

# Inter Atlanta Coaching Handbook



A resources for coaches, players, and parents participating in Recreational soccer at Inter Atlanta FC

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# Birth Year Registrations

Fall 2018-Spring 2019 Birth Year Registrations Chart

*New division highlighted in yellow*

<b>4U</b> 4 years old and younger	<b>5U</b> 5 years old and younger	<b>6U</b> 6 years old and younger	<b>7U</b> 7 years old and younger	<b>8U</b> 8 years old and younger	<b>9U</b> 9 years old and younger	<b>10U</b> 10 years old and younger	<b>12U</b> 12 years old and younger	<b>14U</b> 14 years old and younger	<b>16U</b> 16 years old and younger	<b>18U</b> 18 years old and younger
Born in 2015	Born in 2014	Born in 2013	Born in 2012	Born in 2011	Born in 2010	Born in 2009	Born in 2007 and 2008	Born in 2005 and 2006	Born in 2003 and 2004	Born in 2001 and 2002



# Getting the Season Started

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# Team Assignments

Team assignments are governed by our team assignment policy, which, in a nutshell, encourages the development of balanced teams with an equal distribution of skill levels, sex, age, and race. The DOC - Rec forms teams.

The league will consider transportation needs (friend requests) and/or coaching pairs for team requests, but the primary emphasis is on creating balanced teams and that is the ultimate determining factor.

In most cases, assignments made in the **fall will remain intact through the spring season**, though many factors must remain the same for any one specific team to stay completely intact. The league has the authority to correct imbalances that may have occurred and make any necessary changes. Team assignments are posted on [interatlantafc.com](http://interatlantafc.com) shortly before the season starts. Coaches and players can log into the registration system to find their team assignment.



# Roster Changes and Playing Up/Down

All team assignments are subject to approval through the DOC - Rec. Therefore, coaches do NOT have the authority to make changes in their roster without approval. If problems arise with a player assigned to your team, please immediately contact the Age Group Coordinator and Director of Coaching – Rec.

A common request is made by parents that a player be permitted to play in an older age group. This is a request that is not lightly granted and should only be considered when that child is a dominating player who is not challenged at the proper age group. Under no circumstances is any child allowed to play down into a younger age group per Ga Soccer guidelines.



# Practice Assignments and Issues

Upon your signing up to be a Head Coach/Assistant Coach, you were given the opportunity to make a request for practice nights. At or before the initial coach's meeting, you will receive your field and time assignment.

Please understand that field space is tight. We do everything in our power to generate an option that works for you and your team. 5U-9U teams practice one night per week and 10U and up train 2 nights per week. *No team will be assigned more than two practices per week.*

Visit our website under the Rec Program Dates, Fees, and Faqs tab to look up available practice times/days/locations for each age group.



# Practice Curriculum

Once a week, our Director of Coaching - Rec distributes age-appropriate curriculum to the coaches to help them prepare for that week's practice. All age group curriculums are located on the IAFC website at [interatlantafc.com](http://interatlantafc.com) under Programs/Recreational Program/Coach tab.

Periodically throughout the season, club representatives including our Director of Coaching - Rec circulate from practice-to-practice to assist our REC coaches by running Rec "clinics". These are great tools for our coaches to ensure all our players receive consistent, quality instruction.





# Field Cancellations and Inclement Weather

Please get in a habit of checking the website for field closings regarding the most up to date field status. IAFC attempts to make a decision about field closings by 3:00 pm the day of practice and by 7:30 am the day of games. If the weather looks iffy for practice time, please check the website just before you plan to leave. The website status date will be under the field status, so you know you are looking at the status for the correct day.

The website is updated every day.

We do not practice in thunder and lightning. If thunder or lightning is in the area, please clear the fields immediately and seek shelter in a building or car. You must wait 30 minutes from the last bolt of lightning or thunder in order to resume activity.



# Practice Gear

Each new coach is supplied with an equipment bag, pump, two soccer balls, pinnies, and cones. All players should be encouraged to bring a soccer ball to practice, so please remind them. For returning coaches, there may be an opportunity to replace certain missing items from the practice bag with current inventory during our pre-season coaches meeting.

For our 4U-8U age group coaches will be given the opportunity to sign a set of Pugg Goals out for the season from IAFC during our Pre Season Coach's Meeting (if you don't return at season's end we will invoice you \$50), or you can pick one up at Arizona Avenue Clubhouse and return it back on your practice night throughout the season. We will NOT have pug goal rotations anymore. Every team is responsible for bringing their own set to each practice.



# Games

All 4U-12U games are scheduled by our DOC - Rec. Remember, all 14U and up games are scheduled by Ga Soccer and they up play in the GYSA inter-district league and will have both home and away matches against other Metro Atlanta Clubs.

Parents should expect Saturday games every weekend during the season for all age groups. REC teams 14U and up are also subject to Sunday games. Games schedules will be posted on [interatlantfc.com](http://interatlantfc.com).



# Uniforms

Uniforms are not included in the registration fee and should be purchased on [interatlantafc.com](http://interatlantafc.com).

- 4U players will receive a t-shirt on the first practice/game day and DO NOT need uniforms.
- 5U – 12U players will buy a uniform kit. Duplicate numbers for these age groups are ok.
- 14U and up players will buy a uniform kit. Players will receive a jersey number from their coach.



# Player Cards for 14U and Up Teams

As soon as your roster is set for the season (confirmed and no more roster shuffles), you will need to send a headshot of each player and coach to our Club Registrar, so she can create your player cards.

These cards have go to each game with you. Referees will insist they are presented before allowing the players to play.



# Initial Team Contact and Logistics for the Season



# Initial Contact

After your roster is finalized (usually a week or so after team formations have been emailed out to parents and coaches), we urge you to contact the players and parents assigned to your team with an email and/or phone call. If you have any roster additions/changes, please also send your welcome email to new parents/players added to your team. The important issues to discuss and send out are:

1. Introduce you as the coach and ask about the child. Tell them about yourself, why you are coaching, what your experience may or may not be. Also include what you look like or a small picture of yourself within the email, so that parents know who to look for at the first practice.



# Initial Contact

2. Advise parents that the game schedule is determined by the IAFC Scheduler and GYSA timelines, but they should expect games every Saturday during the season. 14U and up teams are scheduled against other Metro Atlanta Teams and should expect to have both home and away matches on Saturdays and some Sundays.
3. Obtain the any updated contact information not included on the roster.
4. Tell them the kids need shin guards worn under socks, athletic shoes (younger children don't need cleats, older children may want cleats), and remind them to bring a ball and water bottle. Make sure they have a uniform, or have ordered one.
5. Weather policy! On rainy days, check the website which is normally updated by 3:00 pm on inclement days. Always check online before leaving for practice if it looks iffy, but if nothing is cancelled, expect to train.





# Initial Contact

**6. ASK FOR VOLUNTEERS! ASK FOR VOLUNTEERS! ASK FOR VOLUNTEERS!** In the email or by phone, state that each team needs to assign a person to be:

- a. Team manager/parent: The team manager/parent is in charge of organizing the team and helps with communication, organization, and overall logistics for the season. You may want them to assign post-game snacks, or not. This is up to your team but if you do decide on snacks, please make sure any trash is picked up. You also may decide to hold a post-season party and/or award trophies. IAFC does not coordinate or pay for either of these, and the decision is left to the team.
- b. Additional coaching help: There are times when you may be late, sick, or on vacation. Not every team has two coaches. Don't be shy about asking for help.

7. Use this manual as a guideline to let the parents know of IAFC policies and philosophies for REC soccer and season expectations. IAFC expects all players to participate in every practice and game. We understand that there are extenuating circumstances that may cause a player to miss a practice and/or game, but as much advance notice given to the coaches is required by the parents.

8. Also include IAFC's expectations surrounding parent and player behavior on and off the field. Every child and parent signs a policy statement upon registration but please let parents know that disruptive or inappropriate behavior from any parent or child has one "grace" occurrence and then the next offense will be dealt with by removal from our program. That removal can ONLY be communicated by our DOC – Rec.



# Parent Meeting

Prior to your first game, it is recommended that you hold a parent's meeting to discuss the upcoming season and other issues. At this meeting, the parents should know that the REC Program is about enjoyment of the game, balanced teams, and a positive playing environment.

- Any specific practice policies and age group rules
- General philosophy of the league, sideline behavior, season expectations, and concussion overview
- Logistical Issues- rain outs, phone tree, snack schedule, team volunteers
- Ask for volunteers (see previous section, #6!)



# Practice Structure

1. Organization is key. Please try to come to practice with a written outline of the activities for that practice - it will make life much easier. Also, plan to arrive early to get the activities set up so that you can begin on time. The responsibilities of supervision at practice lies with the coach and so NEVER hold a practice unless you are there or you have arranged for a responsible adult to conduct the session.

2. Attendance is expected by all coaches and players. Since there is a direct correlation between practice attendance and improvement, players should attend as many practices as possible. Illness, school, and religious activities or family emergencies are reasonable excuses for an absence.

**3. Parent attendance:** It is highly recommended that at 5U and 6U, parents attend the practice with their child or ensure that another parent is responsible for their child if they can't be present. At 7U and above, this policy should be at the coach's discretion, but if there are problems with a child, you should insist on that parent being present during practice. DON'T BE SHY HERE! A disruptive child will ruin practice for everyone and will distract you, the coach, from helping the other children.

If you have consistent problems with any child's behavior, please communicate those issues with your Age Group Coordinator and our Director of Coaching – Recreation.



# Practice Structure

**4. Schedule:** Please stick with your practice schedule – starting early or ending late can interfere with other teams' time on the field. If you are having problems with children coming late or leaving early, speak to the parents about the problem and its impact. Have a set procedure in place for those times when a parent is late picking up a child. *Never leave a child alone without an adult present to wait for a child's ride to arrive!!*

5. All players must wear shin guards at practice and games.

**6. Field Conflicts/Problems:** If you have any problems with NON-IAFC groups at your field, advise a member of the IAFC Staff of the problem. Do not get into any confrontational situation please! Many of field arrangements we have are the result of delicate negotiations and we don't want to jeopardize those or the IAFC name in the community. If you have other problems or concerns, contact the Age Group Coordinator and Director of Coaching - Rec.

Under no circumstances can teams elect to practice at alternate locations for the season, unless the DOC – Rec has been made aware and approves. All our fields are covered under our liability insurance, so you place yourself and the club liable for any injuries or events that occur outside of Inter sanctioned fields. When in doubt, ask.

**7. Non-registered Players:** Do not allow any child who is not registered with the league to join in your practices. *There can be NO exceptions.*



# Games

**1. Game schedules:** The schedule for intra league games between IAFC teams 4U-12U Coed is normally provided at least one week prior to the start of the season. 12U Girls and up teams, which are inter-scheduled, are provided with a schedule as soon as they become available from GYSA. Teams 4U-12U Coed typically have just Saturday games. 12U Girls and up generally have Saturday games, but also may have a few Sunday games. All home games are scheduled through the IAFC Field/Game Scheduler.

**2. Season:** The season is generally 10 weekends and for the fall, games run from September-November, and for the spring, games generally run from March-May. There is a “fall” break during the Fall season, where no games are played that weekend, and a “spring” break during the Spring season, where no games are played that weekend.



# Games

**3. Game Cancellations:** The policy regarding game cancellations is to follow the decision of the club. If the league states they are open for play, show up at your scheduled game time and be prepared to play. If the referee or an IAFC Staff member decides the field or conditions make the game unplayable, then the coaches shall be responsible for rescheduling the game. Please read over our game rescheduling process on the website under the Rec Program tab. Games with other clubs where it is an away match, always call the club's weather line or check the website for field status. **If you are a 14U and up coach and IAFC closes its fields, please notify the opposing coach immediately, so nobody drives a long distance to show up to closed fields.**

**4. Game Preparation should include the following:**

- a. Written plan for substitutions (we strive for equal playing time)
- b. Advance notice from parents of player absences
- c. Pumped up balls for warm-ups and games
- d. Player passes for 14U and up teams
- e. Ice and first aid kit present
- f. Be at the field at least 30 minutes prior to game time!



# Game Conduct

**1. Rules of Play:** IAFC adheres to the rules of play established by GYSA and USSF. For the micro soccer at ages 4U-12U, IAFC and its Board determine the modifications to the rules in the best interest of player development and the enjoyment of the game. These rules will be adopted to follow [US Soccer's Small Sided Player Development Initiatives](#).

**2. Playing Time:** All players should be afforded equal playing time in games. If that is not possible due to the number of players on the team, or at the game, you must ensure equal playing time over the course of the season. Playing time is NOT determined by the skill or ability of the player. *The only factors that should reduce playing time are injury, misconduct, failure to attend practice/games, and reckless play.*



# Game Conduct

**3. Coach's Conduct:** During game days, coaches are expected to conduct themselves in a manner consistent with the philosophy of IAFC by doing the following:

- a. Teaching and demonstrating good sportsmanship and fair play (no verbal or physical altercations with anyone at any time during the season – one time is your grace opportunity, and the second will be grounds for removal from the program)
- b. Respecting ALL of those people associated with the game
- c. Allowing the kids to play and not providing second by second instruction (let the game be a teacher as well)
- d. Encouraging and applauding the efforts of all players
- e. Place your primary emphasis on player development and fun, NOT winning
- f. Be organized so as to allow a consistent flow of play
- g. Be aware that we must adhere to a positive spectator environment
- h. The referee is in charge of the field
- i. Hold yourself to the highest standard possible knowing that these kids are looking to you as a leader





# Game Conduct

**4. Player and Parent Conduct:** Coaches should take the lead in making sure that both parents and players are conducting themselves appropriately. Good sportsmanship should be encouraged by all. Parents should be encouraged to be positive and non-instructive in their comments. *Remember, you as the coach need to be responsible for the conduct of both players and parents.* Please report any situation where you need help to the Director of Coaching - Rec. [Read over our Sideline Behavior Policy here.](#)

**5. Sideline Setup and Players Bench:** At all games, the coaches should select half the field for their team as a designated team area. All coaches for 4U-7U should stay by that area and ask for help with collecting balls to be put back in play. At all ages, players and coaches should be on the opposite side from spectators. Any games at Arizona need to have spectators (not coaches/players) on the tree line or fence line to prevent injuries from other game's activity.

**6. Substitutions:** Player substitutions are made at the direction of the referee. For 4U-8U, substitutions are made at the mid-point of each quarter and at the end of each quarter. At 9U and up, substitutions are unlimited and are made with the permission of the referee.



# Game Conduct

**7. Scoring:** *Whenever a team is more than 3 goals ahead, the team which is leading shall take such steps as necessary to reduce his/hers team's scoring.* This idea can be accomplished by moving players around, requiring a certain number of passes before a shot, playing with fewer numbers on the field, or switching multiple players at half time with the other team. The coaches are responsible to talk to one another and figure out the best course of action and then to make sure the implemented steps are effective. If not effective, talk to the opposing coach again and figure out a solution. It is NOT up to the kids to mitigate the unbalanced play. My favorite suggestion is to mix up all the players together so that some of the same team players are playing against each other on different teams.

**8. Balanced Teams:** IAFC does its best to create balanced teams and we expect coaches to manage games that are becoming lopsided.

9. At the younger age groups, avoid keeping score and reinforce the concept of hard work, fun, and teamwork.

**10. Referees:** For 8U and below, the coach is in charge. You will coach and ref on the field of play for the duration of the match. All coaches should share the load of referring the game. For 9U and up games, the referee is in charge of the field. He/she is solely responsible for calling the game. The referee is in charge of the field and coaches should not enter onto the field unless invited by the referee. *Spectators are not to be allowed onto the field during games for any age group.* If a referee does not appear for the game, each coach will be responsible for acting as the referee for one half of the game. If both coaches can agree on one individual to referee the entire game, then that is acceptable.



# Game Conduct

**11. Game Day Guidelines:** These guidelines are intended promote a positive and consistent game day experience for our young players. We encourage all our coaches to discuss these guidelines before each game, to ensure that both teams understand and agree to the developmental goals of the competition.

- 1) Introduce yourself to the coach of the opposing team at the beginning of each game. We're all out there for the same purpose, which is developing players.
  
- 2) Create an environment of balanced play. Balanced play means that one team is not out-scoring their opponent by a large margin. If this begins to happen, coaches are encouraged to activate measures to curb the scoring of the dominant team. Suggestions are (but not limited to):
  - a. Ask players to complete a certain amount of passes before shooting
  - b. Trade players to balance the teams
  - c. Add additional players to the weaker team



# Game Conduct

- 3) Manage the Game. In each game we want players to see as much fair, safe, active playing time as possible.
  - a. For 8U and younger, coaches should identify, call, and discuss fouls with their players. Referees are not responsible for calling fouls until the 9U age group.
  - b. Slide tackling is against IAFC policy at all 10U and younger age groups.
  - c. **Use the “new ball” rule, for 7U and younger age groups to restart play quickly. Be LOUD when calling out “new ball,” and please do not roll the ball in front of either goal and use a different spot if a team is quickly getting in shooting position each time the new ball is rolled in. No punting or throwing the balls up in the air, but a soft roll is needed.**
  - d. 7U/8U Girls and above restart using throw-ins, goal kicks, and corner kicks.
  - e. Coach and respect the age appropriate rules of the game.
  - f. Playing with a set formation and asking players to stay in a certain position for the entire quarter (offense vs defense) and playing with a goaltender are discouraged at the 8U and younger age groups. We suggest that you coach your players to all be on the same half of the field when on offense and to be spread out and to be more compact on defense.
- 4) All 8U and under coaches are responsible to act as referees at the game. Share this responsibility unless there is a coach that wants to take it on the entire game.
- 5) Have fun, and make sure your players are having fun too. That’s what it’s all about.



# Tournaments

There are tournaments in both the fall and spring for older Recreational teams. Many of these are held in the metro area. Most tournaments have a registration deadline about a month prior to the tournament date. Information about tournaments can be found through the GYSA website. IAFC does not organize tournaments for teams.



# Trophies and Awards

At the end of each season, teams will often have a picnic or party to celebrate the season. Let your team parent work to organize this event. We encourage such activities so long as there is an attempt to include all the players and their parents, but we do not organize such an event for each team. Awards such as trophies, medals, patches, or other memorabilia may be given to all players in recognition of their participation. The awards should be identical in nature and individual accolades such as MVP shall not be given.



# Curriculum Focus

What do we focus on during the season and what do we want the players to learn?



# 4U and 5U Divisions

Our main goals at 4U and 5U are: (1) improving balance and coordination, (2) improving ball mastery and dribbling in different directions, and (3) having fun! We've included in each weekly session, activities that focus on a particular theme surrounding these goals. Each week's theme will be fleshed out in fun and fresh new ways so that the practices don't become stale after the fifth round of Sharks and Minnows!

**We do NOT stress or teach** the following at 4U and 5U:

- Crossing and finishing
- Set pieces
- Formations or field positions

**Remember the three L's: No Lines, No Laps, No Lectures**





# 4U and 5U Divisions (3v3)

Week Number	Theme	Week Number	Theme
Week 1	Balance and Coordination	Week 6	Ball Mastery
Week 2	Balance and Coordination	Week 7	Ball Mastery
Week 3	Balance and Coordination	Week 8	Dribbling in Different Directions
Week 4	Ball Mastery	Week 9	Dribbling in Different Directions
Week 5	Ball Mastery	Week 10	Dribbling in Different Directions



# 6U-8U Divisions (4v4)

We are adopting US Soccer's Play-Practice-Play practice curriculum and structure, starting Fall of 2018. This means that what we focus on for 4v4 soccer and how we implement those focuses are going to be different than in the past.

All our "themes" for practices will center around four broad scenarios that players experience during the game: Attacking, Defending, Losing the ball, and Winning the ball. We are following the Grassroots Initiative that US Soccer has recently rolled out, so that our practices and seasons become more player-centered, instead of coach-centered.

We are committed to developing players that are more creative and have more fun with soccer than in recent years. Within this new player-centered approach and the Play-Practice-Play model, all our players will experience more "game related" material meant to bolster this development.

If you have not yet started your Grassroots Coaching Licenses (starting with the free Intro class), be click [here](#) and get set up through US Soccer's coaching portal, the Digital Coaching Center.



# 6U-8U Divisions (4v4)

What exactly is this new Play-Practice-Play curriculum? How does it look fleshed out for me as a coach?

Great question! Here is how your practice session should flow every week:

**1<sup>st</sup> Play Phase: Intentional Free Play** – players arrive to the field and are immediately placed in a small sided game of 1v1, 2v1, 2v2, and so on and so forth until all the players arrive. You will allow them to play for about 15 minutes.

**Practice (Core Activity):** Week's Theme – you'll utilize the small sort of fun activities we have done in the past, modifying the activity and looking to implement a Less Challenging version or a More Challenging version based on how your team players respond. You'll work on this for about 15-20 minutes.

**2<sup>nd</sup> Play Phase: The Game** – this is the time when you play 4v4 with your teammates or against another close playing team to allow the kids to put into practice what you just worked with them on. You are free to use stoppages for coaching moments, but allowing for the game to flow is encouraged. Please use natural stoppages (ball goes out of bounds, quarter/half time breaks, goals) to “coach” rather than stopping the game for much of the time.



# 6U-8U Divisions (4v4)

So when are we teaching kids the technical elements of soccer - how to pass with the inside of the foot, or strike with their laces, or receive, or dribble or turn with the ball? GREAT QUESTION!

We are NOT at all throwing out our “technical” teaching topics. We are throwing out making those the center or “theme” for each week. We are now teaching these technical elements within the new framework of our Play-Practice-Play structure and game related activities.

So when your players pass the ball with their toe instead of the inside of their foot, you are encouraged to teach them properly “how to” pass that ball, but no practice will center solely around one specific technical theme.

Please read over these documents to learn more technical elements and verbiage we’d like the players to get familiar with:

[Dribbling and Passing with the Inside of the Foot](#)

[Receiving with the Inside of the Foot and Striking with the Laces](#)

[Technical Terminology](#)



# 6U-8U Divisions

Week Number	Theme	Week Number	Theme
Week 1	Attacking: Improving Build Up in Own Half	Week 6	Attacking: Improving Build Up in Opponent's Half
Week 2	Attacking: Improving Build Up in Own Half	Week 7	Defending: Preventing Scoring Chances from Central Areas
Week 3	Defending: Preventing Build Up in Opponent's Half	Week 8	Defending: Preventing Scoring Chances from Wide Areas
Week 4	Defending: Preventing Build Up in Own Half	Week 9	Attacking: Improving Scoring Chances from Central Areas
Week 5	Attacking: Improving Build Up in Opponent's Half	Week 10	Attacking: Improving Scoring Chances from Wide Areas



# 9U-10U Divisions (7v7)

We are adopting US Soccer's Play-Practice-Play practice curriculum and structure, starting Fall of 2018. This means that what we focus on for 7v7 soccer and how we implement those focuses are going to be different than in the past.

All our "themes" for practices will center around four broad scenarios that players experience during the game: Attacking, Defending, Losing the ball, and Winning the ball. We are following the Grassroots Initiative that US Soccer has recently rolled out, so that our practices and seasons become more player-centered, instead of coach-centered.

We are committed to developing players that are more creative and have more fun with soccer than in recent years. Within this new player-centered approach and the Play-Practice-Play model, all our players will experience more "game related" material meant to bolster this development.

If you have not yet started your Grassroots Coaching Licenses (starting with the free Intro class), be click [here](#) and get set up through US Soccer's coaching portal, the Digital Coaching Center.



# 9U-10U Divisions (7v7)

What exactly is this new Play-Practice-Play curriculum? How does it look fleshed out for me as a coach?

Great question! Here is how your practice session should flow every week:

**1<sup>st</sup> Play Phase: Intentional Free Play** – players arrive to the field and are immediately placed in a small sided game of 1v1, 2v1, 2v2, and so on and so forth until all the players arrive. You will allow them to play for about 15 minutes.

**Practice (Core Activity):** Week's Theme – you'll utilize the small sort of fun activities we have done in the past, modifying the activity and looking to implement a Less Challenging version or a More Challenging version based on how your team players respond. You'll work on this for about 15-20 minutes.

**2<sup>nd</sup> Play Phase: The Game** – this is the time when you play 4v4 with your teammates or against another close playing team to allow the kids to put into practice what you just worked with them on. You are free to use stoppages for coaching moments, but allowing for the game to flow is encouraged. Please use natural stoppages (ball goes out of bounds, quarter/half time breaks, goals) to “coach” rather than stopping the game for much of the time.



# 9U-10U Divisions

Week Number	Theme	Week Number	Theme
Week 1	Attacking: Improving Build Up in Own Half	Week 6	Attacking: Improving Build Up in Opponent's Half
Week 2	Attacking: Improving Build Up in Own Half	Week 7	Defending: Preventing Scoring Chances from Central Areas
Week 3	Defending: Preventing Build Up in Opponent's Half	Week 8	Defending: Preventing Scoring Chances from Wide Areas
Week 4	Defending: Preventing Build Up in Own Half	Week 9	Attacking: Improving Scoring Chances from Central Areas
Week 5	Attacking: Improving Build Up in Opponent's Half	Week 10	Attacking: Improving Scoring Chances from Wide Areas





# 9U-10U Divisions (7v7)

So when are we teaching kids the technical elements of soccer - how to pass with the inside of the foot, or strike with their laces, or receive, or dribble or turn with the ball? GREAT QUESTION!

We are NOT at all throwing out our “technical” teaching topics. We are throwing out making those the center or “theme” for each week. We are now teaching these technical elements within the new framework of our Play-Practice-Play structure and game related activities.

So when your players pass the ball with their toe instead of the inside of their foot, you are encouraged to teach them properly “how to” pass that ball, but no practice will center solely around one specific technical theme.

Please read over these documents to learn more technical elements and verbiage we’d like the players to get familiar with:

[Dribbling and Passing with the Inside of the Foot](#)

[Receiving with the Inside of the Foot and Striking with the Laces](#)

[Technical Terminology](#)



# 12U Division (9v9)

We are adopting US Soccer's Play-Practice-Play practice curriculum and structure, starting Fall of 2018. This means that what we focus on for 9v9 soccer and how we implement those focuses are going to be different than in the past.

All our "themes" for practices will center around four broad scenarios that players experience during the game: Attacking, Defending, Losing the ball, and Winning the ball. We are following the Grassroots Initiative that US Soccer has recently rolled out, so that our practices and seasons become more player-centered, instead of coach-centered.

We are committed to developing players that are more creative and have more fun with soccer than in recent years. Within this new player-centered approach and the Play-Practice-Play model, all our players will experience more "game related" material meant to bolster this development.

If you have not yet started your Grassroots Coaching Licenses (starting with the free Intro class), be click [here](#) and get set up through US Soccer's coaching portal, the Digital Coaching Center.



# 12U Division (9v9)

Week Number	Theme	Week Number	Theme
Week 1	Attacking: Improving Build Up in Own Half	Week 6	Attacking: Improving Build Up in Opponent's Half
Week 2	Attacking: Improving Build Up in Own Half	Week 7	Defending: Preventing Scoring Chances from Central Areas
Week 3	Defending: Preventing Build Up in Opponent's Half	Week 8	Defending: Preventing Scoring Chances from Wide Areas
Week 4	Defending: Preventing Build Up in Own Half	Week 9	Attacking: Improving Scoring Chances from Central Areas
Week 5	Attacking: Improving Build Up in Opponent's Half	Week 10	Attacking: Improving Scoring Chances from Wide Areas



# 12U Division (9v9)

So when are we teaching kids the technical elements of soccer - how to pass with the inside of the foot, or strike with their laces, or receive, or dribble or turn with the ball? GREAT QUESTION!

We are NOT at all throwing out our “technical” teaching topics. We are throwing out making those the center or “theme” for each week. We are now teaching these technical elements within the new framework of our Play-Practice-Play structure and game related activities.

So when your players pass the ball with their toe instead of the inside of their foot, you are encouraged to teach them properly “how to” pass that ball, but no practice will center solely around one specific technical theme.

Please read over these documents to learn more technical elements and verbiage we’d like the players to get familiar with:

[Dribbling and Passing with the Inside of the Foot](#)

[Receiving with the Inside of the Foot and Striking with the Laces](#)

[Technical Terminology](#)



# 14U and Up Divisions (11v11)

We are adopting US Soccer's Play-Practice-Play practice curriculum and structure, starting Fall of 2018. This means that what we focus on for 11v11 soccer and how we implement those focuses are going to be different than in the past.

All our "themes" for practices will center around four broad scenarios that players experience during the game: Attacking, Defending, Losing the ball, and Winning the ball. We are following the Grassroots Initiative that US Soccer has recently rolled out, so that our practices and seasons become more player-centered, instead of coach-centered.

We are committed to developing players that are more creative and have more fun with soccer than in recent years. Within this new player-centered approach and the Play-Practice-Play model, all our players will experience more "game related" material meant to bolster this development.

If you have not yet started your Grassroots Coaching Licenses (starting with the free Intro class), be click [here](#) and get set up through US Soccer's coaching portal, the Digital Coaching Center.



# 14U-19U Divisions (11v11)

Week Number	Theme	Week Number	Theme
Week 1	Attacking: Improving Build Up in Own Half	Week 6	Attacking: Improving Build Up in Opponent's Half
Week 2	Attacking: Improving Build Up in Own Half	Week 7	Defending: Preventing Scoring Chances from Central Areas
Week 3	Defending: Preventing Build Up in Opponent's Half	Week 8	Defending: Preventing Scoring Chances from Wide Areas
Week 4	Defending: Preventing Build Up in Own Half	Week 9	Attacking: Improving Scoring Chances from Central Areas
Week 5	Attacking: Improving Build Up in Opponent's Half	Week 10	Attacking: Improving Scoring Chances from Wide Areas



# 14U and Up Divisions (11v11)

So when are we teaching kids the technical elements of soccer - how to pass with the inside of the foot, or strike with their laces, or receive, or dribble or turn with the ball? And how will I have time to teach tactical elements as well and strategy to my players? GREAT QUESTIONS!

We are NOT at all throwing out our “technical” teaching topics. We are throwing out making those the center or “theme” for each week. We are now teaching these technical elements within the new framework of our Play-Practice-Play structure and game related activities.

So when your players pass the ball with their toe instead of the inside of their foot, you are encouraged to teach them properly “how to” pass that ball, but no practice will center solely around one specific technical theme.

Please read over these documents to learn more technical elements and verbiage we’d like the players to get familiar with:

[Dribbling and Passing with the Inside of the Foot](#)

[Receiving with the Inside of the Foot and Striking with the Laces](#)

[Technical Terminology](#)



# Rules of the Game





# 4U and 5U Division Rules

**Equipment:** Ball size: 3

**Pre-game:** Coaches should introduce themselves. Coaches need to make sure no one is wearing jewelry of any type – including pierced earrings (if someone has pierced ears, they can either remove them for the game or cover them with athletic tape). One exception – medical alert jewelry may be worn, but it must be covered with athletic tape or secured. Players are checked to make sure they are wearing shin guards and wearing socks over the shin guards. The coaches can determine which team kicks off.

**Playing time:** 4Us practice for 30 minutes prior to their 30 minute game. 4Us play two ten-minute halves. Halftime is 5 minutes. 5Us will play four eight-minute quarters. Please make sure you keep track of time and tell the coaches to get their players back on the field. Each game that starts later or lasts longer than the allotted time makes the next game start even later.

**Field Size:** 15 yards (width) x 20 yards (length)



# 4U and 5U Division Rules

**Number of Players:** 3v3 and no goal keeper. This includes a player who is standing in goal acting like a goalie. All players should be encouraged to move around the field.

**Substitutions:** Free substitutions

**Offsides:** Offsides is not penalized. However, cherry picking should not be encouraged – in other words, a forward player should not hang out in front of the goal waiting for the ball. If a coach notices this behavior he should remind the players to play the whole field.

**Throw Ins, Corner Kicks, and Goal Kicks:** There are no throw ins, corner kicks or goal kicks. When the ball goes out of bounds, the coaches (or parents) are responsible for putting the ball back into play by rolling the ball into the area where the ball left the field. The ball should not be thrown into the air or toward either goal.



# 4U and 5U Division Rules

**Kick Offs:** Teams should take the ball to center field for a kick off after a goal has been scored. The kick off is awarded to the team that was just scored on. All opposing team players need to be on their half and outside of the center circle (or 5 yards away) until the kick off has taken place.

**Slide Tackling:** Slide tackling is not allowed. A slide tackle is not an automatic foul or penalty. For definition purposes, a slide tackle is a player going to the ground in an attempt to take the ball from an opposing player. Coaches should monitor slide tackling and though “fouls” are not called, repeated slide tackling should result in the player sitting out, coached, and made aware that no slide tackling is allowed.

**Free Kicks:** No free kicks.

**Penalty Kicks:** No penalty kicks.

**Post-game:** Players line up to shake hands. Coaches should watch the players to make sure they actually do shake hands and encourage good sportsmanship.



# 6U-8U Divisions

**Equipment:** Ball size: 3

**Pre-game:** Coaches should introduce themselves. Coaches need to make sure no one is wearing jewelry of any type – including pierced earrings (if someone has pierced ears, they can either remove them for the game or cover them with athletic tape). One exception – medical alert jewelry may be worn, but it must be covered with athletic tape or secured. Players are checked to make sure they are wearing shin guards and wearing socks over the shin guards. The coaches can determine which team kicks off.

**Playing time:** Four ten-minute quarters. Players get a 1-minute water/substitution break after the first 5 minutes of each quarter. Halftime is 5 minutes. Please make sure you keep track of time and tell the coaches to get their players back on the field. Each game that starts later or lasts longer than the allotted time makes the next game start even later.

**Field Size:** 20 yards (width) x 30 yards (length)



# 6U-8U Divisions

**Number of Players:** 4v4 and no goal keeper. This includes a player who is standing in goal acting like a goalie. All players should be encouraged to move around the field and be in the same half as their teammates.

**Substitutions:** Substitution policies should be agreed on by the coaches before starting play. Subs can always be made if there is an injury on the field. Otherwise, the coaches should choose between one time per quarter, during water breaks or free subs.

**Offsides:** Offsides is not penalized. However, cherry picking should not be encouraged – in other words, a forward player should not hang out in front of the goal waiting for the ball. If a coach notices this behavior he should remind the players to play the whole field.

**Slide Tackling:** A slide tackle is an automatic foul or penalty. For definition purposes, a slide tackle is a player going to the ground in an attempt to take the ball from an opposing player. An indirect free kick is awarded to the opposing team against which the infraction occurred and should be taken in the general vicinity of the foul.

**Kick Offs:** Teams should take the ball to center field for a kick off after a goal has been scored. The kick off is awarded to the team that was just scored on. All opposing team players need to be on their half and outside of the center circle (or 5 yards away) until the kick off has taken place



# 6U-8U Divisions

**Throw Ins** (Note: new ball rule for 6U-7U Coed): If the ball goes out of bounds on a blue player, a red player takes the throw in. If the throw in is performed incorrectly, the red player will be given an opportunity to try again.

**Corner Kicks** (Note: new ball rule for 6U-7U Coed): If the ball goes over the blue goal line off of a blue player, the red team is awarded a corner kick.

**Goal Kicks** (Note: new ball rule for 6U-7U Coed): If the ball goes over the blue goal line off of a red player, the blue team is awarded a goal kick.

**Penalty Kicks:** No penalty kicks.

**Post-game:** Players line up to shake hands. Coaches should watch the players to make sure they actually do shake hands and encourage good sportsmanship.

**Referees:** Coaches are responsible for acting as the referees of the game. Coaches are encouraged to coach and ref on the field of play and shared the refereeing duties with all the coaches on the field during game day.



# 9U and 10U Divisions

**Equipment:** Ball size: 4

**Pre-game:** Coaches should introduce themselves. Coaches need to make sure no one is wearing jewelry of any type – including pierced earrings (if someone has pierced ears, they can either remove them for the game or cover them with athletic tape). One exception – medical alert jewelry may be worn, but it must be covered with athletic tape or secured. Players are checked to make sure they are wearing shin guards and wearing socks over the shin guards.

**Playing time:** Two 25-minute halves. Halftime is 5 minutes. Please make sure you keep track of time and tell the coaches to get their players back on the field. Each game that starts later or lasts longer than the allotted time makes the next game start even later.



# 9U and 10U Divisions

**Number of Players:** 7v7 including a goal keeper.

**Substitutions:** Unlimited and can occur at any stoppage.

**Offsides:** Offsides is penalized.

**Heading:** Absolutely no heading for 9U and 10U in practice and/or games.

**Slide Tackling:** Slide tackling is not allowed but is subject to the discretion of the referee regarding if the penalty is an automatic free kick. For definition purposes, a slide tackle is a player going to the ground in an attempt to take the ball from an opposing player.





# 9U and 10U Divisions

**Throw Ins:** If the ball goes out of bounds on a blue player, a red player takes the throw in. If the throw in is performed incorrectly, the red player will be given an opportunity to try again.

**Corner Kicks:** If the ball goes over the blue goal line off of a blue player, the red team is awarded a corner kick.

**Goal Kicks:** If the ball goes over the blue goal line off of a red player, the blue team is awarded a goal kick.

**Penalty Kicks:** No direct penalty kicks—in other words—no free kicks from the penalty mark in front of the goal. The ball must pass from the player taking the penalty kick to another player before going into the goal. Free kicks are awarded basically when there is a hand ball, inappropriate contact with another player (i.e. pushing from behind) or when any misconduct is observed by the ref.

**Post-game:** Players line up to shake hands. Coaches should watch the players to make sure they actually do shake hands and encourage good sportsmanship.



# 9U and 10U Divisions

**Recommended System of Play for 7v7:** 2-3-1 is our recommended system of play that coaches should teach throughout the season and utilize during game days. A 2-3-1 formation employs two defenders, three midfielders, and one forward, plus a keeper in goal. See handout [here](#) on specifics of how to implement and utilize our 7v7 systems of play.

**Build Out Lines:** The build out line promotes playing the ball out of the back in a less pressured setting. When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed).

After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal. The opposing team must also move behind the build out line during a goal kick until the ball is put into play. If a goalkeeper punts or drop kicks the ball, an indirect free kick should be awarded to the opposing team from the spot of the offense.

If the punt or drop kick occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the nearest point to where the infringement occurred. The build out line will also be used to denote where offside offenses can be called. Players cannot be penalized for an offside offense between the halfway line and the build out line. Players can be penalized for an offside offense between the build out line and goal line.



# 9U and 10U Divisions

**Build Out Lines Practical Applications:** Ideally, the goalkeeper will wait to put the ball into play once all opponents are past the build out line. However, the goalkeeper can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.

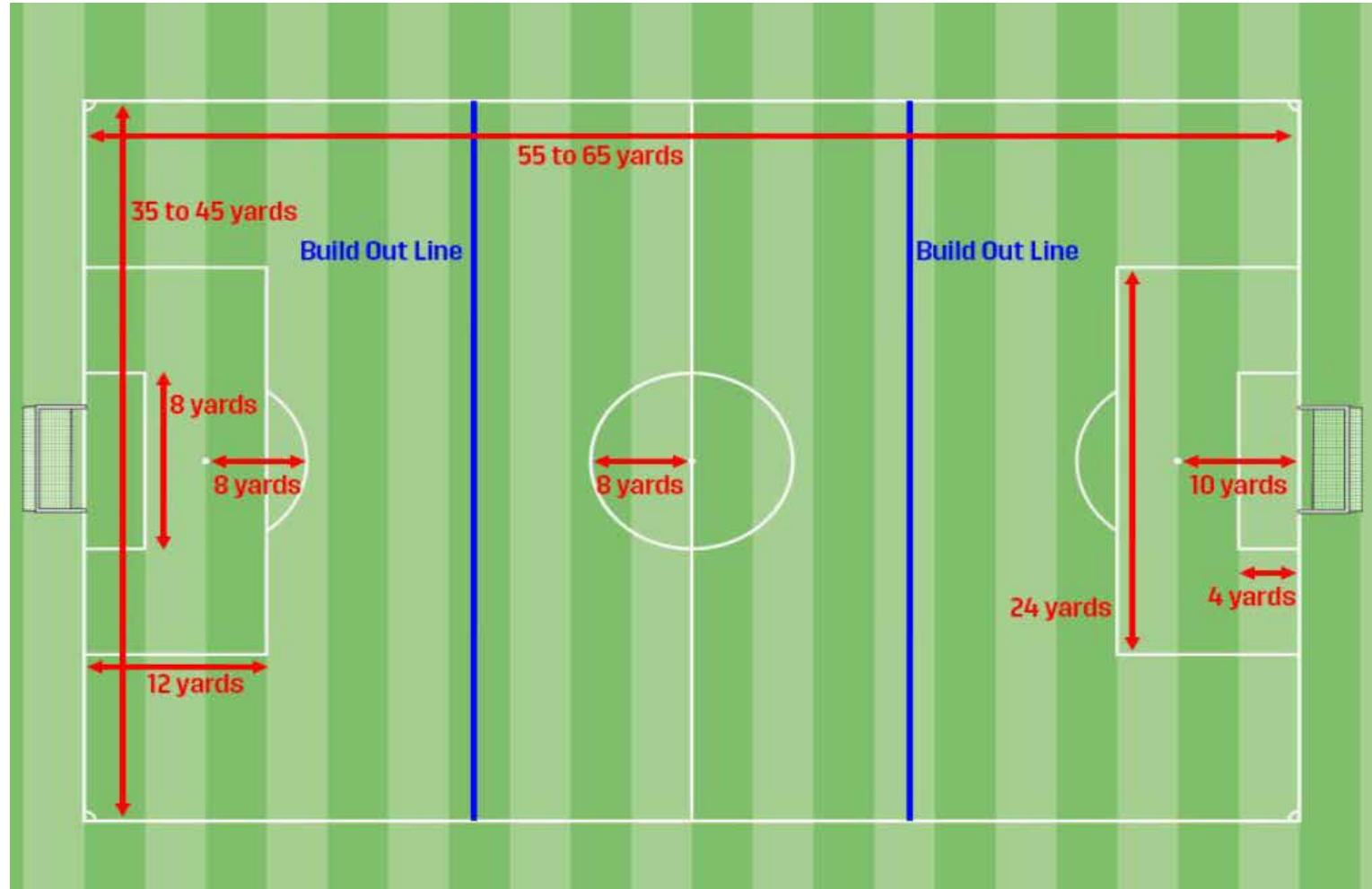
To support the intent of the development rule, coaches and referees should be mindful of any intentional delays being caused by opponents not retreating in a timely manner or encroaching over the build out line prior to the ball being put into play. Coaches are responsible for addressing these types of issues with their players.

Referees can manage the situation with misconduct if deemed appropriate. Referees should be flexible when enforcing the 6 second rule and counting the time of possession should only begin when all opponents have moved behind the build out line.



# 9U and 10U Divisions

Build Out Lines Field Image:



# 11U and 12U Divisions

**Equipment:** Ball size: 4

**Pre-game:** Coaches should introduce themselves. Coaches need to make sure no one is wearing jewelry of any type – including pierced earrings (if someone has pierced ears, they can either remove them for the game or cover them with athletic tape). One exception – medical alert jewelry may be worn, but it must be covered with athletic tape or secured. Players are checked to make sure they are wearing shin guards and wearing socks over the shin guards.

**Playing time:** Two 30-minute halves. Halftime is 5 minutes. Please make sure you keep track of time and tell the coaches to get their players back on the field. Each game that starts later or lasts longer than the allotted time makes the next game start even later.



# 11U and 12U Divisions

**Number of Players:** 9v9 including a goal keeper.

**Substitutions:** Unlimited and can occur on any stoppage.

**Offsides:** Offsides is penalized.

**Heading:** Absolutely no heading for 11U in practice and/or games. 12U can head in practice for a total of 30 minutes/week and there is no penalty for heading in games.

**Slide Tackling:** Slide tackling is not allowed but is subject to the discretion of the referee regarding if the penalty is an automatic free kick. A slide tackle is not an automatic foul or penalty. For definition purposes, a slide tackle is a player going to the ground in an attempt to take the ball from an opposing player.



# 11U and 12U Divisions

**Throw Ins:** If the ball goes out of bounds on a blue player, a red player takes the throw in. If the throw in is performed incorrectly, the red player will be given an opportunity to try again.

**Corner Kicks:** If the ball goes over the blue goal line off of a blue player, the red team is awarded a corner kick.

**Goal Kicks:** If the ball goes over the blue goal line off of a red player, the blue team is awarded a goal kick.

**Penalty Kicks:** Penalty kicks are awarded based on the judgment of the referee.

**Post-game:** Players line up to shake hands. Coaches should watch the players to make sure they actually do shake hands and encourage good sportsmanship.



# 11U and 12U Divisions

**Standard System of Play for 9v9:** 3-2-3 is our recommended system of play that coaches should teach throughout the season and utilize during game days. A 3-2-3 system employs three defenders, two midfielders, and three forwards, plus a keeper in goal. This system allows for better adaptation to a 4-3-3 formation as the players progress to 11v11.

See handout [here](#) on specifics of how to implement and utilize our 9v9 systems of play.





# 14U-19U Divisions

**Equipment:** Ball size: 5

**Pre-game:** Coaches should introduce themselves. Coaches need to make sure no one is wearing jewelry of any type – including pierced earrings (if someone has pierced ears, they can either remove them for the game or cover them with athletic tape). One exception – medical alert jewelry may be worn, but it must be covered with athletic tape or secured. Players are checked to make sure they are wearing shin guards and wearing socks over the shin guards.

**Playing time:** Two 45-minute halves. Halftime is 10 minutes. Please make sure you keep track of time and tell the coaches to get their players back on the field. Each game that starts later or lasts longer than the allotted time makes the next game start even later.



# 14U-19U Divisions

**Number of Players:** 11v11 including a goal keeper.

**Substitutions:** Unlimited and can occur on any stoppage.

**Offsides:** Offsides is penalized.

**Heading:** Heading is allowed.

**Slide Tackling:** Slide tackling is allowed and will be at the discretion of the referee regarding if a penalty is warranted.



# 14U-19U Divisions

**Throw Ins:** If the ball goes out of bounds on a blue player, a red player takes the throw in. If the throw in is performed incorrectly, the red player will be given an opportunity to try again.

**Corner Kicks:** If the ball goes over the blue goal line off of a blue player, the red team is awarded a corner kick.

**Goal Kicks:** If the ball goes over the blue goal line off of a red player, the blue team is awarded a goal kick.

**Penalty Kicks:** Penalty kicks are awarded based on the judgment of the referee.

**Post-game:** Players line up to shake hands. Coaches should watch the players to make sure they actually do shake hands and encourage good sportsmanship.



# 14U-19U Divisions

**Standard System of Play for 11v11:** 4-3-3 is our recommended system of play that coaches should teach throughout the season and utilize during game days. A 4-3-3 system employs four defenders, three midfielders, and three forwards, plus a keeper in goal.

See handout [here](#) on specifics of how to implement and utilize our 11v11 systems of play.



# Staff, Philosophy, and History

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# Inter Atlanta FC Staff

## Director of Coaching (DOC) - Recreation

Responsible for all the developmental areas of the players and the philosophical aspects of the game, including coaching specifics and age appropriate material. Responsible for all administrative work for the recreational program, including rostering, responding to rec inquiries, and coach and family communication.

## Rec Committee

Group of individuals and Board Members that meet to discuss the program, make necessary changes, and hear the issues first hand of the program.

## AGC, Age Group Coordinator

The AGC serves as the liaison between the recreation program coaches in that age group and the following: various IAFC committees, the Director of Coaching - Recreation, and the REC Chairperson.

## Rec Coaches

IAFC has adopted the policy of performing background checks on all coaches for all its programs. IAFC's policy requires a background check report on all coaches, including assistant coaches.

It is the responsibility of the head coach assigned to each team to keep the DOC - Rec informed of the identities of assistant coaches. If there is a question whether an individual has a current background check, or whether a background check is needed, the head coach must contact the DOC – Rec.



# IAFC Philosophy

We believe that all children have the right to play soccer in a safe and rewarding environment, in a manner that is free from criticism and ridicule, that every team member will have qualified and compassionate leadership and coaching that prepares them for full participation in soccer, at a level commensurate with their maturity and ability; that all children will be treated with dignity, and have an equal opportunity to strive for success. *Above all, we believe that every child should have fun playing soccer!*



# IAFC History

The Inter Atlanta Futbol Club (formerly known as AYSA) was organized to play and advance the game of soccer within the City of Atlanta. Since its inception in 1988, IAFC has depended on countless volunteer coaches to bring the joy of soccer to thousands of children. As we have grown, so has our need to properly train and prepare our coaches for what they may encounter along the way. This handbook is designed to enlighten you about the philosophy of IAFC while providing you necessary information about our procedures.

