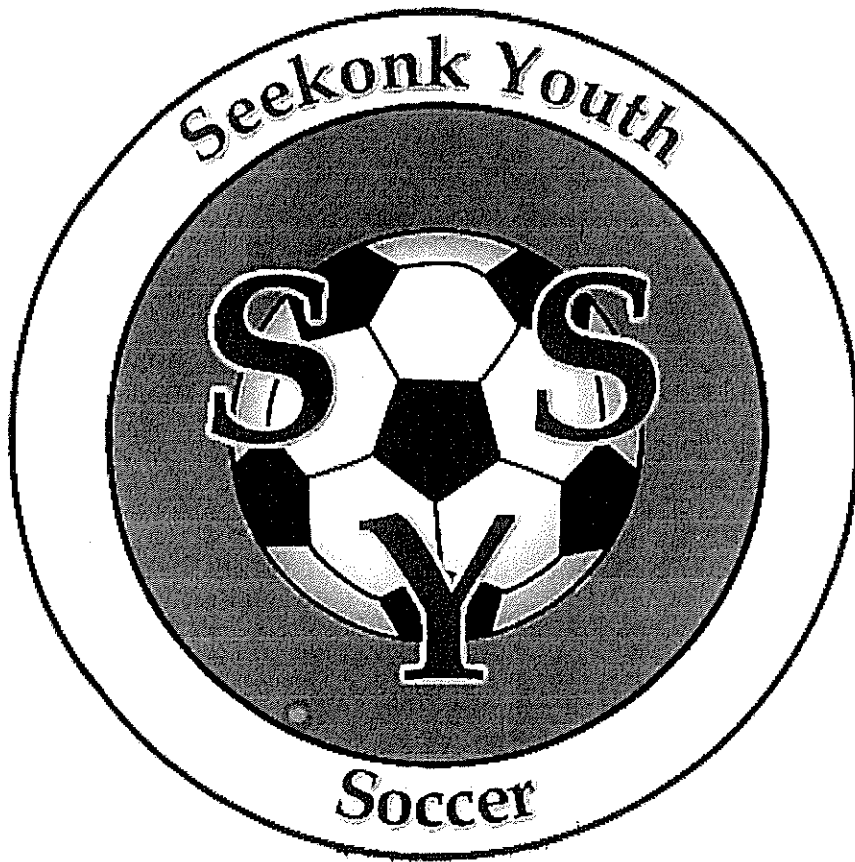


Seekonk Youth Soccer Coaches Handbook



Seekonk Youth Soccer - Board of Directors

President: Beth Fecteau

Email: president@seekonksoccer.org or bethfecteau@comcast.net

Secretary: Eric Lander

Email: secretary@seekonksoccer.org

Registrar: Joyce Leven

Email: joyceleven@comcast.net

Field Directors: Matt Payne & Joe Rocha

Email: mattcpayne@gmail.com - joequalitytags@gmail.com

Recreation Director: Jason Audet

Email: jaudet1@hotmail.com

SCSL Director: Becky Peterson

Email: beckypeterson14@yahoo.com

Team Assignor / CORI Director

Email: tanya.arruda@abbott.com

Merchandising Coordinator

Email: hmhunt76@hotmail.com

Seekonk Youth Soccer – Mailing Address

Seekonk Youth Soccer, Inc.
P.O. Box 411
Seekonk, MA 02771

Seekonk Youth Soccer – Board Meetings

Board meetings are held on the first Monday of each month at the Mildred H. Aitken Elementary School (165 Newman Ave, Seekonk, MA 02771) in the Staff Room beginning at 7PM.

Seekonk Youth Soccer Fields – Location Details

Cole Street Soccer Fields are located at 445 Cole Street, Seekonk, MA 02771, adjacent to the George R. Martin Elementary School.

Mission Statement

The purpose of Seekonk Youth Soccer, Inc. (nonprofit corporation) is to educate , promote and develop character, responsibility, good sportsmanship ,teamwork, health and physical fitness in youth and any other lawful purpose permitted under the applicable laws of the Commonwealth of Massachusetts for non-profit corporations formed under Massachusetts general laws, as may be in effect from time to time.

The 100% all volunteer board and coaching staff believe in bringing the best soccer program available to you your children. Our club is a non-profit organization operating soccer events every fall, winter and spring. We provide boys and girls ages 4 1/2 – 14 the opportunity to play organized recreational soccer with-in our town and competitive (travel) soccer against surrounding communities. With the help of players, parents, and coaches we continue to grow and provide a fun and safe environment for our soccer players

Ball Sizes

| Division | Ball Size |
|----------|-----------|
| U6 –U8 | Size 3 |
| U10-U12 | Size 4 |
| U-14-U16 | Size 5 |

Practice

Practices are held at the discretion of the coach. Practice fields are located at Cole Street. Although not required, we strongly suggest that you have practice at least once per week. This is where most of the training of the players will occur. Try to keep practice fun and informative.

Cancellations

Games will be cancelled if weather conditions are severe. Primary reasons for canceling a game are lightning and/ or heavy rains. If games are cancelled, it will be posted on our website at WWW.Seekonksoccer.org. By 9 am on game day.

Parent's Role

For All Practices

Please be on time, players dressed appropriately, wearing shin pads, with plenty to drink. No jewelry of any kind is allowed. Please try to let us know if your player will be absent.

For All Games

Again, please be on time and call your coach if your child will be absent. Players should arrive a minimum of 15 minutes before game time for warm-ups.

Required equipment: SYS jersey, soccer shorts, shin guards with soccer socks worn over them, soccer cleats (optional), and water bottle. No jewelry of any kind is allowed.

During The Game

Parents, family and friends must remain on the side of the field opposite the teams. Please do not stand behind the goals or allow siblings to do so.

Encourage your players in every possible way. Please do not coach from the sidelines-it is very distracting to the players.

All cheering and fan support should be in the form of positive encouragement. We ask that parents and fans refrain from negative criticism, especially of the referees, who after all, are only trying to do the very best job they can. Coaches are responsible for parent's behavior at games. If the referee complains to the coach, the offending parent will have to leave the field.

Please keep abreast of team news, announcements, and the upcoming schedule at our web site.

We welcome and encourage your input. Feel free to contact any one of us either personally, by phone or email. We will try to address your concerns as best we can.

Thank you for the opportunity to coach your children! It is a privilege.

EXPECTATIONS & BENEFITS

- It will be a fun and meaningful experience for your child.
- Improve the overall fitness, self-esteem and social skills of your child.
- Your child will develop a sense of teamwork and will learn the value of being part of a team
- Success based on your child's abilities
- MOST IMPORTANT - FUN!

TEACHING GOOD SPORTSMANSHIP

REFEREES AND RULES:

Hello Coaches:

Thank you again for volunteering your time for this program. We usually get a lot of questions regarding the rules of the game, particularly with the younger levels. The next page has most of the basic rules of the game for the different age levels.

The Referees in the Recreation League are all kids. Some are certified and others are in training for certification. Some are first year refs, who are training, have no experience. They have received instruction and they are soccer players. Our trainee program is a program that we believe in. We are helping kids, who have had years of experience and a passion for the game, to explore another aspect of it. We are also developing referees for this town. We are asking for your consideration and patience (especially with the U10 and U8 refs) as they start to build their confidence. If you are concerned about their calls, you have every right to clarify a rule with them at the half. If not satisfied with the explanation, we encourage you to approach any of the Board members with your concerns. We will help clarify; both sides. However, arguing with the refs and fighting calls during the game will not be tolerated. We will have Board members and seasoned refs out on the fields on Saturday to assist. Please feel free to bring your concerns to us at the half, or at the end of the game. Please keep your parents to the opposite side of the players' bench. They should not be hanging around the bench or the goal areas. Also, just a reminder, slide tackling is dangerous and is not allowed. Play from the ground is also not allowed. If you see your players doing either of these, you need to remind them of these rules.

There is no official off side rule in recreation league games; however, a referee may call off side if an attacking team has a "net hanger" and there is no defender in the immediate vicinity. **The referee will check with the coaches to determine if they would like off sides called. Both coaches must agree in order for off sides to be invoked for the game.**

Again, thank you for coaching. We are always interested in your feedback, so please bring your questions, concerns or ideas to us. We meet every month on the first Monday at Aitken School in the Staff Lounge at 7 pm.

Seekonk Youth Soccer

Referee Game Rules

SYS Rules for Recreational League Referees

Game

SYS is focusing on small-sided games with fewer players on the field and greater opportunity for the players to develop their ball-handling skills. Team coaches can mutually agree to play with fewer players on the field in order to increase touch opportunities. In the event teams have been combined, it is permissible to play with more players on the field. If the coaches have questions or concerns, you should direct the coaches to a SYS Board member.

For U6, the format can be 3v3 with no goalie. There are no referees assigned to these games. One coach from each team is allowed on the field. Kids Program

For U8, the format is 5v5 or 6v6 of which one player is the goalie. They play four (4) eight minute quarters with up to a 5-minute break between each quarter. Opposing team coaches can agree to take less than a 5-minute break. A running clock is used for all games.

For U10, the format is 6v6 of which one player is the goalkeeper. They play two (2) twenty minute halves with up to a 5-minute break between each half. Opposing team coaches can agree to take less than a 5-minute break. A running clock is used for all games.

For U12 the format is 8v8 or 9v9 of which one player is the goalkeeper. SYS plays two (2) twenty-five minute halves with up to a 5-minute break between each half. Opposing team coaches can decide to take less than a 5-minute break. A running clock is used for all games.

For U14 the format is 9v9 of which one player is the goalkeeper. SYS plays two (2) twenty-five minute halves with up to a 5-minute break between each half. Opposing team coaches can agree to take less than a 5-minute break. A running clock is used for all games.

Quarters and halves will be shortened if the game starts late so that the game will end on time.

Teams do not switch sides at halftime.

There is no official offside rule in recreation league games; however, a referee may call offside if an attacking team has a "net hanger" and there is no defender in the immediate vicinity.

The typical calls the referee will make are as follows:

Out-of-bounds resulting in a throw-in. If the throw-in is not executed properly, the referee should stop play and have the player try again.

- Goal kick
- Corner Kick
- Handling

At the referee's discretion it is permissible to call a foul if a player is playing aggressively. Also a foul should be called against a player who attempts to make a sliding tackle or play the ball while they are on the ground. Regardless of the type of foul, a direct free kick is awarded. Please e-mail with any questions.

Player Check In & Field Conditions

Player Check-in

- Shin guards are mandatory and must be covered by socks.
- Rubber cleats and sneakers are allowed footwear. Metal cleats are not allowed.
- Jewelry of any type (earrings, necklaces, rings, watches, etc.) may not be worn during a game. It is not acceptable to cover the jewelry with band aides or tape. It must be removed.
- Medic Alert wrist bracelets are not considered jewelry. They show information about a person's medical condition, severe allergies, etc. in cases where the person cannot give the info themselves (unconscious, head injury, etc.) They must stay on the player, taped down on the wrist so as not to come loose. Do not call undue attention to the children who need to wear these.
- Mouth guards are NOT required but are allowed as long as the entire mouth guard is in the mouth. No handle or strap can protrude from the mouth.
- Hats may not be worn during the game with the exception of the goal keeper.
- Parents, other spectators, blankets, strollers, etc. are to be situated on the opposite side of the field as the players and should be set back at least 10 feet from the sidelines for everyone's safety.
- Absolutely no one is allowed on either goal line.
- Rough play, foul language, and all other forms of unsportsmanlike conduct are not allowed and should result in immediate removal from the game by the coach.
- Pets are not allowed on the Cole St. fields at any time. This is a town rule that SYS will enforce.
- If a player gets injured, a referee cannot touch, assist or move the player. Leave this to medical professionals and parents.

Field Conditions

Referees must check that both goals are anchored down properly so they do not tip over. Alert a Board member if you have concern about the stability of the goals.

Look over the field for any holes or other hazards and report them to a board member at the field.

U5 - U6

NEW BALL METHOD

The idea behind the 'new ball method' is to keep the flow of the game constant and increase the number of ball touches by all the players. The 'new ball method' eliminates restarts such as throw-ins and corner kicks and keeps the ball in play continuously. Restarts might be important to the game results at the highest level of play, but they have no relevance or developmental benefits at the U-6 or U-8 level. Since the objective of the KINS Program is to teach players to dribble, every aspect of the traditional game that reduces the opportunity to dribble is removed.

The basic principle of this method is that, when a ball goes out of bounds, the coach throws a new ball into play. Experiments with this method, conducted at Richmond Hill SA in 2001/02, found that the players caught on to the method very quickly and loved it. The parents and coaches at Richmond Hill embraced the concept as soon as they witnessed it first hand. The experiments also proved that, on average, players' ball touches increased two and threefold. This was determined by counting the number of touches per player under the traditional rules and comparing to the number of touches under the 'new ball method'. Tracking the amount of actual playing time revealed that the ball was in play for only 45% of the time under the traditional rules, and almost 100% of the time under the 'new ball method'.

To implement the 'new ball method', use either one coach, or two coaches, to throw the balls. If using two coaches, each coach should be in charge of half a field. The coach(s) should hold a number of balls, ready to be thrown, one at a time.

- When a ball goes out of bounds, the coach yells "new ball!" and throws a new one in. The players will learn quickly to react to the new ball.
- Always throw the ball into the unoccupied space. Players will learn to move towards the ball. Do not throw the ball too high in the air since the players are not yet skilled enough to control a bouncing ball.
- Coaches can also use this method to get the non-assertive players involved, by throwing the ball towards them. This will help bring them out of their shell. If the players are really shy, simply place the ball at their feet.
- If one team is dominating the game, the advantage can be shifted to the other team by throwing the ball accordingly.
- This method can also be used to break up a 'beehive'. If all the players are bunched up around the ball, shout "new ball" and throw one into the open space.
- Remember to always praise the players for every attempt. Keep them excited and motivated.

This method will speed up the game, will produce more goals and more excitement. For more information or assistance in implementing it, please contact the State Director of Coaching.