

# **Westside Youth Sports Indoor Soccer**

## **Practice Pointers & Rule Book**



**2<sup>nd</sup> / 3<sup>rd</sup> Grades**



## **Westside Youth Sports YMCA Sports Leagues Coach Information**

The most important rule in YMCA Indoor Soccer is to have FUN! Our rules are designed to teach the basic fundamentals of soccer like dribbling, passing and shooting. YMCA leagues do NOT keep score, stats or season standings. We encourage our coaches to focus on good sportsmanship and the importance of being a team player. Everyone plays, Everyone wins!

### **YMCA Core Values**

The YMCA proudly integrates the following five Core Values into all of our programs: Love, Honesty, Respect, Responsibility and Service. These Core Values are what sets the YMCA leagues apart from all the other leagues offered in our community. We expect our coaches, participants and families to embrace these values and encourage good sportsmanship.

### **Use of School Facilities**

Westside Youth Sports uses elementary school gyms in the Beaverton Public School District for our Youth Indoor Soccer Leagues. Use of these facilities is contingent upon good conduct and cooperation by our soccer teams. The following regulations are a composite of the standards we must follow in order to ensure a successful season as well as a positive future:

1. There must be adult supervision at all times. Coaches are responsible for supervising the activity of their players. Children should be dropped off on time, not early, and they should be picked up on time. Do not leave a child alone if no one has come to pick them up. The YMCA Child Abuse Prevention standards specify that a YMCA volunteer coach should never be alone one-on-one with a player (of either sex) ~ there should always be two adults waiting with a child. By no means should you ever drive one of your players' home if it's only the two of you in the car.
2. Coaches must insure that athletes remain in the gym. Children will not be permitted, under any circumstances, to wander around, run or dribble through hallways, bathrooms, corridors and/ or classrooms.
3. There will be a Gym Monitor at each school whenever YMCA teams are present. The Gym Monitors are YMCA employees and should be treated with respect. The Gym Monitors will be stationed in a visible location, either right outside the gym or right inside the gym. It is their job to ensure the schools and people are safe. Gym Monitors are NOT responsible for the behavior of the players or their siblings; they are not babysitters. Please listen to them when they ask you to remember a rule; it's their job!

4. First Aid kits will be carried by the Gym Monitors for the entire season. The kits will be stocked with band-aids, ice, gauze, and rubber gloves.
5. Facilities will be left in the same or better condition than which they were found before the activity. Please clean up spills, replace equipment, etc. No running or playing with soccer balls outside the gym area.
6. Any damage to the facility must be reported to the YMCA office immediately. Coaches may leave a voice mail message at 503-644-2191. Please leave a detailed message as to when the damage occurred. (i.e. before your practice, on what day, time, what you saw occur, etc.)
7. Only “sponge/nerf” soccer balls are permitted in BSD gyms, please no outdoor soccer balls.
8. All participants must wear laced-up gym shoes. Make sure that black-soled shoes are non-marking. Outdoor soccer cleats are not permitted!
9. No food or drink is allowed inside the school building. This includes coffee and water bottles!! (Baby bottles are ok). Players may line their water bottles outside the gym door for easy access. After-game snacks are to be served outside the gym.
10. Use of any type of alcoholic beverages or smoking is prohibited on school grounds. This includes parking lots, play grounds and fields.
11. Please park in designated parking areas. Parking in the yellow painted fire-lane may result in a ticket.
12. If the fire alarm goes off, the coaches will stop practice or the game and exit to the parking lot. The practice or game will not resume until the Fire Marshall has arrived and given approval. Individuals remaining in the gym will be fined \$1,000 each.
13. Remember, games are for fun! No official scores, stats or standings!

***Love      Honesty      Respect***  
***Responsibility      Service***



## Practice Pointers

### **1. Control the Environment**

- a. Make nametags for the front and back of your player's shirts.
- b. Establish a system that your players understand i.e. "When I blow my whistle two times in-a-row, everyone needs to stop what they're doing and come over to me"
- c. Do NOT allow your players to boot the ball across the gym or up to the ceiling. The balls must remain on the ground.

### **2. Skills Before Strategy**

- a. Practices are for learning and practicing, NOT scrimmaging. Practice for 50 minutes and scrimmage for 10 minutes.
- b. Players must develop individual skills first. You will be fundamentally hurting your players if you only scrimmage or play in large groups.
- c. Players NEED lots of time to practice individual skills.

### **3. Educate Your Parents**

- a. Talk to your parents about your coaching philosophy. Encourage them to applaud great passing and ball control.
- b. Parents should NOT be cheering, "shoot the ball!!" each time a player has possession.
- c. Parents should NOT be cheering when a player boots the ball across the gym.

## Practice Content

Each practice should be spent working on each of the following seven areas: warm-up, dribbling, passing, receiving, shooting, offense and defense.

As players enter the gym, condition them to pair up and make short passes with each other or to use the wall as a buddy. They can also practice juggling while they're waiting for practice to start.

Do not allow your players to boot the ball across the gym or to kick the ball up to the ceiling:

1. This is to maintain a safe environment;
2. This will help the player's skills in the long run, and
3. This will establish standards that will carry over into the games.

### **1. Warm-up:**

- a. Run a lap as a team
- b. In a circle, do stretches without the ball

<p><b>IDEA:</b> <b>I</b> = Introduce <b>D</b> = Demonstrate <b>E</b> = Explain <b>A</b> = Attend to each player</p>
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- c. Add a ball:
  - a. Juggle
  - b. Toe taps on ball
  - c. Tiny taps side-to-side
  - d. Introduce other ball moves

## **2. Dribbling:**

- a. Use cones to dribble through and around. For variation, use only the right foot, or only the left foot. Or, use only the inside of the foot, or the outside of the foot.
- b. Start out slow and build speed as appropriate.
- c. Emphasize CONTROL, not speed.
- d. Introduce shielding the ball.

## **3. Passing:**

- a. Accuracy, Touch, Timing
- b. Work with pairs or match an adult with each child.
- c. Proper placement of the kicking foot.
- d. Proper placement of the non-kicking foot for balance and direction.
- e. Always start out with partners close to each other. Only increase distance if they can control the ball.
- f. “Happy Feet”: be on the balls of your toes in anticipation of the pass.
- g. Passes should remain on the ground.

## **4. Receiving:**

- a. Trapping the ball for control is a very important skill since it is the move that precedes a pass or a shot.
- b. Practice trapping with every part of the body: thigh, foot, knee, forehead, chest, stomach.
- c. Traps should control the ball and place the ball on the ground in position to be kicked.
- d. Players can practice trapping by tossing the ball to themselves, their partner, or against the wall.

## **5. Shooting:**

- a. Players love to shoot the ball!
- b. Accuracy is more important than strength.
- c. Proper placement of the kicking foot.
- d. Proper placement of the non-kicking foot for balance and direction.

## **6. Offense:**

- a. When there are 6 players on the field, all 6 players play offense.
- b. Triangle formation at all times.
- c. Short, easy passes to the feet.
- d. Passes should remain on the ground.
- e. Accuracy!!

## **7. Defense:**

- a. When there are 6 players on the field, all 6 players play defense.

- b. 1<sup>st</sup> defender stops the ball.
- c. 2<sup>nd</sup> defender supports the 1<sup>st</sup> defender.
- d. 3<sup>rd</sup> defender provided balance on the field.

## **Soccer Game Rules and Guidelines**

### **Safety First:**

- A. Players should remain on their feet at all times. Running and sliding for the ball is not safe. When kids get tired they fall down more often, creating an unsafe environment for themselves and others.
- B. Slide tackling is not permissible!
- C. Prevent an injury before it happens by keeping your eyes open and focused on behavior.
- D. Players may not play wearing potentially dangerous items including earrings, casts, necklaces, watches, bracelets, etc. The coach should inspect all players prior to all practices and games.

### **Equipment and Uniforms:**

- A. Game shirts will be provided for all players and the Head Coach. This is the official uniform and must be worn during games. Advertising on uniforms is not permissible.
- B. Shin guards are recommended but not required.
- C. Cleats are not allowed.
- D. Players must wear flat-soled, non-marking, laced up tennis shoes or indoor soccer shoes.
- E. The coach will be issued four sponge balls for practices and games.
  - a. Extra balls may be purchased through the YMCA for \$7.
- F. Outdoor soccer balls are not allowed at school facilities.
- G. The Gym Monitor will have a first aid kit with them at all times.

### **Number of Players:**

2<sup>nd</sup> - 3<sup>rd</sup> grade leagues: A team on the field shall consist of not more than six (6) players, which includes a goalkeeper.

### **Practice / Duration of Game:**

- A. 2<sup>nd</sup> – 3<sup>rd</sup> grade leagues will practice one hour during the week.
- B. This league will play one 40-minute game on Saturdays.
- C. Each half is 20 minutes long.
- D. Half time is 5 minutes long.
- E. Practices and games are scheduled back-to-back, so please be diligent about watching the clock and have the teams / parents exit quickly and efficiently

### **Setting up the Field:**

The first game of the day will set up the goals and the last game of the day will put them away.

### **Referees:**

There should be one referee at each game.

**Start of Play:**

- A. The team listed as the home team on the game schedule will have the opening indirect kick and the visiting team will pick which goal they would like to defend.
- B. The referee signals for the game to start and the player to kick the ball to any member of their team. Every player should be in his/her own half of the field and every player on the opposing team shall remain not less than ten (10) feet from the ball until it is kicked off. It shall not be deemed in play until it has traveled a distance of its own circumference. The kicker shall not touch the ball a second time until another player has touched it. Infraction results in a re-kick by the same team.
- C. The first kick may go forward or backward.
- D. A kick-off is an indirect kick. A goal cannot be scored on a kick-off unless another player has touched it. The goalkeeper does not count as this player in this case.
- E. After a goal, the game shall be re-started in a like-manner by a player on the team that did not score the goal. YMCA leagues do not keep score.
- F. Teams will switch goals at halftime.

**Positions / Play Time:**

- A. Players should be rotated around at the coaches' discretion so that each player experiences every position throughout the season, including goalkeeper.
- B. All players must play a minimum of one half of every game unless the roster is greater than 12 players.

**Substitutions:**

Substitutions may occur on an unlimited basis (on the fly) providing the player leaving the field arrives at the bench before the replacement enters the field of play. Goalkeepers may be substituted at any time during the game per approval of the referee.

**Ball is Out of Play and Considered "Dead":**

- A. When the ball touches the ceiling, goes into unplayable areas, or makes contact with obstacles such as lights, basketball equipment, overhanging or climbing ladders, etc.
- B. When the referee stops the game.
- C. When a goal is scored.
- D. If the ball gets caught between the goal and the wall behind the goal. The ball is put back into play via a throw by the goalkeeper.
- E. If the ball goes over the end of the court (i.e.- goes on to a stage or area that is not a part of the court).
  1. If last touched by the defending team, the ball will be placed at the closest corner to where the ball left the court.
  2. If last touched by the attacking team, the goalie will throw it in.

**Re-starts:**

When the ball is "dead" (per above), the ball must be re-started.

- A. All re-starts of the game following a ball going out of play are done by means of an indirect kick (with the exception of item D in E per above). The indirect kick is taken from the spot approximately where the ball was deemed out of play.

### **Method of Scoring:**

A goal is scored when the **entire ball** has crossed the goalmouth. It is NOT a goal when the goalie is inside the goal, holding the ball on the outside of the goal. The YMCA does not keep score.

### **Goalkeeping:**

- A. The goalkeeper may handle the ball anywhere inside of the goal box. The goal box will be the free-throw / key area. The arc above the free through line is NOT a part of the goal boxes.
- B. When the goalkeeper touches or picks up the ball, the goalie's feet must be in the goal box. Should the goalkeeper touch or pick up the ball with their feet outside the goal box a handball violation will result and a **direct kick** will be awarded to the attacking team at the top of the key.
- C. Goalkeepers must throw (and not kick!) the ball into play. Goalkeeper throw-ins must hit the floor, wall or a player on his/her half of the field before entering the opponent's half of the field.
- D. Goalkeepers have five (5) seconds to throw the ball into play. Violations are penalized by an indirect kick from the top of the key.
- E. Only the goalkeeper is allowed to recover the ball if it is caught behind the goal.
- F. Once the goalie has his/ her hands on the ball as a save, players from both teams must stop kicking.

### **Offsides:**

There are no offsides in indoor soccer.

### **Indirect and Direct Kicks:**

Free kicks are classified under two headings- **Direct** and **Indirect**. All opposing players must be a minimum of ten feet from the ball until the ball is kicked. This applies to both direct and indirect kicks.

An **indirect kick** is awarded when the opponent has committed any one of the six **minor fouls** per below. A goal cannot be scored directly from an indirect kick.

A **direct kick** is awarded when the opponent has committed any of the eight **major fouls** per below. A goal can be scored directly (without anyone else touching the ball first).

### **Minor Fouls = Indirect Kicks:**

A player who **intentionally** commits one of the following five (5) offenses commits a **minor foul**, which results in the other team taking an **indirect** kick at the point of the infringement:

1. Playing in a manner considered by the referee to be dangerous.
2. When away from the ball, intentionally obstructing an opponent.
3. Charging the goalkeeper after a save.
4. Unfair delay of game.
5. Three line rule violation the three (3) lines consist of both free throw lines and the half court line). If a player kicks the ball and it crosses over all three lines without

touching the floor, wall, or another player, it is a violation. Play is re-started by an **indirect kick** to the opposing team at the half court line.

### **Major Fouls = Direct Kicks:**

A player who intentionally commits one of the following eight (8) offenses commits a **major foul**, which results in the other team taking a **direct kick**:

1. Kicks or attempts to kick an opponent.
2. Trips an opponent (even unintentionally, if it gains an advantage).
3. Charges an opponent in a violent or dangerous manner.
4. Strikes or attempts to strike an opponent.
5. Holds an opponent.
6. Pushes an opponent.
7. Intentionally handles the ball (including use of the arm) with the exception of the goalkeeper in the penalty area. It is a handball when a player makes and **obvious attempt to strike the ball with their hand**, i.e., reaches out for the ball or punches the ball. It is **not a handball when the opponent kicks the ball into the arm or hand of a player**. The player struck by the ball did not intentionally try to strike the ball with their hand or arm and thus should not be penalized.
8. Slide tackles (even if not contact is made). **Slide tackling is NOT allowed!**

### **Penalty Kick**

- A. A penalty kick shall be taken when any of the eight (8) **major fouls** per above occur by a defensive player within his/her own penalty area. The penalty area is the goal box consisting of the free-throw/ key area. The arc above the free through line is NOT a part of the goal box.
- B. The penalty kick shall be taken from the top of the arc above the free throw line. All players except the player taking the kick shall be outside the penalty area at least ten feet from the goal and five feet from the ball. The keeper must stand between the goal posts on the goal line without moving his/her feet, until the ball has been kicked.
- C. The player taking the kick must kick the ball forward and shall not touch the ball a second time until it has been touches by another player. The ball is in play when kicked. A goal can be scored directly from a penalty kick. If a goal is not scored the ball is live and can be played by another player if not saved by the keeper.

### **Yellow and Red Cards**

A player will be required to sit on the bench for a minimum of 10 minutes if given a yellow card by the referee. Yellow cards can be given for profanity, repeated dangerous play, poor sportsmanship, etc. A red card requires ejection from the game. Any coach being ejected from a game must leave the building. A red card may also be given to abusive spectators.



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