## Spring Soccer 2024



# Coaches Manual 

Recreation Director

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## Philosophy

This program has been developed to provide an emphasis on fun, teamwork, and skill development, within our Nashville community. We long for connection and joy in our programming and hope all our players and teams model our philosophy. We long for all our player to feel included and a part of something bigger and something that brings joy, even in loss or growth! We ask you as coaches to assist us in making every effort that all players are played an equal amount of time each game, or as closely as possible. We do not keep record of score or wins and losses but hope that we cannot even count the laughs, high fives, and celebratory dances on our fields.

Being a program of First Presbyterian Church we hope that you find our campus, staff, and programming able to connect you to your already made community, the general FPC Soccer community, and our Nashville community at large. We would love to partner with you in making this program one that shines bright in Nashville for its fun and service to our community.

## General Rules

## Player's Equipment

A. Footwear: Soccer cleats or tennis shoes (cleats are preferred). Baseball or Football cleats (cleats which contain a single cleat at the toe or very front of the shoe) are not allowed
B. The sock must completely cover the shin guards at all times. Players are not permitted to take the field without shin guards.
C. ALL items of jewelry are strictly forbidden and must be removed prior to game time. This includes all necklaces and bracelets, leather bands, rubber bands etc. Furthermore, players must remove from their hair ALL hard clips, beads, or large bows from their hair. Soft "scrunchies" or pony-tail holders are permissible. The referees will inspect teams prior to each game. Though not advised, Small stud earrings can be worn at the discretion of the parent understanding that FPC and officials bear no liability should injury result. It is our strong recommendation that even small earrings be removed or, at the very least covered in a bandaid or tape during gameplay, but we understand that sometimes our players have gotten their ears newly pierced and removal of studs can be a complex decision.
D. The player will not be permitted to play unless they are in compliance.

## Fouls and Misconduct

A. Fouls shall be called with an understanding of the age of the players. A foul may be called if aplayer commits any of the following offenses:

- Kicking, striking, or attempting to kick or strike and opponent
- Charging or tackling an opponent in a violent, reckless, or dangerous manner
- Tripping, pushing, or holding an opponent in a violent, reckless, or dangerous manner or in a manner which creates an advantage for the player
- Deliberate handling of the ball
- Using obscene or profane language or making such gestures
- Acting in a manner which obstructs the game or otherwise creates a disturbance
- Spitting at an opponent
B. All fouls shall result in an DIRECT FREE KICK.
C. There shall be NO SLIDE TACKLES by a player on the field for any reason. A slide tackle is a sliding attempt made on a ball while the ball is in another player's possession. Free Kicks
A. There are no indirect kicks and all fouls shall result in an direct free kick taken at the spot of the foul. The ball must be stationary on the taking of the free kick and the kicker shall not touch the ball again until it has been touched by another player of either team.
B. There shall be no free kicks taken by the attacking team within the defending team's goal area. If a foul is committed in the defending team's goal box, the ball shall be placed 5 yards away from the goal box for the
direct free kick.
C. The opposing team shall be at least 5 yards away from the ball when the free kick is taken.


## Throw-Ins

A. A throw-in is necessary when the ball goes out of play across a touchline. The thrower must face the field when delivering the ball and part of each foot shall be on the touchline or on the ground outside the touchline. The thrower shall use both hands and shall deliver the ball from directly behind and over his or her head.
B. A goal may not be scored directly from a throw-in.
C. At the discretion of the referee, successive throw-ins may be allowed if the initial attempt is improper.
D. After delivering the ball, the thrower must not touch the ball again until it has touched anotherplayer.

## Goal Kick

A. A goal kick shall occur if the attacking team kicks the ball over the defending team's goal line without scoring a goal.
B. A goal kick may be taken from any point inside the goal area. The opposing team must be five yards from the goal box when the ball is kicked. A goal may be scored directly from a goal kick.
C. If the ball is not kicked directly out of the penalty area from a goal kick, the kick is retaken. After the kick, no player may touch the ball until it is outside of the penalty area.
D. The kicker must not play the ball again until it has been touched by another player.

## Corner Kick

A. A corner kick shall occur if the defending team kicks the ball over their own goal line.
B. A corner kick shall occur from anywhere inside the corner arc with the opposing team at least 5 yards away. A goal may be scored directly from a corner kick.
C. The ball is in play when it is kicked and moves.
D. The kicker must not play the ball again until it has touched another player.

## Headers

A. Headers are not allowed in any divisions in this league

## Rule alterations

-As this is a recreational league, we do allow minor alterations to rules on a case by case basis should both pertinent coaches and the scheduled ref are in agreement. The official has sole discretion to veto any alterations. Changes must be made in the spirit of making sure all kids get to play/have a better experience and DO NOT jeopardize safety (for example, slide tackles are off limits no matter what), but, approvable examples might be: PK teams may choose to play

6 v 6 as opposed to 5 v 5 , field sides don't have to be switched at halftime, and headers (in 3rd above) can be played without penalty or stoppage of play if both coaches are in agreement.

## Pre-Kindergarten Ages 3 or 4 \& PRE K 5 Divisions

## Law I - The Field

A. Field Size: 65 ft x 40 ft
B. Goal Size: $3.5 \times 6 \times 3.5$

## Law II - The Ball

A. Ball Size: three (3)

## Law III - The Number of Players

A. On Field: 5 players ( 5 v 5 without keeper). Games may be played with 4 players
B. Substitutions can occur at designated substitutions times- halfway through halves or if both coaches agree that a substation can occur- we like having 5 players on the field at all times!
C. The goal is for our players to play -all players should play be afforded the opportunity to play and play similar time. We know that our young ones will be on and off the field connected to their comfort level, our coaches and parents are encouraged to keep on trying to coax our friends to play but also respect the timing and feelings of our players!
D. Coaches should refrain from talking to the referee during the game. If the coach has a question, he/she should wait for half time or the conclusion of the game. The referee will not stop the game or the clock to talk to a coach.
E. One coach will be allowed on the field during play to provide instruction and encouragement.

## Law IV - The Duration of the Match

A. Length: The game shall be divided into two (2) fifteen (15) minute periods.
B. Breaks: There shall be a 5 minute break between the first and second halves depending on time available.
C. Teams shall switch goals at half time.

## Law V - The Penalty Kick

A. There are no penalty kicks in this age group. Anytime a penalty shot situation occurs, the ball will be placed on a designated spot and a wall or defense will be allowed in the box. The ball must be passed before it can go in the goal.

## Law VI - Restricted Zone

A. The area in front of the goal will be a restricted area. The only time someone is allowed in the zone is when the opposing team or the ball is about to enter the box. FOR PRE K 5s, there will be an Arc Painted in the field to

## Law VII - Throw-in/Kick Ins: A. We will Play Kick Ins from out of bounds for our Pre K Division.

## Law VIII- NO Goalkeepers

A) Due to the size of the goals and field, we do not allow goalkeepers in either PK34 or PK5. By PK5, we understand that some teams wish to begin training their teams in defensive positioning which is perfectly fine, but confusion arose from how one defines a defender as opposed to a goalie.
B) As a compromise, we've painted 7 x 7 ft arcs in front of the PK5 goals where no stationary defender is allowed to be positioned. If gameplay and offensive players enter this arc, defense is allowed, but simply put: please don't position players in front of the pop up goals in a fashion which prevents the offense from having a fair chance to get the ball into the goal. Remember, this is a recreational league where our priority is the kids having fun.

## Kindergarten (Ages 5 \& 6) Division

## Law I - The Field

A. Field Size: 96 ft x 54 ft
B. Goal Size: $6.5 \times 8$

## Law II - The Ball

A. Ball Size: three (3)

## Law III - The Number of Players

A. On Field: 5 players and 1 goalie. Games may be played with 4 players and 1 goalie
B. Substitutions can occur at designated substitutions times.
C. All players should play the same amount of time.
D. Coaches should refrain from talking to the referee during the game. If the coach has a question, he/she should wait for half time or the conclusion of the game. The referee will not stop the game or the clock to talk to a coach.
E. One coach will be allowed on the field during play to provide instruction and encouragement.

## Law IV - The Duration of the Match

A. Length: The game shall be divided into two (2) eighteen (18) minute periods.
B. Breaks: There shall be a 5 minute break between the first and second halves depending on time available.
C. Teams shall switch goals at half time.

## Law V - The Penalty Kick

A. There are no penalty kicks in this age group. Anytime a penalty shot situation occurs, the ball will be placed on a designated spot and a wall or defense will be allowed in the box. The ball must be passed before it can go in the goal.

## Law VI - Throw-in/free kick

A. Remember this program is instructional. Throw-ins or free kicks may not be taken until the referee signals. The other team may need to be instructed on how to defend.

## Law VII - Flagrant Fouls

A. Flagrant Fouls will result in a free shot at an empty goal.

## The Breakout Line (New as of Spring 2024)

A. $\mathrm{K}, 1 \mathrm{st} / 2 \mathrm{nd}$, and $3 \mathrm{rd} / 4$ th divisions will now observe breakout lines when a goal kick is taking place. In K , the half-life will act as the breakout, whereas additional lines have been added to fields from 1st grade up. The defense MUST be positioned behind this breakout line when defending goal kicks. The purpose of this addition is to allow younger goalies a more fair chance to clear the ball from the backfield on goal kicks.

## Offsides

A. Due to our league being strictly recreational and bearing in mind the historical, often subjective, nuance to the offsides rule, we do not enforce offsides in any of our divisions. With that said, we do not allow the positioning of offensive players in unfair ways which seeks to exploit our policy of not enforcing them. These calls will be left to the discretion of officials, but for example, offensive players cannot be positioned behind goalkeepers simply because there's technically no offsides rule. Again, please remember, this is a recreational league where our priority is the kids having fun.

## $1^{\text {st }}$ and $2^{\text {nd }}$ Grade (Ages 7 \& 8) Division

## Law I - The Field

A. Field Size: $120 \mathrm{ft} x \mathrm{72ft}$
B. Goal Size: $6.5 \mathrm{ft} \times 12 \mathrm{ft}$

## Law II - The Ball

A. Ball Size: four (4)

## Law III - The Number of Players

A. On Field: 5 players and 1 goalie. Games may be played with 4 players and 1 goalie.
B. Substitutions can occur during your throw-ins or when the ball goes over either end-line. The referee must be aware you wish to sub before the ball goes out of bounds. The sub must enter at the center-line.
C. Coaches must stay on the sideline and cannot move past the penalty area towards the goal-lines. One coach may be on either sideline.
D. Coaches should refrain from talking to the referee during the game. If the coach has a question, he/she should wait
for half time or the conclusion of the game. The referee will not stop the game or the clock to talk to a coach.

## Law IV - The Duration of the Match

A. Length: The game shall be divided into two (2) eighteen (20) minute periods
B. Breaks: There shall be a 5 minute break between the first and second halves depending on time available.
C. Teams shall switch goals at half time.

## Law V - The Penalty Kick

A. There ARE penalty kicks in this age group.

## The Breakout Line (New as of Spring 2024)

A. K, 1st/2nd, and 3rd/4th divisions will now observe breakout lines when a goal kick is taking place. In K, the half-life will act as the breakout, whereas additional lines have been added to fields from 1 st grade up. The defense MUST be positioned behind this breakout line when defending goal kicks. The purpose of this addition is to allow younger goalies a more fair chance to clear the ball from the backfield on goal kicks.

## Offsides

A. Due to our league being strictly recreational and bearing in mind the historical, often subjective, nuance to the offsides rule, we do not enforce offsides in any of our divisions. With that said, we do not allow the positioning of offensive players in unfair ways which seeks to exploit our policy of not enforcing them. These calls will be left to the discretion of officials, but for example, offensive players cannot be positioned behind goalkeepers simply because there's technically no offsides rule. Again, please remember, this is a recreational league where our priority is the kids having fun.

## $3^{\text {rd }}$ and $4^{\text {th }}$ Grade (Ages 9 \& 10) Division

Law I - The Field
A. Field Size: 192 ft x 96 ft
B. Goal Size: $6.5 \mathrm{ft} x 18 \mathrm{ft}$

Law II - The Ball
A. Ball Size: four (4)

## Law III - The Number of Players

A. On Field: 6 players and 1 goalie. Games may be played with 5 players and 1 goalie.
B. Substitutions can occur during your throw-ins or when the ball goes over either end-line. The referee must be aware you wish to sub before the ball goes out of bounds. The sub must enter at the center-line.
C. Coaches must stay on the sideline and cannot move past the penalty area towards the goal-lines. One coach may be on either sideline.
D. Coaches should refrain from talking to the referee during the game. If the coach has a question, he/she should wait for half time or the conclusion of the game. The referee will not stop the game or the clock to talk to a coach.

## Law IV - The Duration of the Match

A. Length: The game shall be divided into two (2) twenty (22) minute periods
B. Breaks: There shall be a 5 minute break between the first and second halves depending on time available.
C. Teams shall switch goals at half time.

## Law V - The Penalty Kick

A. There ARE penalty kicks in this age group.

## The Breakout Line (New as of Spring 2024)

A. K, 1st/2nd, and 3rd/4th divisions will now observe breakout lines when a goal kick is taking place. In $K$, the half-life will act as the breakout, whereas additional lines have been added to fields from 1 st grade up. The defense MUST be positioned behind this breakout line when defending goal kicks. The purpose of this addition is to allow younger goalies a more fair chance to clear the ball from the backfield on goal kicks.

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A. Due to our league being strictly recreational and bearing in mind the historical, often subjective, nuance to the offsides rule, we do not enforce offsides in any of our divisions. With that said, we do not allow the positioning of offensive players in unfair ways which seeks to exploit our policy of not enforcing them. These calls will be left to the discretion of officials, but for example, offensive players cannot be positioned behind goalkeepers simply because there's technically no offsides rule. Again, please remember, this is a recreational league where our priority is the kids having fun.

## Coaching Basics

## POSITIONS

FORWARD - Primary job is scoring. Should generally stay on the $2 / 3$ of the field in the offensive end.
HALFBACKS (midfielders) - Should generally play the middle half of the field but can move into scoring position or near their own goal to help defend if needed. Lots of running. Responsible for moving the ball from the fullbacks to the forwards, to keep the ball on their offensive end or at least slow down the other team's offense so the fullbacks can set up the defense, and to score if they have a shot.

FULLBACKS - Two jobs - defense and getting the ball out to the half backs. Should not dribble much but move the ball by passing. Top priority is to keep the ball out from in front of the goal by passing or clearing. Should never pass in front of the goal.

GOALKEEPER - If the league you are coaching uses goalies - the primary responsibility of this position is to protect the goal area and stop scoring balls.

## SKILLS AND TECHNIQUES:

PASSING - inside of foot/ankle, outside of foot, one and two-touch, wall passes.
SHOOTING - inside and outside of foot, top of foot (laces).
BALL CONTROL - inside, outside, and bottom of foot, chest, and thighs. DRIBBLING change of pace and direction, control, shielding, looking up. HEADING - strike with forehead, not top of the head.

GOALKEEPING - often feel responsible when goal is scored - be sensitive, goalie stance crouched position, low and high balls, high ball hand position ("W").

THROW INS - behind the line, both feet touching the ground and facing the field, thrown with equal force by both hands from behind the head, thrower cannot touch the ball again until touched by another player.

CORNER KICKS - near and far post play, crossing kicks and short passes.
GOAL KICKS - ball must leave penalty area before being touched by any other player, kick may be taken anywhere in the goal area, any player can take kick but usually goalie or fullback.

OFFSIDE - there must be at least two opponents (goalie counts) closer to their own goal than an attacking player at the instant the ball is played.

OUT-OF-BOUNDS - sidelines and end lines. The ball must completely cross the line.
WALL PASS - passing technique where one player passes to another and then moves into an open space to receive the ball in return.

ONE-TOUCH PASSING - passing a ball without stopping or controlling it first - the ball is received and propelled in a single movement.

MAN to MAN DEFENSE - system of defense where each player is assigned a specific opponent to cover.
FREE KICK - A kick awarded to a team whose opponents have committed a foul. They come in two types, direct and indirect.

DIRECT KICK - A free kick on which the kicker can score directly. The ball does not need to touch another player before entering the goal. If it does touch another player the point still counts.

INDIRECT KICK - a free kick where the kicker may not score directly. The ball must be touched by another player (offense or defense) before the ball travels across the goal line for a goal to count.

## SAMPLE DRILS:

THE NAME GAME: 4 or more players are needed. Players stand in a circle and pass the ball to one another, but they must call out the name of the person they are passing to. This is great at the beginning of the season, so they learn everyone's name. If the players are doing well and you have enough players, add another ball.

## ROUND-UP:

4.or more players needed. Players form a circle with one person in the middle. The middle person has the ball and passes it to someone in the circle, who passes it back. Once the players grasp the concept, have the circle jog around.

## TAG:

In pairs play tag. One player dribbles until the other (with no ball) catches him. Ball possession changes at this point. Repeat and change partners regularly. Give rest time when needed.

## THE NUMBERS GAME:

Ask all players to dribble in and out of each other until coach calls a number ( $2,3,5$, etc.). Players should leave the ball and form a group of that size. Help those who seem to struggle at first. Ask players who don't make it into a group to perform a joke penalty like $1 / 2$ a sit-up.

3 v. 3:
Play 3 v. 3 to one full size goal. Have a large supply of balls to keep the action going. As soon as a shot occurs send in another ball. Keep the players going for about a minute. Change the six players and repeat. Use the extra players to retrieve balls. This game improves shooting in a realistic manner. Don't talk; let them shoot againand again.

## SOCCER TAG:

Each player has a ball. Coach comes in and steals the ball from one player and kicks the ball outside the square. Then the coach and the tagged player steal the ball from others who join their team and so forth. The last player left with the ball is the winner. No fouling and must stay inside the square.

## GOLF:

Set up a six-hole golf course with markers. Let players take one kick at a time and move around the course. They need to be aiming at targets and keeping track of the number of kicks.

## GAME SITUATION:

Divide the team into two groups. Play a game similar to game day. Use the game as an educational tool. 1.This is a Throw In. 2. This is a Goal Kick. 3. This is a Corner Kick. Coaches: explain the rules through proper demonstration when they occur naturally. Be careful not to over teach and take away the fun of playing. Give a quick demonstration and then move on.

## KEEPAWAY:

Three players pass back and forth without allowing the defender to intercept the ball. Players without the ball should learn to move into open space in order to give the player with the ball as many clear passing options as possible. Passing only, no dribbling. Player who loses the ball goes into the middle.

## RAPID FIRE:

Players stand 3 yards apart and one touch pass as quickly as possible with any part of the foot.

## SQUARE DANCE:

Each player has a ball and dribbles around inside square. Coach can require both feet or left or right only. On "Stop" they put foot on top of ball and freeze. On "Go" they start and change direction. On "turn," they stop the ball with the bottom of foot, pull it back and go the other way. On "right" cut right, "left" to the left.

## THROW IN/SHOOTING DRILL:

Players line up behind a cone 15 - 20 yards from the center of the goal; each player has a ball. Coach stand 5 yards away, between player and goal, facing player. Each player does a throw-in and tries to hit the coach in the nose. Coach catches the throw in and rolls the ball right or left. Player shoots without dribbling. As players improve, add distance or move to the side for angled shots. Later add a goalie and keep score. One point for a score on the first shot and two points for a score off a rebound. Goalie gets two points for save and 1 for missed shot.

## Coaches' Responsibility

- The first game will be played on Saturday, March 23.
- Game Cancellations will be decided by 7:15 am on Saturday morning and will be communicated via email.
- Contact all players after receiving your roster. Give the parent your name and number, the recreation hotline number and tell them when and where you will be practicing.
- Exemplify good sportsmanship using positive motivation rather than negative criticism.
- When questioning a call refrain from yelling at the officials. Talk to them between segments of play if clarification is needed. Encourage parents that you will be the team's voice. Our Referees are certified but young and looking to gain experience with us at FPC Rec.
- The goal is to try to make sure all players get near equal playing time. Feel free to ask the referee for an extra stoppage at quarters or breaks to make substitutions.
- We appreciate all that you do for the program and your children. This could not be done without your time and dedication, and we sincerely thank you.
- Check out the Free Concussion Training course through the CDC


## Free Concussion Training Course https://www.cdc.gov/headsup/youthsports/index.html

## Get prepared for the new season.

HEADS UP to Youth Sports is a free, online course available to coaches, parents, sports officials, athletic trainers, and others helping to keep athletes safe from concussion.

Coaches: Click HEREexternal icon to launch the course.
Please see How to Create an Account in CDC Train pdf icon[PDF - 865 KB ] for instructions.
Privacy Notice: You will be asked to provide your e-mail address if you decide to register for the online training. Please note that it is not necessary to register for the training in order to use this site. Your registration is voluntary. Any information that you provide is fully protected. It is stored temporarily and used only for online training registration purposes.

## Additional Training Resource Information:

https://www.cdc.gov/headsup/resources/training.html

## Parents' Responsibility

- Encourage, support and enjoy your player and team throughout the season.
- Social Distance and Masking when unable to social distance in non family company is appreciated.
- Do not come or have your child come if showing signs of sickness or potential close contact to COVID.
- Plan to attend and arrive on time for all practices and games.
- Find out from the coach if you need to arrive at a time that is different from the schedule.
- Pick-up your child on time, come to the field 5 minutes before scheduled departure from practice or games. This is for the safety of your child.
- Have your child wear appropriate soccer attire; shorts and/or sweats, shin guards and soccer shoes.
- Do not have your child come to practice in jeans, dress clothes, and/or street shoes.
- Jewelry such as watches, rings, earrings, bracelets, necklaces, etc. should not be worn to practices or games. This is for the safety of your child.
- The referees and the coaches are responsible for game day safety and behavioral expectations.
- The use of tobacco is prohibited at the fields and in all the buildings. Alcohol is prohibited on church grounds, for all practices and games.
- Children must be under adult supervision at all times. No child can be left during another child's practice or game. This is for the safety of your child.
- Dogs are welcome but need to stay leashed at all times for safety and comfort of our players and families
- Children should be accompanied by an adult to the restrooms.
- Please place all trash, litter, and recyclable cans in the appropriate containers.
- Children are not allowed to play in the lobbies, halls, stairwells, or in the gym during practices or games. This is for the safety of your child.
- The playground may be used as long as children are being supervised by an adult, if the gates are open.
- The coach of your team is a volunteer, please respect and appreciate them giving of their time.


## COVID -19 Health \& Safety Expectations

## Sourced CDC Resources :

- CDC Youth Sports Considerations


## - CDC Youth Sports FAQ

## - CDC Coping with Playing Sports

## Contact Cheryl Hanvey Cell: 615-668-9337 Email:ck.hanvey@gmail.com

- Please include a list of names in your sack at drop off.
- Our drop off address is 221 Lutie St, Nashville, TN 37210 in a brown deck bin on the front porch.
- It is $\$ 4$ per name and it takes a couple of days to complete the order.
- First or Last Names only please! Can shorten names like William -> Will
- We take Venmo, cash or check at pickup or delivery.
- Turn off Nolensville and our house is the second house on the right past the first stop sign.
- Please check the labels on the shirts for sizes sometimes they vary!

Thanks again, Cheryl, 2nd Generation Graphics 6156689337

## Pictures

Picture Day is planned for Week 5 this Session - April 27th More information to come on packages and information!

## Trophies

If your team has a longing to give trophies, or medals at the end of the season we expect that the trophy be for participation and superlatives only, i.e. no first place, MVP, etc. We have a long standing connection to Southern Trophy House and they love hearing from our teams about interest in helping our teams with their trophy or medal needs. See


## Campus Map

## Bathrooms are available at Tyne House Fields \& Upper Field Pool House

Front Fields:
Lower Fields:
Upper Fields:

Pre K 5 Field \#4, 3rd/4th Fields \#11 \& 12
Pre K Division \#1, 2, 3 \& Kindergarten Fields \#5 \& 6
1 st/2nd Grade Fields \# 7, 8, 9, 10


