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Revised April 1, 2011

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RECREATIONAL SOCCER INFORMATION

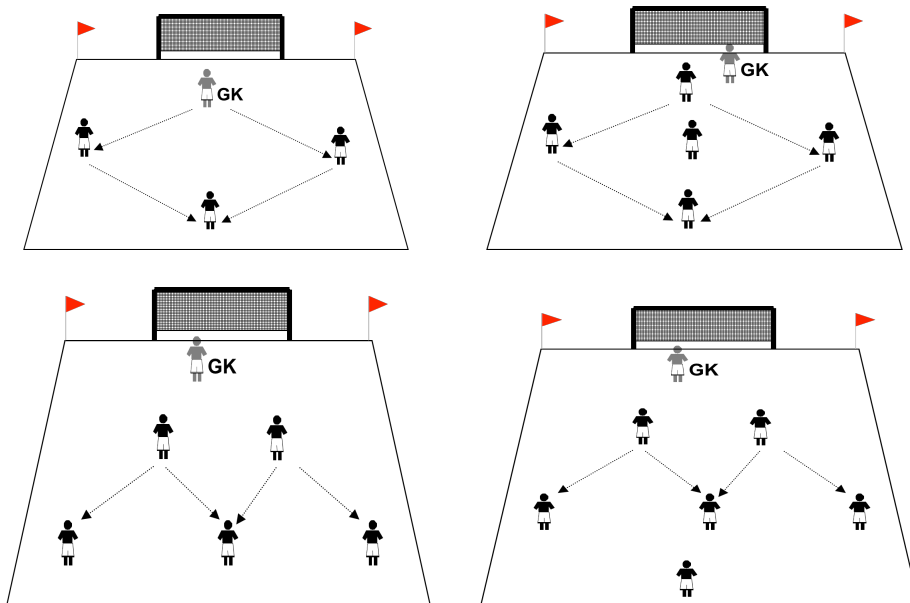
1. CONTACT INFORMATION

- a. Director of Recreational Soccer– Sharon Cherney, 763.221.4110, scherney@tonkaunited.org
- b. Rec Administrator – JoAnn Magnuson, 952.475.9178, rec@tonkaunited.org

play.

Tonka United Recreational Soccer Coaching Manual

- c. Director of Coaching and Player Development - Jonathan Schaefer, 952.475.9178, jschaefer@tonkaunited.org
- d. U9-U10 Age Group Staff Coach (traveling) = Kelly Taylor, 973.902.2443, ktaylor@tonkaunited.org
2. **GAME START:** Games need to start on time. This is important especially in the early part of the year when it gets dark early. If a team is short players, consider loaning them a player or reducing the number of field players in order to make the game happen.
3. **REFEREE'S:** If you don't have a referee (unlikely but it has happened) coaches should go ahead and start the game with one coach from each team covering ½ of the field until a referee arrives.
4. **PACT:** There is zero tolerance for yelling at the officials by players, fans and coaches. These referees are young kids who are just starting out in their referee careers. Be nice!
5. **INCLEMENT WEATHER:** Check the website for up to date cancellations for games. We will also have updates on our Tonka United Facebook and Twitter pages. If teams are unsure, they must show up. Remember, soccer games are often played in the rain.
6. **RESCHEDULING GAMES:** There are no re-scheduling games. Please contact opposing team's coach and share players to complete rosters and play games. You can also borrow players from other teams in your same age group.
7. **GARBAGE:** Be sure to clean up after your team. Leave the fields cleaner than when you arrived.
8. **GOAL SAFETY:** DO NOT ALLOW PLAYERS TO HANG ON THE GOALS OR NETS.
9. **TEAM SET UP: 4v4/6v6/7v7**



10. **RECREATION RULES & COACHING MANUAL:** <http://www.tonkaunited.org/Default.aspx?tabid=182550>
11. **COACHING SESSIONS:** <http://www.tonkaunited.org/Default.aspx?tabid=182550>
12. **SOCCER SATURDAY REC CLINICS:** May 11, 2013 and June 15, 2013

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13. **TONKA BLAST:** Saturday, June 29, 2013
14. **SUMMER STARZ/FOOTHOLDE SOCCER CAMPS:** www.foothold.com
15. **VOLUNTEERS:** *Tonka United runs on great volunteers. If you know of anyone that has a passion for kids and wants to make a difference, **please register as an adult volunteer online.***
16. **FAQ's:** <http://www.tonkaunited.org/Default.aspx?tabid=182555>

MYSA National Background Check

New this year is the online national background check as required by our affiliate, MYSA. This process replaces the former notarized paper form requirement in previous seasons. Please note that all coaches/assistant coaches must complete this process.

See below for instructions. National Background Check Website link also available at http://tonkaunited.org/tr_coachmgr.php

- National Background Check Website: <http://mnyouthsoccer.org/programs/backgroundcheck.cfm>
- Click on the "Client Log-In" tab
- User ID: MYSTNK
- Password: MYSTNK
- Click on the "Request" tab
- Type in your full legal name to authorize your electronic signature
- Complete all required fields noted with a red asterisk
- The required searches will automatically populate - do not make any changes/additions
- Click the "Continue" button
- Click the "Add/Edit Jurisdictions" button
- First Search Select: Felony/Misdemeanor, MN, and Statewide
- Second Search Select: Felony/Misdemeanor, MN and enter your county of residence
- Click on the "Add Searches to Order" button
- To complete the process, click on the "Agree and Submit Order" button
- Upon successful completion of the background check, you will receive a confirmation page to print for your records

Address: 18328 Minnetonka Boulevard, Deephaven MN 55391 **Website:** www.tonkaunited.org
Main Email: rec@tonkaunited.org **Main Office:** 952-475-9178 **Fax:** 952-475-8262

PHILOSOPHY AND BENEFITS

Welcome to the Tonka United Recreational Soccer family, where we provide each player (ages 4-17) the opportunity to play soccer in a supportive and rewarding environment that emphasizes fun and skill development through equal participation.

Our Developmental Philosophy focuses on:

Tonka United Recreational Soccer Coaching Manual

- **Age-appropriate** soccer instruction and field sizes
- A **fun-filled learning and playing environment**
- Professional coaching **education** and support

What benefits will our children experience in the Tonka United Recreational League?

- Age-appropriate soccer instruction to develop skills
- Small-sided games that allow for **more goals, more touches, more activity**, more psychological engagement and more fun!
- Non-pressure playing environment focused on equal playing time
- **Enjoyment of the game** through learning, movement, and cooperative play
- A closing league tournament and jamboree (**Tonka Blast!**)
- Fun, games, more fun and more games!

Tonka United Soccer Association offers a Recreational Program based upon the guidelines of the United States Youth Soccer (National Organization), which gives kids a quality soccer experience through smaller fields, smaller teams and plenty of experience to handle and be around the ball.

At the Recreational level your child is able to enjoy the fun, excitement and exercise of outdoor soccer regardless of his or her experience. For those players participating in the recreational program who really excel amongst his/her peers, we encourage you to try our traveling (competitive) program, where your son or daughter will:

1. Compete with and against players at a higher competitive level.
2. Experience professional training throughout the winter, spring, summer, and fall.
3. Become a better soccer player!

For more details, please refer to our RECREATIONAL tab on our website at www.tonkaunited.org.

COACHING 4th – 5th GRADE PLAYERS (U9-U10)

PLAYER CHARACTERISTICS

- Need for hero worship.
- Will run for days! They are not aware of their cooling system and need water breaks.
- Lengthened attention span.
- Want to play rather than being told to play.
- Some are becoming serious about playing soccer.
- Enjoy the uniforms, team, and club association.
- Still in motion, but not as busy... Will hold still long enough for brief explanation.

COACH CHARACTERISTICS

- Positive reinforcement needed – encouragement
- Enthusiastic
- Ability to play with them and have fun is key
- Knowledge of the key factors of basic skills
- Can focus on teaching responsibility and preparation to play

INVOLVING THE PARENTS

The U-10 age group seems to represent a turning point with respect to coaches' and parents' expectations and preoccupation with game results. At the U-6/U-8 age groups, adults are less prone to worry about the results. They are willing to accept that it's too early to put pressure on the players. But all that changes as soon as the players reach the U-10 level. Many coaches and parents regard this age group with more seriousness and adopt a competitive approach that is ill-advised and which can lead to irresponsible behavior. It could be because U-10 is when teams can first enter the State Recreational Tournament, or maybe because this age sees the advent of interclub play. Whatever the reason, U-10 parent coaches have gained the unenviable reputation as overly competitive, and ironically, this reputation is prevalent at the recreational level. Please keep yourselves and your team's parents in check. Remember that your attitude (both parents and coaches) has a huge impact on the experience of the players. This is a key age group. In another year or so, the players will be old enough to decide for themselves whether they want to continue to play organized soccer. If the experience at U-10 turns sour for them, they will quit. Therefore, it is vital that soccer be fun and rewarding for them.

HOW SHOULD I COACH MY TEAM?

1. Make Training look like the game
 - a. PLAY! PLAY! PLAY!
2. Focus on dribbling first. Then passing, receiving, and shooting. Dribbling is the most important skill for our players to learn so they can be confident with the ball and enjoy the game at their feet. If they don't learn to dribble in games now, they will suffer from lack of confidence and composure with the ball when they are older.
3. A Typical Session: following a progression should be utilized most of the time:
 - a. Warm-up (A Fun Game or 3 v 3 Street Soccer)
 - b. Play a fun dribbling games from the manual or coaching card
 - c. **1 v 1, 2 v 1 Get Outta' Here** (Coach controls the game with the balls)
 - d. Finish with a 4 v 4, 5 v 5, or 6 v 6 game or scrimmage another team. DO NOT play bigger than 6 v 6.
4. Ideas for attacking and defending
 - a. Make sure to **encourage your defenders to move up the field with the ball and attack** (dribble, pass, shoot). To ensure our defenders develop at the same rate as attackers, we need to encourage dribbling and moving forward from the back.
 - b. **Shapes of Diamonds and Triangles** all over the field
 - c. Components of Attacking Shape
 - i. Length – provided by at least 2-3 attackers (this doesn't mean forwards don't defend!)
 - ii. Width – provided by wide defenders or wide forwards/wingers
 - iii. Support – Defenders or Midfielders that drop to support the ball
 - d. Spread out on offense, become compact on defense!
5. **Positive Coaching** is a must! Some positive coaching responses...
 - a. Great...now, how can we do it faster?
 - b. Very good...now, how can you help your teammates?
 - c. Can you dribble towards the goal and try to score?
6. **Let them play!** The game does not have to ever stop for you to coach. Pull a player out if you want to coach them. Avoid the impulse to "coach" your players from "play to play."

U9-U10 PLAYER DEVELOPMENT GUIDELINES

| Practice Benchmarks What players should be able to show you at practice | Individual Benchmarks What players should be able to execute in game situations | Team Benchmarks What teams/players should be able to execute in game |
|---|---|---|
| <ol style="list-style-type: none"> 1. Speed Dribbling <ul style="list-style-type: none"> • Toes down and in • Knee over ball • Use outside of laces • Small touches, Keep ball close 2. Foundation dribble Outside of foot push (rt), inside of foot cut back (rt), outside of foot push (left), inside of foot cut back (left) 3. Pull-Push Dribble (Stop n' Go) Pull back with sole of foot, push forward with laces. <ul style="list-style-type: none"> • <i>Repeat back and forth quickly</i> 4. Pass thru the Wickets! Inside of foot pass through partner's legs standing 10 yards away. <ul style="list-style-type: none"> • <i>Toe up, heel down, ankle locked, plant foot aimed towards target, full leg swing</i> 5. 1-Bounce Juggling Keeping the ball up with feet with one bounce allowed between each juggle | <ol style="list-style-type: none"> 1. Mastery of 1 v 1 situations <u>Beating Players 1 v 1</u> – demonstrating the confidence and competence to take players on and beat them 1v1 <ul style="list-style-type: none"> • <i>Using Killer Touch</i> • <i>Using Shoulder Fake</i> • <i>Using Shot fake</i> • <i>Wild Card – other move(s)</i> <u>Changing Directions</u> – demonstrating the confidence and competence to change directions to get away from defenders. <ul style="list-style-type: none"> • <i>Inside Cut, Outside Cut, pull back</i> <u>Shielding – Boss of the Ball</u> Protecting the ball with one's body – hips, legs, shoulder 2. Push Pass Use of inside of foot–ankle locked, toe up 3. Soft 1st Touch – Ball Control Receive and cushion ball with inside of foot, possession mentality 4. Shooting Technique Toe down, ankle locked, use “sweet spot” <ul style="list-style-type: none"> • 3rd-4th inside eyelet up the foot | <ol style="list-style-type: none"> 1. Possession Mentality – no Charlie Brown Bootball! <ul style="list-style-type: none"> • Controlling ball instead of booting it. • Make a decision to dribble or pass w/out coach control 2. Ball Mastery and Confidence Players in ALL positions should show possession thru dribbling. 3. Proper Passing Knowing when to pass <ul style="list-style-type: none"> • when a defender is on • when someone is open in front of them – lead pass 4. 2 v 1 Fundamentals Knowing when to pass <ul style="list-style-type: none"> • when a defender is on • when someone is open in front of them – lead pass Knowing when to dribble. <ul style="list-style-type: none"> • To go to goal, beat opponent, or take space 5. 1 v 1 Defending <ul style="list-style-type: none"> • Chase, Contain and keep attacker in front • Cover & help teammates • Goal side – between opponent & goal 6. Goal kicks <ul style="list-style-type: none"> • Play wide quickly and go, OR • Stand in front of opposition to block opponent from winning goal kick |

COACHING POINTS FOR REFERENCE

KEYS TO SUCCESSFUL DRIBBLING

- Keep your knees bent for balance and quick direction changes.
- For dribbling with speed, rotate toes slightly inward making contact with outside of laces.
- Maintain soft contact with the ball and close control with both feet.
- Use all parts of your feet in warm-up: inside, outside, laces, sole.
- Change speed and direction cutting ball past defender with inside/outside of foot.
- Try not to stare at the ball, but look in front of you, lift your head often.

KEYS TO SUCCESSFUL SHOOTING

- The non-kicking (plant) foot should be beside the ball, with that toe pointed towards your target.
- Keep the toe of your shooting foot pointed down.
- Keep the ankle of your shooting foot locked – plantar flexed (toes curled down).
- Strike the ball with your sweet spot – which is the hard bone on the inner part of the shoelaces up towards the 3rd/4th eyelet.
- Swing from your hip, not your knee.
- Strike through center of ball and follow through.
- Land on shooting foot if possible to gain power.
- Keep your body relaxed (except keep the shooting ankle locked).
- At contact, your upper body and the knee of your shooting leg should be over the ball.
- Aim for bottom corners of goal. Accuracy before power.
- Practice with both feet!

KEYS TO SUCCESSFUL PASSING

- Use the inside of your foot for accuracy (it's the largest surfaced area of the foot).
- Use other surfaces for higher skilled players and situations.
- Just like with shooting, the non-passing foot is beside the ball with the toe of that foot pointed towards the passing target.
- The toe of the passing foot should be pointed up, and the ankle should be locked (dorsal flexed).
- Both knees should be bent.
- Strike the middle of the ball with a nice, smooth passing stroke.
- As the passing foot comes through the ball, your feet should form a right-angle.
- Follow through with the passing leg towards the target.
- If done correctly, a passed ball should have perfect top-spin. Side-spin means that you lost the 90 degree angle between your passing and plant foot.

KEYS TO SUCCESSFUL GAME PLAY

- Keep them moving.
- Encourage and reward hustling.
- Provide a positive and fun-filled atmosphere.
- Rotate subs and positions.
- Coach, educate, and support during games.
- Explain the rules of the game
- Focus on getting them playing in the correct direction

DO'S OF COACHING

- **COMMUNICATION.** Ensure the terminology you use is clear and precise. Let players know you are in charge.
- **USE GUIDED DISCOVERY...ASK MEANINGFUL QUESTIONS.** The coach guides the players, through effective age-appropriate questioning, to discovery.
- **KEEP PLAYERS ACTIVE.** If the activity is static, use helpers or assistants (parents) to keep everyone involved and active (i.e., do the same activity in smaller groups). Stay away from lines in training as they keep players waiting, losing attention and focus.
- **EACH PLAYER IS AN INDIVIDUAL.** Be aware of player differences - aggressive, confident, shy, quiet, etc. Recognition of player personalities will allow you to respond to all players, and they will respond to you positively.
- **STRIVE FOR QUALITY.** In all demonstrations make the desired objectives clear. If a player shows mastery of a skill, use him/her to demonstrate. Do not encourage players to just kick the ball forward. There needs to be a purpose to playing soccer.
- **REINFORCE CORRECT TECHNIQUE.** In all activities and games continually emphasize the use of correct techniques. Reinforce good technique positively.
- **ENCOURAGE PLAYER MOVEMENT.** At all times make players aware of the importance of readiness. Emphasize weight forward on toes and bouncing.
- **ROTATE POSITIONS.** In game situations change positions often to give players a taste of various aspects of the game.
- **USE 1 V 1, 2 V 1 AND SMALL-SIDED GAMES IN EVERY PRACTICE.** This is the foundation for developing confident players.
- **DEVELOP PLAYER RESPECT AND SPORTSMANSHIP.** Continually get players to support one another. To show good sportsmanship towards all players.
- **FUN AND ENJOYMENT.** Players will respond and want to continue if things are fun. Create their enjoyment. Use positive reinforcement and refrain from negative comments.
- **LET THEM PLAY!** Players need to learn from the game and have a mind of their own when it comes to skill development.

DON'Ts OF COACHING

- **NO LAPS, NO LINES, NO LECTURES**
 - They don't want to run without the ball, they don't want to stand still, they don't want to hear you talk!
- **GUIDE AND EMPOWER YOUR PLAYERS. DON'T CONTROL THEM**
 - Ask questions, empower, let them solve problems. Great coaches guide and then get out of the way.
- **DON'T COACH OR TALK TO THE PLAYER WITH THE BALL**
 - By the time players process your commands it is too late. You have officially disturbed the decision making process.
- **DON'T REMIND THEM OF THEIR MISTAKES**
 - Think about how fun that would be to have someone whispering in your ear every time you make a mistake at work! Sounds like a blast, huh?
- **DON'T REACT NEGATIVELY DURING A GAME**
 - If you're a negative coach, you're developing negative people.
- **DISRESPECTING THE REFEREE IS SETTING A POOR EXAMPLE.**
 - You are a role model for these kids – 1ST AND FOREMOST. Please. Don't be THAT guy.
- **DON'T BE A KID'S LAST COACH!**
 - If they don't have fun, they may never play again.

COACHING ACTIVITIES CHECKLIST

The following list is provided for coaches to use after every practice or game. The list is actually appropriate for coaches of players of any age. If the answer is YES to all the questions posed below, then it is safe to say that the children were involved in a **DEVELOPMENTALLY APPROPRIATE**, safe, and fun environment directed by a coach who taught, cared and communicated well. If there are **SMILES ON FACES** and they are **EXCITED** about coming back to the next practice or game, then they had **FUN** and you were successful.

- Are the activities **FUN**?
- Are the activities **ORGANIZED**?
- Are all of the children **ENGAGED** in the activities?
- Is **CREATIVITY and DECISION-MAKING** a part of each session?
- Are the activity spaces **SAFE and APPROPRIATE**?
- Is the coach's **FEEDBACK positive**?

GAMES

GET OUTTA HERE!

Two teams, one lined up on each side of the Coach, who is the Boss of the Balls on the sideline in the middle of a 20 x 12 yd field. The game starts when the coach rolls a ball out into the field (DO NOT constantly remind players to GO!). The 1st player from each line enters the field to play 1 vs. 1 to goals. The two players retreat back to their lines when 1) the ball goes out of bounds, 2) coach yells "GET OUTTA HERE!", or 3) a goal is scored. Coaches can roll more than 1 ball out at a time but should not roll more than two.

COACHING POINTS:

1. Players should lower their center of gravity by bending down. This will allow sharper changes of direction.
2. Can you fake out your opponent?
3. Celebrate all goals!

TRY THESE VARIATIONS:

1. 2 v 1. Roll a ball out to play 1 v 1, whichever player can get the ball back to their own line gets to add a player to attack opponent 2 v 1.
2. 2 v 2

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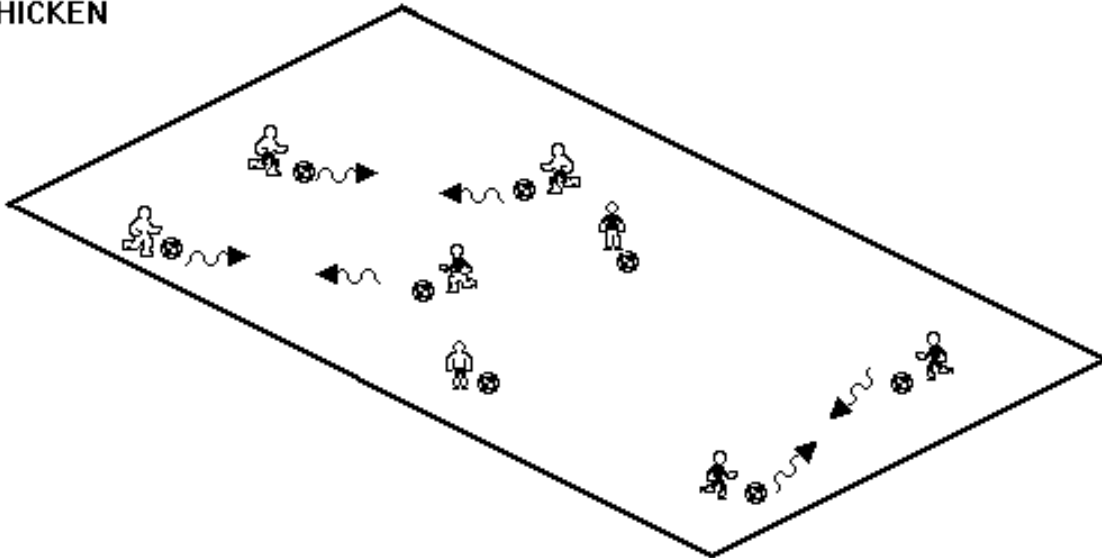
CHICKEN DRIBBLING

Each player has a ball and play takes place in a gridded rectangular space. Players make eye contact with each other and dribble under control straight at each other. At the last possible moment, players avoid contact by going around each other with quick footwork. Players continue to dribble and seek another player to oppose.

COACHING POINTS:

1. Players should be moving fast, but under control. The object is to avoid contact.
2. Players must dribble straight at each other, not angle away.
3. As opposing players get closer to each other, smaller steps and more contacts with the ball will aid in control, but must be performed quickly.
4. While players seek opposition, they must keep the ball moving.
5. To improve players' vision, divide the field into two or three sections. This will help their vision away from the ball.

CHICKEN



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CLIFF HANGER PASSING

Players start at the marker and pass their ball as close as possible to the cliff without going over. Players should run after the ball and mark the location where it stops. Then try again, attempting to get closer than previous tries without going over.

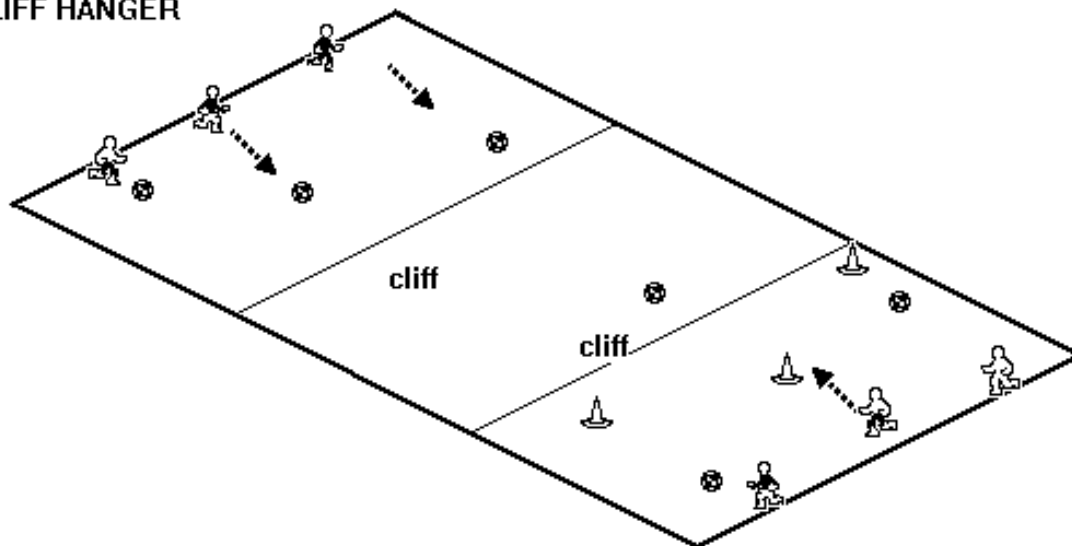
COACHING POINTS:

1. This activity helps players with the pace of their passing.
2. Vary the distance of the cliff line.
3. Have players practice using different foot surfaces for passing.

TRY THESE VARIATIONS:

1. Players must run at top speed and stop ball when they get to cliff.
2. Have players dribble in place before they pass the ball.

CLIFF HANGER



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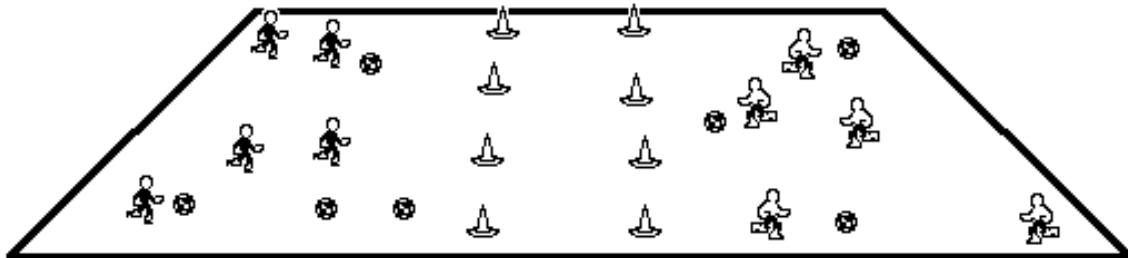
KEEP YOUR YARD CLEAN

Create a 5-10 yard neutral area that no player can enter. Use a minimum of one ball per two players (for best results, use a ball for each player). On command, each team tries to keep its side free of balls by kicking through the neutral zone to the opposite side. Play for a specified time limit.

After players understand the game, try some of these variations:

1. Must use two touch, one to receive, second to kick the ball back.
2. Only use inside of foot when passing.
3. Only use instep (laces) when shooting.
4. Must do a soccer move, then kick across.
5. As players get better and more powerful, increase the neutral area to promote longer and harder kicks.
6. Use fewer balls. Now players must make a pass to a teammate, who then kicks the ball across.

KEEP YOUR YARD CLEAN



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SHOOTING: CENTRAL GOAL

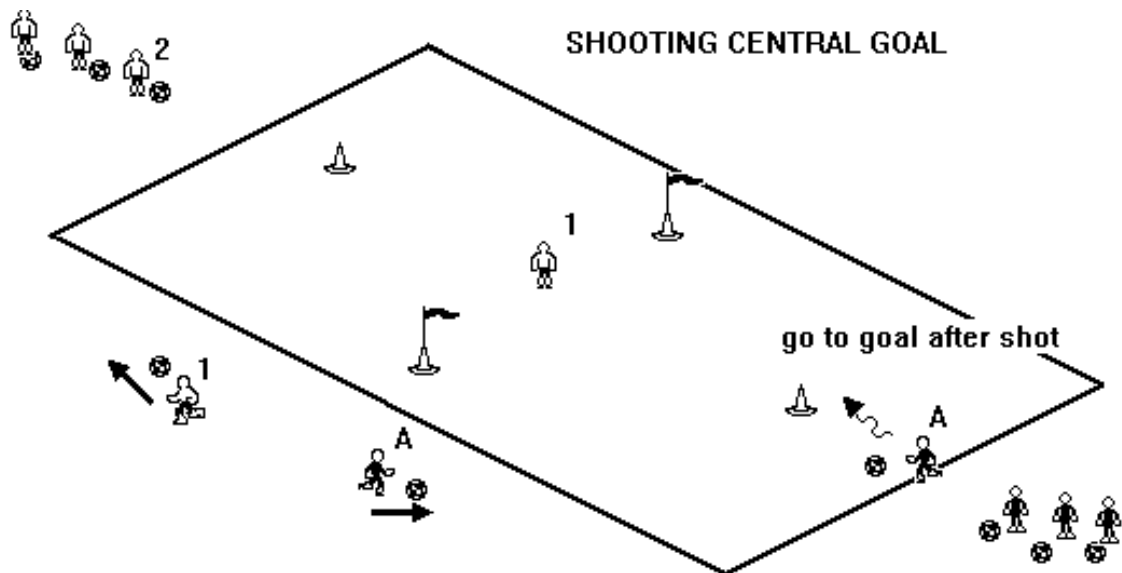
Player "1" starts in goal. Player "A" dribbles at speed to cone and once past the cone, shoots with the next step. After the shot, player "A" runs to become the new keeper waiting for player "2" to shoot. Player "1" gets ball and goes back to his side.

COACHING POINTS:

1. Watch for players backing up or moving to the side before they shoot. There should be no extra steps. Stop ball with one foot, shoot with other foot.
2. Set up several fields and have contests. Team with most goals moves up, other moves down.
3. Team should not wait to advance ball to cone and shoot immediately after the opposition shoots.
4. The drill makes players follow their shot, and the group will coach and remind the players. If they do not get to the goal, the opposing player will have an open goal to shoot at.
5. Teams can keep score themselves. A goal counts only if below the height of the keeper and in between the markers. First to 5 points wins or 3 minutes. Players should get quality repetition in short periods of time.
6. Coach can vary repetition by the number of players in each line.
7. Vary distance to goal and size of goal so players have success, then make it harder by increasing the distance and making the goal smaller.
8. Encourage players to hit hard.

BENEFITS OF CENTRAL GOAL TRAINING:

1. Shooter never chases his or her own shot.
2. Activity allows for quality repetition in short time period.
3. Players must go from offense to defense quickly.
4. Shooters are always following their shots.



RECREATIONAL SOCCER RULES OF THE GAME

2ND – 5TH GRADE (U7 – U10)

Revised April 2, 2013

Rules are based on the US Youth Soccer recommended modifications to the FIFA Laws of the Game.
FIFA Laws of the Game can be found at www.ussoccer.com/referees.

Law 1 – The Field of Play:

- Field Dimensions = 30 x 50 yards
- Goal Dimensions = 20 x 5 feet

Law 2 – The Ball: Size four (4)

Law 3 – The Number of Players: A match is played by two teams, each consisting of not more than six (6) players (5 field players and 1 goalkeeper). If one or both teams have fewer than four players, make the best game you can. Share players. Have Fun!

Substitutions: Teams are allowed unlimited substitutions. NO on-the-fly substitutions.

- The Referee must be notified and invite the players onto the field before the substitution is allowed (the referee may wave off substitutions in the last two minutes of a quarter).
- Both teams may substitute only on the following:
 - i. Goal kicks.
 - ii. Throw-ins.
 - iii. After a goal is scored.
 - iv. When play is stopped for an injury or if a player is ejected.

Playing time: Each player SHALL play a minimum of 50% of the total playing time.

Law 4 – The Players' Equipment: Conform to FIFA. Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

- Tonka United team uniforms must be worn; no look-alike T-shirts should be used. Non-uniform clothing is allowed based on weather conditions, but Tonka United jersey should be the outer layer.
- All players must wear shin guards and socks that entirely cover them.
- Tennis shoes (not slip-on shoes) are acceptable, cleats or turf shoes are optional.
- No jewelry is allowed such as bracelets (including fabric bands), watches, neckwear, earrings (including small studs), or hair ornaments containing metal or hard plastic. Prescription glasses are permitted if secured with straps.

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Law 5 – The Referee:

- All decisions made by the referee shall be final. All infringements shall be briefly explained to the offending player.
- Referees will determine if field and weather conditions permit play.
- The referee may request a parent line person from each team.

Law 6 – The Assistant Referees: None.

Law 7 – The Duration of the Match: 50 minute games. Two 25 minute halves of running time. 5 minute halftime. Alternate the team kicking off each half.

Law 8 – The Start and Restart of Play: Conform to FIFA, with the exception of the opponents of the team taking the kick-off are at least four (4) yards from the ball until it is in play.

Law 9 – The Ball In and Out of Play: Conform to FIFA.

- The ball is considered out of play if it crosses completely over the goal line or over the sidelines.
- A ball that bounces off of a goal post or cross bar remains in play. A ball that bounces off of the referee remains in play.
- “Touched” is used in the descriptions below, not “played”. For example, if a red player kicks the ball and it touches a blue player before crossing the line, the ball is awarded to the red team.
- Kick-off from the center line when a goal is scored.
- The ball, when out of play, will be put into play with a throw-in, corner kick, or goal kick – See Laws 15-17 below for details.

Law 10 – The Method of Scoring: Conform to FIFA.

- A goal will be awarded when the ball passes underneath the cross bar between the goal posts and completely over the goal line, if no rule violations have been committed.
- If the ball is in play, a goal is awarded to the attacking team regardless of how the ball crosses the goal line.
- A goal can be scored from field play as well as directly from a kick-off and kick-in.
- After a goal is scored, the game is restarted by a kickoff at the center of the field by the defending team.

Law 11 – Offside: None.

Law 12 – Fouls and Misconduct: Conform to FIFA with the exception that all fouls shall result in a direct free kick. The referee/coach/parent must explain ALL infringements to the offending player. No cards shown for misconduct.

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Law 13 – Free Kicks:

- A free kick is awarded for certain violations
- The ball is placed on the ground at the point where the violation occurred.
- Players must wait until the referee indicates (by whistle, word or motion) that the kick may proceed.
- Any player may kick the ball.
- The opposing team must give 5 yards clearance for all grades.

There are two types of free kicks, direct and indirect:

Direct Free Kick:

- A goal can be scored directly from a direct free kick.

Indirect Free Kick:

- A goal cannot be scored directly from an Indirect Free Kick. On an Indirect Free Kick, if a ball is shot directly into the goal without it touching another player of either team, the restart is a Goal Kick for the defending team.
- The referee will raise an arm straight up into the air to indicate that the free kick is an indirect free kick, and lower the arm when the ball has been touched by another player to indicate that a goal can now be scored.
- If the foul was committed within the penalty area, the ball is moved to the penalty spot.

Law 14 – The Penalty Kick:

- 2nd – 4th grade: No Penalty Kicks, indirect free kick awarded
- 5th grade and above: Direct kick is awarded.
- If any of the fouls that would result in a free kick are committed by a defensive player in their own penalty area, a penalty kick shall be awarded.
- The ball shall be placed on the penalty spot indicated on the field, if in the event of no penalty marking on the field, the ball shall be placed 10 yards out directly in front of goal.

Law 15 – The Throw-In:

When the ball crosses the sideline (on the ground or in the air), a throw-in will be awarded to the opposing team of the player that last touched the ball. Note that it is the position of the ball, not the player, which is significant. A player may be outside the touchline and play the ball, or play the ball while in the air and land outside the touchline. It is the ball that must be out.

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- The throw in must be performed as follows:
 - The ball must be thrown from behind and over the head with both hands at time of release.
 - Both feet must be on the ground and on or behind the touch line when the ball is released.
 - The player making the throw may not play the ball again until another player (on either team) has touched the ball.
 - If the ball is thrown but does not enter the field, the throw in is retaken without penalty.
 - A ball that enters the field and then leaves the field without touching anyone is awarded to the non-throwing team. Opposing players must stand at least 2 yards back from the point at which throw-in is taken
 - 2nd – 5^h grade: If the first throw-in is done incorrectly, the referee will explain what was wrong, demonstrate a proper throw in, and allow the player a second try. If the second throw is done incorrectly, the throw-in will be awarded to the opposing team.

Law 16 – The Goal Kick:

- A goal kick is awarded to the defending team when an attacking player is the last to touch the ball before it passes over the goal line (and a goal is not scored). The following rules apply to the goal kick.
- The ball is placed on the ground on the 5-yard line and is kicked into play by the defending team. All attacking players must be outside of the penalty area. Once kicked, the ball must travel outside of the penalty area before any player can touch it.
- Any player on the defending team may take the kick – including the keeper. The kicking player may not play the ball again until another player touches it.

Law 17 – The Corner Kick:

- A corner kick is awarded to the attacking team when a defending player is the last one to touch the ball before it passes over their own goal line (and a goal is not scored). It is awarded to the attacking team. The following rules apply to the corner kick:
 - The ball is placed entirely within the corner arc on the same side of the field as the ball went out of play.
 - The kicking player may not play the ball again until another player touches it.