



# Grangeville Youth Soccer

## Coaching Guide

7 v 7 - U10

## What is soccer?

[livestrong.com](http://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](http://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 offense. 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 nonpenalty 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:** (4v4 only): 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.

## 7v7 Soccer Rules

adapted from [amazonaws.com](http://amazonaws.com)

Max # Players per team	7, including goalie
Field of Play	47x30 yards, goal size up to 6' x 18'
Goalkeepers	Yes
Ball Size	Size 5
Substitution Situations	Every seven (7) minutes, called by referee. Clock does NOT stop, so subbing should be done quickly.
Coaches/teams	Coaches must remain on the sideline. Teams should stand on the east side of the field with fans on west side.
Player Equipment	Shin guards required
Referees	Referee
Match Length	Matches consist of two (2) 21-minutes halves, divided into three (3) seven (7) 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) can go in any direction. 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. <u>A goal may not be scored from the kickoff</u> 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 (past midline). 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 to score. A point will be scored if a player kicks the ball into his/her own goal.
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 be allowed.
Offside	Offside occurs when offensive players without the ball are found to be between the last defender and the goalie. Only an offensive player with the ball can be in this area. Offsides are not applicable on throw-ins, goal kicks, and corner kicks.
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 opposing team. A goalie may only use his hands within the penalty box. Outside that is called as a hands ball.
Indirect/Direct Kicks	Opponents of team taking the free kick must be at least eight (8) yards from the ball until put into play.
Penalty Kicks	The penalty mark is made seven (7) yards from the midpoint between goalposts and all players should be positioned behind the player taking the penalty kick. If the kick does not result in a goal and the ball is still in play, then play continues live.
Throw-Ins	Opponents five (5) yards from ball until put into play. Both feet must stay on the ground, ball is thrown with both arms overhead, and feet must be behind the line. An incorrect throw-in results in a turnover.
Goal Kicks	The ball is kicked by the goalie from on the ground. Ball must leave the penalty area before being in play.
Corner Kicks	Opponents of team taking the corner kick must be at least seven (7) yards from the ball until put into play.
Goal Switch at Halftime	Yes; teams should be scoring on opposite goals each half. Goalie switch should also occur at halftime.

## Basic Soccer Skills - 7 v 7

### 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 favor 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. Feigning

1. Feigning 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. Crab Walk 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. Last Man on the Island game

1. Using cones, mark off a rough circle "island" that is big enough for all players to dribble inside of. Each dribbling player is trying to kick other players' balls off the island. Whenever successful, the player whose ball was kicked off the island becomes a "shark", circling the outer perimeter of the island while dribbling. Last man on the island "wins".

#### 8. 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.

#### 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. Doctor Tag

1. Set the field up with a defined dribbling area. At one end or corner of the field you'll also need to set up a small square of discs or cones about 10 feet square. This area is the "Hospital".
2. Introduce the game asking if your players know what germs are and what they do. The likely answer you'll get is "they make you sick". Then, ask who we sometimes have to go see when we get sick, the answer we're looking for of course being the "Doctor".
3. In this game, players will dribble around with their own ball. One of the players, without a ball, will start off as a "Germ". The germ chases the players as they dribble around, and tries to tag them. If a player gets tagged, they have to dribble to the "Hospital" to see the doctor. Once at the hospital, the player does a small challenge (three toe touches on top of ball, three dropping foot juggles, three circle moves, etc.), and then re-enters the game. For variety, add a second, third germ, etc.

## 12. Space Wars

1. Two fleets of star fighters (players with balls) start either side of the grid (a large square area or half the field marked with cones) on their launch pads. The star fighters take off on the commander's order to battle the opposing fleet. To score you must knock an opponent's ball out of the grid with your ball whilst ensuring that your ball stays inside the grid. If your ball leaves the grid, you have been shot down and should crash land to an area outside of the grid. At the end of the battle the fleet with the most remaining star fighters wins.

## 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. Partner Pass with Obstacles

1. Practice passing and receiving techniques between two players up the field, while other players stand stationary in the way of the receiving passes. This should encourage players to understand how they should change their position to receive a pass in light of an opposing player in the way of the pass.

### 3. Pig in the Middle Game

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.

### 4. Tug of War

1. Encourages accurate passing and passing with power.
2. A grid of four squares is made by placing 10 cones up and down the field space. A unique ball (bright color/pattern, etc.) is placed in the center of the grid made by the cones. Players from one team stand outside the cones on one side, the other team stand outside the cones on the other side. The point of the game is for one team to pass their balls into the grid to push the unique ball down through the two end markers. The opposing team tries to use their balls (passing) to push the ball toward the other end. Players can only enter the grid to retrieve their balls. First team through the end markers wins.

## Shooting and Goalkeeping

### 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.

### 13. 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.

### 14. Shrinking Goal Game

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.

### 15. 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.

## Positions

### 1. Positions

6. Soccer positions include goalie, defenders, midfielders, and forward players. Generally, defenders stay for the most part in the defensive two-thirds of the field, midfields cover the entire field, and forward players generally stay in the offensive two-thirds of the field, being careful not to get caught between the last defender on the opposing team and their goalie (this is offsides, which should be taught but is not called as a penalty in our league).
7. In 7 v 7 soccer, if you play 2-2-2, each position (defender, midfielder, forward) will have a right winger and a left winger, which generally covers that side of the field. Another good strategy in 7 v 7 is to employ a 1-3-2 position line up, with one defender, two wing and a third center midfielders, and two forwards.
8. Drawing position cover areas on a diagram of a field helps players to better understand their position boundaries.
9. Players should generally try to stay apart from other players to enable dribbling and passing. A big “glob” of players all competing for the ball is not soccer!
10. Players generally defend against the opposite player from the opposing team. For example, the right side forward on the offensive (scoring) team generally is defended by the left side defender on the defensive team, midfielders defend against midfielders, etc.

### 16. Position Practice

1. Have players line up on the defensive side of the field in their positions on cones placed there (where they would line up at kick off).
2. The coach, with the ball, moves around the field and the players are to adjust whereabouts they should be when the ball is in each spot. Players should check themselves for distance to ball and distance from other players.

3. This drill also encourages players to understand that they are always moving on a soccer field, even when they don't have the ball - moving according to the position of the ball.

## 17. Corner Kick Positions

1. The following corner kick position guide was taken from [goalden.com](http://goalden.com):

“Defending corner kick: Here are some basic formations that will ensure your team is solid in defending a corner kick.

- There always needs to be a player on the near post and the far post.
- Have a player standing on the penalty spot marking this area.
- Have a player the same distance as the penalty spot but positioned about 6 yards closer to the corner (where the corner is being taken from) in relation to the player on the penalty spot.
- Have a player the same distance as the penalty spot but positioned about 6 yards further from where the corner is being taken from – in relation to the player on the penalty spot.
- Have two players guarding the area at the top of the 18 yard box, spaced out approximately 10 yards apart
- This way each player is guarding a radius of about 5-6 feet around them.

“Note:

- The taller players should be in the penalty spot area
- The shorter players can either mark the front or back posts, or mark at the top the 18 yard box
- All clearances should be cleared wide of the net and 18 yard box. Anything that is cleared to the top of the box (even 35 yards out) can result in a direct shot on net or another dangerous ball being delivered in the penalty area. Be sure to clear the ball wide.

“Offensive corner kick formation. There are many variations to attacking here but here are a few.

- The kicker should indicate if he will kick the ball as an “in-swinger” or “out-swinger.” In-swinging corners are more dangerous for the defense to handle and easier for the offensive players to connect on.
- Another way of attacking on a corner kick is when all the players can stay at the top of the box at the far side. Right when the ball is about to be delivered, all players at the top of the box rush to the penalty spot. The speed and numbers of players can often be too difficult to handle resulting in trouble for the defense.
- Sometimes these are predictable so all the defenders stay in the area. A simple decoy here is to deliver the ball at the top of the box where the players were originally standing (before they ran in) where one player stays behind for a direct shot on net. Watch video of Arjen Robben of Bayern Munich score off a corner kick versus Manchester United.”

## 18. 2 v 2 or 3 v 3 Scrimmage

1. Playing a short scrimmage with 2 players on each side (one defence, one offence) encourages players to work out where they should be in each position and how to support their other player

## 19. Up and Down Game

1. This game encourages field movement, passing, and positioning.
2. Players scrimmage, but with two additional rules:
  - 2.1. all players must be on the same side of the field when a goal is scored. If all offensive players are not on the offensive half, the goal does not count. If all defensive players are not on the same half, the goal counts as double.
  - 2.2. There must be 3 passes on the defensive side of the field before the ball can cross midline.