



Grangeville Youth Soccer

Coaching Guide

U8 – 5 v 5

What is soccer?

livestrong.com defines soccer as, “The game of soccer is built around the pursuit of scoring goals. Teams move the ball up and down the field in an attempt to kick it within the goal...The player guarding the goal, the goalkeeper, is the only player on a team typically allowed to touch the ball with his hands. Except during a throw-in, the other players must use their feet, knees and chest to control and advance the ball.”

Soccer Lingo (definitions are adapted from amazonaws.com)

Midline/Halfline - the center line separating halves of a soccer field

Indirect Kick If a player commits any of the following: offsides, touches the ball more than once on a restart, keeper uses hands when receiving a ball from own teammate, stalling with the ball, and other “minor offenses”. Ball is placed at location of offense and goal can not be scored directly (has to touch somebody else).

Direct Kick - If a player commits any of the following in a manner that the referee considers to be reckless or using excessive force: Kicking, tripping, pushing, tackling, or holding an opponent or deliberately handling the ball to prevent a goal being scored. Ball is placed at location of offence. Goal can be scored directly.

Penalty Kicks If a player commits any of the following in a manner that the referee considers to be reckless or using excessive force AND in the penalty area (a marked area within certain distance of the goal): Kicking, tripping, pushing, tackling, or holding an opponent or deliberately handles the ball to prevent a goal being scored.

Throw In: When the ball completely passes over the sidelines, the last team to touch it loses possession and the opposing team takes a throw-in. The player throwing the ball back into play must stay behind the sideline and throw the ball over their head with both hands and keep both feet on the ground.

Drop Ball: Occurs between two players, one from each team, to restart the game anytime an official has to stop play for a no penalty situation. The ball is dropped at the spot where it was last in play unless this happens in the goal arc (a marked area surrounding the net), in which case it is dropped at the nearest point five yards outside the goal arc. The ball may only be kicked after it has touched the ground. A goal may be scored directly from a drop-ball.

Goal Kick: Goal kicks occur when the attacking team plays the ball over the goal line, in the shooting arc, or if the ball comes to a stop within the shooting arc.

Corner Kick: When the ball passes over the goal line (the end line on the field) by the defending team, the ball should be placed at the corner on the side it went out of bounds and the opposing team gets the kick.

5v5 Soccer Rules

adapted from amazonaws.com

Max # Players per team	5 players including goalie
Field of Play	30x20 yards, goal size 4'x6'
Goalkeepers	Yes
Ball Size	Size 4
Coaches	Coaches are to remain on the sideline during the game; they should not be on the field coaching.
Substitution Situations	Every six (6) minutes; clock does NOT stop. The team in possession of the ball at clock stoppage receives a sideline throw-in to restart the game.
Player Equipment	Shin guards required
Referees	Parent volunteer
Match Length	Matches consist of two (2) eighteen (18) minute halves with each half being divided into three (3) six (6) minute substitution periods. There should be a five (5) minute halftime interval.
Start/Restart of play	A restart kickoff is taken from the center circle at the start of each half (one team at the beginning and the other team after the half) as well as after a goal is scored (the kick being taken by the non-scoring team). The initial touch (pass) must go forward passed midline, toward the defending goal. The ball must touch another teammate or opponent before the initial player kicker touches the ball again. If the pass/touch kick does not go forward or if the ball is touched a second time by the initial kicker before another player touches the ball, the kickoff should be retaken. A goal may not be scored from the kickoff, because all goals must be scored from the offensive side of the field. The opposing team must stay outside of the center circle (approx. 3 yards from center). Both teams must be on their own half of the field and outside of the center circle until the first touch on the ball is made, after which they may attempt to win the ball.
Ball in/out of Play	The entire ball must go out of bounds to be out of play. If part of the ball is still touching the line, play continues uninterrupted.
Scoring Requirement	A goal may only be scored from a player's offensive end of the field. This prohibits a player from scoring a goal from the center circle on a kickoff or from a goal kick and encourages them to pass the ball and work as a team rather than attempting to kick the ball the length of the field. If a ball is kicked into a team's own goal, a point is awarded.
Possession of the Ball	The team in possession of the ball at the end of the first, second, fourth and fifth period retains possession of the ball. The team with possession of the ball will start the next period with a throw in at the closest point on the sideline when play was stopped. The team that did not start the game with the kickoff will begin the second half of the game with a kickoff.
Slide Tackling	Slide tackling will NOT be allowed due to the safety risks involved.
Headers	Headers will NOT be allowed. Although this technique is used in advanced levels of soccer, it can pose as a safety risk and is therefore not allowed.
Offside	None
Fouls/Misconduct	Fouls shall result in either a direct or indirect free kick. The referee must explain ALL infringements to the offending player. No cards shown for misconduct. Players who commit two (2) fouls resulting in direct kicks (excluding handballs) in the same segment must sit out the remainder of that segment, replaced by another player on the team. Those players can return during their next scheduled substitution.
Hand Ball	A hand ball offense occurs any time a part of the arm below the shoulder touches the ball intentionally. Unintentional hand balls can be played through at the discretion of the referee or field monitor ("Play on!"). A called hand ball results in an indirect kick for the non-offending team.
Indirect/Direct Kicks	Opponents of team taking the free kick must be at least four (4) yards from the ball until put into play.
Penalty Kicks	None

Throw-Ins	Opponents four (4) yards from ball until put into play. Feet must stay on the ground and ball is thrown from behind the head, over and forward (infringements result in a re-throw up to 2 times before the other team gets the throw-in).
Goal Kicks	The ball should be placed on the end line, five (5) yards from the shooting arc on the side in which the ball was played out. Defenders should retreat behind midfield until the ball is put into play.
Corner Kicks	Opponents of team taking the corner kick must be at least six (6) yards from the ball until put into play.
Score Keeping	Score is not kept; goals kicked in wrong goal do not matter.
Goal Switch at Halftime	Yes - teams will also change the goal they shoot towards at halftime

Basic Soccer Skills - 4v4/5v5

Warm-up and Practice Drill Ideas

*Keep in mind, **BALL TOUCHES are KEY** in soccer. The more a player touches a ball, the more (s)he's learning soccer. Every player should be encouraged to bring a ball to practice and practice drills should focus on most players touching a ball as much as possible.

Dribbling

1. Beginner Ballhandling:
 1. Toe Taps - Alternating toe taps on top of ball.
 2. Shuffle - Shuffle the ball back and forth, using the inside of the foot.
 3. Geg - While hopping and using one foot to move the ball, move the ball back and forth using the bottom and inside of foot alternatively. Work on both feet.
 4. Instep Geg - same as geg, but using the top and bottom of one foot to move the ball.
2. Juggling
 1. According to FIFA, juggling "develops the skills of dexterity, coordination and balance in young footballers. These skills favour the more rapid acquisition of other techniques. the ball from hands towards feet.
 2. Use the top of one foot to hit the ball back up to hands, creating a backspin on the ball.
 3. Eventually, players will be able to juggle from foot to foot, without use of their hands.
 4. Many YouTube videos further demonstrate and explain this technique.
3. Basic Dribbling
 1. Use cones to create a dribbling course. Use top, inside, and outside of foot to dribble (the curvature of the toe makes toe dribbling difficult to control). Different cones might indicate change in speed or an abrupt change in direction (use bottom of foot to stop ball and change direction).
4. Perimeter Dribble
 1. Practice Dribbling the perimeter of the field. Switch directions.
5. Feignting
 1. Feignting is using the dribble to make an opponent believe you are going a different way than you intend to go.
 2. Players can practice using their bodies to swiftly change direction during a dribble, leaning into the former direction to make a defender believe the dribble will continue that direction.

6. Crabwalk Dribble game

1. Using cones, mark off large squares on the field. Set crab walking (hands and knees) player(s) within these squares. Other players must successfully dribble through the “crabs”.

7. Body Part Dribble Game

1. Players all dribble within half of the field. One person is “it” and randomly stops dribbling to put a body part (head, elbow, knee, foot, etc.) on top of their ball. Last person to notice and put their corresponding body part on their own ball is “out” and must now perimeter dribble the play area. Switch people who are “it” from time to time, enabling perimeter dribblers back into the game. This game encourages dribbling with the head up.

8. Red Light/Green Light Game

1. Players line up on one goal line. The coach goes to the other goal line, facing away from the players and yells “red light/green light” to start and stop dribbling. Players try not to get caught moving on a “red light”.

9. Freeze Tag

1. Set up a defined dribbling area. Each player has their own ball. The game begins with all players dribbling around within the defined area. The coach or a player then chases the players trying to tag them. When a player is tagged, they must freeze, hold the ball high above their heads, and spread their feet apart. The player remains frozen until a teammate dribbles their own ball through the frozen player's legs, after which the player is unfrozen and continues dribbling around. This is a great dribbling game that also encourages teammates to help each other out.

10. Cops and Robbers

1. Players line up on one goal line, each with a ball (the “cops”). One player, starting at midline without a ball, is the “robber” and tries to steal the other players’ balls by kicking them away.

11. The Blob

1. Players spread out along one end line of your practice area, each with their own ball. Start with two players, without balls, standing side-by-side with their inside arms latched to each other, thereby making up “The Blob” (make it sound really creepy!). The Blob starts out 25 feet or so in front of the rest of your team. The goal is for your players to dribble from one end line to the other, without getting tagged by “The Blob”. If they do get tagged, they then join The Blob by latching on in the same fashion to an outside end. The Blob continually grows bigger and bigger by repeating this challenge.

12. Easter Basket

1. Mark off a large circle with cones representing “the basket.” All the balls (“eggs”) are in the basket and a coach starts tossing them out. Players are to retrieve the “eggs” and dribble them back into the basket.

13. Walk the Dog (U4, U6)

1. Each ball is the player's “dog”. Instruct the players to dribble their balls (“walk their dogs”) to different trees, fence posts, etc. Encourages ball skills, stopping and starting control, etc.

Passing and Receiving

1. Receiving
 1. Square your shoulders to the direction the ball is coming from.
 2. Ball should be cushioned by the foot so that it stays within a small distance from the receiving player. Cushion the ball with the inside or top of foot.
2. Passing
 1. Generally, although not always when passing on the run, the ground foot placed near the ball should point toward where the pass will be kicked.
 2. Passes should either follow the ground or be in air. To put a pass into the air, the ball should be kicked below its midline.
1. Partner Pass
 1. Practice passing and receiving techniques between two players spaced a reasonable distance apart.
2. Pig in the Middle Game (U6, U8)
 1. Three or more players work to keep their passes from a player in the middle. Whoever's pass the "pig" steals, becomes the new pig in the middle.

Shooting

1. Shooting
 2. If possible, square your shoulders to the direction you intend your shot to go. The ground foot should also point the direction of the intended shot. Shots should generally be made with the inside of the foot (ball of foot portion) for best control. Shots should be aimed at the upper or lower corners of the net.
14. Shooting drills
 1. Practice shooting on different goalies.
 2. Practice shooting at specific targets - knocking down a cone or other object, aiming between two closely placed cones, etc.
15. Shrinking Goal Game (U8)
 1. Set up a practice game (scrimmage). Each time one team scores, their goal markers "shrink" the goal area, encouraging players to have to shoot more accurately and from closer.

Positioning

1. Teamwork instead of Positions
 2. Positions are not generally taught in 5 v 5. Instead, teach teamwork fundamentals:
 - 2.1. Don't bunch up - spread out and use the whole field. Encourage kids to stay a pass-length away from the person with the ball and your other teammates.
 - 2.2. Offense:
 - 2.2.1. Try to support the person with the ball:
 - 2.2.1.1. find a spot you're open for a pass.
 - 2.2.1.2. Let the ball handler know where you are when you're open.
 - 2.2.2. If you have the ball, keep moving forward until someone challenges you.

2.3. Defense:

- 2.3.1. Only one defender should challenge the ball handler. Other defenders should position between the ball handler and the goal, covering any attackers who are there.
- 2.3.2. A defender should try to stay between a player he is defending and the goal. Never have your back turned to a player you are defending against!
- 2.3.3. Defenders are trying to: slow down the person with the ball, contain the person with the ball, and steal the ball away from the other team.

16. Scrimmage Teamwork

- 1. During a scrimmage (practice game), blow a whistle indicating players FREEZE! Draw attention to positioning and teamwork - is it happening? Are players bunched up?

17. Goalkeeping

- 1. Goalies are the only players allowed to touch the ball with any part of their bodies.
- 2. To catch a ball, form a "W" with the thumbs and index fingers to cushion the ball. Goalies may also block or kick the ball away from their net. (Goalie gloves are allowed.)
- 3. Goal kicks should be encouraged up the sides of the field, toward same team players. A goal kick up the middle is easier to quickly return for a goal.
- 4. On corner kicks, the goalie should line up toward the side of the goal that the corner kick is on, in front of the goal line, facing slightly toward the corner kick.
- 5. **A goalkeeper cannot use their hands to pick up the ball if it was deliberately kicked to them by a teammate.** The rule also applies to throw-ins from a teammate.