



COACHING MANUAL

FOR COACHES OF PLAYERS U4 THRU U10

Created by Joshua Groves, Technical Director, NMYSA



NEW MEXICO YOUTH SOCCER

The governing body for youth soccer in New Mexico, affiliated with United States Youth Soccer, the United States Soccer Federation (USSF), and the Fédération Internationale de Football Association (FIFA)

Coaches:

Welcome to The New Mexico Youth Soccer Association (NMYSA). We are the only comprehensive youth soccer association operating in New Mexico, and we are the official youth representative of the United States Soccer Federation in New Mexico.

The New Mexico Youth Soccer Association offers a time-proven and comprehensive set of membership benefits designed for the 21st-century youth sports community, details of which can be found in the following pages. From medical and liability insurance to superb electronic access, from excellent educational opportunities to membership in worldwide organizations, and from expertly prepared publications and productions to progressive 21st-century governance and risk management. For more detailed information on member benefits and the programs we run, please visit our website at www.nmysa.net.

Many first-time coaches volunteer or are volunteered to the job. First things first ... relax. Relax and think about how much fun you are going to have with these young soccer players. This manual has been created to point you in the right direction and to give you some important information about the organizations you have just joined. We are here to help.

Your goal as a youth soccer coach should be to create a fun, learning soccer environment for your players in training and in games. The following are some suggestions to get you started:

- 1) Talk to a representative from your league/club to make sure you have an understanding of what you have signed up for and what resources are available to you.
- 2) Talk to other soccer coaches in your community who have worked with players of similar ages before.
- 3) Read the following manual and visit the NMYSA website for helpful coaching materials and coaching aids.
- 4) Contact the NMYSA office and ask to speak to the Technical Director regarding age-appropriate coaching courses and age-appropriate training materials.

You are about to embark on a truly rewarding activity that will likely impact the lives of many children. Be responsible and have fun.

Sincerely,

Joshua Groves
Technical Director
New Mexico Youth Soccer Association

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BENEFITS OF MEMBERSHIP



Here's a detailed look at the benefits of being a member of New Mexico Youth Soccer Association. The following are included with your registration:

Full Service Electronic Access

With one touch from the Home Page, NMYSA offers state-of-the-art electronic access to all of the common administrative functions:

- Registration
- Travel permission
- Risk management disclosures
- Guest player permission and certification
- Coaching education registration and online education
- ODP and YOP registration
- Club-oriented registration opportunities

Education, Publications & Productions

Internationally Recognized Coaching Education. NMYSA's coaching education program is affiliated with both US Youth Soccer and US Soccer. We offer age-appropriate National Level licensing courses ranging from a 6-hour U6/U8 Youth Module course to an 8-day National C License course and many others in between.

Referee Education. NMYSA co-sanctions the only body in New Mexico that certifies referees for participation outside their own organization—the road to FIFA officialdom starts here!

Publications and Productions. The US Youth Soccer bookstore of youth soccer oriented administrative, parenting and coaches' guides and videos is available at a discount (or free) only through us.

Risk Management

Bi-Annual Disclosure Requirements. Our Risk Management program requires all coaches, administrators and program directors to have a current NMYSA registration in the program.

Background Checks. All of the above have national, criminally sensitive background checks run on a periodic basis.

Other Risk Management Programs. Our Risk Manager and office staff provide access to the latest in insurance and risk tools for local leagues, communities and clubs – everything from goal-safety to coaching education that emphasizes the safety aspects of our programs.

Insurance

Secondary Medical Coverage. Covers players and coaches after the limits of their private policies are reached and protect the uninsured from catastrophic medical expenses. Unlike other youth programs, our insurance is aggregated only in New Mexico.

Liability Coverage. Standard youth sports liability coverage aggregated within NMYSA, for coaches, administrators and registered premises – rental facilities, practice fields, schools and public parks.

Directors and Officers Coverage. Errors and omissions coverage for state, league and club officials operating in their normal capacity as soccer administrators, again aggregated locally.

Recognized Portability of Insurance. With proper notifications and permissions (where required) NMYSA's insurance follows members around the world and from event to event!

Special Program Benefits:

- Olympic Development Program for elite players
- TOPSoccer for those with disabilities
- Soccer Across America for economically disadvantaged areas
- Open State Cup and the National Championship Series
- Kohl's American Cup recreational tournament
- Awards program for national recognition of New Mexicans
- Four state, regional and national workshops
- Parent education program

Programs only we can offer:

- Internationally recognized coaching education
- Internationally recognized referee education and certification
- National Championship Series
- Olympic Development Program

NMYSA CONTACTS



For a full list of Contacts including NMYSA District Commissioners, Committee Chairs and State Referee Contacts, please visit the NMYSA Directory on the "About Us" dropdown menu on our website (www.nmysa.net).

NMYSA Staff

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RULES & CONDUCT



Soccer has 17 laws or “rules” by which the game is played. Most of these laws are easy to understand. The laws are designed to make soccer fun, safe, and fair for all participants. Later in this section, you can find a brief summary of the FIFA (**Fédération Internationale de Football Association**) rules. These laws are often modified so the game is more fun and better for young players. Each league should have a set of rules that it will follow—these rules should be distributed to each coach. If you have not received a copy of your league rules, you should request them from the league and look them over so that you fully understand them.

NMYSA mandates that member leagues use Small Sided Games for players U12 and below—these games use what we call modified rules. The small-sided environment is a developmentally appropriate environment for our young soccer players. It’s a FUN environment. On the next page, you will find an explanation of why we use small-sided games.

Below is a table that provides a quick summary of the important modifications to FIFA rules that NMYSA uses for the U6 thru U12 age groups.

Age Group	Ball Size	Players on Field	Field Size (Recommendations)	GK's	Game Length
U6	3	3v3	Max 30 x 25 Yards Min 20 x 15 Yards	No	4, 6 min quarters
U8	3	4v4	Max 35 x 30 Yards Min 25 x 20 Yards	No	4, 12 min quarters
U10	4	6v6	Max 60 x 45 Yards Min 45 x 35 Yards	Yes	2, 25 min halves
U12	4	8v8	Max 80 x 55 Yards Min 60 x 45 Yards	Yes	2, 30 min halves
U13 and older	5	11v11	Max 130 x 100 Yards Min 100 x 50 Yards	Yes	Maximum 2, 45 min halves



Why Do We Play Small-Sided Games?

Here are some of the reasons why we believe soccer coaches, administrators and parents must guarantee that our young soccer players play small-sided games:

1. Because we want our young soccer players to touch the soccer ball more often and become **more skillful** with it! (Individual technical development)
2. Because we want our young soccer players to make **more, less-complicated decisions** during the game! (Tactical development)
3. Because we want our young soccer players to be more physically **efficient** in the field space they are playing in! (Reduced field size)
4. Because we want our young soccer players to have more **individual teaching time** with the coach! Less players on the field and less players on the team will guarantee this! (Need to feel worthy and need to feel important)
5. Because we want our young soccer players to have **more involved playing time** in the game! (More opportunity to solve problems that only the game presents)
6. Because we want our young soccer players to have **more opportunity to play on both sides of the ball!** (More exposure to attacking and defending situations)
7. Because we want our young soccer players to have **more opportunities to score goals!** (Pure excitement)

RULES

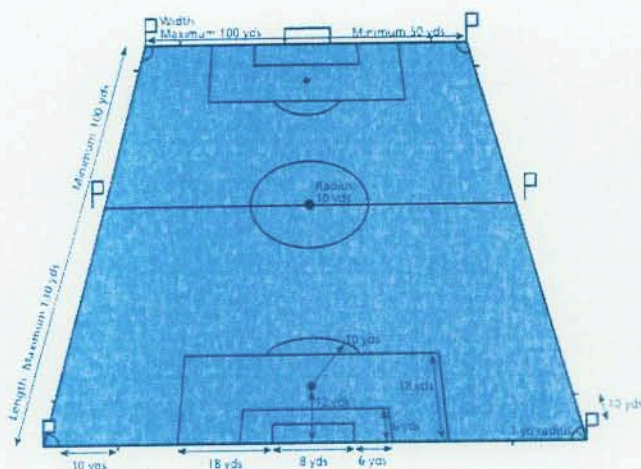


For the Good of the Game

Here's a summary of the FIFA rules of soccer (you can find the official rules at www.fifa.com), this list is written in a simple to understand manner. As a coach you have the responsibility to understand each of these rules and be able to explain them to your team parents and young players.

1) The Pitch or Field of Play

The playing area ("pitch") must be rectangular and be between 100 yds and 130 yds long and between 50 yds and 100 yds wide. The end lines are called goal lines and the sidelines are called touchlines.



2) The Ball

The ball must be spherical with a circumference of between 68cm (27in) and 70 cm (28 in) and a weight between 410 gm (14 oz) and 450 gm (16 oz). Leagues may use different size balls depending on the age of the players.

3) Teams / Players

A match (“game”) consists of 2 teams, each with no more than 11 players—including a goalkeeper (“goalie”)—and no less than 7 players.

4) Player's Kit or Uniform

Basic kit consists of a shirt, shorts, socks, shin guards and boots/shoes. Goalkeepers must wear colors different from other players—including their own side—and match officials.

5 & 6) The Referee & Assistant Referees

A referee supported by 2 assistant referees controls each match. He stops the game by means of a whistle for any infringement. He also acts as timekeeper. The assistant referees indicate by flag when the ball is out of play. They also flag when they see infringements that the referee may not have seen.

7) Game Duration

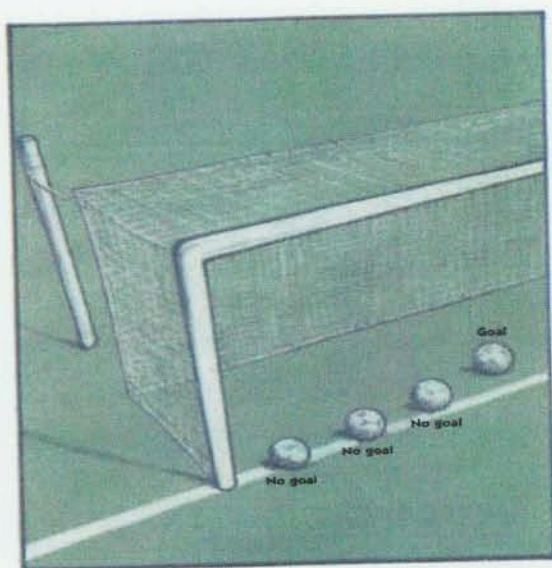
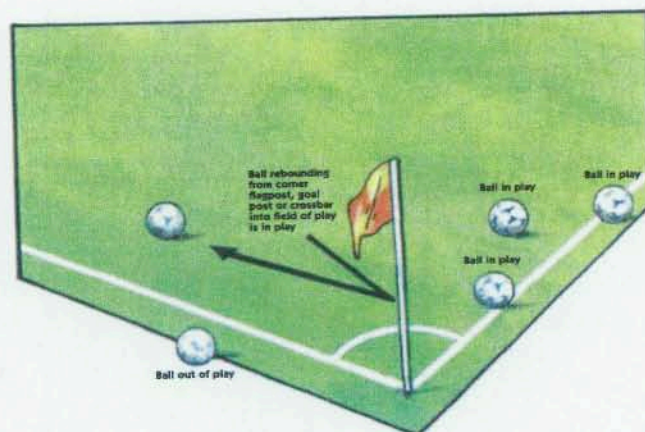
A game consists of 2 halves of 45 minutes each, with an interval (half-time) of a maximum of 15 minutes. The referee may add on additional time at the end of each half to compensate for time lost through injuries, substitutions and players' deliberate 'time-wasting.'

8) Starting the Game

A coin is tossed to decide which team gets to choose which goal to attack. The losing team gets to take the kick-off to start the game. The team's change ends for the second half. A kick-off is also used after a goal is scored.

9) Ball Out of Play

A ball is out of play ('out') when the whole ball has crossed the goal line or touchline.



10) Goals

A goal has been scored when the whole ball has crossed the goal-line between the goal-posts. The team scoring the most goals wins. If both teams score the same number of goals—or neither team scores—the game is tied.

11) Offside Rule

A player is penalized for offside if at the instant the ball was played by a teammate, the player was actively involved in the play and did not have 2 opposing players between him/her and the opposition's goal line. The player is not in an offside position if he/she is in his/her own half; or is level with the second-last opponent; or receives the ball from a goal kick, corner kick or throw-in. An indirect free kick is awarded for offside.

12, 13 & 14) Fouls, Free Kicks and Penalty Kicks

There are “direct” and “indirect” free kicks. These are just some of the offences for which a direct free kick is awarded: hitting, kicking; tripping; pushing; deliberate hand ball; etc. Similarly for an indirect free kick, we have: dangerous play; impeding an opponent (“obstruction”); a goalkeeper holding the ball for more than 6 seconds; a goalkeeper handling the ball after it has been passed to him by a teammate, etc.

At the subsequent free kick, all opposition players must be a minimum of 10 yds from where the ball is placed. A penalty kick is awarded for any infringement that takes place inside the penalty area for which a direct free kick would normally have been awarded if it had occurred outside the area.

15) Throw-ins

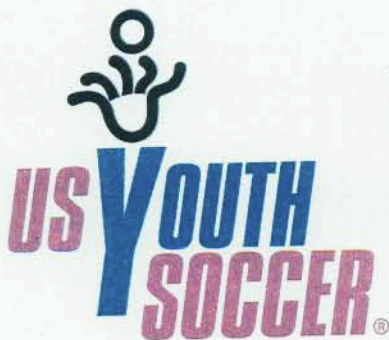
Awarded to a team when the whole ball crosses a touchline after having been touched by a member of the opposing team.

16) Goal Kicks

Awarded to the defending team when the whole of the ball crosses the defending team's goal line—not between the goal posts, because that is a goal—after having been last touched by an attacking player.

17) Corner Kicks

Awarded to the attacking team when the whole of the ball crosses the defending team's goal line—not between the goal posts, because that is a goal—after having been last touched by a defending player.



You can find the US Youth Soccer Official Rules of Small Sided Games at the following link:

<http://www.usyouthsoccer.org/coaches/RulesSmallGames.asp>

COACHES' CODE OF CONDUCT



We all have a responsibility to promote high standards of behavior in the game.

In various national surveys, behavior was the biggest concern in the game. This included both the abuse of match officials and the unacceptable behavior of over competitive parents, spectators and coaches on the sidelines.

The NMYSA "Caution: Children @ Play" program goals are to:

- 1) Provide all children a positive sports experience free from all forms of abuse.
- 2) Promote exercise and sports participation for the development of healthy lifestyles that will promote wellness through the lifespan.
- 3) Provide a safe environment for learning positive life skills and the enjoyment of spare time in a sports experience.
- 4) Develop awareness of what constitutes maltreatment or abuse.

Accomplishing these goals will result in players having more fun, developing sound character, building self-esteem, increasing confidence, creating lasting friendships, and improving trust.

Every parent, coach and player is asked to abide by a Code of Conduct during all NMYSA activities, from State-sanctioned tournaments to regularly scheduled League matches through team practices and activities. These Codes of Conduct are available on the NMYSA web site: www.nmysa.net. Help us meet the number one goal of the **"Caution: Children@Play"** program by providing all children a positive sports experience free from all forms of abuse.

On the following page you will find the NMYSA Coach and Team Official Code of Conduct, please visit the Parent Education Page of our website at www.nmysa.net to download Codes of Conduct for Parents/Spectators and Referees in addition to the Coach/Team Official.

**CAUTION:
Children @ Play**



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Children @ Play**



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Coach and Team Official Code of Conduct

We all have a responsibility to promote high standards of behavior in the game.

The NMYSA "**Caution: Children @ Play**" program is aimed at tackling unacceptable behavior across the whole game.

Play your part and observe this Code of Conduct for coaches, team managers and club officials at all times.

I will:

- Show respect to others involved in the game including match officials, opposition players, coaches, managers and spectators
- Adhere to the Laws of the Game
- Display and promote high standards of behavior
- Always respect the match officials' decisions
- Never enter the field of play without the referee's permission
- Never engage in public criticism of the match officials
- Never engage in or tolerate offensive, insulting or abusive language or behavior

When working with players, I will:

- Place the well-being, safety and enjoyment of each player above everything, including winning
- Explain exactly what I expect of players and what they can expect from me
- Ensure the parents/guardians of all players under the age of 18 understand these expectations
- Refrain from and refuse to tolerate any form of bullying
- Develop mutual trust and respect with every player to build his/her self-esteem
- Encourage each player to accept responsibility for his/her own behavior and performance
- Ensure all activities I organize are appropriate for the players' ability level, experience, age and maturity

I understand that breaches of the Code may result in action being taken by my League and/or my State Association.

**CAUTION:
Children @ Play**



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**CAUTION:
Children @ Play**

COACHING



On the following pages you will find pages of activities, lesson plans and a few coaching tips for players aged 4 thru 10. These session plans should be used to build your own practices. We hope that you will recognize the importance of creating a fun and enjoyable environment for players in these age groups.

Below is a checklist to guide you in your planning of activities. If you are interested in learning more about coaching visit our coach education webpage for more resources and a guide to the coach education courses that we offer. You will find more information on our Coach Education Program later in the manual.

Activities Checklist



- ✓ Are the activities fun?
- ✓ Are the activities organized?
- ✓ Are the players involved in the activities?
- ✓ Is creativity and decision making being used?
- ✓ Are the spaces used appropriate?
- ✓ Is the coach's feedback appropriate?
- ✓ Is the coach guiding or controlling the players in the activity?
- ✓ Are there implications for the game?