

FUTURE STARS

**Pitt-Greenville Soccer Association
Greenville Recreation & Parks**



Coaching Manual

Athletic Office 252.329.4550



I volunteered to coach...now what?

Listed below are some tips to help coaches for the upcoming season:

- **Learn the league specific rules and policies.** As the coach, it is essential you attend pre-season organizational meetings and make sure you read and understand league rules. Be sure your assistant coach understands the rules as well. Pre-season meetings are a great time to get clarification on rules and policies you may not fully understand.
- **Understand the value of your assistant.** Assistants not only help run practice, but they can also serve as a sounding board for you and for the players as well. Be sure to maintain an open line of communication between you and your assistant.
- **Have a parent from the team volunteer to be the team parent.** Designating someone for this position lets them feel like they're a greater part of the team. The team parent takes on the duties of organizing who will provide snack for each game, plan team activities and so forth. Having another parent focus on these things will allow you to concentrate on coaching.
- **Hold a team meeting at/before the very first practice.** Use this time to introduce yourself and your assistant. It is also the perfect time for parents of the team to meet and get to know each other. During this meeting you should make the parents aware of the league rules and policies so they will understand your coaching philosophy. At this time you should also let them know your expectations of the players and the parents. Be sure to explain the importance of players and parents exhibiting good sportsmanship. Make sure to find out from parents if their child has any medical conditions you should be aware of in the event of an emergency during a practice or game. Address any potential scheduling conflicts. Do this by finding out what other activities the players are involved in and find out from parents ahead of time what days could potentially be problematic for them regarding practices or games. Make it known to parents it is expected for all players to attend all practices and games, and if they are unable to, you should be notified in advance. Take the time to go over GRPD's Parent's Code of Ethics (located on the following page).
- **Build a solid rapport with each player.** This is easily accomplished by getting to know everyone's name as quickly as possible. During practice, spend a few minutes with each child. Address them by their name and compliment them when they do something well. Name tags for players during the first few practices can help everyone get acquainted more easily if they are not familiar with one another.
- **Coach by walking around.** This provides a greater opportunity to bond with each player; the more you do it, they will begin to feel more comfortable. Also in doing this, you are more likely to better understand the differences between each child and find specific ways to motivate them.



Greenville Recreation & Parks Department

Parent's Code of Ethics

- I will encourage good sportsmanship by demonstrating positive support for all players, coaches and officials at every game, practice or other youth sports events.
- I will place the emotional and physical well being of each child ahead of a personal desire to win.
- I will support the coaches and officials working with my child in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all Greenville Recreation & Parks Department's youth sports events.
- I will remember the game is for youth—not adults.
- I will do my best to make the youth sports experience fun for my child.
- I will help my child enjoy the youth sports experience by doing whatever I can, such as being a respectful fan, assisting with coaching or character development or providing transportation.
- I will treat other players, coaches, fans and officials with respect.

I hereby pledge to provide positive support, care and encouragement for my child participating in Greenville Recreation & Parks Department's youth sports by following the Parent's Code of Ethics. I understand failure to comply could result in my suspension from youth sports events.

Team Management

- **Discipline**

- It's not necessary to have an extensive set of rules for the team; instead, have a few rules stand out that you will emphasize throughout the course of the season.
 - Examples
 - Having players show up at a specified time before practices and games.
 - Letting you know ahead of time if a player won't be able to make a practice/game.
 - Players and parents are expected to exhibit sportsmanlike behavior at all times.

- **The Ballhog**

- If you have a player on your team who likes to control the ball and take all the shots, rather than calling them out during practice or games, pull them aside and explain to them the importance of working with their teammates. Feel free to acknowledge what they do well, but also challenge and encourage them to be just as good at finding and passing to an open teammate.

- **Running Up the Score**

- There are times when games can become one-sided and one team scores a much more significant amount of goals than the other. In this instance, do not allow your team to continue to run up the score. Instead, tell your team to pass the ball at least 5 or 6 times before a shot is taken. In doing this you are getting your team to work on their passing and ball movement skills, thus making them better all-around players.

- **Parents**

- As a coach you will have to deal with various issues and concerns from parents, ranging from playing time to game strategies. How you handle these things as they come up can affect the course of the season. During your first team meeting, let it be known to the parents the best times to approach you. When they do come to you with a concern, let them say their piece – uninterrupted – and tell them you'll think about their suggestions and figure out a way to best address their concerns. Always respond in a positive, non-confrontational manner and make sure things don't get out of hand.

- **Losing Games**

- Enduring a losing season is one of the greater challenges a coach faces. Rather than dwell on the negativity associated with losing, it is your job as the coach to remain upbeat and positive. Find something the team did well and focus on that. Praise them for the effort they put forth in spite of the loss.

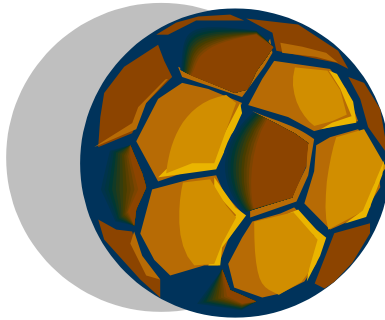
Running an Efficient Practice

An organized and efficiently run practice allows you to get more accomplished than expected. Some tips for running an efficient practice are below:

- Be organized and have a plan.
 - Have a back-up plan just in case some drills are not being picked up as easily by the players.
- Break down the practice hour into 15 or 20 minute blocks.
 - Start and stop each block with a quick whistle.
 - Include water and bathroom breaks.
- Keep things moving so the players are engaged and on the go.
 - Lessen the number of drills involving players just standing around. This decreases the likelihood of players getting bored and losing focus.
- If you have to stop practice to teach a fundamental or demonstrate a play, put yourself on the clock.
 - Make your point, keep it short, and keep the action moving.
- Keep practice interesting and fun.

Things You Need To Know About Our Youngest Future Stars

- Someone will dribble and score in the wrong goal and smile at you after they score. Celebrate with them!
- Be prepared to tie 10 shoelaces per practice.
- Several players will pick the ball up with their hands.
- Players will not understand when you say “spread out!”
- Many players will walk off the field during play to sit with their parents.
- In the eyes of a four-year old, a game of 3 versus 3 is really 1 versus 5.
- A four year old still struggles to share their toys. Therefore they will not pass (share) the soccer ball (toy) to their teammates.
- Many players will cry if they fall down or for no reason at all!
- Parents will yell “KICK IT!” You need to say “Control it.”
- Encourage “defenders” to move up with the play and not hang back near the goal.
- Kick-offs requires the first touch of the ball to move forward. This doesn’t mean we kick the ball to the other team (American football). Have your team keep possession and tap the ball forward to a teammate.
- During the course of the season, your players will do something absolutely hysterical. Make sure you laugh and enjoy the time spent with them.





Pitt-Greenville Soccer Association
Greenville Recreation & Parks

League Format

Age	Game Format	Preferred Roster	Minimum Field	Size Ball
U-4	3v3 no goalkeepers	6-7 players	30x22	3
U-5	3v3 no goalkeepers	6-7 players	30x22	3
U-6	4v4 Includes goalkeepers	8-9 players	30x22	3
U-7	4v4 Includes goalkeepers	8-9 players	30x22	4
U-8	4v4 includes goalkeepers	8-9 players	30x22	4
U-9	6v6 includes goalkeepers	10-12 players	55x35	4
U-10	6v6 includes goalkeepers	10-12 players	55x35	4
U-11	8v8 includes goalkeepers	12-14 players	60x45	4
U-12	8v8 includes goalkeepers	12-14 players	60x45	4
U-13	8v8 includes goalkeepers	12-14 players	60x45	4
U-14	8v8 includes goalkeepers	12-14 players	60x45	5
U-15	8v8 includes goalkeepers	12-14 players	60x45	5
U-16	8v8 includes goalkeepers	12-14 players	60X45	5

- GRPD/PGSA reserves the right to combine age divisions and genders when appropriate and necessary.

Games and Practices – Weekly Schedule

- U-6 through U-16 will practice and play midweek (Monday - Wednesday) and Saturdays for a total of 8 games.
- U4-U5 will play on Saturdays for a total of 6 games.
 - 2/24 – Coaches’ Meeting – H. Boyd Lee Park 6:00pm
 - 2/27 – begin calling for weekday practices
 - 3/2 – First Day of Practice at Bradford Creek Soccer Complex (BCSC)
 - Week of 3/4 – Practice
 - 3/9 – 2nd Saturday Practice
 - Week of 3/11 – Practice
 - 3/10 – Officials Meeting – H. Boyd Lee Park at 6:00pm-8:30pm
 - 3/11 – Official Training – Bradford Creek Soccer Complex 6:00pm – 8:30pm
 - 3/12 – Official Training – Bradford Creek Soccer Complex 6:00pm – 8:30pm
 - 3/13 & 3/14 – Scrimmages at Bradford Creek Soccer Complex
 - 3/16 – First Day of Games at BCSC
 - Week of 3/18 – Games (U6-U16 only) BCSC
 - 3/23 – Weekend Games BCSC
 - 3/23 – Pictures @ BSCS
 - Week of 3/25 – Games (U6-U16 only) BCSC
 - 3/30 – Games
 - 3/30 – Pictures @ BCSC
 - Week of 4/1 – Weekday Games (U6-U16 only) BCSC
 - 4/6 – Weekend Games PGSA
 - Week of 4/8 – Weekday Games (U6-U16 only) BCSC
 - 4/13 – Weekend Games PGSA
 - Week of 4/16 - Weekday Games (U6-U16 only) BCSC
 - 4/20 – NO GAMES; NO PRACTICE
 - Week of 4/22 –NO GAMES (Spring Break)
 - 4/27 –Conclusion of regular season (U4-U16) BCSC
 - Week of 4/29– Single Elimination Tournament Begins (U8-U16)
 - 5/4 –Conclusion Single Elimination Tournament (U8-U16)



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Modified League Rules

Age	Duration of Game	Fouls	Off Sides	Penalty Kicks	Heading	Substitutions	Slide Tackling	Coach on Field
U-4	4 8-minute quarters	All indirect	No	No	No	Any Time During Play	Not Allowed	Yes
U-5	4 8-minute quarters	All indirect	No	No	No	Any Time During Play	Not Allowed	Yes
U-6	4 8-minute quarters	All indirect	No	No	No	Any Time During Play	Not Allowed	Yes
U-7	4 12-minute quarters	All indirect	No	No	No	Any Time During Play	Not Allowed	Yes
U-8	4 12-minute quarters	All indirect	No	No	No	Any Time During Play	Not Allowed	Yes
U-9	25-minute halves	By FIFA	No	Yes	No	At Any Stoppage (No Subs on PK's)	Not Allowed	No
U-10	25-minute halves	By FIFA	No	Yes	No	At Any Stoppage (No Subs on PK's)	Not Allowed	No
U-11	25-minute halves	By FIFA	Yes	Yes	No	At Any Stoppage (No Subs on PK's)	Allowed	No
U-12	25-minute halves	By FIFA	Yes	Yes	No	At Any Stoppage (No Subs on PK's)	Allowed	No
U-13	25-minute halves	By FIFA	Yes	Yes	No	At Any Stoppage (No Subs on PK's)	Allowed	No
U-14	25-minute halves	By FIFA	Yes	Yes	Yes	At Any Stoppage (No Subs on PK's)	Allowed	No
U-15	25-minute halves	By FIFA	Yes	Yes	Yes	At Any Stoppage (No Subs on PK's)	Allowed	No
U-16	25-minute halves	By FIFA	Yes	Yes	Yes	At Any Stoppage (No Subs on PK's)	Allowed	No

- Each player is only permitted to play one quarter (U6-U8) or one half (U9-U16) as a goalie.
- Each player must play at minimum half the match. No player may play the entire game unless there are no subs available.
- Substitution Patterns:
Remember- Participation for All!
Substitutions are done on the fly for the younger age groups so time is not wasted. Remember that the clock runs during subs. We want as much playing time as possible for the kids!

- **Governing Rules**
Play will be governed by FIFA rules with the following modifications. FIFA Laws of the Game can be found at www.ussoccer.com/referees. It is the responsibility of the coaches and referees to understand the modification for their age group or matches.
- **Equipment**
 - Shoes - Athletic shoes must be worn by all participants and must have a one-piece molded bottom. Shoes with metal cleats or hard nylon cleats will not be permitted. Shoes with cleats screwing into the shoe will not be permitted. Shoes with toe cleats (baseball) will not be allowed.
 - Shin guards - ARE REQUIRED. NO SHINGUARDS-NO PLAY!
 - Earrings & Piercings will not be allowed. THERE WILL BE NO EXCEPTIONS TO THIS RULE.
 - Hair Beads/braids – NO HARD PLASTIC, METALS OR BEADS will be allowed in the hair (even if tightly affixed to the scalp).
- **Start of Play**
 - For the kickoff, the ball is placed in a stationary position on the center spot. The referee gives a signal for the kick-off and a player of the team kicking off, and then takes a place kick.
 - Opposing players must be outside the center circle and remain on their own half of the field until the ball is kicked.
 - **The ball does not need to be kicked into the opponents half of the field during the kickoff.**
 - The kicker must not play the ball a second time on the kickoff until it has been played or touched by another player.
- **Ball In and Out of Play**
 - The ball is out of play when it has completely crossed the sideline or end line.
 - U4- U5 will put the ball back into play by a kick-in.
 - U6-U8 will put the ball back into play by a throw in. Violations will be called for incorrect technique and player will re-throw.
 - U9-U16 will put the ball back into play by a throw in. Violations will be called for incorrect technique.
 - If the ball completely crosses either end line (except between the goalpost and under the crossbar) it is put back into play by:
 - Goal Kick if offensive team kicked the ball out of play
 - Corner Kick if defensive team kick the ball out of play
- **Free Kicks**
 - Indirect free kick – are awarded for technical offenses. A goal cannot be scored directly from an indirect free kick. It must touch one player before a goal can count.
 - Indirect kick offenses: kicker playing the ball after they kick it off, free kick. Goal kick, fair charge on the ball when neither is playing the ball, obstruction, dangerous play, violating goalkeeper restrictions.
 - Direct free kicks – are awarded for penal offenses. A goal can be scored directly from the kick.
 - Direct kick offenses: kicking, striking, tripping, jumping at an opponent (or attempting these acts), handling, pushing, dangerous charging and slide tackling (if not allowed)
 - U4-U8 players must be 4 yards from player that is taking the indirect or direct kick
 - U9-U16 players must be 8 yards from player that is taking the indirect or direct kick.
- **Heading**
 - **Heading is not allowed in the U4 – U13 age groups.** If a player heads the ball, it will result in an indirect free kick from the spot of the violation.
- **Scoring**
 - One point is scored for the kicking team when the ball completely passes over the end line, between the goal post and under the crossbar.
- **Tie Game**
 - During the regular season, ties will stand. During the tournament Golden Goal will determine the winner. One overtime period will be played. 1(5-minute) period will be played.
 - After one overtime period, a shootout will determine the winner.
- **Ejection**
 - Please refer to the Coaches Rules and Format.
- **Additional Players**
 - If you have a player drop from your team during the season, please contact the Athletic Office and we will attempt to place another player on your team from our waiting list. Under no circumstances should coaches add

additional players to their team without contacting Athletic Staff. Players who have not registered through GRPD or paid the registration fee **may not** participate in any Future Stars activities.

- **Forfeits**

- A team may play the game with one (1) player less than the required amount. For example, U8 teams must have four (4) players on the field, however, they can play with three (3) if no other players are present.
 - **Exception – U4 and U5 teams must have at minimum three (3) players on the field to play.**
- If a team has less than the minimum amount of players, the two (2) teams will then scrimmage. Teams playing the first game will have a grace period of 10 minutes. If at the end of the grace period, a team does not have the minimum number of players, the game will be considered a forfeit.

- **League / Division Standings (U8 – U16 Only)**

- League/division standings will be updated weekly and automatically post to webtrac.greenvillenc.gov. Please check the standings to make sure scores have been entered correctly.
- Ties will stand in the regular season.
- In the event teams are tied at the end of the regular season, the following tie breakers will be used:
 - Head to head
 - Goals allowed
 - Goals scored
- Brackets and finalized standings will be provided to coaches before the start of the tournament.

- **Inclement Weather**

- Rainedout.com will be used to update those who sign up to receive game cancellations via text message. Steps to sign up are below:
 - Go to www.rainedout.com
 - In the search bar type in "GRPD"
 - Click on "GRPD Athletics"
 - Click on "Sign up now for mobile alerts"
 - Enter your information. Select all of the programs you would like to receive updates for. Agree to the terms of use and click "create account"
 - Validate your phone number or e-mail address by typing in the verification code sent to you as a text message or reply to your e-mail notification.
- The GRPD Weather Hotline, 252.329.4299, will be updated as soon as games are cancelled.
- Coaches will be contacted as soon as possible, by email only, in the event of game cancellations.

Tournament Rules

During the post season tournament for age groups U8-U16, regular season rules will apply in addition to age group specific overtime rules which are listed below.

U8 Age Group

Overtime will be played with (1) 5-minute period with the winner being determined by golden goal. In the event no goal is scored in the overtime period, a penalty shoot-out will determine the winner.

- Procedure for penalty shoot-out:
 - Any 3 players are eligible for the shoot-out. Teams will take turns from the penalty mark until each has taken 3 kicks or one team has outscored the other and the score is out of reach.
 - It is *not* required that the same player act as goalkeeper throughout the shoot-out.
- If the game remains tied after the penalty shoot-out, the game will go into sudden death.
 - Sudden Death: One player is chosen per team, if one player scores and the other player does not score then the match is complete. If either player scores or neither players score, the next round of sudden death will continue until a winner has been decided.

U10 – U16 Age Groups

Overtime will be played with (1) 5-minute with the winner being determined by golden goal. If neither team scores, a penalty shoot-out will determine the winner.

- Procedure for penalty shoot-out:
- Each coach will choose 5 players to participate in the shoot-out.
 - Teams will take turns from the penalty mark until each has taken 5 kicks or one team has outscored the other and the score is out of reach.
 - It is *not* required that the same player act as goalkeeper throughout the shoot-out.
- If the game remains tied after the penalty shoot-out, the game will go into sudden death.
 - Sudden Death: One player is chosen per team, if one player scores and the other player does not score then the match is complete. If either player scores or neither players score, the next round of sudden death will continue until a winner has been decided.