



Lake City Soccer Club

Micro Soccer Handbook

Our Commitment

To promote the game of soccer. Develop and deliver a quality youth soccer program, which promotes a fun environment, based on the philosophies of:

Everyone Plays
Balanced Teams
Open Registration
Positive Coaching
Good Sportsmanship
High Self-Esteem

Volunteer Today

Lake City Soccer Club is composed of many volunteers. Few of these people have previous coaching or soccer experience. Children will learn by playing. The coach assists by organizing and supervising the practices and games. Be a soccer supporter. Volunteer to help today!

Introduction

What is soccer?

Soccer is a game where two teams compete, passing and dribbling the ball on a large field. The object of the game is to kick the ball into the opposing team's goal. The team with the most goals wins the game. Soccer does not have static positions. Each player has both offensive and defensive roles. Ball handling and passing finesse require skill, which is acquired by practice and with time.

Micro soccer reduces soccer to a basic three person unit, employing simplified rules and a smaller field to make the game easier to learn. There is no goalie in U5 & U6 soccer. U7 begins use of a goalie but the offensive and defensive principles below are the same.

Each player has both offensive and defensive responsibilities, which are constantly changing. The three person unit forms soccer's basic tactical configuration, the TRIANGLE.

On offense, one teammate gives offensive help to the person with the ball, while the third person provides defense.

On defense, one player takes position between the ball and the goal and the closest player attempts to take the ball back from the attacking player. The third player takes position where they can help if the attacker gets by the closest player.

Young players will have trouble grasping the defensive principals described. Patience is needed to encourage the young players to spread out and not bunch-up. Please use positive comments to promote good play by the micro soccer players.

Examples: Good job dribbling. "Excellent pass". "Look for the open player". "Go stand by the kid near the goal". Please refrain from negative comments.

This contains basic LCSC Micros Information and Expectations. Please refer to the Micros Rules and Guide lines for more specifics.

Player Equipment:

Footwear to be sturdy tennis shoes or cleated soccer shoes.

Shin guards are mandatory with socks worn over the shin guards. A uniform shirt will be provided. For warmth sweatshirts and sweatpants may be worn under the uniform.

Lake City Micro Soccer Basics See Rules and Guidelines for specifics

Age	Field Size (yards)	Goal Size (feet)	Ball Size	Field Players	Game Length
Under 7	25 X 35	6x6	#3	4 including a goalie	2 x 20 min. periods
Under 5 & 6	20x30	6x6	#3	3 (no goalkeeper)	4x5 min. periods

plus 5-10 min half time(s)

Substitutes:

Substitutions can be made at any stoppage of play, and should generally be made every 5 minutes.

Goals:

A goal is scored whenever the ball passes anywhere below the imaginary line across the top of the goal post.

Playing Time:

Every player should play approximately the same amount of time and should rotate through every position.

Referee:

Each team shall provide a referee (generally a parent).

Field Setup:

We are working with a set up team but please arrive early enough to set up field if needed and the last game of the day needs to make sure all the equipment is locked up at the end.

Fouls:

Rule infringements include: slide tackles, kicking, hitting or holding another player or holding and handling the ball. Only intentional fouls should be called on players in total disregard for other players. In most cases telling a player what was done incorrectly is sufficient in micro soccer.

Penalty Kicks:

There are no penalty kicks in Micro soccer. All fouls are penalized with free kicks. Referees to ask coaches of “out of control” players to remove the player from the game for a short time to cool off. This player may resume play later.

Field Configuration:

For U5 & U6 there is no goalie area. Just mid field line and circle for kick off and goal kicks.

For U7 there is not a goalie box but the line runs the width of the field. This is much less confusing for keeper and players.

Start of Play:

The game starts with a free kick from the center of the field or kick off. Players must be in their half of the field. The defending players must be a minimum of 5 yards from the ball. The same procedure will be used to restart after a goal is scored.

Goalies:

U7 only will start the use of a goalie. They will utilize a goalie area that runs the full width of the field, not a goalie box. As beginner they are encouraged to throw/roll the ball until they have a good drop kick.

Restarts:

There are 4 situations for restarting play:

1. Throw-in:

When the whole ball goes over the touchline (sideline) it shall be thrown in at the point where it went out by the team opposite that of the player who last touched it. It is critical that the players learn to take a proper throw-in: one in which both hands touch the ball, delivered from behind and over the head, both feet on the ground when the ball is released and both feet are behind the touchline. If a throw-in is taken improperly, explain what was wrong and have it taken again. Generally accept the 2nd throw regardless of quality. Do not let opposing players jump around in front of the player taking the throw-in.

2. Corner Kick- When the whole ball goes over the goalline, but not through the goal, and it was last touched by the defending team, the attacking team is given a indirect free kick from that corner. Micro soccer can substitute a throw-in from the corner for corner kicks.

3. Goal Kick- When the whole ball goes over the goalline, but not through the goal, and it was last to by placing the ball on the

ground anywhere within the goal area, and kicking it into play. The opposing players must retreat to the mid field line until the ball is kicked.

4. **Free Kick-** All infringements of the rules are punished by an indirect free kick, (i.e. ball must be touched by another player before a goal can be scored.) A free kick is taken by placing the ball on the ground at the point of the infraction.

After game:

When the game is over, tradition and sportsmanship dictate a cheer for the other team and a post-game handshaking. This is a fun post-game ritual for the kids. **Coaches and parents should encourage good sportsmanship and lead by example.**

Please move off and away from the field for snack and post game activities so the next game can start.

Responsibilities and Expectations:

Remember all participants, kids, coaches and parents are expected to exhibit the highest level of conduct on and off the field. **Good sportsmanship is most easily taught through good role modeling.**

Parents:

Are expected to attend practices and games, and support the coach, the players and the referees. Learn the basic rules. Take a turn refereeing. Help set up and take down the game equipment. Limit expectations to letting your child have fun and experience this fun sport. Try to **not** coach from the sidelines. Contain remarks to "Good Play", "Go Bulldogs", "Nice Effort". Let the coaches do their jobs.

Players:

Come ready to play with proper equipment. Try to be on time and respect others.

Coach:

Plan the practices. Be on time or arrange a suitable substitute. Be a positive enforcer and model of the rules, attitude and behavior. Be courteous to the referees.

Remember, this is recreational soccer for very young kids. There are no hard and fast rules. Please flex to accommodate what's needed for the players to get on the field and experience a rewarding sport.

Have fun and let them have fun!