

have one or more BAYS players on your team that might face some game or practice conflicts. We do try our best to minimize these conflicts but in any event our policy is to resolve these conflicts on a 50/50 basis.

NYS RULES

Newton Youth Soccer uses standard FIFA rules except for the following. NYS rules are as close as possible to those of the travel leagues while preserving a less competitive nature.

1. Field of Play

a. Field sizes are reduced commensurate with the age and number of players. Field assignments are made with this in mind. Games are to be played on the assigned fields as marked.

b. For small-sided games, the penalty area will extend the width of the field as marked.

2. Ball Size

Grade 1-2: ball #3, Grade 3-6: ball #4, Grade 7-10: ball #5

3. Number of Players on Field

Grade 1: 3v3, Grade 2&3: 4v4, Grade 4: 5v5, Grade 5: 6v6, Grade 6 -10: 8v8. In the spirit of good sportsmanship and fun, if a team is shorthanded, the other team is encouraged to share players on a rotating basis to make it a fair and competitive experience.

4. Substitutions may be made:

Without the referee's permission; at the end of a quarter only.

With the referee's permission; Before a goal kick or before a kick off following a goal.

There are no substitutions on throw-ins.

A player that is "cautioned" must leave the field and may be substituted for. The opposing team may make one substitution at the same time. The "cautioned" player may re-enter the game at the next opportunity.

An injured player that requires a coach to come onto the field must leave the game and be substituted for. The opposing team may also make one substitution at that time. The injured player may re-enter at the next opportunity.

5. Playing Time

Players must be given, as near as possible, equal playing time. Experienced coaches may manage this in a variety of ways. New coaches are encouraged to use a chart tracking each player's time by quarters not allowing any player to play a third quarter until all have played two and not allowing a fourth until all have played 3.

6. Players Equipment

Sneakers or cleated shoes are acceptable. Cleated soccer shoes are strongly recommended for all in grades 1-6. Grades 7-10 are required to wear cleats. Shin guards are required in all grades at all practices and games. No jewelry, watches, etc. may be worn at any time other than Medical Alert Tags, which must be protected with tape.

No player may wear a cast or splint or any other medical device containing hard or rigid pieces whether or not they are covered with tape or soft material. Metal clasps of an "ace" bandage must be covered with tape.

7. Length of Game

All games consist of 4, fifteen-minute quarters. There will be a 2-minute break after the first and third quarters and a 5-minute break at half time.

8. Offside

Offside will only be in effect in 8v8 games.

A player is in offside position if he is ahead of the ball unless: (a) he is in his own half of the field; or (b) he is level with or no nearer to his opponents goal line than second to last defender. (Defenders include the goalie)

- A player shall only be declared offside and penalized if at the moment the ball is played by a teammate he is, in the opinion of the referee: (a) interfering with play or an opponent or (b) seeking to gain an advantage by being in that position.

- A player is not offside if he receives the ball direct from a throw in, corner kick, or goal kick.

9. Violations

In all games except 8v8: on goal kicks or on goalkeeper saves followed by a throw out or punt, the ball must touch the ground or be touched by any player in the defensive half of the field. Play will restart with an indirect kick at the midfield line nearest the point of contact.

10. Penalty Kicks

Penalty kicks are taken from the 12-yard line, which marks the penalty area. All other players must stand beyond the midfield line until the ball is kicked.

11. Cancellations

Games can only be cancelled or postponed by league officials prior to game time and only for reasons of weather or dangerous field conditions. A referee may call games at game time or at any time during a game if, in his opinion, conditions are dangerous. The referee's decision is final. Cancelled games are not rescheduled.

12. Special Rules For 3v3 and 4v4: are explained in a separate hand out.

CONCLUSION

We welcome you to another soccer season. For you new coaches, we trust that you will soon learn what many of the veteran coaches have already learned. Soccer is fun and coaching, although at times frustrating, is more often a source of great satisfaction. In any event, the players need you and in fact, the program wouldn't exist without your commitment of time and energy. If you embrace the objectives outlined in this guide: fun, sportsmanship, technique, and teamwork, then you will be a very good coach and the children will have the program that they deserve.

If we on the soccer board can be of help in any way, please email us at

www.newtonsoccer.org or call the soccer phone at 617-244-1650.

Good luck and have a great season!

NYS Board Of Directors.

TvS -NYS

Newton Youth Soccer

COACHES GUIDE



Intramural program

WELCOME TO NYS

Welcome to the Newton Youth Soccer (NYS) intramural season. Please take the time to review this guide as it may answer some of the questions you might have about NYS. This guide and our website will have all the necessary program information.

NYS Objectives

In their order of importance our objectives are: fun, sportsmanship, individual technique and team play. Winning is not a priority. If sufficient attention is given to the first three objectives, the winning will take care of itself.

Fun

The game of soccer is inherently fun to play. This is particularly true for young players because virtually any child can kick a ball and run. The key for the coach then is to maximize playing time. At games this means that each child should be given roughly equal playing time. If you are a new coach you will find that one of the most challenging aspects of managing a game is not strategy but keeping track of your players playing time. In that regard, we recommend that you play your players for entire quarters and not allow a child to play a third quarter until everyone has played 2; a fourth until everyone has played 3. We suggest you prepare a form listing all of your players in alphabetical order down the left margin and then create four columns to the right for the 4 quarters. Check the appropriate column as each child plays and you will at a glance see who has played how many quarters. You will find a clipboard indispensable.

For most kids, the most exciting and satisfying part of the game is to score. They are unlikely to do this if they play defense all of the time. Players should get to play all positions on a regular basis. One way to do this is to make sure that each player plays a different third of the field (forward, mid field, fullback) each quarter that he plays. Another method is to rotate players on a pre-determined signal from the coach.

For most kids, the least fun part of the game is being yelled at by a coach, teammate, or parent. While we allow our coaches to coach from the sidelines, this should be done in a positive, constructive, and sensitive manner. There should be virtually no criticizing of a player during a game. The only exception might be to correct an unsportsmanlike or dangerous play situation that needs immediate attention. Most coaching at games should be in the form of encouragement, and managing playing time. Try to keep your coaching to a minimum, directing most of your instructions towards the players who are on the sidelines, not those on the field. Parents should be involved in cheering only and never permitted to coach from the sidelines.

You should arrange to have at least one and not more than two practices a week. You will be given a permit for a practice field that you should have with you at all practices. Your practice time is limited. Use it economically. Practices can and should be as much fun as games. Again, the key is to maximize playing time while you minimize the amount of time a child watches. The game will teach itself to a surprising degree but you must create a safe, organized framework for this to happen. Keep drills to a minimum or better yet eliminate them entirely. Try to turn everything into a game. Maximize the number of touches

on the ball. Warm up exercises should involve everyone simultaneously with a ball, playing games like tag, knock out etc. Play 1v1, 2v2, and 3v3 games. End the practice with a scrimmage. Reduce the amount of time kids have to sit a listen to you. Teach through activity.

Maintain discipline. Disorganized silliness is not fun and is in fact very frustrating for the players who want to play soccer. From the very first practice you have to communicate the fact that you are in charge and that you can create an exciting soccer atmosphere. It is always distressing to watch a coach yell for several minutes trying to get the attention of his players to start an activity or to move from one activity to another. “Listen up! Stop bouncing the ball! Get off each other!” These frantic phrases are not the most efficient ways to get the kids together.

Find a way to assemble them together quickly. For example, a countdown from 5 is usually successful. Once assembled, have the balls away from the players and give your instructions quickly.

Sportsmanship

Sportsmanship involves players (and coaches) attitudes towards teammates, opposing players, fans, and the referee. A good sport will have a positive attitude towards them all. Discourage your players from carping about the play of the other team. Under no circumstances will profanity of any kind be tolerated by players, coaches, or fans. Do not allow your players to commit intentional fouls. If you observe one of your players attempt to injure another player or otherwise act in a flagrantly unsportsmanlike manner, call him to the sideline and explain to him what he did wrong. Substitute for him at the earliest opportunity and make sure he understands what took place. This is all regardless of whether the referee or anyone else saw the action.

- Teach the kids to respect and appreciate each other. Tolerate no criticism of weaker players by stronger players. Indeed, tolerate no criticisms of any players towards each other.

- Teach complete respect for the referee. They are human and they will make mistakes, some of them glaring and frustrating. Explain to your players how difficult a referee’s job is. Under no circumstances should you as a coach do anything to undermine the authority of the referee. What you should do is everything you can to support the referee and his decisions. If necessary, you may have to help control the parents in certain situations. Nothing is more destructive of the type of atmosphere that we are trying to promote than a coach or parent openly berating a referee. To make matters worse, this referee is likely to be a teenager! Be a role model for your players and parents. If you support the referee they will too.

- Take advantage of certain opportunities to teach what good sportsmanship is all about. For example, if the other team is shorthanded, either play with fewer players or better yet, rotate some of your own players onto their side. Avoid playing with a one or two man advantage. Equalizing the teams in this way would be a graphic example of not only good sportsmanship, but an illustration of the attitude that the fun of the game is more important than the victory.

- Do what you can to avoid winning by more than say 5 goals. It is no fun being bombarded by one goal after another. If you find yourself up by three goals, try to discreetly adjust your attack to minimize goal scoring. Put your strongest scorers on defense. Play a left

footed player on the right side of the field. If you must be more obvious, then challenge your players to make three or four passes before a shot or to shoot only with their weak foot. Whatever you do, be subtle so as to not embarrass the other team. That can be just as destructive as getting blown out! NYS doesn’t tolerate running up the scores.

Technique and Teamwork

Success requires some soccer knowledge. Attend the clinics that are offered by NYS. Ask for some help and advice from a more experienced coach. Observe some of these coaches at practices and games. Technique is important and should be thought in a fun way. Strategy is the lowest of our priorities. If you succeed with fun and sportsmanship then you will have been a successful coach. Happy, motivated players will be taught by the game and by themselves as much, if not more than the coach.

OTHER ISSUES

Safety

Try to have at least two adults at every practice so that if a player is injured, one of the adults can attend to him while the other carries on the practice. If there is a serious injury and only one adult present, see if you can contact the players’ parents. Obviously in a true emergency dial 911. In this regard, always have your team’s registration cards with you at all games and practices. These cards include medical treatment authorization.

- Have an ample supply of cold packs on hand. Pack some bandaids as well. Shin guards are required at games so insist that the kids wear them at all practices. We strongly recommend shin guards with ankle and achilles protection. Review the shin guard requirement with the parents.

Equipment

Encourage (require?) every player to bring a ball to practice. Grade 1 and 2 use a size 3 ball, grades 3-6 a size 4, grades 7-10 a size 5. Encourage the players to get a hand stitched ball. It costs about \$14 and is a very high quality product.

Fields

Practice only on designated fields as indicated by your permit. As there are well over 300 teams in Newton trying to practice, cooperate with other teams using the same space. Please do not practice in the goal mouth area. Most of our goals are portable, so move them away from the goal mouths. When you do, be sure to anchor them securely with the anchors or sand bags provided. This is very important for the safety of our children!

BAYS

NYS also organizes so-called “travel” teams which participate in Boston Area Youth Soccer. BAYS involves teams representing an entire city or town playing against other cities or towns. Teams are assembled by ability determined through a series of tryouts held each fall. We then field several teams for each age group each spring, in divisions reflecting the relative strength of each team.

Our BAYS teams are much more competitively oriented with winning as an objective, although not the only objective. The three strongest Newton BAYS teams in each age group also travel in the fall. You may