportunity to opponent by offense punishable by a free kick or penalty kick
- Offensive language/gesture
- Receives a 2<sup>nd</sup> caution

## Law 12 – Fouls and Misconduct

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## DIRECT

Can be kicked directly into the opponents' goal



## INDIRECT

- A goal can be scored only if the ball subsequently touches another player before entering goal.
- Indicated by the referee raising his arm above his head, and remains in that position until the ball is kicked.



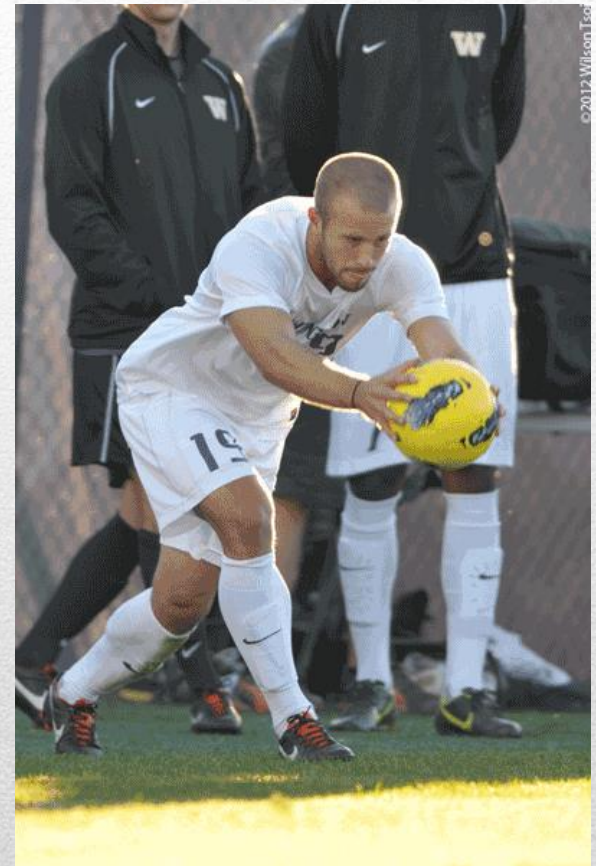
# Law 13 – Free Kicks

A penalty kick is awarded against a team which commits one of the ten offenses of a direct free kick inside its own penalty area.



## Law 14 – Penalty Kick

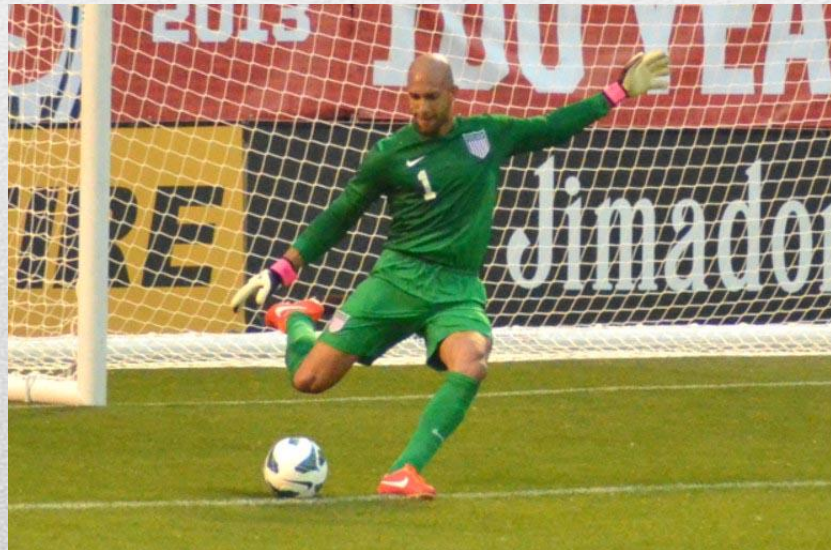
- A throw in is a method of restarting play.
  - Awarded when the whole ball passes over the touch line, either on the ground or in air
- Can a goal be scored directly from a throw in?
- **NO!**



## Law 15 – Throw In

A goal kick is a method or restarting play.

- Awarded when the whole ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored.
- A goal may be scored directly from a goal kick, but only against the opposing team.



## Law 16 – Goal Kick

A corner kick is a method of restarting play

- Awarded when the whole ball, having last touched a player of the defending team, passes over the goal line, either on the ground or in the air and a goal is not scored.
- A goal may be scored directly from a corner kick, but only against the opposing team.



## Law 17 – Corner Kick

# LIABILITY AND SAFETY ISSUES OF COACHING



- P.L. 1988, Chapter 87 (NJSA C.2A:62A 6)  
Provides volunteer athletic coaches, managers, and officials for non profit sports teams or teams in league affiliated with county or municipal recreation department with immunity from liability unless willful, wanton, or grossly negligent.

## **Little League Law**

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- You will have care, custody and control of someone else's child for 30-50 hours in a season.
- You therefore should be aware of your responsibilities as a coach.
- Attention to these aspects will help you minimize your personal risk



# Your Responsibilities Include:

## 1. Providing adequate supervision

- NEVER leave players unattended
- NEVER leave practice or game until ALL players have been picked up.

## 2. Sound Planning

- Carefully plan your practices and exercises so players progress and learn new skills. Keep them on record.

## 3. Warning players of inherent risks

Players and parents must know, understand, and appreciate the risks.

## 4. Providing a safe playing environment

- Be certain that practice and playing fields are free of hazards (e.g. holes, rocks, broken glass) and that equipment (e.g. goal posts) are secure.
- Warn your players **NOT** to hang from goals cross bars.

## 5. Evaluating players and determining any limitation required for participation

- Be sure players are physically capable of performing the required skills, this includes mental and physical.
- Evaluate old injuries as carefully as you can before letting players return to action.

## 6. Provide proper first aid

- Have first aid kit
- Know where to find emergency help
- Nearest telephone/cell phone

**DO NOT** attempt to provide first aid beyond your qualification.

**ALWAYS** have players medical release forms with you.

Be aware of liability issues concerning transportation of players.

## Mandatory Reporting of Child Abuse or Neglect

N.J.S.A. 9:6-8.10 (Federal Law Feb 14, 2018  
Protecting Young Victims from Sexual Abuse  
and Safe Sport Authorization Act of 2017  
See [www.safesoccer.com](http://www.safesoccer.com))

**Any person** having a reasonable cause to believe that a child has been abused or neglected in any environment (e.g. home, school, institution, foster home, etc.) is required to immediately notify DCPP of New Jersey (The Division of Child Protection and Permanency) by calling the Child Abuse Hotline 1-877-NJ ABUSE. **Reporting through a secondary source** creates unnecessary delays in reporting, possibly resulting in further harm to the child, and **does not satisfy the statutory requirement** to report directly to DCPP. A violation of this Title 9 statute is a disorderly persons offense.



# RETURN TO PLAY GUIDELINES

## NJYS Distance Learning Parameters & Guidelines (April 28)

- NJ Youth Soccer recognizes that clubs and teams, like our schools, are leveraging "Distance Learning" while children are at home and we all navigate the COVID-19 pandemic. We support these at home activities taking place during the suspension of in-person activities and urge us all to be mindful of the following:
- NJ Youth Soccer recommends that virtual training sessions hosted by clubs and coaches *are not conducted live nor tailored to individuals*. We advise that the training sessions are recorded and sent out to players. Inform players they can do the skills on their own time. This should help coaches, clubs and the state association avoid being faulted for poor or lack of supervision (e.g. should an injury or accident occur).

# RETURN TO PLAY GUIDELINES

## NJYS Distance Learning Parameters & Guidelines (April 28)

- Advise players, especially younger players, that activities should be done with adult supervision. During the season, sanctioned activities are those that take place with an authorized adult supervising.
- Maintain compliance with SafeSport policies on Social Media & Electronic Communications. Communication should be "group communication" in nature with no private communication between an adult and a youth player.



- The risk in any sport is always present.
- Parents know this when they sign up their children to play.
- **HOWEVER**, sometimes parents will blame others for uncontrollable events or actions perceived to be harmful to their kids.



# NEGLIGENCE and Coaches' Legal Duties

The risk of the game (**called inherent risk**) is accepted as long as a coach acts prudently and as long as these risks are known, appreciated, understood and consciously accepted by the participants.

Negligence is the failure to act in a manner that a reasonable and prudent coach would normally act in a similar situation.



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# Insurance

- There are situations where a player is injured, and there is no health care provider or policy limits are inadequate.
- NJYS maintains an excess accidental policy which provides some coverage of medical bills.
- Do you have personal liability Insurance?

- Wear shoes **with molded cleats or ribbed soles**. Shoes with screw-in cleats should not be worn by youth players.
- Use synthetic, **nonabsorbent balls** on wet playing fields. Leather balls can become water logged and very heavy when wet, putting players at risk for injury.
- Do not **crawl or sit on the goal or hang from the net**. Injuries and deaths have occurred when goals have fallen onto players



- **Soccer goals** should be well anchored, weighted down and properly **secured**.

Some goals are portable and can be moved. **PLEASE USE ADULTS TO MOVE GOALS, NEVER PLAYERS!**

- The **playing surface** must be kept in good condition. Holes on the playing field should be filled, bare spots reseeded and debris removed.
- Be **knowledgeable about first aid**. Be able to administer it for minor injuries, such as facial cuts, bruises, or minor tendonitis, strains or sprains.

- Be prepared for emergency situations and **have a plan** to reach medical personnel to treat injuries.

This includes concussions, dislocations, elbow contusions, wrist or finger sprains and fractures

- Proper nutrition and **hydration** are important.

A bad diet will prevent a player from recovering from training sessions making he/she more prone to injury. Drink plenty of water especially when the weather is hot.

- If a player is in **good condition** then he/she is less likely to get injuries. Good all around conditioning will balance the body and help avoid injuries.
- Be sure to include **REST in the training program**. And be sure players get enough sleep.
- Most Importantly -  
*Use Common Sense!*



# ADDITIONAL RESOURCES



- **TOPSoccer** is a community based training and team placement program for young athletes with disabilities.
- The program is designed to bring the opportunity of learning and playing soccer to any boy or girl who has a mental or physical disability.



- NJYS partnered with **HEALTHY KIDS OUT OF SCHOOL** to provide a free online training about healthy habits in youth soccer.
- Coaching Healthy Habits, takes less than 7 minutes and gives practical tips for encourage players to:
  - Hydrate with water
  - Fuel up with healthy snacks
- Coaches also learn strategies to get kids even more physically active during trainings.
  - [www.HealthyKidsHub.org/Coaches](http://www.HealthyKidsHub.org/Coaches)

Any questions?

