



HAMILTON-WENHAM YOUTH SOCCER

Dear Travel Coaches,

Thank you for investing your time and energy in HWYSA, our kids, and our community!

The guiding philosophy for practices is called ***play- practice- play***, explained on the next page. We strongly encourage you to work within this outline.

Twelve supporting practice plans are available on **mayouthsoccer.org** for each age group: 7v7 grades 3-4, 9v9 grades 5-6, and 11v11 grades 7-8. Go to mayouthsoccer.org - coach education- session plans.

While it's not necessary to utilize every activity, teaching these elements and facilitating learning in this way will enhance your experience as a coach and provide great learning opportunities for your team.

You'll notice these plans are 60 minutes, so that still gives you plenty of time for other creative activities, teaching sessions, and games that have become fun traditions in our program. Of course, you also have two practices each week for further flexibility.

Again, thank you for investing your time as a coach. Sincerely,

The HWYSA Board

Sample Grade 3-4 Practice Session Themes:

Week 1- Attacking: Building Up in Own Half

Week 2- Defending: Preventing Build Up in Own Half

Week 3- Attacking: Building Up in the Opponents Half

Week 4- Defending: Preventing Build Up in Opponents Half

Week 5- Attacking: Scoring Goals

Week 6- Defending: Preventing Goals

Week 7- Attacking: Building Up in the Opponents Half (2)

Week 8- Defending: Preventing Build Up in Own Half (2)

Week 9- Attacking: Scoring Goals (2)

Week 10- Defending: Preventing Goals (2)

3 Stage Soccer Practice Session:

1. Play- 2. Practice- 3. Play

The (Initial) Play Stage – Considered “Deliberate Play”.

Empirical data has shown that children learn best when they get to experience periods of unstructured play where they can experiment on their own, it promotes enjoyment, inclusion and development. These three factors have been proven to increase motivation to continue playing. The coaches role during this Play stage is to ensure safety, monitor the games and “take the pulse” of the players. Monitoring the games includes making sure the games are not lopsided and providing adequate stoppages to allow the players to stretch and rehydrate. During the stoppages the coach is encouraged to ask guiding questions to lead the players towards the goal and objectives of the session. “Taking the pulse” refers to checking the players involvement and gauging their emotional state through active or in some cases avoidance of participation. In short showing the players how much you care about them right from the start of a practice.

The Practice Stage – Considered “Play – Practice” using activities to create game-like situations that create problems for the players to solve and the coach to assist with the problem solving process. A simple checklist (provided in the session plans) includes questions such as: Does it look like Soccer? Is it organized? Is it challenging? Are there repetitions? (Of the topic being worked on) and Is there coaching? (Consisting predominantly of positive reinforcement) but should also include the normalizing of errors. (Mistakes are an essential part of the learning process). During this stage coaches are encouraged to set up small group activities that focus on the topic being worked on that day.

The (Final) Play Stage – Considered “Contextual Learning”

In this stage we are checking to see how much if any of the practice stage has transferred with each player into the game. It is recommended in this stage that the coach sets up 2 teams of equal numbers. The players should experience extended periods of uninterrupted play with the coach just monitoring the safety of the players and reviewing the checklist and guided questions to empower the players to solve problems on their own.

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These are not the complete game rules. These are the specific exceptions for the Grade 3-4 age group. For the complete rulebook (a lot of coaches save it to their phone) go to: ecysa.org and click on rules.

D. Exceptions for G4Games

1. G4 Grade Group shall play Seven vs. Seven (7 v 7).
2. G4 soccer is a non-pressure, non-results orientated, instructional form of soccer whose purpose is to provide a FUN atmosphere and a positive playing experience for the children participating. All participants win when Coaches, Parents, Referees, and Players enjoy the game. IFAB/FIFA Laws shall apply with the following exceptions.
3. The Field of Play
 - a. Recommended minimum of 35 yards by 45 yards, not to exceed 45 yards by 60 yards.
 - b. Markings needed:
 - (1) Goal lines and Touchline's.
 - (2) Goal area 18 yards on the Goal line. 6 yards onto the playing field.
 - (3) A 14-yard line parallel to the Goal line running from touchline to touchline (not to be called penalty area). A Goalkeeper can handle the ball anywhere in this area.
 - (4) Halfway line and Center circle (8-yard radius).
 - (5) Corner Flag and corner quarter circles.
 - (6) Goal sizes 6 feet high and from 12 feet to 18 feet wide (12 feet is the preferred size).
 - (7) Mid-field flag(optional).
4. The ball size that will be used will be a number 4.
5. Seven (7) players including the Goalkeeper shall be on the field for each team. A team will play with no less than five (5) players. If at any time the number of players' drops below five (5), the game will be temporarily suspended. If after a reasonable amount of time, the team cannot field five (5) players, the game shall be abandoned. Total number of players is covered in Section I.A.13.a.
6. The game will have two (2) twenty-five (25) minute playing periods.
7. Any goal kick that leaves the field of play (over the touch line or goal line) prior to completely passing over the 14-yard line will be retaken. A goal kick is in active play after it has passed completely over the 14-yard line and entered the field of play. The defending team must be in their own half of the field until the ball is **kicked** for the goal kick.
8. The offside law applies to the attacking team only in the opponent's side of the field between the goal line and the 14-yard line.
9. A ball set into play as a goal kick or released (throw, punt, or drop kick) by the goalkeeper within the 14-yard line must touch the ground or another player before it crosses the halfway line. If it does not touch the ground or another player, an indirect free kick will be awarded to the opposing team at the point where the ball crossed the halfway line.
10. IFAB/FIFA Laws of the Game shall apply to direct and indirect free kicks with the following exceptions and additions:
 - a. For kick-off, free kicks, and corner kicks, opponents must be at least 8 yards from the ball;
 - b. If the attacking team commits a foul between the defending team's goal line and 14-yard line, no attacking players may be between the defending goal line and 14-yard line on the restart;

c. When the defending team takes a free kick between their goal line and 14-yard line, the ball must pass beyond the 14-yard line before being touched by any player. If the ball is touched prior to passing the 14-yard line, the kick is retaken;

d. No Penalty kicks will be taken;

e. All direct and indirect free kicks awarded to the attacking team for fouls or infractions inside the defending team's 14-yard line shall be taken from the defending's team's 14-yard line at the point closest to where the foul or infraction was committed

11. A player who takes a throw-in or a kick-off improperly will be given a second try.

12. Sanctions for improper substitution:

a. On the first occasion when a player (or group of players) enters or leaves the field of play without the referee's permission, the referee shall remind the coach that players may not enter or leave the field without permission. The player(s) shall not be shown a yellow card. The coach shall not be given an official warning (equivalent to a yellow card).

b. On subsequent occasions when a player (or group of players) enters or leaves the field of play without the referee's permission, the referee may sanction the coach of that team with an official warning (equivalent to a yellow card). The player(s) shall not be shown a yellow card.

13. ECYSA will invite all registered teams to participate in a fee-free Friendship Jamboree held after the conclusion of the regular season.

14. The US Soccer Association has adopted policies to reduce the number of concussions sustained by youth soccer players. ECYSA's implementation of these policies includes treating deliberately heading the ball or attempting to head the ball as dangerous play. When a player deliberately heads the ball, or attempts to head the ball, the referee shall stop play immediately (do not play advantage) and award an indirect free kick to the opposing team, even if the player's action may have denied a goal. The location of the restart shall be according to the Laws of the Game as amended by the G4 section.

15. G4 Guest Players

a. A "Guest Player" is one who may play with a team in their organization that is different from their primary team where their name is listed on the laminated roster.

b. A coach may present up to three (3) Guest Players at an ECYSA Grade 4 match.

c. A Guest Player must be from the presenting team's organization.

d. Each Guest Player must present a properly labeled ECYSA player pass for the current season.

e. Each Guest Player must be listed on an official Guest Roster Form, presented to the match official for check in along with the team's official, laminated ECYSA roster.

f. Member Organizations are not obligated to use Guest Players.

g. Member Organizations are responsible for establishing their own internal procedure to use and approve Guest Players.

h. Member Organizations are responsible to ensure coaches and parents understand their procedures including the transfer and return of player passes between coaches.

i. Guest Players should remain obligated to their primary team unless the team and coaches deem their absence from a regular team match will not compromise either viability or competitiveness of the regular team that day.

These are not the complete game rules. These are the specific exceptions for the Grade 5-6 age group. For the complete rulebook (a lot of coaches save it to their phone) go to: ecysa.org and click on rules.

Exceptions for G6Games

1. The G6 Grade Group shall play Nine vs. Nine (9 v 9). IFAB/FIFA Laws shall apply with the following exceptions.
2. Field of play
 - a. Minimum of 45 x 70 yards and maximum of 55 x 80 yards.
 - b. Markings needed:
 - (1) Goal lines and Touchlines.
 - (2) Goal area 18 yards on the Goal line. 6yards onto the playing field.
 - (3) The penalty area is 34 yards on the goal line, extending into the field 14 yards. A Goalkeeper can handle the ball anywhere in this area.
 - (4) Halfway line and Center circle (8-yard radius).
 - (5) Corner Flag and corner quarter circles.
 - (6) Goal sizes 6 feet high and 18 feet wide.
 - (7) Mid-field flag(optional).
3. The ball size that will be used will be a number 4.
4. Nine (9) players including the Goalkeeper shall be on the field for each team. A team will play with no less than seven (7) players. If at any time the number of players' drops below seven, the game will be temporarily suspended. If after a reasonable amount of time, the team cannot field 7 players, the game shall be abandoned. Total number of players is covered in Section I.A.13.a.
5. Off-sides will be called in the entire attacking half of the field.
6. A ball released (throw, punt, or drop kick) by the goalkeeper from their penalty area must touch the ground or another player before it reaches the opponent's penalty area. If it does not touch the ground or another player, an indirect free kick will be awarded to the opposing team at the point where the ball crossed the halfway line.
7. For kickoffs, free kicks and corner kicks, opponents must be at least 8 yards from the ball.
8. The penalty spot is 10 yards from goal line, centered between the goal posts. All players other than the kicker and the keeper must be at least 8 yards from the ball, behind the penalty mark, outside the penalty area and arc. The keeper must stay on the goal line until the ball is played.
9. Sanctions for improper substitution:
 - a. On the first occasion when a player (or group of players) enters or leaves the field of play without the referee's permission, the referee shall remind the coach that players may not enter or leave the field without permission. The player(s) shall not be shown a yellow card. The coach shall not be given an official warning (equivalent to a yellow card).
 - b. On subsequent occasions when a player (or group of players) enters or leaves the field of play without the referee's permission, the referee may sanction the coach of that team with an official warning (equivalent to a yellow card). The player(s) shall not be shown a yellow card.
10. The US Soccer Association has adopted policies to reduce the number of concussions sustained by youth soccer players. ECYSA's implementation of these policies as dangerous play:
 - a. When a player deliberately heads the ball, or
 - b. Attempts to head the ball,

The referee shall stop play immediately (do not play advantage) and award an indirect free kick to the opposing team, even if the player's action may have denied a goal. The location of the restart shall be according to the Laws of the Game.