



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



Coaches' Manual

Athletic Office 329-4550

www.grpd.info



September 4, 2012

Dear Future Stars Coach,

Thank you for volunteering your time to be a coach for our Future Stars Soccer Program. The Pitt-Greenville Soccer Association (PGSA) and Greenville Recreation and Parks Department (GRPD) are excited about the upcoming season and you are an integral part of our program's success.

We understand many of you may have no soccer or coaching experience and we want you to know we are here to help you! This manual and the accompanying DVD will help guide you through your endeavor as a soccer coach in our program.

I am currently the Head Women's Soccer Coach at East Carolina University and I have been involved with youth soccer on many levels. I am currently a United States Soccer Federation "A" License Coach, a United States Region III Olympic Development Coach, the Director of Coaching for PGSA travel teams, and I run various soccer camps for ages 4-18. I have been involved with youth soccer for the last 22 years as a coach and before that as a player.

I tell you this because I know what makes a successful youth program work. We want everyone, the most talented and beginners, to have fun and improve as a player. By following this program, our children, parents and coaches will all have a positive experience.

I am not ashamed to say this manual's concepts and ideas are not completely original. I have used many ideas from other soccer clubs, the North Carolina Youth Soccer Association and the United States Soccer Federation.

We hope your time as a coach is as fun and rewarding as it is for the kids!

All the best,

Rob Donnenwirth
Former PGSA Director of Coaching

I volunteered to coach.....Now What!

The overwhelming majority of adults who volunteer or who are volunteered to coach youth soccer teams are the parents of players. Most of the coaches will have little or no experience in soccer. For those that do have some experience playing at some level years ago, most have not coached a team.

This manual is an attempt to educate adults who are new to the world of soccer and coaching. The emphasis is on coaching u-4 to u-16 players.

Primary Objectives:

- The most important objective is to instill a love of the game in each player! Even if you don't know if the soccer ball has air or feathers, if you can get the players to love the game and look forward to practice and games, then you will have been successful!
- Instill a desire in each player to master the ball. Players should not feel they are being forced to learn skills and techniques. In the right environment, they will have fun while mastering the ball.

Primary Goals:

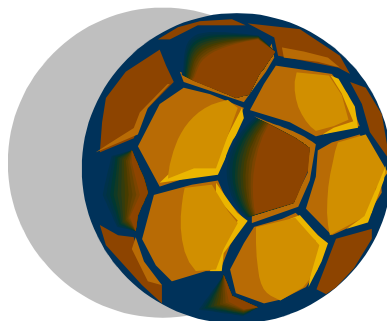
- Concentrate on skill development! Too many adults equate winning games with success in coaching. At the youth soccer level, the easiest way to win is by having the players kick long balls down the field and run after it. This does nothing to develop the player's skill, yet some coaches think they are soccer geniuses because they win on a regular basis.
- Be concerned with the end product and not your win-loss record. At the end of the season, a coach should look at the team and compare it to what it was at the beginning of the season. If the players have developed a great love for the game and have improved their skills and knowledge, they have been successful. If a coach looks primarily at the team record, then they are more interested in satisfying their own ego.



Before We Get Started.....

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 require 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.





Stages of Development

Soccer training must be age specific!

Stage 1

Ages 4-6

Introductory Stage

Stage 1 is the introductory stage for kids. They are meeting the ball and the game and the practice environment, literally “feeling their way” into soccer. The most important considerations for practice and games are freedom to move, positive encouragement, trial and error and fantasy.

Practices should be fun: stimulating, low-key, child-like, dynamic events. The central elements of every practice should be the natural curiosity and eagerness of the child and the ball. The emphasis at practice: touching the ball, becoming “friends with the ball”, understanding how it moves and acts.

There should be virtually no talk about tactics and no fitness work. No laps or running without a ball, or calisthenics, etc. There may be goalkeepers, but no goalkeeper training!

Technical Guidelines:

- Just "playing with the ball", getting the feel of it.
- Becoming "friends with the ball".
- Getting used to the reality of playing on one leg.
- Guiding the ball straight and to the sides with the insides of both feet.
- Kicking the ball accurately with the insides of the feet over 8 to 10 yards.

Tactical Guidelines:

- Really simple instructions:
 - "Yes! Run up and down the field!"
 - "Look around a little!"
 - "Shoot! Score a lot of goals!"
 - "Try to win the ball - and if the other team has the ball, get in their way!"
 - "The ball should go in that goal - not this one!"
- Now the game is often: "one against the other team".
- Kids at this age think: "Where the ball is, that's where I want to be." It's completely against their way of thinking to move away from the ball, to spread out, or to "go wide".
- Virtually no instruction in the rules - just rely on the kids' intuitions and innate sense of fair play.

Fitness Guidelines:

- Turn them loose as much as possible: let them run, chase, hunt the ball, and kick it all over the place, MOVE!
- Nothing without the ball!

The Practice Environment:

- This is their world - as much as possible should be on their terms.
- Everything here is new: getting the kids used to the feeling of this soccer place is a big objective.
- Kids at this age are playful, concerned with themselves, absorbed with trying to control the ball; attention spans are small.
- Once your practice activities begin, the play of the kids may get chaotic. No problem!
- Lots of footwork and dribbling games: the aim is a maximum number of ball touches.
- Many repetitions in skill activities.
- One ball per player: "Everyone should have a toy!"
- Imagination, creativity, discovery, trial and error are vital.
- No "positions".

Stage 2

Ages 7-8

Exploratory Stage

Technical Guidelines:

- Continuing to become "friends with the ball": maximum ball touches and repetitions in footwork activities.
- Starting and stopping with the ball; changing direction with the insides and outsides of both feet.
- Turning through 180 degrees with the ball with the soles of the feet and the insides and outsides of the feet: emphasis on balance.
- Controlling rolling balls (passes) with the insides and outsides of the feet: beginning to develop good "first touch" with ground balls.
- Accurate passes over 10 to 15 yards and beginning to kick with the instep (laces), and players are beginning to consider the "weight" of passes.

Tactical Guidelines:

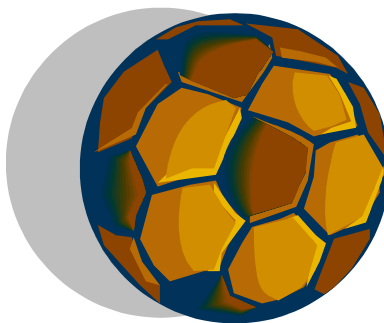
- Beginning to get a sense of the game and its demands and possibilities; beginning to see soccer in terms of teamwork.
- Learning to relax with the ball and to protect it: "Try to get your body between the ball and that opponent who wants to take it from you!"
- An aggressive attitude about individual defending: "Press the ball when you lose it! Really hassle the ball possessor!"
- Spreading out and making the field big when your team has the ball. When your team does not have the ball, getting together a little, trying to protect the middle of the field and the space in front of your goal.
- Introduction of the concept of the "three main moments of soccer": our team has the ball; our team does not have the ball, and the transition between possession and loss of possession and the reverse.
- Players are cultivating a "What if?" or "What's next?" mentality.

Fitness Guidelines:

- Emphasis on balance and "playing on one leg" - differentiating between standing leg and playing leg.
- Nothing without the ball.

The Practice Environment:

- Reliance on the idea, "The game is the greatest teacher": virtually no coaching. Letting the kids play! Perhaps a 20 second comment every four or five minutes.
- High tolerance for mistakes and trial and error.
- No specializing by position.
- Practice is "Play Time".
- These years are all about coordinating the nervous system and the muscles.



Stage 3

Ages 9-10

Technical Stage

For Stage Three, the primary emphasis, as always, is on fun and dynamic movement. This is the time when technical development - mastery of the ball and the acquisition of skill - is vital. Repetition of "soccer movements," small-sided games, trial and error, and a patient, coherent introduction of basic tactical ideas should form the basis of practices.

Refining skills, absorbing soccer's truths and solving soccer's innumerable little problems are most important now. Still, at this stage, we should not be concerned with strength training and isolated fitness work, nor with elaborate tactical planning. It's all about repetition and patient advancement as the kids seek to become all-round "ball players."

Technical Guidelines:

- Turning with the ball through 180 degrees, continued, with soles of feet, insides, and outsides - now, "More speed, bend your knees more, get your head up, don't get the ball stuck under you!"
- Practice changes of speed and direction with the ball. Guiding the ball at a 45-degree angle off a straight line: the technical rudiments of beating an opponent with a dribble.
- Perhaps some "Coerver training": Dribbling and feinting moves and these moves practiced under pressure.
- Stronger and more accurate instep kicks over 15 to 20 yards.
- The essentials of heading are introduced, but very little time spent on heading.
- Continuing to master receiving ground balls with the insides and outsides of the feet. With an accurate "first touch" getting into a running stride to dribble, or setting up a pass or a shot. Should be comfortable with the insides and outsides of both feet.
- "Driving" or "cruising" with the ball: running fast with the ball, generally in straight lines.
- Shielding the ball effectively, "sideways on" to the defender.
- Continuing to coordinate the nervous system and the muscles.
- Shooting accurately - keeping the ball in the frame of the goal - with the insides of the feet and the insteps.
- As a player begins to master the ball they will start to become intrigued with juggling and tricks.

Tactical Guidelines:

- Positioning goal side of attackers when you lose the ball: cutting off the path to the goal. Marking opponents tightly.
- Elemental idea of support: helping the player with the ball. "Form a pair" with the player on the ball; other players should stay away and make the field big.
- Don't wait for the ball - go to it!
- Playing away from pressure when you receive a ball - and move it at a new angle.
- Understanding the difference between passing to feet and passing to space
- Getting free of markers: "checking off" and creating space for yourself. "Make an area of green grass around you!"
- Wall pass, the give-and-go, the 1 - 2. Beginning to build up options for the two attackers in a two versus one situation.
- Lots of 1 v 1 confrontations to perfect timing in attack and defense. Emphasis on the "three main moments of soccer".
- Building up an aggressive attitude about shooting.
- Recognizing when you're under pressure and when you're not under pressure when you receive a pass.
- Beginning to establish a vocabulary of communication.
- Players should be looking up and around and away from the ball, on both attack and defense. No "ball watching".

Fitness Guidelines:

- Nothing without the ball.
- No strength or endurance training.

The Practice Environment:

- Practice is a combination of "play time" and a learning environment.
- Some pressured play in confined spaces.
- No specializing by positions.

Stage 3

Ages 11-12

Transition Stage

Technical Guidelines:

- Kicking with the inside and the outside of the instep.
- Chipping.
- Effective shielding from the immediate opponent.
- Disguise in dribbling: body feints, change of speed and direction, wrong footing defenders. Learning three or four moves to use to beat a defender.
- Beginning of consistent practice of heading - regular, but not much.
- Side block tackle.
- Shooting bouncing balls: volleys and half volleys.
- Now, in receiving balls, players consciously set up their second touch with their first touch.

Tactical Guidelines:

- Switching the direction of play or the point of attack.
- The overlap.
- Awareness of the different "climates" in the three thirds of the field: attack, midfield, defense.
- Understanding the need for quick transition from offense to defense and defense to offense.
- Continuing to focus on the "three main moments", with particular emphasis on transition.
- Understanding the difference between passing to feet and passing to space.
- Good body position when asking for the ball: facing field or sideways, watching ball and immediate opponent, etc.
- Making good choices about trying to penetrate or protecting the ball, based on whether or not there is pressure when you receive the ball. Consistently intelligent first touches upon receiving.
- Reading the body position of a defender: hips square or hips turned, has she or he committed to winning the ball or not? etc.
- Understanding the difference between losing the ball and giving it away.
- Correct body position of defenders challenging for the ball: "turned, not square."
- Positioning "ball side" as well as "goal side" in marking.
- Second defender covering the first defender.
- Solid defensive understanding against one opponent and when confronted by two opponents.

Fitness Guidelines:

- Nothing without the ball.
- No strength or endurance training.

The Practice Environment:

- "Play time" and a learning environment.
- Some pressured play in confined areas; games of numbers up and numbers down; one of the best is 5 v 2.
- No specializing by positions.
- Duels at full speed: lots of 1 v 1 and 2 v 1 situations.
- Emphasis still on technical development: the acquisition of skills.

Future Stars Format

Age Group Breakdown

Game Format

Roster Sizes

Field Size

Ball Size

Number of Games and Practices

Substitution Patterns

Rules



Age Groups (born between)

- U-4 (8/1/2008 - 7/31/2009)
- U-5 (8/1/2007 - 7/31/2008)
- U-6 (8/1/2006 - 7/31/2005)
- U-7 (8/1/2005 - 7/31/2004)
- U-8 (8/1/2004 - 7/31/2003)
- U-9 (8/1/2003 - 7/31/2002)
- U-10 (8/1/2002 - 7/31/2001)
- U-11 (8/1/2001 - 7/31/2000)
- U-12 (8/1/2000 - 7/31/1999)
- U-13 (8/1/1999 - 7/31/1998)
- U-14 (8/1/1998 - 7/31/1997)
- U-15 (8/1/1997 - 7/31/1996)
- U-16 (8/1/1996 - 7/31/1995)

Age	Game Format	Preferred Roster	Minimum Field Size	Ball
U-4	3v3 no goalkeepers	6 players	30x22	3
U-5	3v3 no goalkeepers	6 players	30x22	3
U-6	4v4 with goalkeepers	8 players	30x22	3
U-7	4v4 with goalkeepers	8 players	30x22	4
U-8	4v4 with goalkeepers	8 players	30x22	4
U-9	6v6 with goalkeepers	10 players	60x45	4
U-10	6v6 with goalkeepers	10 players	60x45	4
U-11	8v8 with goalkeepers	12 players	60x45 (BCSC), 80x55 (PLEX)	4
U-12	8v8 with goalkeepers	12 players	60x45 (BCSC), 80x55 (PLEX)	4
U-13	7v7 with goalkeepers	10 players	60x45	5
U-14	7v7 with goalkeepers	10 players	60x45	5
U-15	7v7 with goalkeepers	10 players	60X45	5
U-16	7v7 with goalkeepers	10 players	60X45	5

- The program will run from Saturday, September 8th to mid-November
- Weekend matches: ½ @ Bradford Creek and ½ @ the SoccerPlex
- The GRPD/PGSA reserves the right to combine age divisions and genders when appropriate and necessary.

Games and Practices

- U-6 through U-16 will practice and play midweek (Tuesdays, Wednesdays or Thursday) and Saturdays for a total of 10 games.
- U4-U5 will play on Saturdays for a total of 7 games.
 - 8/28 – Coaches Meeting – River Park North at 6:30 pm
 - 9/4 – Coaching Clinic – H. Boyd Lee Park at 6:30 pm
 - 9/8 – First Day and Practice
 - 9/15 – Practice
 - 9/22 – First Day of Games and Team Pictures (BCSC)
 - 9/29 – Games (PGSA Soccerplex)
 - 10/6 – Games and Team Pictures (BCSC)
 - 10/13 – Games (PGSA Soccerplex)
 - Week of 10/15 – Games (U6-U16 only, Tuesday - Thursday) / Practices (BCSC)
 - 10/20 – Games and Team Pictures (BCSC)
 - Week of 10/22 – Games (U6-U16 only, Tuesday - Thursday) / Practices (BCSC)
 - 10/27 – Games (PGSA Soccerplex)
 - Week of 10/29 – Games (U6-U16, Tuesday – Thursday) / Practices (BCSC)
 - 11/3 – Games, Conclusion of Regular Season (BCSC)
 - Week of 11/5 – Single Elimination Tournament (U8-U15), Monday – Friday

Substitution Patterns:

Remember- Participation for All!

Substitutions are done on the fly for the younger age groups so time is not wasted. Remember the clock runs during subs. We want as much playing time as possible for the kids!



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

1. 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.

2. Equipment

- A. Shoes – Tennis shoes or soccer cleats must be worn. Soccer cleats 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.
- B. Shin guards - ARE REQUIRED. NO SHINGUARDS-NO PLAY!
- C. Earrings & Piercings will not be allowed. THERE WILL BE NO EXCEPTIONS TO THIS RULE.

3. Start of Play

- A. 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.
- B. Opposing players must be outside the center circle and remain on their own half of the field until the ball is kicked.
- C. The ball must be kicked into the opponents half of the field during the kickoff.
- D. The kicker must not play the ball a second time on the kickoff until it has been played or touched by another player.

4. Ball In and Out of Play

- A. The ball is out of play when it has completely crossed the sideline or end line.
 - i. U4- U5 will put the ball back into play by a kick-in.
 - ii. 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.
 - iii. U9-U16 will put the ball back into play by a throw in. Violations will be called for incorrect technique. Player will **not** re-throw.
- B. If the ball completely crosses either end line (except between the goal posts and under the crossbar) it is put back into play by:
 - i. Goal Kick if offensive team kicked the ball out of play
 - ii. Corner Kick if defensive team kick the ball out of play

5. Free Kicks

- A. 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.
 - i. 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.
- B. Direct free kicks – are awarded for penal offenses. A goal can be scored directly from the kick.
 - i. 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 yds from player that is taking the indirect or direct kick
U9-U16 players must be 8 yds from player that is taking the indirect or direct kick.

6. Scoring

- A. One point is scored for the kicking team when the ball completely passes over the end line, between the goal posts and under the crossbar.

7. Tie Game

- A. During the regular season, ties will stand.

8. Ejections

- A. Please refer to the Coaches Handbook and the “Coaches Code of Conduct” section.

****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 at half the time of one quarter (6 minutes), with the winner being determined by golden goal. If neither team scores, a second overtime period will be played at half the time of one quarter, with the winner being determined by golden goal. In the event both overtime periods are played without a player scoring, 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 at half the time of one half (12 ½ minutes), 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:
 - Only players who were on the field at the end of the overtime period are allowed 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.