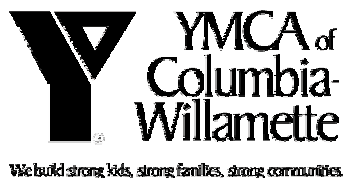


# Westside Youth Sports Indoor Soccer

## Practice Pointers & Rule Book



**K/1<sup>st</sup> Grade League**



# Westside Youth Sports YMCA Sports Leagues Coach Information

The most important rule in YMCA Indoor Soccer is to have FUN! Our rules are designed to teach the basic fundamentals of soccer like dribbling, passing and shooting. YMCA leagues do NOT keep score, stats or season standings. We encourage our coaches to focus on good sportsmanship and the importance of being a team player. Everyone plays, Everyone wins!

## YMCA Core Values

The YMCA proudly integrates the following five Core Values into all of our programs: Love, Honesty, Respect, Responsibility and Service. These Core Values are what sets the YMCA leagues apart from all the other leagues offered in our community. We expect our coaches, participants and families to embrace these values and encourage good sportsmanship.

## Use of School Facilities

Westside Youth Sports uses elementary school gyms in the Beaverton Public School District for our Youth Soccer Leagues. **Use of these facilities is contingent upon good conduct and cooperation by our soccer teams.** The following regulations are a composite of the standards we must follow in order to ensure a successful season as well as a positive future:

1. **There must be adult supervision at all times.** Coaches are responsible for supervising the activity of their players. Children should be dropped off on time, not early, and they should be picked up on time. Do not leave a child alone if no one has come to pick them up. The YMCA Child Abuse Prevention standards specify that a YMCA volunteer coach should never be alone one-on-one with a player (of either sex) ~ there should always be two adults waiting with a child. By no means should you ever drive one of your players home if it's only the two of you in the car.
2. **Coaches must insure that athletes remain in the gym.** Children will not be permitted, under any circumstances, to wander around, run or dribble through hallways, bathrooms, corridors and/ or classrooms.
3. There will be a **Gym Monitor** at each school whenever YMCA teams are present. The Gym Monitors are YMCA employees and should be treated with respect. The Gym Monitors will be stationed in a visible location, either right outside the gym or right inside the gym. It is their job to ensure the schools and people are safe. Gym Monitors are NOT responsible for the behavior of the players or their siblings.
4. **First Aid kits** will be carried by the Gym Monitors for the entire season. The kits will be stocked with band-aids, ice, gauze, and rubber gloves.

5. **Facilities will be left in the same or better condition than which they were found before the activity.** Please clean up spills, replace equipment, etc. No running or playing with soccer balls outside the gym area.
6. **Any damage to the facility must be reported to the YMCA office immediately.** Coaches may leave a voice mail message at 503-644-3900. Please leave a detailed message as to when the damage occurred. (i.e. before your practice, on what day, time, what you saw occur, etc.)
7. All participants must wear laced-up gym shoes. Make sure that black-soled shoes are non-marking. Outdoor soccer cleats are not permitted!
8. **No food or drink is allowed inside the school building. This includes coffee and water bottles!** (Baby bottles are ok). Players may line their water bottles outside the gym door for easy access. After-game snacks are to be served outside the gym.
9. **Use of any type of alcoholic beverages or smoking is prohibited on school grounds. This includes parking lots, play grounds and fields.**
10. Please **park in designated parking areas.** Parking in the yellow painted fire-lane may result in a ticket.
11. If the fire alarm goes off, the coaches will stop practice or the game and exit to the parking lot. The practice or game will not resume until the Fire Marshall has arrived and given approval. Individuals remaining in the gym will be fined \$1,000 each.
12. **Remember, games are for fun! No official scores, stats or standings!**

**Love      Honesty      Respect**  
**Responsibility      Service**



## **Practice Pointers**

### **1. Control the environment**

- a. Make nametags for the front and back of your player's shirts.
- b. Establish a system that your players understand i.e. "When I blow my whistle two times in-a-row, everyone needs to stop what they're doing and come over to me"
- c. Do NOT allow your players to boot the ball across the gym or up to the ceiling. The balls must remain on the ground.

### **2. Skills before strategy**

- a. Practices are for learning and practicing, NOT scrimmaging. Practice for 50 minutes and scrimmage for 10 minutes.
- b. Players must develop individual skills first. You will be fundamentally hurting your players if you only scrimmage or play in large groups.
- c. Players NEED lots of time to practice individual skills.

### **3. Educate your parents**

- a. Talk to your parents about your coaching philosophy. Encourage them to applaud great passing and ball control.
- b. Parents should NOT be cheering, "shoot the ball!!!" each time a player has possession.
- c. Parents should NOT be cheering when a player boots the ball across the gym.
- d. The more interaction you facilitate between your players and their parents, the better. Make this a FUN family activity!

## **Practice Content**

Each practice should focus on having fun! Play soccer-minded games both with and without the ball. Each practice should be spent working on each of the following 7 areas: warm-up, dribbling, passing, receiving, shooting, offense and defense.

### **IDEA:**

**I** = Introduce  
**D** = Demonstrate  
**E** = Explain  
**A** = Attend to each player

### **1. Warm-up**

- a. Run a lap as a team
- b. In a circle, do stretches without the ball (toe touches, quad stretch, etc)
- c. Use "airplane arms" for balance on one leg
- d. Jumping jacks, count as a team

### **2. Dribbling:**

- a. Use cones to dribble through and around. For variation, use only the right foot, or only the left foot. Or, use only the inside of the foot, or the outside of the foot.
- b. Start out slow and build speed as appropriate.
- c. Emphasize CONTROL, not speed.
- d. Introduce shielding the ball.

### **3. Passing:**

- a. Accuracy, Touch, Timing
- b. Work with pairs or match an adult with each child.
- c. Proper placement of the kicking foot.
- d. Proper placement of the non-kicking foot for balance and direction.
- e. Always start out with partners close to each other. Only increase distance if they can control the ball.
- f. “Happy Feet”: be on the balls of your toes in anticipation of the pass.
- g. Passes should remain on the ground.

### **4. Receiving:**

- a. Trapping the ball for control is a very important skill since it is the move that precedes a pass or a shot.
- b. Practice trapping with every part of the body: thigh, foot, knee, forehead, chest, stomach.
- c. Traps should control the ball and place the ball on the ground in position to be kicked.
- d. Players can practice trapping by tossing the ball to themselves, their partner, or against the wall.

### **5. Shooting:**

- a. Players love to shoot the ball!
- b. Accuracy is more important than strength.
- c. Proper placement of the kicking foot.
- d. Proper placement of the non-kicking foot for balance and direction.

### **6. Offense:**

- a. When there are 5 players on the field, all 5 players play offense.
- b. Triangle formation at all times.
- c. Short, easy passes to the feet.
- d. Passes should remain on the ground.
- e. Accuracy!!

### **7. Defense:**

- a. When there are 5 players on the field, all 5 players play defense.
- b. 1<sup>st</sup> defender stops the ball.
- c. 2<sup>nd</sup> defender supports the 1<sup>st</sup> defender.
- d. 3<sup>rd</sup> defender provided balance on the field.

## **Examples of Fun Activities / Drills**

### **“Follow-the-Leader”**

1. The Coach does coordination exercises without ball--clapping, stretching, twisting, jumping, balancing, skipping...and asks players to try. Later, have players come up with ideas for other players to imitate.
2. Same as above but with a ball. (Okay to use hands and feet. Progress to ball movement exercises, toe touches, rolls, etc.)

### **“Body part dribble”**

Players dribble ball with different parts of their body as designated by the coach. Switch quickly between commands. Get players up and down quickly. Use verbal commands first, and then point to the area that you want the player to use. This teaches the players to look up.

### **“Red Light, Green Light”**

All players start in a line at one end of the grid, while coach is in the middle. When coach says "green light" players dribble forward. When coach says, "red light" players stop with a foot on the ball. On "yellow light" players move forward slowly. "Reverse" players go backward. After a few rounds, use hand signals instead of verbal commands.

### **“Name Game”**

The players sit on the end line. When the coach yells a name (or two), the players jump up, run to the ball/s and dribble down to score.

### **“Come and Get Me”**

The coach will have the ball, and dribble around the gym with all the kids trying to get the ball from him/ her. The kids love this and will wind up giggling the whole time.

### **“Airplane Cones”**

Place cones on the ground, several feet apart. Have the kids use “airplane arms” and run around the cones. This practices cutting and quick direction change. Can be done with and without the soccer ball.

### **Drill 1:**

- a) Have the kids stand 20 feet in front of the goal. Roll the ball from the goal toward them so they get used to kicking a moving ball that’s rolling right toward them.
- b) Keep the kids in the same line and roll the ball from different angles.

### **Drill 2:**

Practice passing with all the parts of your foot. Toe, inside, outside. Against the wall makes for less chasing of stray balls.

**Drill 3:**

Roll the ball to the kids and have them stop it by placing their foot on top of it (trapping the ball).

**Drill 4:**

Have the kids stand 15 feet from the goal in a single file line. Stand 4 feet away from the first child and toss the ball into their chest (then knees). When the ball bounces off their chest have them dribble toward the goal and score. This is a big confidence builder so they know the ball is not going to hurt.

**Drill 7:**

Place one kid off to the side of the goal and have them pass to the kids running to the goal. Rotate each kid to pass.

**Drill 8:**

With the kids back to the goal and 20 feet away, have them step on the ball and roll it backwards. They then turn and shoot it into the goal.

**Soccer Game Rules and Guidelines****Safety First:**

- A. Players should remain on their feet at all times. Running and sliding for the ball is not safe. When kids get tired they fall down more often, creating an unsafe environment for themselves and others.
- B. "Clump Ball" can quickly turn messy; this is when kids get kicked and pushed down. Encourage the kids to stay spread out.
- C. Slide tackling is not addressed, encouraged, or even talked about at this age.
- D. Heading the ball is not addressed, encouraged or even talked about at this age.
- E. Prevent an injury before it happens by keeping your eyes open and focused on behavior.
- F. Players may not play wearing potentially dangerous items including earrings, casts, necklaces, watches, bracelets, etc. The coach should inspect all players prior to all practices and games.

**Equipment and Uniforms:**

- A. Game shirts will be provided for all players and the Head Coach. This is the official uniform and must be worn during games. Advertising on uniforms is not permissible.
- B. Shin guards are recommended but not required.
- C. Cleats are not allowed.
- D. Players must wear flat-soled, non-marking, laced up tennis shoes or indoor soccer shoes.
- E. The coach will be issued three sponge balls for practices and games.
  - a. Extra balls may be purchased through the YMCA for \$5.
- F. Outdoor soccer balls are not allowed at school facilities.
- G. The Gym Monitor will have a first aid kit with them at all times.

**Number of Players:**

Most teams will have 10 or 11 players. Five players will be on the field at a time, including a goalkeeper.

**Practice / Duration of Game:**

- A. For the first two weeks of the season, each team will have a one-hour practice in the gym
- B. Once the season starts, each team will practice for 30 minutes and then play a 40-minute game.
- C. Each half is 20 minutes long.
- D. Per the timekeeper, teams should stop the clock after five minutes and substitute players. All players will come off the field and new players will begin playing.
- D. Half time is 5 minutes long.
- E. Practices and games are scheduled back-to-back, so please be diligent about watching the clock and have the teams / parents exit quickly and efficiently.

**Setting up the Field:**

- A. The first game of the day will set up the goals and the last game of the day will put them away.
- B. If the team is blue, it is very helpful to tape a blue shirt or poster, etc, on the wall in the mouth of the goal so that the players know which way to go.

**Start of Play:**

- A. The team listed as the home team on the game schedule will have the opening kick and will determine which direction they will play for the entire game.
- B. All players must be on their half of the field at kick-off.
- C. A coach signals for the game to begin.
- D. The first kick may go forward or backward. The ball is in play once the ball has been kicked.
- E. After a goal, the game shall be re-started in a like-manner by a player on the team that did not score the goal. YMCA leagues do not keep score.
- F. The K/1<sup>st</sup> grade teams do not switch sides at half-time.

**Substitutions:**

Substitutions will occur every five minutes during the game per the timekeeper's whistle. All players will come off the field and new players will begin playing.

**Ball is Out of Play and Considered "Dead":**

- A. When the ball touches the ceiling, goes into unplayable areas, or makes contact with obstacles such as lights, basketball equipment, overhanging or climbing ladders, etc.
- B. When the coach or parent stops the game.
- C. When a goal is scored.

**Re-starts:**

When the ball is "dead" (per above), the ball must be re-started.

- A. To re-start items A & B per above, the coach or a parent simply picks up the ball and tosses it back into the game.
- B. After a goal, the game shall be re-started in a like-manner by a player on the team that did not score the goal. YMCA leagues do not keep score.

**Method of Scoring:**

A goal is scored when the **entire ball** has crossed the goalmouth. The YMCA does not keep score.

**Goalkeeping:**

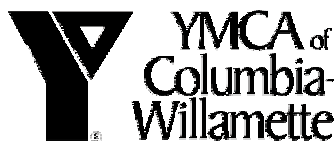
- A. The goalkeeper may handle the ball anywhere inside of the goal box. The goal box will be the free-throw / key area. The arc above the free through line is NOT a part of the goal boxes.
- B. When the goalkeeper touches or picks up the ball, the goalie's feet must be in the goal box.
- C. Goalkeepers must throw (and not kick!) the ball into play.
- D. Only the goalkeeper is allowed to recover the ball if it is caught behind the goal.
- E. Once the goalie has his/ her hands on the ball as a save, players from both teams must stop kicking.

**Positions / Play Time:**

- A. Players should be rotated around at the coaches' discretion so that each player experiences every position throughout the season, including goalkeeper.
- B. All players must play a minimum of one half of every game unless the roster is greater than 12 players.

**Celebrate:**

Don't forget to do a team cheer after each game! Walk in a single-file line and give each player and coach a high-five!



We build strong kids, strong families, strong communities.