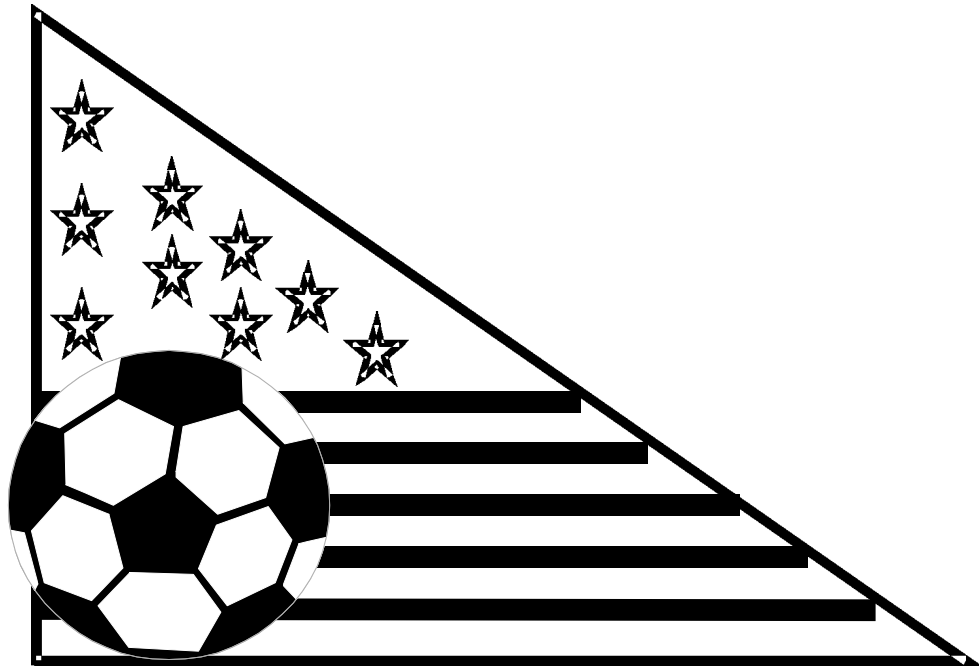


MOT



Soccer Club

**U-5 / U-6 / U-8 Division
Coaches Guide**

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M.O.T. SOCCER CLUB MOTTO

“SPORTSMANSHIP, TEAMWORK, LEADERSHIP”

M.O.T. SOCCER CLUB GOAL

Emphasize fun and enjoyment while teaching soccer skills and fundamentals

M.O.T. SOCCER CLUB PHILOSOPHY

- ◆ To encourage interest, at all levels, in the game of soccer.
- ◆ To make the game as enjoyable for the player by minimizing criticism and by discouraging “winning at all costs” attitudes. The players already have the desire to win without outside pressures.
- ◆ To encourage every player, parent and coach to attain the highest level of knowledge and skill of which they are capable.
- ◆ To foster the spirit of good sportsmanship, both on the field and off, and to hold on to the high ideals of the sport of soccer.

General Information

Season

The Spring season begins in April and ends in June, with a total of ten (10) games scheduled. The Fall season begins in September and ends in November, with a total of ten (10) games scheduled. The U-5 Division practices for the first few weeks of the season and plays six (6) games each season.

Equipment

All M.O.T. teams will wear M.O.T. issued or approved uniforms or “T” shirts. Soccer shoes or athletic shoes (sneakers) must be worn by all players. Metal cleats or spikes are not permitted. Shin guards are **required** and must be worn in order to play in games or practices. Socks must be worn covering the shin guards. Warm clothing may be worn under the uniform. No hoods may extend from the back. No jewelry may be worn at the game, with the exception of religious or medical items which must be approved by the referee. The color of the goalie shirt must be different than his/her team.

Soccer Ball

U-5, U-6 and U-8 Divisions shall play with an official Size 3 ball. U-10 and U-12 Divisions shall play with an official Size 4 ball. U-14 and older shall play with an official Size 5 ball.

Games

Division	Number of Players	Ball Size	Duration of Game	Goalie
U-5	4 versus 4	3	(4) 6 minute quarters	No
U-6	4 versus 4	3	(4) 8 minute quarters	No
U-8	6 versus 6	3	(4) 10 minute quarters	Yes
U-10	8 versus 8	4	(2) 25 minute halves	Yes
U-12	11 versus 11	4	(2) 30 minute halves	Yes
U-14	11 versus 11	5	(2) 35 minute halves	Yes

Field Size (Average)

Division	Length	Width	Center Circle	Goal	Penalty Area	Goal Area
U-5	30 yards	20 yards	5 yards	“Pug” Style	None	3 x 7 yards
U-6	40 yards	30 yards	5 yards	“Pug” Style	None	3 x 7 yards
U-8	60 yards	40 yards	6 yards	6 ft. x 18 ft.	None	6 x 18 yds.
U-10	70 yards	40 yards	8 yards	6.5 ft. x 18.5 ft.	14 x 35 yds.	6 x 20 yds.
U-12 & Up	100 yards	60 yards	10 yards	8 ft. x 24 ft.	18 x 44 yds.	6 x 20 yds.

Monthly Meeting

The M.O.T. Soccer Club meets the second Wednesday of each month at 7:15pm. Coaches are encouraged to attend and participate in Club meetings. Meeting minutes are distributed to all coaches within a few days after the meeting.

Coach / Assistant Coach

Each team should designate a coach, along with one assistant coach.

Goals / Nets

For each age division, the first **home** team scheduled to play on game day is responsible for putting up the goals/nets on their field. Please arrive at the field 30 minutes prior to your game to do this. The last **home** team to play is responsible for taking down and putting away the goals/nets.

Team Parent

Each coach should designate a Team Parent for their team. The Team Parent coordinates the fund raising effort for each team, arranges concession stand participation, assists the coach with making telephone calls, and schedules a different parent each week to supply oranges at halftime for the team players.

Concession Stand

The Concession Stand exists for the convenience of the players, their families, and guests attending the soccer games. Proceeds from the concession stand are used to pay the referee fees for the season. Teams may be asked to staff the concession stand during the season. Typically, three parents are needed for a two hour period in the concession stand.

Cancellation of Games

In the event that games are cancelled, an announcement will be made on WJBR 99.5 FM before 8:00am. Coaches and Team Parents are responsible for calling their players to notify them of cancellations. Cancelled games will not be rescheduled.

Coaches

All coaching is done on a voluntary basis. All coaches must adhere to the M.O.T. Soccer Club Rules & Regulations and Coaches Guide. No smoking, foul language or use of alcohol is permitted at practice or games. Coaches will not “badger” the referees before, during, or after the game.

Parents

Parents should follow the published “M.O.T. Soccer Club Parent’s Code”. Coaches are encouraged to provide parents with a copy of the code. If a parent is exhibiting poor behavior, the referee or League Commissioner may require the parent to leave the field.

Protests and Appeals

No protests for recreational league games are permitted. If a problem occurs during a game, the coach will contact the League Commissioner and discuss the problem.

Nutrition

It is highly recommended that players drink water during practices and games. If they need a flavored drink, suggest a sports drink – not juice boxes or soda.

Each week, a parent should bring oranges or grapes for the players at halftime (this should be coordinated by your Team Parent). Please discourage parents from bringing cupcakes, cookies, candy, etc. for the halftime snack.

Coaching Aids

The M.O.T. Soccer Club encourages coaches to utilize the following resources to improve your knowledge of the sport, and to enhance team practices.

Soccer and its Rules, published by Soccer Learning Systems (Provided by the Club to all coaches).

Assistant Coach Series, U6 & U8 Activity Aids for the Parent/Coach, published by U S Youth Soccer (Provided by the Club to all coaches).

FUNDamental Soccer Practice, by Karl Dewazien. Available through U S Youth Soccer Products at www.usysa.org. (Provided by the Club to all coaches).

FUNDamental Soccer Tactics, by Karl Dewazien. Available through U S Youth Soccer Products at www.usysa.org.

FUNDamental Soccer Goalkeeping, by Karl Dewazien. Available through U S Youth Soccer Products at www.usysa.org.

The Club has several copies of the **FUNDamental Soccer Tactics and FUNDamental Soccer Goalkeeping** series of books available to coaches, however, it is recommended that coaches purchase a copy for their own use. Additional reference materials are also available at the Appoquinimink Public Library.

U-5 Division

Characteristics of U-5 Children

- ☺ Short attention span.
- ☺ Most are individually oriented (me, my, mine).
- ☺ Constantly in motion.
- ☺ Psychologically easily bruised.
- ☺ Little or no concern for team activities.
- ☺ Physical and psychological development for boys and girls quite similar.
- ☺ Eye/hand or eye/foot coordination most primitive.
- ☺ Love to run and jump.
- ☺ Catching skills not developed.
- ☺ Can balance on good foot.
- ☺ No sense of pace (race about until complete exhaustion sets in, at which point they stop, breathe, then restart in a torrid pace again).

Goals for the season

The primary goal with this age group is to make playing soccer fun for the kids. The emphasis should be on fun, and not competition.

Three “goals” for the season:

1. Teach the players what direction to run, and to stay within the white lines.
2. Teach the players not to use their hands to touch the ball, except on throw-ins.
3. Teach the players to stop playing when the referee blows the whistle.

Practice Routine

The U-5 Division practices one day per week, usually on Saturday, for no more than one hour at a time. Short activities are suggested in order to keep the players interested. Frequent breaks are recommended; every 15 minutes.

Coaches should have the players introduce themselves to the team, and practice this until all players know each other’s name (including the coach). Also, practice a “cheer” to learn the team name...for example, “1, 2, 3...Go Bears!”.

It is not necessary for children of this age to stretch before playing soccer. However, it is a good habit for children to learn, and can be made fun. Suggested exercises include: toe touches, jumping jacks, butterfly stretches, etc.

Game Day Information

The U-5 division plays “4 players versus 4 players” (4 V 4), with no goalie.

The U-5 division plays four quarters of six minutes each. Each quarter is subdivided into three minute time blocks. Substitution of players will only be allowed at the three minute time break or at the quarter (unless a player has to leave the field for injury or an emotional timeout!!) There is a break not to exceed two minutes between quarters, and not to exceed five minutes at halftime.

One coach per team is permitted on the field during the game to provide direction to the players. Also, the referee may stop the game at any time for instruction.

There is no stoppage of play. If a ball goes out of play, one of the coaches on the field will immediately put a ball back into play. Coaches are encouraged to have a few extra game balls in hand to help keep the flow of the game continuous. This helps to keep the players actively involved in the game the whole time they are on the field. There will not be throw ins or kick ins for this age group.

Players are not permitted to be positioned in front of the goal (within the 6 yard box) or as a goalie.

Offside is allowed and will not be considered a foul.

The U-5 division does not switch sides of the field at halftime; teams defend the same goal throughout the game. Possession of kickoff will change at halftime.

U-6 Division

Characteristics of U-6 Children

Players in the U-6 age group have basically the same characteristics as players in the U-5 age group. These include:

- ☺ Short attention span.
- ☺ Most are individually oriented (me, my, mine).
- ☺ Constantly in motion.
- ☺ Psychologically easily bruised.
- ☺ Little or no concern for team activities.
- ☺ Physical and psychological development for boys and girls quite similar.
- ☺ Eye/hand or eye/foot coordination most primitive.
- ☺ Love to run and jump.
- ☺ Catching skills not developed.
- ☺ Can balance on good foot.
- ☺ No sense of pace (race about until complete exhaustion sets in, at which point they stop, breathe, then restart in a torrid pace again).

Goals for the season

The primary goal with this age group is continuing to make soccer a fun sport for the kids. The emphasis should continue to be on enjoyment of the game, and not competition.

Three “goals” for the season (in addition to reinforcing the goals from the U-5 Division):

1. Introduction to basic soccer terms.
2. Introduction to throw-ins and goal kicks.
3. Introduction to dribbling, kicking, and stopping the ball with feet.

Practice Routine

The U-6 Division practices one day per week, either on a weekday evening or Saturday, for no more than one hour at a time. Short activities are suggested in order to keep the players interested. Frequent breaks are recommended.

Coaches should have the players introduce themselves to the team, and practice this until all players know each other’s name (including the coach). Also, practice a “cheer” to learn the team name...for example, “1, 2, 3...Go Bears!”.

It is not necessary for children of this age to stretch before playing soccer. However, it is a good habit for children to learn, and can be made fun. Suggested exercises include: toe touches, jumping jacks, butterfly stretches, etc.

Positions on the field

The U-6 division plays “4 players versus 4 players” (4 V 4), with no goalie.

Game Day Information

The U-6 division plays four quarters of eight minutes each. There is a break not to exceed two minutes between quarters, and not to exceed five minutes at halftime.

One coach is permitted on the field during the game to provide direction to the players. Also, the referee may stop the game at any time for instruction.

U6’s perform a “throw in” for any ball that goes out of play over the touch (side) line.

A goal kick is awarded for any ball that goes out of play over the goal line, when the ball was last touched by the attacking team.

A corner kick is awarded for any ball that goes out of play over the goal line, when the ball was last touched by the defending team.

An indirect free kick is awarded for any “hand ball” or other foul occurring on the field.

Offside is allowed and will not be considered a foul.

Players are not permitted to be positioned in front of the goal (within the 6 yard box) or as a goalie.

Substitutions are permitted on a throw-in or goal-kick when your team has the ball, and the referee has been properly notified. Any number of players may be substituted.

The U-6 division does switch sides of the field at halftime and defends the opposite goal. Possession of kickoff will change at halftime.

U-8 Division

Characteristics of U-8 Children

- ☺ Attention span beyond U-6 but still not extended.
- ☺ Inclined more towards group activities.
- ☺ Still in motion.
- ☺ Still very sensitive (Dislike personal failure in front of peers).
- ☺ Beginning to develop physical coordination (Most can ride a two-wheeler at this point).
- ☺ Still into running, jumping, climbing, and rolling.
- ☺ More into imitation of the “big guys” (Sports heroes becoming important).
- ☺ Still lack sense of pace (Go flat out).

Goals for the season

The primary goal with this age group is to begin developing skills, as a player, in ball handling, passing, and shooting. Emphasis should also be placed on learning to play their “position” while on the field. All players should play all positions regularly during the season. The emphasis should still be on having fun with the sport, and not on competition.

Three “goals” for the season (in addition to reinforcing the goals from the U-6 Division):

1. Begin to develop knowledge and skills for playing “in position”.
2. Begin to develop basic goal keeper skills.
3. Begin to develop basic passing skills, and using both feet when handling the ball.

Practice Routine

The U-8 Division practices one or two days per week, for no more than 90 minutes at a time. Short activities are suggested in order to keep the players interested. Frequent breaks are recommended.

Coaches should have the players introduce themselves to the team, and practice this until all players know each other’s name (including the coach). Also, practice a “cheer” to learn the team name...for example, “1, 2, 3...Go Bears!”.

It is necessary for children of this age to stretch before playing soccer. Suggested exercises include: toe touches, jumping jacks, butterfly stretches, etc.

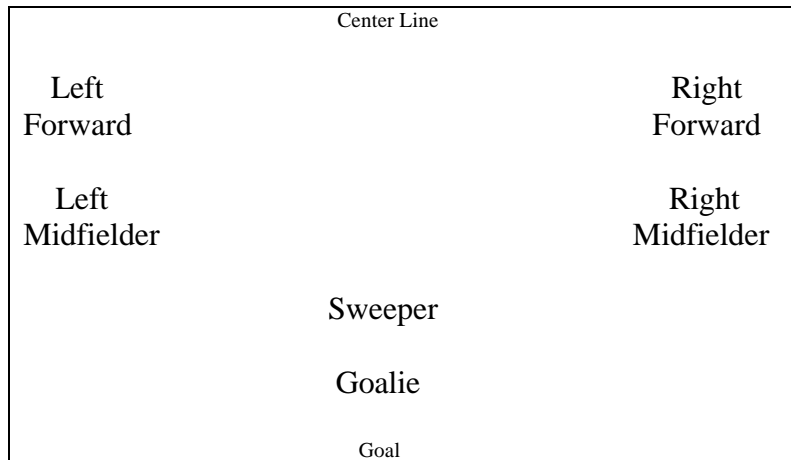
Positions on the field

The U-8 division plays “6 players versus 6 players” (6 V 6), including a goalie.

The format is:



Or:



Game Day Information

The U-8 division plays four quarters of ten minutes each. There is a break not to exceed two minutes between quarters, and not to exceed five minutes at halftime.

Coaches and parents are NOT permitted on the field during the game. Coaches are permitted on the field between quarters to provide direction to the players.

Coaches and parents are NOT permitted between the 18 yard line and the goal line.

Coaches and parents are NOT permitted behind the goal.

U-8's perform a throw-in for any ball that goes out of play from the touch (side) lines of the field.

A goal kick is awarded for any ball that goes out of play over the goal line, when the ball was last touched by the attacking team.

A corner kick is awarded for any ball that goes out of play over the goal line, when the ball was last touched by the defending team.

An indirect free kick is awarded for any "hand ball" or other foul occurring on the field.

Substitutions are permitted only when the team with the ball is performing a throw-in, and the referee has been properly notified. Any number of players may be substituted.

The U-8 division does switch sides of the field at halftime and defends the opposite goal. Possession of kickoff will change at halftime.

Coaches “Best Practices”

Tag

Kids love to play tag. Start in the middle of the field, and have two players chase the others, like playing tag (Note: Always use two players to be the “chasers”. If only one player is used, and they are not able to tag the others, it is very discouraging). The players being chased should be dribbling a soccer ball, and must stay on the playing field. Once they are tagged, they should pick-up their ball and wait for the others to be tagged. As the kids get better at this game, the chasers can be told to run backwards, hop on one leg, etc.

Stop the ball with your “_____”

All players need a ball for this exercise. Players should begin dribbling when the coach blows the whistle. After a minute or so, the coach blows the whistle and shouts “Stop the ball with your _____”. Have the players use their foot, knee, elbow, forehead, ear, etc.

Follow the Leader

While dribbling the ball, have the players follow the coach or another player through orange cones, etc. This game can also be played as “Simon Sez”.

Defender in the Middle

Modeled after “monkey in the middle”. Place three players in a triangle, with the defender in the middle of the three offensive players. Offensive players pass the ball to each other, while the defender attempts to block the pass.

Sharks & Minnows

Dribbling in a space defined by cones, all players except one have a ball. The player without a ball is the shark. On a signal to start, players begin dribbling in the space. The shark attempts to kick each player's ball out of the space. Players whose ball is kicked out are NOT eliminated, they simply chase their ball, dribble back and resume play. Change the shark so all players have a turn.

Scrimmage

Split your team in half, and allow them to play a soccer game! Use yellow vests to identify one side. Also, arrange with another coach to scrimmage against an opposing team.

Glossary of Terms

Attacking Team: The team that has control of the ball.

Away Team: The team that wears white!

Corner Arc: Area where the ball is placed for a corner kick.

Corner-Kick: Awarded to the attacking team if the ball crosses the goal-line after last being touched by the defending team. A goal can be scored direct from a corner-kick.

Defending Team: The team defending their goal while the opposing team has control of the ball.

Dropped Ball: Used to restart the match after a temporary stoppage while the ball is in play (i.e.; player gets hurt).

Goal: The entire ball must cross over the goal-line into the goal to be considered a score.

Goal Kick: Awarded to the defending team if the ball crosses the goal-line after last being touched by the attacking team. A goal can be scored direct from a goal-kick.

Hand Ball: When a player touches the ball intentionally, or unintentionally, with their hand or any part of their arm up to the shoulder.

Home Team: The team that wears blue!

Indirect Free Kick: Awarded for all fouls committed in the U-5 through U-8 Divisions. The kick may not go directly into the goal without first being touched by another player.

Kick-off: A kick-off is performed to start the game, after a score, and to start the second, third and fourth quarter of the game. The ball must be kicked forward from a kick-off. A goal can be scored directly from a kick-off.

Touch-Line: Also known as the side-line.

Throw-in: The ball is thrown into play from the touch-line (from where it went out) by the team who did not put it out of play.

M.O.T. Soccer Club

Parent's Code of Conduct

- ☺ Make soccer participation for your child and others a positive experience.
- ☺ Attempt to relieve the pressure of competition – not increase it. A child is easily affected by outside influences.
- ☺ Be kind to your child's coach and to officials. The coach is a volunteer – giving of personal time and money to provide a recreational activity for your child. The coach is providing a valuable community service, often without reward other than personal satisfaction.
- ☺ The opponents are necessary friends. Without them your child could not participate.
- ☺ Applaud good plays by your team **and** by members of the opposing team.
- ☺ Parents should be cheerleaders. Allow the coach to coach...the referee to referee...and most of all, allow your child to play the game.
- ☺ Between the exuberance of the winner and the disappointment of the loser, we find a person called the referee. All of them follow the same creed to watch every move of every player, and to call the game to the best of their ability. Do not openly question their judgment, and never their honesty. They are a symbol of fair play, integrity and sportsmanship.
- ☺ Accept the results of each game. Encourage your child to:
 - ◆ Be graceful in victory, and
 - ◆ Turn defeat to victory by working towards improvement.