

# EASTSIDE FC



Recreation Director

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## RECREATION COACHES MANUAL

On behalf of the Eastside FC Board of Directors, welcome and thank you for offering your time and talents as a recreation coach. As a volunteer coach, we want to make your experience just as rewarding as it will be for your players. Remember, the goal of our recreation program is to provide a positive environment for all – players, families, referees and coaches – to learn, develop and have fun.

**⚽ PRIORITIES FOR THE RECREATION PROGRAM ⚽**

HAVE FUN

SAFE, POSITIVE & WELCOMING PLAYING ENVIRONMENT

FAIR & EQUITABLE PLAYING TIME

DEVELOP PLAYERS – SKILLS ABOVE RESULTS

**ZERO TOLLERANCE FOR:**

ABUSE OF ANY KIND – TO CHILDREN, PARENTS, SPECTATORS, REFEREES

TREAT REFEREES WITH RESPECT

DO NOT RUN UP SCORE – DO NOT FOCUS ON RESULTS

**REMINDERS FROM THE CHILDREN**

I'm a **KID**

It's just a **GAME**

My coach is a **VOLUNTEER**

The officials are **HUMANS**

**NO** college scholarships will be handed out today

Thank you and **HAVE FUN!**

*The Sideline*

Alan Stein Jr. &  
Rich Czeslawski

Before the season, coaches should familiarize themselves with this manual, the club website and SportsConnect site where rosters and game schedules will be posted. Your preseason checklist includes:

**REQUIRED TRAINING** (for both head and assistant coaches):

1. **RISK MANAGEMENT FORMS:** All volunteers - coaches, assistants, board members - must complete an online risk management application via GotSport. Detailed instructions below.
2. **CONCUSSION AWARENESS:** All ESFC coaches, employees and volunteers must complete the online concussion awareness testing and provide completed certificates to the ESFC registrar.
3. **SAFESPORT TRAINING:** All ESFC coaches, employees and volunteers must complete the online safety course and provide completed certificates to the ESFC registrar.

**CLUB WEBSITE:** [www.eastfc.org](http://www.eastfc.org). Your source for most everything. Registration, payment, rosters, game schedules, field location/status, parent/team communication, club contacts, form downloads, club calendar, program information, camps/clinics, and more!

**TEAM ROSTERS/SCHEDULES:** Team rosters and game schedules available via SportsConnect online. Parents/players have access to rosters and schedules via their ESFC user account. Coaches have the ability to communicate with teams via the online portal.

**EQUIPMENT:** Equipment bags will be made available to coaches – balls, cones, pinnies, etc. - prior to the start of the season. If you plan to coach again in future seasons, you are welcome to keep the equipment bag.

**UNIFORMS:** ESFC reversible jersey, black shorts, black socks, shin guards and cleats. Reversible jerseys are available for purchase at **Grosse Pointe Geek** for \$30. “The Geek” is located at 17116 Kercheval Ave, Grosse Pointe, MI 48230 (313.885.2222, M-F 10am-6pm, closed Saturday & Sunday).

**PRACTICES:** Coaches are responsible for establishing a practice schedule – typically once a week – at a time and place convenient for the team. ESFC field information and availability are available on the club website. Please be respectful and share when and where other teams are present. Note, U5 and U6 teams typically practice for 15-20 minutes on scheduled game days on assigned fields before game play.

**GAME LOCATION:** Is age specific. Reference the “*Eastside FC Game Format/Summary*” below. All field locations and status are maintained on the club website under the “*Fields*” tab. Reference this page for addresses/maps and field closures in case of inclement weather.

**GAME DURATION:** Is age specific. Reference the “*Eastside FC Game Format/Summary*” below. Please make sure that playing time is relatively equal for each player. It is important to start and finish on time as there will likely be games scheduled before and after yours.

**SCORES:** Don’t run it up! **Keep it FUN!**

**PICTURE DAY:** Typically held at Ghesquiere Park, near the tennis courts. Picture day and make up day in case of rain out will be communicated by the Rec Directors and available on the Recreation page of Eastside FC’s website. Each coach/team decides what time works best for their team picture based on game commitments. Choose a time and communicate to your team early. A signup sheet for times slots will be sent out following the coaches meeting. One team photo is provided at no charge to each player. Individual photos are available for extra cost and require a photo order form.

Remember to keep it fun, safe and positive! If you have any questions or problems, please call. Have a terrific season and don’t forget to enjoy the game.

## Instructions for Risk Management Card

Risk management cards are required for all coaches, managers, board members and team officials who will be working with Eastside FC players. Risk management numbers must be on file with Eastside FC before team activities, including practices, can commence. Instructions to obtain a risk management number are outlined below.

### For New Coaches/Managers:

1. If you have never received a risk management card before, please provide the following information to our General Manager ([GeneralManager@eastfc.org](mailto:GeneralManager@eastfc.org))
  - a. Full Legal Name (First, Middle, Last)
  - b. Date of Birth
  - c. Gender
  - d. Address including city, state and zip code
  - e. Email address
  - f. Mobile phone number
2. We will set up an account for you and you'll receive an email with a link to your account at GotSport (the site that issues Risk Management cards).
3. Log into your account at [gotsport.com](http://gotsport.com)
4. Click on **Account** -> **My Profile** and review your contact information and date of birth.
5. Click on the **Dashboard** tab and check **Requirements** -> **Details**
6. Click on the **Submit New Report** link on that page and just follow the steps to get your risk management number/card.
7. You can then click on **Print Card** to save a copy for your records.

### For Returning Coaches/Managers:

1. Log into your account at [gotsport.com](http://gotsport.com)
2. Click on **Account** -> **My Profile** and review your contact information and date of birth.
3. Click on the **Dashboard** tab and check **Requirements** -> **Details**
4. If you are already approved or successfully linked with a previous risk management account/number, click **Background Check** to view or print card.
5. If you are not approved, you will see an option to **Submit New Report** or **Check Reports**.
  - a. Click **Submit New Report** if your current card is expired
  - b. Click **Check Reports** to locate a previously issued risk management card.
6. You'll then be able to print the card for your records.

### Need Help?

- Risk Management FAQ:  
<https://www.michiganyouthsoccer.org/Assets/Michigan+Youth+Soccer+Digital+Assets/RM/Risk+Management+FAQs.pdf>
- All other questions about the Risk Management process can be directed to Eastside FC General Manager at [GeneralManager@eastfc.org](mailto:GeneralManager@eastfc.org)

To Log into GotSport for the first time go to [gotsport.com](http://gotsport.com) and click **Log In** in the upper-right hand side.

Enter your account email, then click on **Forgot Password** and enter your email to have your login credentials sent to you.

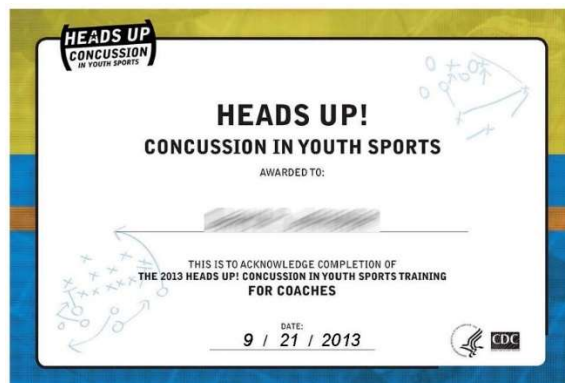
### Risk Management Requirements

1. **Background Check:** For instructions click here: <https://gotsport.zendesk.com/hc/en-us/articles/360049592294-Submitting-Background-Check> Background checks are good for 1 year. \*MSYSA charges a \$7.50 fee for the background check. In order for MSYSA to start the background check process, please check out and pay the fee via credit card.
2. **SafeSport Training:** For instructions, click here: <https://gotsport.zendesk.com/hc/en-us/articles/1500012653501-Submit-Safe-Sport-US-Club> Coaches are required to complete the full course the first time they take it, then complete a "refresher" every year thereafter. If your SafeSport certification is good through current season dates, please upload a copy using the directions in the link above. If you need to complete either the main course or refresher, the main course takes 1+ hours, but the refresher course only takes around 20 minutes.
3. **Heads Up Concussion Training:** For instructions, click here: <https://gotsport.zendesk.com/hc/en-us/articles/360052923734-Submitting-Heads-Up> Coaches must complete this training every three years. If your HeadsUp certificate is current, please upload a copy using the directions in the link above.

## Concussion Awareness - Required by US CDC (United States Center for Disease Control and Prevention)

All coaches, employees, volunteers, and other adults involved with a youth athletic activity must complete an online concussion awareness training course and submit completed certificate (see example below) to ESFC registrar prior to first practice.

CDC "Heads Up" Concussion In Youth Sports:  
<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>



# NEW FREE COACHING RESOURCE – MOJO Sport



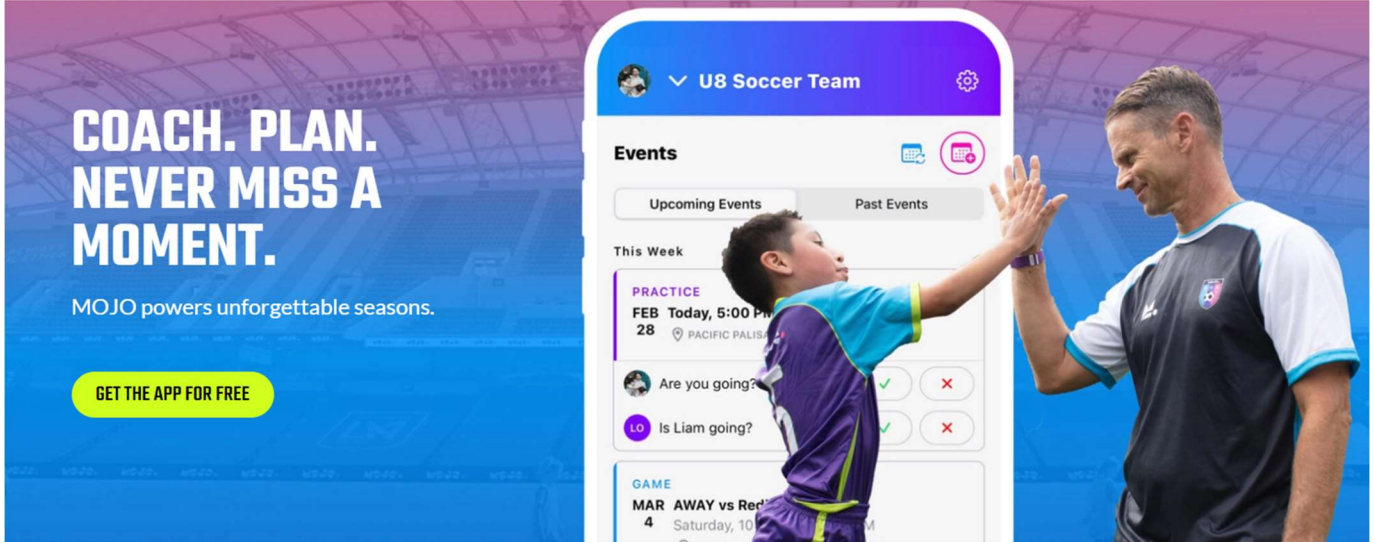
COMPANY

WHAT WE OFFER

COACH'S CORNER

NEWS ROOM

GET THE APP



As a proud member of the Michigan State Youth Soccer Association (MSYSA), Eastside FC volunteer coaches have access to MOJO **FOR FREE**. MOJO helps volunteer coaches ensure that practices are age-appropriate, inclusive and fun. The US Youth Soccer National Grassroots Curriculum is live and provides coaches practice plans and drill ideas for ages U6 – U14.



To download, either scan the QR code above or search the App Store or Google Play for 'MOJO'

## Eastside FC Recreation Game Format, Summary & Referee Fees

	U5 & U6	U7	U8	U9	U10	U12	U14
<b>Field</b>	Monteith	Ghesquiere	Ghesquiere	Monteith /Barnes	Monteith /Barnes	Ferry	TBD
<b>Game Format</b>	3v3	6v6	6v6	7v7	7v7	9 v 9	11 v 11
<b>Ball Size</b>	3	4	4	4	4	4	5
<b>Length of Game</b>	4 x 8 min	2 x 20 min	2 x 20 min	2 x 25 min	2 x 25 min	2 x 30 min	2 x 35 min
<b>Goal Size(ft.)</b>	4 x 2.5	6 x 12	6 x 12	6 x 12	6 x 12	7 x 21	8 x 24
<b>Goal Area (yds)</b>	n/a	n/a	n/a	6 x 18	6 x 18	6 x 18	6 x 20
<b>Penalty Box (yds)</b>	n/a	n/a	n/a	10 x 24	10 x 24	14 x 35	18 x 44
<b>Penalty Mark</b>	n/a	n/a	n/a	8 yds	8 yds	10 yds	10 yds
<b>Penalty Arc</b>	n/a	No	No	Yes	Yes	Yes	Yes
<b>Corner Arc</b>	n/a	n/a	1 yds	1 yds	1 yds	1 yds	1 yds
<b>Corner Mark</b>	n/a	No	No	9 yds	9 yds	11 yds	11 yds
<b>Sub Mark</b>	n/a	No	Yes	Yes	Yes	Yes	Yes
<b>A/R Line</b>	n/a	No	No	No	No	Yes	Yes
<b>Offsides</b>	No	No	No	No	No	Yes	Yes
<b>Pass Back Rule</b>	No	No	No	No	No	Yes	Yes
<b>Restart Distance</b>	10 ft	8 yds	8 yds	8 yds	8 yds	10 yds	10 yds
<b>Referee Fees*:</b>							
***Center / AR	n/a	n/a				\$40 / \$30	\$55 / \$40
***Solo Referee			\$25	\$30	\$30	\$50	\$65

\* The *HOME* team is responsible for paying the referee(s) prior to the beginning of each game (U8 – U14 only) with cash only. Each head coach will receive a reimbursement check from ESFC for the referee fees.

## Eastside FC U5/U6 Recreation League Rules

**Ball:** Size 3

**Duration:** Games will consist of four 8-minute quarters.

**Referees:** No Referee.

**Equipment:** Shin guards are required and must be covered by socks. Uniform shirt must be visible over other clothing. The home team wears green.

**Substitutions:** Unlimited, but only at a stoppage of play.

**FIFA Rule Modifications:** Offside Rule is not enforced. Passback Rule is not enforced. No Goal kicks.

**Players:** Play will be 3 vs. 3 with 2 games going at a time. No team shall play short-handed.

**Goalkeeper:** NO GOALKEEPERS. Coaches should encourage players to stay out of the goal area.

**Coaching:** One coach may be on the field. The coach must stay in the defensive end. Coaches are not allowed in the goal area. Coaches, parents, and spectators are not allowed behind the goal lines. Coaches are responsible for the conduct of their players and spectators who have come to support the players. Unsportsmanlike behavior or intimidation by a player, coach or fan against ANY other party will not be tolerated and will result in the stoppage of play and the potential forfeiture of the game.

**Tie Games:** Ties are not broken.

**Goal Kick:** No Goal kicks

**Throw-in:** No Throw-ins. Restarts with a kick-in. Opponent must be 10 feet away from ball on restarts.

**Fouls:** All fouls and foul interpretations are according to FIFA Rules. All infractions shall result in an indirect free kick.

**Purposeful Header:** A purposeful header shall result in an indirect free kick awarded to the opponent at the spot of the infraction.

**Medical:** If a player is bleeding, the player must leave the field immediately. The player is not allowed back on the field until 1. all bleeding has stopped, 2. the injury has been covered, and 3. the player has no blood on his/her uniform

## Eastside FC U5/U6 Recreation Age Group Characteristics

### Typical characteristics for U5/U6 age group:

- Short attention span.
- Give one direction at a time
- Change activities often and smoothly
- Start activities and make adjustments or add/repeat directions.
- Most are individually oriented (me, my, mine). Don't share well.
- Constantly in motion. Love to run and jump.
- Psychologically easily bruised.
- Little or no interest in team activities. Do not understand the concept of team.
- Physical and psychological development for boys and girls is quite similar.
- Eye/hand or eye/foot coordination most primitive.
- Catching skills not developed.
- Equate effort with performance. If they are playing hard, they think they are playing well.
- Body heats up quickly. Need short, frequent breaks in warm weather.
- Need MOVEMENT EDUCATION. Need to learn to control their bodies.
- Need to learn to deal with bouncing, rolling balls. Need to learn qualities of balls/bodies in motion.

## Eastside FC U5/U6 Recreation Coaching Tips

### Popular warm up and practice exercises:

[Additional coaching tips and practice plans can be found on the Eastside FC website in the Coaching Resources page.](#)

**GATE DRIBBLING-** (Dribbling for speed/possession) Have players dribble between gates. Use one more gate than there are players. In 90 seconds, count the number of gates you dribble through. Can you increase your number by 2? "Show me what moves you used to change direction. ....to change speed."

**BEEP! BEEP!** – (This activity improves dribbling, vision and body control.) Can you dribble your ball in this confined area and when you get close to another person honk your horn? As you dribble, try to avoid other people. Stay in the area and keep the ball close to your feet. Can you go a little faster because you are on the free-way? When the coach yells "Stop" freeze with your foot on your; hold out your hands and make sure you can't touch another player.

**Body Part Dribble** – (This activity develops dribbling and stopping the ball with different body parts to learn how to twist and turn the body for improved coordination.) Can you dribble inside the square? Coach will call out different parts of the body to stop the ball with. Foot, hand, elbow, etc..... Try to keep your balance. Stomach, shoulder, ("you have to twist on that one.") Head, bottom. Next the coach will call out two parts of the body to use to stop the ball. Both knees, both hands, one shoulder one elbow.

# Eastside FC U7/U8 Recreation League Rules

**Ball:** Size 4

**Duration:** Games will consist of two 20 minute halves.

**Players:** Play will be 6 vs. 6. There must be five field players plus a goalkeeper. No team shall play short-handed. Teams lacking six players shall have their opponent play with an equal number of players.

**Referees:** There will be a single center referee for all U8 games. Home team responsible for payment - \$20 to center referee. U7 division will not have a referee and opposing coaches are expected to officiate game together fairly.

**Equipment:** Shin guards are required and must be covered by socks. Uniform shirt must be visible over other clothing. Home team wears green.

**Substitutions:** FIFA rules: Unlimited, but only at a stoppage of play for;

1. The half,
2. a goal,
3. a goal kick,
4. a throw in by either team,
5. an injury for which the referee stops play,
6. for a yellow card.

**FIFA Rule Modifications:** Offside Rule is not enforced. Passback Rule is not enforced. No Goal kicks – game is restarted with goalkeeper possession and goalkeeper can throw, kick, punt or dribble the ball back into play.

## **Build-Out Line:**

A build-out line must be placed on the field 14 yards from the endline and run across the field touch line to touch line. When the goalkeeper has possession, the players on the opposite team must retreat beyond the build-out line until the goalkeeper releases the ball.

**Goalkeeper:** The goalkeeper, after handling the ball, may not punt the ball over the halfway line. For example, if a goalkeeper kicks the ball, it must bounce at least once before crossing the halfway line. However, the goalkeeper would be permitted to kick the ball across the halfway line if it is not picked up and handled first. NOTE: By definition, ALL drop kicks by the goalkeeper that cross the halfway line without first bouncing or touching another player would be considered a violation of this rule. Violation of this rule will result in awarding a throw-in (in order to move the game along) to the opposing team of the offending goalkeeper at the nearest intersection of halfway line and sideline. A goalkeeper may not directly receive and handle a throw-in. Goalkeepers should be rotated throughout the game to provide opportunity for any player that wants to be in goal as well as to ensure adequate field time for every player. In the event of injury, goalkeepers may be substituted at any time.

**Coaching:** One coach may be on the field. The coach must stay in the defensive end. Coaches are not allowed in the goal area. **Coaches, parents, and spectators are not allowed behind the goal lines.** Coaches are responsible for the conduct of their players and spectators who have come to support the

players. Unsportsmanlike behavior or intimidation by a players, coach or fan against ANY other party will not be tolerated and will result in the stoppage of play and the potential forfeiture of the game.

**Tie Games:** Ties are not broken.

**Goal Kick:** No Goal kicks – game is restarted with goalkeeper possession and goalkeeper can throw, kick, punt or dribble the ball back into play.

**Throw-in:** A foul throw may be retaken once by the offending team. The referee may explain the error on the first throw.

**Fouls:** All fouls and foul interpretations are according to FIFA Rules. Offside shall not be called. Fouls occurring inside the penalty area are taken outside the penalty area. All infractions shall result in an indirect free kick.

**Purposeful Header:**

A purposeful header shall result in an indirect free kick awarded to the opponent at the spot of the infraction.

**Medical:** If a player is bleeding, the player must leave the field immediately. The player is not allowed back on the field until 1. all bleeding has stopped, 2. the injury has been covered, and 3. the player has no blood on his/her uniform.

## Eastside FC U7/U8 Recreation Age Group Characteristics & Coaching Tips

Although U7/U8 children may begin to be far more physically and psychologically advanced than U5/U6 children we must remain patient and not try to force them to develop too quickly. Dribbling still needs to be the primary focus of our efforts, though passing and shooting should be introduced at this age as well. U7/U8 players tend to work best when in pairs and we should allow them to work in pairs (coach selected) often. Similar to U5/U6 children, we need to make sure that fun is the central theme in practice. Players' development will occur most appropriately and expeditiously if all the players are enjoying themselves.

### U7/U8 TRAINING OBJECTIVE:

The objective is to provide fun, active, age appropriate, activities that foster comfort with the ball for each player. At this age we introduce activities that foster dribbling, passing, shooting and receiving.

### TYPICAL CHARACTERISTICS OF U7/U8 PLAYERS:

- Tend to play well in pairs – unlike 5/6 year-old; these children enjoy playing pairs. Try to set up the pairs yourself to control the games and manage the personalities.
- Are now able to take another's perspective – they now have a sense of how others are feeling.
- Still unable to think abstractly – still do not have this capability, be patient.
- Heating and cooling system still less efficient than adults – still make sure to give frequent water breaks.
- Still prefer playing to watching – keep everyone active during practice and **remember no lines**.
- Limited attention span; **no Lectures** (on average 15 – 20 seconds for listening, up to 20 minutes when engaged in a task) – this may vary greatly on any given day depending on school, diet, etc.
- Try to gauge your players' attitudes / energy levels.
- Have an understanding of time and sequences – they now understand “If I do this, then that happens.”
- Many have incorporated a third or fourth speed into play – not all players, but many players now have incorporated a speed or two between stopped and as fast as possible.
- Extremely aware of adult reactions – be very aware of your verbal and nonverbal reactions, as they look for your reaction frequently.
- Seek adult approval – be supportive when they ask about their performance or try to show you skills. They very much need reassurance, and you need to help build their confidence to try new things at this age.
- Begin to become aware of peer perception – a social order is beginning to develop.
- Wide range of abilities between children at this age – children develop at varying paces. You may have an 8 year-old who seems more like a 10 year-old and one that seems more like a 6 year-old on the same team. Your challenge is to manage this range in your practice in a way that challenges each player at a level that is reasonable for that player. Set achievable outcomes and objectives.
- Some will keep score – the competitive motors churn faster in some than others. Surely some parents are fueling the motors with their own. Regardless, we do not need to stress winning and losing at this age. Results should not be important at this age.
- Beginning to develop motor memories – by attempting fundamental technical skills they are training their bodies to remember certain movements.

# Eastside FC U9/U10 Recreation League Rules

**Ball:** Size 4

**Duration:** Two (2) 25 minute halves Half time is 5 minutes

**Players:**

7 vs 7 - 6 field players plus 1 goalkeeper, except:

1. If one team has less than 6 players available, then both teams shall play equal provided that no team be obliged to play with less than 5 players.
2. When one team leads another by four goals or more,
  - a) The trailing team shall be permitted to add one additional player.
  - b) If the trailing team does not have an additional player, the leading team shall play with one less player than is otherwise allowed by these rules.

**Equipment:** Shin guards are required and must be covered by socks. Uniform shirt must be visible over other clothing. Home team wears green.

**Referees:** There will be a single center referee for all U9 / U10 games. Home team responsible for payment - \$25 to center referee.

**Substitutions**

FIFA rules: Unlimited, but only at a stoppage of play for;

1. The half,
2. a goal,
3. a goal kick,
4. a throw in by either team,
5. an injury for which the referee stops play,
6. for a yellow card.

**FIFA Rule Modifications:** Offside Rule is not enforced. Passback Rule is not enforced. No Goal kicks – game is restarted with goalkeeper possession and goalkeeper can throw, kick, punt or dribble the ball back into play.

**Goalkeeper:** The goalkeeper, after handling the ball, may not punt the ball over the halfway line. For example, if a goalkeeper kicks the ball, it must bounce at least once before crossing the halfway line. However, the goalkeeper would be permitted to kick the ball across the halfway line if it is not picked up and handled first. NOTE: By definition, ALL drop kicks by the goalkeeper that cross the halfway line without first bouncing or touching another player would be considered a violation of this rule. Violation of this rule will result in awarding a throw-in (in order to move the game along) to the opposing team of the offending goalkeeper at the nearest intersection of halfway line and sideline. A goalkeeper may not directly receive and handle a throw-in. Goalkeepers should be rotated throughout the game to provide opportunity for any player that wants to be in goal as well as to ensure adequate field time for every player. A minimum of two goalkeepers should be used during the course of the game. Goalkeepers have six seconds to release the ball after gaining control.

**Build-Out Line:** A build-out line must be placed on the field 14 yards from the endline and run across the field touch line to touch line. When the goalkeeper has possession, the players on the opposite team must retreat beyond the build-out line until the goalkeeper releases the ball.

**Coaching:** All coaches on the sidelines, but only between the 18 yard lines. Every effort should be made to control your movements. **Coaches, parents, and spectators are not allowed behind the goal lines.** Coaches are responsible for the conduct of their players and spectators who have come to support the players. Unsportsmanlike behavior or intimidation by a player, coach or fan against ANY other party will not be tolerated and will result in the stoppage of play and the potential forfeiture of the game.

**Tie Games:** Ties are not broken.

**Throw Ins:** According to FIFA rules, two feet on the ground, ball throw starts from back/top of the head.

**Fouls:**

All fouls and foul interpretations are according to FIFA rules.

- **Yellow Cards-** Any player that receives a yellow card shall be removed for the completion of the half. A player may be substituted. If the yellow card occurs in the first half, the player may re-enter the second half. **Red Cards-** Any player that receives a red card shall immediately be removed from the rest of the game. A player may not replace the ejected player. The red carded player is also automatically suspended from the next game played. All red cards should be reported to the Referee Director at the end of the game by the player's coach for possible further disciplinary action.
- **Coach Red Card-** Any red card received by a coach or assistant must be reported immediately to the Referee Director at the end of the game by the coach. The coach must leave the field immediately. An assault by a coach on a player, parent, or referee will result in suspension.
- **Serious Offense-** Any serious offense will be referred to the Disciplinary Committee composed of the Directors from the League. Both coaches, referee, and others may be requested to participate in a hearing before final action is taken.

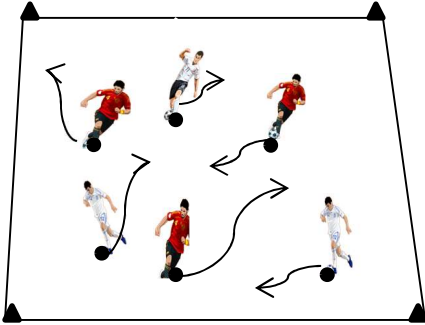
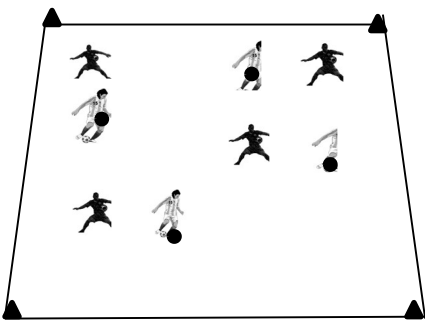
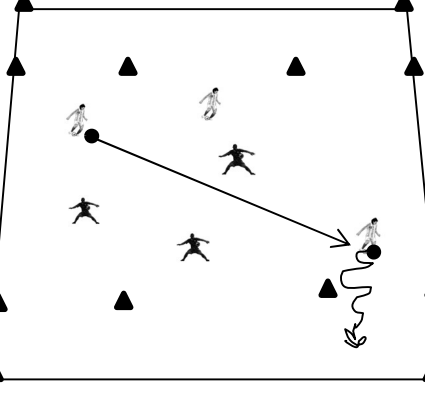
**Purposeful Header:**

A purposeful header shall result in an indirect free kick awarded to the opponent at the spot of the infraction.

**Medical:**

If a player is injured and bleeding, the player must leave the field immediately. The player is not allowed back on the field until 1)all bleeding has stopped, 2)the injury has been covered, 3)the player has no blood on his/her uniform.

## Eastside FC U9/U10 Recreation Sample Practice Plan with Coaching Points

Fundamental Warm up	Organization	Coaching Pts
	<p><b>Technical Box:</b> All the players dribble in a defined space. Players should use all the surfaces of their feet.</p> <p><b>Coach:</b> Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc.</p> <p><b>Version 2:</b> Walk around and put pressure on the player.</p> <p><b>Version 3:</b> Players will try to knock each other’s soccer balls out of the grid while maintaining possession of their own.</p>	<p>Keep ball close Use all surfaces of the foot     Inside / Outside     Sole     Laces</p> <p>Keep your head up and use peripheral vision Change of direction and bust of speed Be creative – try something new</p> <p><b>Time: 10 minutes</b></p>
Game Related Small Sided Games	Organization	Coaching Pts
	<p><b>Steal – Shield:</b> Pair up players with one ball. One player starts with the ball and at the coach’s command, his/her partner tries to steal the ball away. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p><b>Coach:</b> Show proper shielding techniques during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<p>Body sideways on to opponent Use arm to protect and know where defender is going Knees bent Turn as defender attacks or reaches for the ball</p> <p><b>Time: 10 minutes</b></p>
Game Condition Small Sided Games	Organization	Coaching Pts
	<p><b>3v3 End-Zone Game:</b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the opponent’s end-zone under control.</p> <p><b>Coach:</b> Encourage players to recognize opportunities to burst into space under control.</p>	<p>Identification of visual cues     1 v 1 no defender behind     Free space in front of dribbler     Near the attacking area</p> <p>Identification of verbal cues     “take space”, “time”, “take him on”</p> <p>Correct shape and balance of team Deception and disguise Attack at pace and set up defender</p> <p><b>Time: 10 minutes</b></p>
Game	Organization	Coaching Pts.
6 v 6 Scrimmage	Play with Goalkeepers in a 45-60 yard long 35-45 yard wide field	All of the Above <b>Time: 20 minutes</b>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – <b>Time 10 min</b>	

# Eastside FC U12/U14 Recreation

## Recreation League Rules

### I. Philosophy

These divisions, depending on roster sizes, may cooperate with Fraser, Grosse Pointe, Harper Woods, Roseville, and St. Clair Shores soccer leagues. The purpose remains dedicated to promoting the development of the game of soccer to the youth players of the local communities.

### II. General

No standings are kept. Games may end in a draw. FIFA rules will govern play unless otherwise specified below. Home team has a choice of sideline. The players and spectators of a team **MUST** sit together unless the field layout prohibits this arrangement. Coaching shall only be done between the penalty areas.

1. Slide tackles are permitted if the tackle is made in accordance with the Laws of the Game.
2. Casts are permitted if they are padded with enough material, such as bubble wrap or similar substance, and are subject to the approval of the referee.
3. In conflict of uniform colors, the home team shall change uniforms or wear pennies over jerseys.

### III. Fields

Referees have the authority to enforce all league rules and regulations upon their arrival to the field and to determine whether the playing conditions are safe to begin the game. Please leave the field cleaner than when you arrived. Maintenance and line painting are the responsibilities of the host city.

### IV. Equipment

The referee has final judgment on the safety of equipment.

Uniforms:

1. Shin guards are required and must be covered by socks.
2. Uniform jerseys must be worn over other clothing.
3. Cleats cannot have a toe spike.
4. Ball size: Under 12: Size 4; Under 14: Size 5

### V. Referees

Referees are assigned by the host city and should be assigned with the competition in mind. All center referees and assistant referees must be USSF licensed. If a club linesman is used, they may **ONLY** call in touch (over sideline). Any caution, expulsion or extraordinary event must be reported to host city Referee Assignor immediately after the game. **ONLY** 1 whistle shall be used. (NO 2-whistle system)

### VI. Number of Players and Substitutes

Except in the case of injury, equipment problem or misconduct, all players are required to play at least half of each game. If a team is ahead by four or more goals, the opposing team may add one player to the field. If the opposing team does not have a player to add, the team in the lead must remove a player unless it would affect the 50% playing rule.

Under 12: The number of players on field: 9 (8 + keeper)-minimum 6

Under 14: The number of players on field: 11 (10 + keeper)-minimum 7 Or (9v9) 9 (8 + keeper)-minimum 6

1. Substitutions:

Substitutions will be unlimited. Both teams may substitute at any stoppage of play. The referee still has final authority on whether to allow the substitution but should allow for it if a team does not want a quick restart.

VII. Game duration

U 12:	30-minute halves
U 14:	35-minute halves

VIII. Offside

The offside infraction will be enforced according to FIFA rules. Club Linesman SHALL NOT assist in enforcing offside.

IX. Heading:

There shall be no heading of the ball in Under 12. If the ball contacts any part of the head, they shall be penalized by an indirect free kick from the spot of the foul, with exception being within the goal area: For any penalty assessed to the attacking team inside the opponents' goal area, the restart may be placed anywhere inside the goal area. For any indirect kick penalty assessed to the defending team inside their own goal area, the ball is placed on the goal area line closest to where the foul occurred. No advantage will apply in association with this rule.

X. Cautions / Expulsions

1. A coach or player may receive a caution/expulsion. All carded players and/or coaches shall be reported by the referee immediately after the game to their Referee Assignor. The Referee Assignor **MUST** report the carded players/coaches to the city Referee Assignor within 24 hours. City directors should relay all cardable offenses to the other city directors in a timely fashion.
2. Caution (yellow card):  
Any player who receives a caution shall be removed from the field and may be substituted for. The cautioned player may not reenter the game for the remainder of the half. If a team does not have a substitute, that team shall play short for the remainder of the half.
3. Expulsion (red card):  
Any player receiving a red card must leave the field and may not be replaced. The carded player shall also be suspended minimum of one (1) game. Any suspension greater than one game shall be determined by the city directors.

Any coach receiving a red card must leave the field area and not communicate with the team for the rest of the game. The coach will also serve a minimum one (1) game suspension. Any suspension greater than one game shall be determined by the city directors.

XI. Medical

1. If a player is bleeding or has blood on their uniform, they must leave the field until the bleeding has stopped and the uniform clean of all blood.
2. Any player suspected of having a head injury shall be removed from the field immediately and not return to play for that game. The player may not return to play until cleared by a doctor. All suspected head injuries

MUST be reported on GameOfficials.net by the referee. (Required by MSYSA)



## MSYSA Secondary Medical Insurance Information

MSYSA currently provides currently registered players, and registered team officials with secondary (excess) medical coverage up to \$100,000 for injuries sustained in affiliated activities. (A \$500 deductible applies to each covered accident/claim) As MSYSA's policy is secondary, failure to follow primary healthcare coverage procedures will result in a benefit reduction of eligible expenses to 50% of the amount otherwise payable.

In summary, MSYSA Rule 2.9 (C) indicates that all injuries from MSYSA (or US Youth Soccer) activities must be reported, in writing, to both the member organization and MSYSA ([stateoffice@michiganyouthsoccer.org](mailto:stateoffice@michiganyouthsoccer.org)) **within seven (7) days. In addition, notice of claims must be filed within thirty (30) days from the date of injury. Unfortunately, any claims not submitted to MSYSA within thirty (30) days are denied.**

[Click here](#) to file a claim. Note: Claim forms are to be completed by the injured party only, not by club/league representatives. Once a claim has been submitted and evaluated, an email response is generated from 'A-G Administrators' with a determination of 'approved' or 'denied'. When a claim is approved, claim information is provided electronically and/or by US Mail. **MSYSA does not approve claims in the instance of affiliated clubs or league not reporting within seven (7) days from the date of injury.**

Club and/or league representatives should report injuries to the MSYSA State Office at ([stateoffice@michiganyouthsoccer.org](mailto:stateoffice@michiganyouthsoccer.org)) When there is a need to report an injury, please be sure to include the following:

- Date of injury
- Description of injury (e.g.: left ankle sprain)
- Where the injury happened? (field/facility name)
- Did injury occur during MSYSA sanctioned activity? (e.g.: team practice, league game, affiliated tournament, etc.)
- How the injury happened (e.g.: during league game payer was tripped causing her to fall, spraining her left ankle).
- First/last name of injured person
- Date of birth of injured person
- Team/club information
- If the injury occurred during an out of state tournament, a copy of the team's approved 'Notification to Travel' form must be included.



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