



La Pine Soccer Academy - RECREATION COACH MANUAL

Coach's Guide to a fun and exciting season



This manual is designed to provide volunteer recreation soccer coaches new and experienced with information to aid you on the field and during the season. We hope you enjoy this manual and that it is beneficial to players and the coach.

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Introduction

Thank you for dedicating your time to be a coach with La Pine Soccer Academy

La Pine Soccer Academy has a long successful history in its soccer program and with your help that tradition will continue to improve. La Pine Soccer Academy would like to thank you for the time you are volunteering to help mold the youth of La Pine and surrounding communities.

The Director of Youth Development (DOYD) will be providing the program's curriculum and practice plans. The intent of providing these items is to increase the quality of our program and promote a consistent approach to teaching soccer in La Pine.

La Pine Soccer Academy is a nonprofit youth soccer club based in La Pine, OR. Seeing the potential in our growing community, three local experienced coaches founded LPSA with a mission to bring challenging yet fun soccer to this area. The philosophy of the club is to teach the players all four aspects of the game: technique, tactics, physical, and psychosocial behavior. LPSA coaches will work thoroughly by using soccer exercises (individually and group), helping them understand their roles on the field, teaching them P.R.I.D.E

- **P- passion**
- **R- respect**
- **I- integrity**
- **D- discipline**
- **E- effort**

Above all, LPSA values a family environment. As a small community club, LPSA highly encourages fair play and expect all members to respect coaches, game officials, opponents, parents and players. Come and be a part of the LPSA community. The intent of our Recreation soccer program is to provide a safe fun environment for children to play and get exercise. We will also teach kids competition. Competition can translate to other areas off the soccer field. Such as; being complete with homework, chores, and other sports, as well as teaching kids perseverance, adversity, and empathy.

Judge the success of the program on three major criteria.

1. Did each child on our team have fun and look forward to going to soccer?
2. Did each child learn something about soccer?
3. What impact to you have with the kids?





Thanks for your time, energy, and dedication. If at any time you need additional help with something please contact us.

2024 Executive Board Positions			
Position	Filled by	New or Returning	Email
President	Matt Tarter	Returning	Matt@lapinesoccer.com
Vice President	Steve Oldham	New	Steve@lapinesoccer.com
Secretary/Treasurer	Mary Winford	Returning	Mary@lapinesoccer.com
Registrar	Jesse Nikolauson	Returning	Jesse@lapinesoccer.com
Director Youth Development	Mark Trapp	Returning	Mark@lapinesoccer.com
Sergeant in Arms	Moe Brison	Returning	Moe@lapinesoccer.com

2024 Board of Directors Positions			
Position	Filled by	New or Returning	Email
Team Parent	Jessica Dolan	Returning	jdolan@lapinesoccer.com
Food Concessions	JJ Ascencio	Returning	jj@lapinesoccer.com
Little Kicker/Big Kicker	Ellie Hatton	New	ellie@lapinesoccer.com
U8	Sam Olson	New	sam@lapinesoccer.com
U10	Scott Spalding	New	scott@lapinesoccer.com
U12	Chase Nichols		cnichols@lapinesoccer.com
U14	Zane Saghaian	New	zane@lapinesoccer.com
Sponsorship	OPEN		
Apparel	OPEN		
Events	Tiffany Benaway	New	tiffany@lapinesoccer.com
Field	Kyle Patrick	Returning	kyle@lapinesoccer.com
Referee	Chase ???		cnichols@lapinesoccer.com
Equipment	OPEN		
School Liaison	Jennifer Hand	New	jennifer@lapinesoccer.com
Social Media	OPEN		
Member at Large	Jon Ebner	New	Jon@lapinesoccer.com
Member at Large	Jamie Donahue	New	Jamie@lapinesoccer.com





General Information

Action Plan

In case of a scrape, a twist, a break, lightning, or etc. what action will be taken? Try to think of a variety of possibilities to eliminate surprises if an injury or weather situation occurs.

Identify a parent that is going to help you in case an injury occurs and determine whether you or they will have the first aid kit.

Who is going to call 911 if necessary?

Who is going to deal with the players in case of injury?

Equipment Game Cards and Surface

Equipment

- All Players must wear the official LPSA Uniforms, which may be purchased at LPSA. Teams are not permitted to play in the league if they are not wearing official LPSA Uniforms.
- All players must be wearing Shin Guards before entering the field of play. Players not wearing shin guards will not be allowed to play.
- Player's socks need to cover Shin Guard
- No Football or Baseball cleats may be worn, only soccer cleats.
- No jewelry may be worn on the field, i.e., watches, earrings, necklaces, bracelets, etc. Medical Alert Bracelets are the only exception and they must be taped down. Taping of ornamental Jewelry is permitted in non-tournament games ONLY
- No equipment shall be worn that is considered dangerous to another player as determined by the referee.
- HARD CASTS ARE NOT PERMITTED UNDER ANY CIRCUMSTANCE

Game Cards

- Referees will check in teams using the LPSA official Game Card





- Game reporting is a duty of every center referee to ensure the score, player stats and disciplinary actions are accurately recorded
- Please see back on manual for examples on how to fill out your Game Cards
- Game Card instructions can be found on our website: www.lapinesoccer.com

Game Ball

- The home team as listed on the schedule provides game balls.
- Little Kickers Size 3 ball
- U8-U10 Size 4 ball
- U12-U14 Size 5 ball

Surface

Check the field for holes, sharp objects, or other items that may be able to injure a player. In the case of a hole place a cone over the top of it so that a player doesn't step in it and then please help us get it filled by doing one of the following:

- Contact LPSA field coordinator or a board member, and explain the problem with the field.

Sportsmanship

- Good sportsmanship is one of the paramount values we must be teaching our young athletes and will prevail at all times! Coaches are responsible for the conduct of their players, assistant coaches, parents and spectators.
- At all times in accordance with our signed participant agreement

Sideline behavior

- A coach may not enter the field of play except on the referee's signal.
- Coaches, players, parents and spectators shall not harass or attempt to distract players, linesman or center referee(s). Infraction of these rules will result in a caution (coach receives yellow card), followed by an ejection and appropriate disciplinary action as determined by the club Judicial Board.
- No coach is to make derogatory remarks or gestures to the referee, players or





spectators. Any coach, player, or spectator making derogatory remarks or gestures to the referee, players or spectators will be asked to leave the field for the remainder of the game. If a coach, player or spectator is asked to leave the field, they will be suspended for the next game for the first occurrence, any additional incidents will result in the removal from LPSA.

- Spectators **MUST** sit on the designated parent side of the field (opposite side of coaches) Referees will not allow games to start until ALL non registered coaches are removed from the coaches side of the field. Coaches will be responsible for seeing that all parents have moved to the parents side of the field.
- **Spectators are not allowed to coach** – please feel free to cheer for and encourage your young players; however, leave the coaching to the coaches!
- **ALCOHOLIC BEVERAGES AND SMOKING OF MARIJUANA ARE PROHIBITED ON ALL FIELDS. NO EXCEPTIONS!!!**
- All behavior is to be in compliance at all times with our signed participant agreement

Understand Who

When you are doing activities if you have players who are a variety of sizes be careful of the giant matching up against the wee person. You are not working with world-class athletes you are working with growing and developing children. Take water breaks often; accept that small people get tired quickly and that there is no need for fitness.

Well Planned Session

Make sure you have a proper warm-up and cool down.
Make sure to avoid having the goal posts in play in your space or that adjacent fields are not sharing touchlines. Plan on repeated water breaks to help players recharge throughout a session and maintain hydration.

Care

Refer to Action Plan and who has been identified to help with basic first aid and CPR





If you are not comfortable treating a player's injury have their parent deal with it. If it is serious enough don't wait call 911. The first few moments after an injury can be critical for successful care.

Suggested First Aid Kit Items

There is no need for an elaborate first aid kit but a few items will be of use to deal with most injuries

- Team Info Cards with parents' names and phone numbers
- Plastic bags for ice/ice in a small cooler
- Athletic tape and an ace bandage
- Antiseptic pads and gauze
- Towelettes
- Antibiotic crème
- Non-latex gloves and band aids

Injury

If an injury occurs that requires medical treatment, is a head injury, or causes a player to miss practice or a game please do the following:

Email Matt@lapinesoccer.com. In the subject write "Rec Injury". In the body of the message write your team name, who performed treatment, who was injured, a brief description of the injury, and when the player is expected to return to play

If a player requires medical treatment the player needs a note from a physician to return to play. No play in practicing or a game until a note is received which clears the player to play.

Concussions

Oregon has passed a law dictating that coaches be very aware of the symptoms and impact of concussions on youth players. Coaches are encouraged to share with their families the effects of concussions and the need take action when coaches believe a concussion has occurred.

Coaches are encouraged to have their families take the Heads Up training you have been required to do so everyone is on the same page:

http://www.cdc.gov/concussion/HeadsUp/online_training.html





It is coach's option to have families sign off on this Parent/Athlete Concussion Info Sheet:

https://www.cdc.gov/headsup/pdfs/custom/HeadsUpConcussion_Parent_Athlete_Info.pdf

Concussion Awareness Training

It is now a OR State Law that if you are going to be a youth sports coach that you need to complete Concussion Awareness Training. Once you have completed the training

it is necessary to send a copy of your NFHS Certificate (electronic copy preferred) to the *the vice president* Steve@lapinesoccer.com

To get to the training go to:

<https://nfhslearn.com/courses/concussion-in-sports-2>

Locations in case of emergency

St. Charles Urgent Care - La Pine
La Pine Community Health Center





Parking

Please remind parents to drive into and around the parking lot with extreme caution. Being late is better than having an injured child or worse. The parking lot is a dangerous place for our little people and everyone should take extreme care to make it a safe place.

Parking Lot Etiquette

There is no parking along yellow curbs or wood posts due to congestion and safety. Arrive early enough to allow plenty of time for parking. Drive slowly and cautiously in the parking lots. Instruct players to hold balls while in the parking lot. Please have Families Park and walk their children to the field.

Pets

No pets are allowed at any site. Please remind your families that unless a pet is a working animal there should be no pets at the field.

Administrative Items

Coach's Conduct Form

Coaching a Recreation team in La Pine Soccer Academy requires each coach to fill out this form and return it to the LPSA board to insure the safety of our players. The form does **NOT** need to be notarized.

Get Started with Your Team

First Contact

Please call or message (via Teamlinkt) your families as soon as possible:

- Give them your name, phone number, email address

Specific instructions regarding the first practice should include:

- Date
- Time
- Location
- Your number, or a way to contact you





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- What to bring – Water, shin guards, ball
- Remind parents to put their child's' name on their water bottle and other equipment.

Parent and Coach Meeting

Pre-season Meeting

At the beginning of the season you should have a parent meeting so everyone is on the same page. It would be good to cover the following items at your meeting.

Goals

Explain the Recreation Program goals

- Fun
- Player development
- What impact you plan on having with the kids

Player Information

- Medical and food allergies information you should be aware of
- Previous playing experience of children
- Family situations that may affect rides to and from soccer

Parent Information

- Emergency phone number
- Obtain work numbers, cell numbers, and insure parent is active on Teamlinkt
- Rides – who is taking player to and from practice
- Drop-off Policy
 - Recreation soccer isn't a drop off sport
 - A guardian or parent responsible for each player (not the coach)
 - If a guardian is NOT at the field they must have the phone number of the





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- parent
 - In case of an injury, the responsible party can render first aid while the coach can go back to the rest of practice for the remainder of the team.
- Proper behavior at practices and games
 - Kids should respect each other at all times
 - There will be no bullying, name calling at any time

Responsibilities for Players, Parent, & Coaches

Players

- Wear shin guards, bring a ball, and bring water
- Come ready to play
- Come ready to listen and have fun

Parents

- Notify coach of absence or tardiness
- Notify coach of ride changes
- Notify coach if your child is sick, or feeling sick
- Be supportive of your coach
- If you are 2nd to last parent to pick-up child stay with coach until last child is picked up

Coach

- Arrive 15-20 minutes early & end on time
- Plan for practice and games to create a productive soccer environment
- If you are 1st game of the day, you will arrive 1 hour early to set up your field. Setting up field includes, but not limited to: Setting up goals, corner flags, unlocking porta potty if needed. setting up small table and score board.
- If you are the last game of the day, you will stay after your game and put goals away, take corner flags down and porta-potty if needed.
- Have Fun with the kids





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Parents and Coach

- Provide a safe positive environment for everyone's child to grow up in

Communication

A successful season depends upon communication between players, parents, coaches and LPSA. LPSA will communicate with you via Teamlinkt, so please check your Teamlinkt app regularly.

Club Website.....www.LaPineSoccer.com

President: Matt@lapinesoccer.com

Vice President Steve@lapinesoccer.com

Behavior

Coaching Behavior

As coaches we should be striving to set an example and create an optimal environment for success. During games, coaches should cheer and applaud from the sideline opposite the parent sideline. Parents are not permitted on the coach's sideline. Coaches should stay on their half of the field no matter where the action is. No coaching is permitted from the goal line or behind the goalie. Each team may only have one head coach and up to two assistant coaches on the sideline at any time.

Set an example for your parents by applauding and cheering good play for both teams. Cheer and applaud as a reaction to play rather than in anticipation. Let's set the proper example for players too by worrying about only those parts of the game that we can control. If you have problem with another team please inform the DOC or the Club President in writing stating with the team and reason.





During the games, please don't run up the scores. Winning is great and we play games for competition but remember in every game ½ the kids win and ½ the kids lose but we do not need to win by a large margin. If you're 3 or 4 goals ahead, please make some changes or put some restrictions on how your players are scoring goals. Be creative and make it tough on your team so they get a challenge no matter who the opponent. For the sake of all players involved, please remember this is recreational soccer!

Ways to Impact the Score

Sometimes it is tough to keep the score at a reasonable margin. Part of your challenge as a coach is not to win by a margin greater than 3 goals. Once your team is ahead of your opponent by 3 goals or you can anticipate an easy game ask your team to score in the following ways:

1. Score on the ground
2. Score on a pass back
3. Score on a first time touch
4. Give players that haven't scored the opportunity
5. Score within 4 passes of winning the ball
6. Etc.

You have a responsibility as a coach to make sure everyone on the field have a great time, not just your team. Keep this in mind when you see the margin of difference start to grow and grow.

Good Touch/Bad Touch

It may be obvious that kids shouldn't be touched by coaches in ways that could make the kids uncomfortable. However, coaches should be aware that, in order to avoid even the appearance of impropriety, coaches should rarely touch the kids.

When trying to correct a player's form, demonstrate yourself or ask another player to demonstrate the form. When correcting a player's positioning, move yourself to the location and point to the spot if the player doesn't understand verbal instructions.

When congratulating a player, a high-five, fist bump, pat on the head or shoulders is the guideline. Use good judgment and assume that you're always being watched.

Parent Behavior

It is important that you communicate with parents how to communicate to players





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(their own and others) on game day. Recreation soccer is for players it isn't a program for adults. The players need to learn where and when to dribble, pass, and shoot from the game. If players are learning without adults telling them what to do all of us have had a successful season.

Parent Do's	Parent Don'ts
Sit 5-10 yards away from edge of field opposite the team and coach	Give players directions like, "kick it", "shoot it" & "boot it"
Cheer for the good things that both teams do	React to referees decisions. LPSA has a <u>ZERO TOLERANCE</u> policy for Referee misconduct. i.e. yelling, name calling, etc.
Clap for the good things both teams do	Jeering players for physical play – often their lack of control over their body and the ball create an accidental situation
Smile and enjoy the entertainment	Worry about the result

Please have parents wait on their sideline until you release their children to them.

Players

All players must play at least 50% of each game. Players can try all positions to see what they prefer. During the course of the season a player should play about the same amount in each spot on the field. Help them become soccer players by giving them experience at different positions.

Stress that being 'good sports' when competing. Without another team enjoying the spirit of competition there wouldn't be a game. Value your opponent.

After your games, be sure to line up the kids on the half line to high five and tell the other team's players and coaches "Good Game." Coaches must participate in this to lead by example.

Please see that your team picks up all trash after your games or practices when leaving the fields.





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Soccer Content

Why Do Children Play Soccer?

- For fun
- For friends
- Parents make them
- For fitness
- To be on a team
- To develop new skills

General Characteristics of Players

Below are generally accepted characteristics of children. Recognizing the characteristics of your age group will help you identify proper expectations for the players you coach.

Little Kickers/U6 Players	U8 Players	U10 Players	U12 Players	U13+ Players
Short attention span	Longer attention span then U5/U6	Lengthened attention span	Beginning of puberty	Pubescent
Most individually oriented	Will do more group activities pairs is best	Still in motion but not as busy – can listen to very short explanation	Flexibility training begins to be important	Flexibility training begins to be important
Constantly in motion	Developing physical confidence	Gross and small motor skills becoming more refined	Can think in abstract terms	Can think in abstract terms





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Little or no concern for team activities	Still constantly in motion	Beginning to think ahead in their play	Seek peers that are most like themselves	Seek peers that are most like themselves
Physical coordination immature	Effort is synonymous with performance	Some are becoming more serious about their play	Popularity influences self-esteem	Popularity influences self-esteem
Eye hand or eye foot coordination primitive	Fragile self concept and body image	Enjoy the uniforms and team association	More TV and less unstructured play	More TV and less unstructured play
Love to run, jump, roll, and climb	Love to run, jump, roll, and climb	Rapid gains in learning performance movement skills at increasingly sophisticated levels	Increased ability to acquire and apply knowledge	Increased ability to acquire and apply knowledge
Just want to have fun!	Learning to love the game	More inclined to want to play rather than being told to play	Beginning of player drop-out	Made a choice to play

Priorities

Below are the priorities in our soccer club for each age group. The idea of these priorities is to keep coaches focused on age appropriate technical, tactical, and physical goals.





Little Kickers /U6	U8 Players	U10 Players	U12 Players	U13+ Players
Everything done with one player one ball	Increase comfort with the ball at feet	Stress creativity dribbling the ball	Stress creativity dribbling the ball	Use the ball to do work
Develop comfort with ball at feet	Dribbling should begin to incorporate change of direction and speed	Players need to be willing to take players on with the dribble	Players need to be willing to take players on with the dribble	Defend & Attack as a group
Work on fundamental movement skills like, running, jumping, bending, skipping, etc.	Passing in two's while in motion not static – show different surfaces but focus on inside of foot	Improved passing ability with inside and outside of foot – stress eye contact with teammate who is being passed the ball	Improved passing ability - stress saying teammate's name when passing the ball	Improved passing ability - stress saying teammate's name when passing the ball
Need to explore rolling and bouncing balls	Introduce striking ball with laces players will still use toe	Encourage players to receive the ball with vision of whole field	Encourage players to receive the ball with vision of whole field	Encourage players to receive the ball with vision of whole field
Teach shape not positions – 3v3 shape is a triangle	Teach shape not position – 4v4 shape is a diamond	Continue to teach shape not positions – diamond with support as point of emphasis	Introduce positions – make sure all players play all positions	Introduce positions – make sure all players play all positions





Age Specific Rules

Little Kickers – (4v4)

- **The Ball:** A size three (3) soccer ball will be used.
 - **The Number of Players:** Each team will play with 4 players on the field. There are NO goalkeepers. If a team is losing by more than 5 goals, they may put an extra player on the field.
 - **The Duration of the game:** The game will be four, 8-minute quarters. With a 2-minute break in between each quarter. After two quarters each team will have 10 minute halftime break.
 - **Substitutions:** At any stoppage and unlimited.
 - **Playing time:** Each player will play a minimum of 50% of the total playing time.
 - **During games,** one coach from each team may be on the field at a time to direct players
 - **Scoring:** Anytime the ball completely crosses the goal line inside the goal, the attacking team is awarded a goal.
 - **Offside:** None.
 - **Throw-Ins:** None
 - **Penalty Kicks:** None.
- Fouls and Misconduct: all fouls shall result in a free kick. The coach will explain all infringements to the offending player. If a child is being too rambunctious then the coach is to make a substitution of that player to give the child a chance to calm down before returning to play.
- There is no off side.
 - No Goal Kicks
 - No slide tackling is allowed at this age level

Big Kickers (U6) (5v5)

- **The Ball:** A size three (3) soccer ball will be used.
- **The Number of Players:** Each team will play with 5 players on the field. There are NO goalkeepers. If a team is losing by more than 5 goals, they may put an extra player on the field.
- **The Duration of the game:** The game will be four, 10-minute quarters. With a 2-minute break in between each quarter. After two quarters each team will have 10 minute halftime break.
- **Substitutions:** At any stoppage and unlimited.
- **Playing time:** Each player will play a minimum of 50% of the total playing time.
- **During games,** one coach from each team may be on the field at a time to direct players





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- **Scoring:** Anytime the ball completely crosses the goal line inside the goal, the attacking team is awarded a goal.
- **Offside:** None.
- **Throw-Ins:** Yes
- **Penalty Kicks:** None.
- **Fouls and Misconduct:** all fouls shall result in a free kick. The coach will explain all infringements to the offending player. If a child is being too rambunctious then the coach is to make a substitution of that player to give the child a chance to calm down before returning to play.

The Start and Restart of Play

- **Kick-Off:** Each quarter will begin with a kick off at mid-field. The visiting team will kick off to start the first and third quarters. The home team will kick off to start the second and fourth quarters. After a goal, play will restart with a kick off by the team that was scored upon.
- **Throw-ins:** Anytime the ball goes out of bounds, play will restart with a throw-in. The last team to touch the ball in bounds will lose possession, and the opposing team will take the throw-in. Throw-ins will be taken where the ball left the field play on the side-lines. Throw-ins will be taken from the nearest corner if the ball leaves the field of play over an end-line. During a throw-in, the player will throw the ball using two hands straight over their head, and both feet will remain on the ground and out of bounds until the throw is complete.
- **Free Kicks:** Will take place if a player uses their hands to touch the ball. Free Kick is awarded to opposing team.

U8 (7 v 7)

- **The Ball:** A size three (3) soccer ball will be used.
- **The Number of Players:** Each team will play with 6 players on the field plus one goalkeeper. If a team is losing by more than 5 goals, they may put an extra player on the field. And opposing team (winning team) can only shoot goals from outside the penalty area. We encourage the winning team to allow players that have never made a goal to get that opportunity.
- **Substitutions:** Will occur before your throw in only, and unlimited substitutions may occur as long as the game is not delayed. The referee may restrict or request you sub less or more frequently if the game is being delayed too much by repeated substitutions.





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- **Playing time:** Coaches and officials shall field players with the intention of each player receiving a minimum of 50% of the available game time.
- **The Duration of the game:** The match shall be divided into four, 12-minute quarters. With a 2-minute break in between each quarter. After two quarters each team will have 10-minute halftime break.
- **Scoring:** Anytime the ball completely crosses the end-line inside the goal, the attacking team is awarded a goal.
- **Offside:** None.
- **Fouls and Misconduct:** Conform to FIFA with the exception that all fouls shall result in a direct free kick. The game official will briefly explain infringements to the offending player. No cards shown for misconduct. If a child is being too rambunctious then the game official will ask the coach to make a substitution of that player to give the child a chance to calm down before returning to play.
- **Penalty Kicks:** None.

The Start and Restart of Play

- **Kick-Off:** Each quarter will begin with a kick off at mid-field. The home team will kick off to start the first and third quarters. The visiting team will kick off to start the second and fourth quarters. After a goal, play will restart with a kick off by the team that was scored upon.
- **Throw-ins:** Anytime the ball fully crosses a side-line, the game stops (not the clock). Play will restart with a throw-in. The last team to touch the ball in bounds will lose possession, and the opposing team will take the throw-in. Throw-ins will be taken where the ball left the field of play. During a throw-in, the player will throw the ball using two hands straight over their head, both feet will remain on the ground and out of bounds until the throw is complete.
- **Corner Kick:** Any time the defending team kicks the ball completely over the end-line outside the goal, the attacking team will restart play with a corner kick. Conform to FIFA with the exception that opponents remain at least four yards from the ball until it is in play.
- **Goal Kicks:** Any time the attacking team kicks the ball completely over the end-line outside the goal, the defending team will restart play with a Goal Kick from the goal box and conforming to FIFA.
- **Hand Ball:**
A hand ball infraction occurs when a player handles the ball deliberately with their hands. The 'hand' includes the entire arm up to the top of the shoulder. Instinctive, self-protective reactions are not penalized at this young age. Accidental contact (ball striking hand or arm with no intent by the player) is not an offense and should not be penalized. Hand Balls that occur inside the penalty area will result in a throw-in from the closest sideline where the infraction occurred. Hand Balls that occur outside the penalty area will result in a "free kick" where the ball was touched.





U10 (8 v 8)

- The Ball: A size four (4) soccer ball will be used.
- The Number of Players: Each team will play with 6 players on the field plus one goalkeeper. If a team is losing by more than 5 goals, they may put an extra player on the field.
- Each team will select a team captain to represent the team on the field
- Substitutions: At any stoppage and unlimited. Substitutions must enter at the center line.
- Playing time: Each player will play a minimum of 50% of the total playing time.
- The Duration of the Match: The match shall be divided into two, 25-minute halves. 10-minute halftime break.
- Referee: A minimum of 2 referees will be used during the match. Referees will issue yellow cards to coaches or players if warranted during the duration of the game.
- Offside: Yes, Standard offside rule
- Fouls and Misconduct: all fouls shall result in a direct free kick. No cards shown for misconduct.
- Penalty Kicks: A foul on the defending team inside the penalty area will result in a penalty kick. Scoring: Anytime the ball completely crosses the end-line inside the goal, the attacking team is awarded a goal.

The Start and Restart of Play

- Kick-Off: Each half will begin with a kick off at mid-field. The visiting team will kick off to start the match. The home team will kick off to start the second half. After a goal, play will restart with a kick off by the team that was scored upon. At the discretion of the referee the team to take the opening kickoff may be determined by a coin flip prior to the start of the game. The winner of the coin flip chooses a goal to defend in the first half and also takes the kickoff at the start of the second half. The loser of coin flip takes the kickoff at the start of the game.
- Throw-ins: Anytime the ball fully crosses a side-line, play will restart with a throw-in. The last team to touch the ball in bounds will lose possession, and the opposing team will take the throw-in. Throw-ins will be taken where the ball left the field play. During a throw-in, the player will throw the ball using two hands straight over their head, and both feet will remain on the ground and out of bounds until the throw is complete.
- Corner Kicks: Any time the defending team kicks the ball completely over the end-line outside the goal, the attacking team will restart play with a corner kick. Opponents remain at least eight yards from the ball until it is in play.
- Goal Kicks: Any time the attacking team kicks the ball completely over the end-line outside the goal, the defending team will restart play with a corner kick. Opponents remain at least eight yards from the ball until it is in play.





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- Free Kicks: all free kicks are direct and opponents are at least eight yards from the ball until it is in play

U12 9 v 9 (Unless we get more players before start of games, then it will be 11v11)

The Ball: A size five (5) soccer ball will be used.

- The Number of Players: Each team will play with 8 players on the field plus one goalkeeper. If a team is losing by more than 5 goals, they may put an extra player on the field.
- Each team will select a team captain to represent the team on the field
- Substitutions: At any stoppage and unlimited. Substitutions must enter at the center line. *Stoppage is defined as: Throw-Ins, Goal kick when ball is in your position.
- Playing time: Each player will play a minimum of 50% of the total playing time.
- The Duration of the Match: The match shall be divided into two, 25-minute halves. 10-minute halftime break.
- Referee: A minimum of 2 referees will be used during the match. Referees will issue yellow or red cards to coaches or players if warranted during the duration of the game.
- Scoring: Anytime the ball completely crosses the end-line inside the goal, the attacking team is awarded a goal.
- Offside: Yes. Basic
- Fouls and Misconduct: all fouls shall result in a direct free kick. Yellow or Red card shown for misconduct.
- Penalty Kicks: A foul on the defending team inside the penalty area will result in a penalty kick.

The Start and Restart of Play

- Kick-Off: Each half will begin with a kick off at mid-field. The visiting team (PInnies) will kick off to start the match. The home team will kick off to start the second half. After a goal, play will restart with a kick off by the team that was scored upon. At the discretion of the referee the team to take the opening kickoff may be determined by a coin flip prior to the start of the game. The winner of the coin flip chooses a goal to defend in the first half and also takes the kickoff at the start of the second half. The loser of coin flip takes the kickoff at the start of the game.
- Throw-ins: Anytime the ball fully crosses a side-line, play will restart with a throw-in. The last team to touch the ball in bounds will lose possession, and the opposing team will take the throw-in. Throw-ins will be taken where the ball left the field play. During a





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throw-in, the player will throw the ball using two hands straight over their head, and both feet will remain on the ground and out of bounds until the throw is complete.

- **Corner Kicks:** Any time the defending team kicks the ball completely over the end-line outside the goal, the attacking team will restart play with a corner kick. Opponents remain at least eight yards from the ball until it is in play.
- **Goal Kicks:** Any time the attacking team kicks the ball completely over the end-line outside the goal, the defending team will restart play with a corner kick. Opponents remain at least eight yards from the ball until it is in play.
- **Free Kicks:** all free kicks are direct and opponents are at least eight yards from the ball until it is in play.

U14 9 v 9 (Unless we get more players before start of games, then it will be 11v11)

The Ball: A size five (5) soccer ball will be used.

- **The Number of Players:** Each team will play with 8 players on the field plus one goalkeeper. If a team is losing by more than 5 goals, they may put an extra player on the field.
- Each team will select a team captain to represent the team on the field
- **Substitutions:** At any stoppage and unlimited. Substitutions must enter at the center line. *Stoppage is defined as: Throw-Ins, Goal kick when ball is in your position.
- **Playing time:** Each player will play a minimum of 50% of the total playing time.
- **The Duration of the Match:** The match shall be divided into two, 30-minute halves. 10-minute halftime break.
- **Referee:** A minimum of 2 referees will be used during the match. Referees will issue yellow or red cards to coaches or players if warranted during the duration of the game.
- **Scoring:** Anytime the ball completely crosses the end-line inside the goal, the attacking team is awarded a goal.
- **Offside:** Yes. (ALL 3 TYPES OF OFFSIDES)
- **Fouls and Misconduct:** all fouls shall result in a direct free kick. Yellow or Red card shown for misconduct.
- **Penalty Kicks:** A foul on the defending team inside the penalty area will result in a penalty kick.

The Start and Restart of Play

- **Kick-Off:** Each half will begin with a kick off at mid-field. The visiting team (PInnies) will kick off to start the match. The home team will kick off to start the second half. After a goal, play will restart with a kick off by the team that was scored upon. At the discretion of the referee the team to take the opening kickoff may be determined by a





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coin flip prior to the start of the game. The winner of the coin flip chooses a goal to defend in the first half and also takes the kickoff at the start of the second half. The loser of coin flip takes the kickoff at the start of the game.

- **Throw-ins:** Anytime the ball fully crosses a side-line, play will restart with a throw-in. The last team to touch the ball in bounds will lose possession, and the opposing team will take the throw-in. Throw-ins will be taken where the ball left the field play. During a throw-in, the player will throw the ball using two hands straight over their head, and both feet will remain on the ground and out of bounds until the throw is complete.
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- **Free Kicks:** all free kicks are direct and opponents are at least eight yards from the ball until it is in play.

Practice Plans

All practice plans are designed to be inclusive not exclusive. Inclusive practices means players should always be a part of the action. Players should not be waiting in lines to participate or be eliminated from a game due to non-performance. Players who get eliminated from an activity clearly need more repetitions not time to sit out. For players out who can't perform a task/skill instead find creative ways to get them back into the activity quickly.

Practice plans are posted on our website. The idea is for you to be able to go to the website and print off the practice plans as you plan to use them. Click, print, and go play.

We will also have How To videos on our website.

To get to the practice plans go to:

www.lapinesoccer.com/coaches-corner

- Once on the Coaches Corner page, scroll down to Downloads





Sample Activities

Under 6 (Big Kickers)

Objective: To provide fun, active, age-appropriate activities that foster comfort with the ball for each player. It is important, if possible, that all players have a ball in most activities so that they can have “LOTS” of touches as they attempt to dribble (propel) the ball. (Sessions should be about 45 minutes in duration.)

1) Tag: Every child dribbles a soccer ball in a defined space while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing more than one game, see if players can tag more people than they did in the first game. Version 2: Players must tag other players’ knees. (6 minutes)

2) Hospital tag: Same as tag in that each player dribbles a soccer ball and that they try to tag each other with their hands. In this game, each time a player is tagged he/she must place their hand on the spot on their body where they were tagged. Obviously, if tagged a third time, players have no more hands to cover those spots, so they must go to the hospital to see the doctor. The coach acts as the doctor and performs a magical task (pretend) to heal the injuries of all the little soccer players so they can continue playing the game. (8 minutes)

3) Body Part Dribble: In designated area, coach has all players dribble a soccer ball. When coach yells out the name of a body part, players must touch that body part to the ball as quickly as possible. Coach should vary body parts and rate at which he calls out body parts. At times, call out body parts consecutively (i.e. tummy, nose, elbow) during one stoppage or call out two body parts at once (i.e. both hands or both feet). (8 minutes)

4) Red light/Green light: All players have a ball and dribble in a limited space (or towards the coach). When coach says “red light”, players must stop ball and put foot on top of ball. When coach says “yellow light”, players must dribble very slowly. When coach says “green light”, players dribble fast. Coach controls this game with the frequency of “light” changes and variety of changes. Once players catch on to this game, add other color lights and affix different actions to them. (i.e. purple light = hop back and forth over ball, orange light = run around the ball, black light = dance, blue light = hide behind the ball etc. (8 minutes)



Under 8

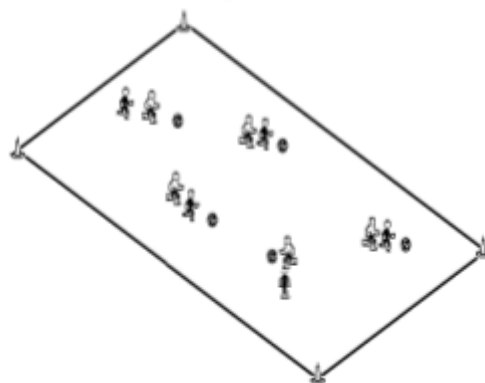
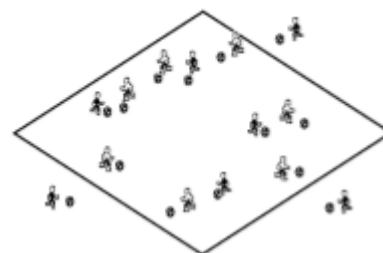
Objective: To provide fun, active, age appropriate activities that foster comfort with the ball for each player. At this age we introduce activities that foster dribbling, passing, shooting and receiving. (Sessions should be about 45-60 minutes in duration.)

1) Tag: Every child dribbles a soccer ball in the space defined while trying to tag other players with their hand. Players cannot leave their own ball. Have them keep count of how many people they have tagged and, if playing twice in a row, see if players can tag more people than they did in the first game. Version 2: Players must tag other players on their knees. (10 minutes)

2) Free Dribble: Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (laces/instep dribble), change direction (“spin in” with inside of foot and “spin out” with outside of foot), and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session, kids carry the ball towards someone and try a move. Version 2: As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. (10 minutes)

3) Knock Out: In same space as previous activity, have players dribble balls while trying to knock other player’s balls outside of the grid. Players can never leave their own ball. If their ball gets knocked out have them retrieve it quickly and get back into the game. (You may wish to have them perform a skills task before re-entering such as 10 sole of the foot touches or juggling 5 times). (10 minutes)

4) Shield-Steal: Half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. (10minutes)





Under 10 --- Dribbling & Possession

OBJECTIVE: To improve dribbling and shielding technique and inspire the confidence in our players to keep the ball (possess the ball) under pressure with the intention to delay play until help arrives, beat an opponent or simply keep possession for your team.

- 1) **Free-Dribble (10 minutes):** Everyone with a ball, use inside, outside, and sole of the foot. Have players dribble with speed (outside of foot), change direction, and perform moves. Coach calls out moves or changes in direction and sets the pace as the manipulator of the session; kids dribble the ball towards someone and try a move. Version 2: As players get comfortable, coach can walk around and put pressure on players as they are performing dribbling tasks. This adds fun and interaction. Version 3: Make the game a knockout game in which players try to knock each other's soccer balls out of the grid while maintaining possession of their own. Note: You may wish to have them perform a skills task before re-entering such as 10 sole of the foot touches or juggling 5 times. You do not want players sitting out.

Coaching Points:

- Bend your knees and get down low
 - Use your arms to keep balance
 - Keep the ball close using the inside, outside and sole of the foot
 - Keep your head up
- 2) **Shield-Steal (10 minutes):** use entire space, half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If the ball goes out of bounds, the person who touched it last LOSES possession. When the coach yells freeze, those who have possession of a ball receive a point. Play multiple games. Go over technical points as a group and at the start of the activity, show the shielding technique. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. Version 2: make the activity competitive by creating two teams; the team who has possession of the most soccer balls at the end of time is the winner.

Coaching Points:

- Reinforce the coaching points from the Free dribble activity
- Survey the area
- Recognize when and were to change direction





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- Body sideways between defender and the ball when shielding
- Arm providing protection when shielding
- Ball on outside foot when shielding
- Spin/turn as defender attacks when shielding
- Hands become your eyes; use them to feel for defender

U12 --- Lesson One: Penetration Session (Dribbling, Passing, Shooting) **Objectives: To help players recognize when to penetrate by dribbling, passing and/or shooting.**

1) Gates (15 to 20 minutes):

Randomly place many pairs of cones making small goals (1yd) in a large space (30 x 20 yds) and have players dribble their balls through the goals for a point. Players try to accumulate as many points as possible. Have players count up their total points in the time you provide them. After doing once, ask them to improve their score by 2 and play the game again. Challenge each player individually (can ask for right foot only, left foot only). Version 2: Can now ask players to partner up and pass through as many gates as they can. Version 3: Add defenders.

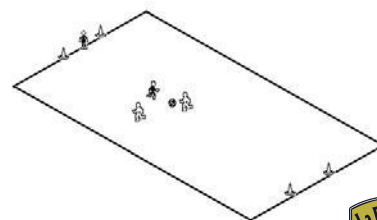
Coaching Points:

- Reinforce dribbling technique – all parts of foot / keep ball close / on toes / push vs. kick
- Reinforce passing technique – inside of the foot -ankle locked / toe up-heel down / hit the middle part of inside of foot / follow through-land on kicking foot / plant foot next to ball and facing where you want the ball to go // outside of the foot – ankle locked / front part on the outside part of foot (not toe and not middle of outside)
- Reinforce shooting technique – ankle of shooting foot locked with toe pointed down (instep)/ plant foot next to the ball / land on kicking foot / head down / lean over ball as you kick / strike through the middle of the ball (encourage players to always keep ball low when using the laces for this activity)

2) 2v1+1 to goal (15-20 minutes):

In a 12x17 yard grid add two 3 yard goals on each 12- yard side. The attacking team looks to combine (over-lap, take-over or wall pass) or attack on the dribble or shoot (knee height or below).

30



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The defending team must have one player in the goal and one on the field. The goalkeeper must stay in the goal until the attacking team loses the ball, then the player that was in the goal can come out to attack (while the team that just lost possession must send one player back to play in goal).

Coaching Points:

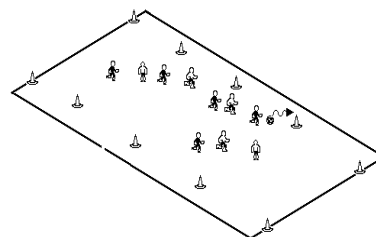
- Reinforce the coaching points listed in activity #1 and #2

Visual cues should determine how the attacking players penetrate into the space behind the opponent...dribble, pass or shoot

- To combine, make defender commit to person with the ball; selection of appropriate combination (wall-pass, take-over, run-around or double pass) is based on the visual cues
- Explode into space on the dribble if defender doesn't commit
- Encourage finding the goal as quickly as possible (whether attacking on the dribble, combining with teammate, or getting a quick shot off)

3) 4v4 to 6v6 to end zones (15 minutes):

Set up a 30 yd x 40 yd field with endzones behind the 40 yd lines. Teams comprised of 4-6 players depending on numbers and space. The attacking team may dribble into the endzone or combine with a wall pass, take-over or over-lap to get into the end zone (marked with discs). Add a "plus" player who always plays for the attacking team if they can't keep possession long enough to create a combination or opportunity to score on the dribble. Also, coach



can give more points

to encourage more dribbling if necessary or

more points for passing if necessary.

Variation 2: Coach

can limit touches-3 touch, 2 touch, 1 touch.

Coaching Points:

- Reinforce the coaching points listed in activity #1 and #2

4) 6v6 to 8v8 Scrimmage_(25-30 minutes):

Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers.

Coaching Points:



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- Stress that the first look is always to penetrate
- Should the player with the ball penetrate on the dribble, with a pass or a shot?
- Positively reinforce decisions to penetrate...especially to shoot!

5) Cool-down (10 minutes):

Groups of 5 Relay Heading Challenge. One player stands on the line with the ball in their hands (server); the other 4 players positioned directly across from them (about 3-5 yards away), one behind the other. The server tosses the ball to the first person in line. The first person in line heads the ball back to the server, then goes down on one knee. The server then tries to head it back to the second person in line, who heads it back, goes down on one knee, etc. Give the server multiple chances to get the ball all the way down the line. Switch up players to ensure everyone gets a chance to be the server. Finish cool-down with static stretching of major muscle groups.

Game Days

Specific game schedules will be emailed to coaches a week into the start of the season.

Game Schedule

Game schedules will be posted at: <https://www.lapinesoccer.com>

Teams play every Saturday. Remember to tell your teams to arrive at least 10-15 minutes before game time. Games will start on time.

Weather Guidelines

Decisions to practice or play games are ultimately the responsibility of the head coach. When possible, LPSA will try to provide timely guidance.

The goal of the weather guidelines is to maximize safety and also balance playing time with the comfort of players, coaches and parents. They are guidelines and not rules in order to allow coaches freedom to make good decisions.

Heat index between 90 and 105 degrees should have modified play with extra water breaks and shorter practice or games.





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Cancellations

We do play in the rain. If games or practices are canceled by the club, a message will be sent to all parents via Teamlinkt, or our Facebook page as soon as possible. If a cancellation has to occur LPSA will try to post the cancellation by 2pm.

Lightning Lightning means go home!!

All Games and Practices will be canceled if there is lightning close to the fields. If thunder is heard less than 30 seconds after lightning strikes it will be determined it is unsafe to continue play. Make sure your parents understand that they shouldn't linger or move under the buildings—they should go to their cars and go home.

LPSA AIR QUALITY POLICY 2024 P.A.S.

Please remember that children are particularly sensitive to smoke because their respiratory systems are still developing.

Parents: Watch the smoke forecast listed on the LPSA website and decide when to limit your child(ren)'s activities. If you do not wish for your child to spend time outdoors, please consider if the activity or program is the right choice for your family this week.

LPSA Policy:

LPSA board and coaches monitor the air quality index (AQI) on an ongoing basis using Purple Air, and will make the following modifications to outdoor programs:

Prepare **AQI 100-150:** Outdoor activities may be modified including decreased intensity and duration with more frequent breaks.

Adjust **AQI 151-200:** Outdoor activities will be modified including decreased intensity and duration with more frequent breaks, Coaches will continue to monitor players and AQI. Parents if you do not wish for your child(s) to continue to practice, please let your coach know and go home.

Stop **AQI 201 or more:** All outdoor activities may be canceled, canceled games or events will be announced by the LPSA board via Teamlinkt. LPSA reserves the right to continue fundraiser events with NO physical activities for kids. Parents may choose to remove child(ren)'s at any time.





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If you or your child are sensitive to air pollution or smoke or have asthma, let us know so we can help modify the activity, and when in doubt do not participate.

Air quality conditions can change rapidly, and we will do our best to keep you informed of program status. We will normally notify you via teamlinkt 1-2 hours prior to the start of the activity if it is delayed or canceled due to smoke. We will also post delays and cancellations on teamlinkt. In the event that an activity already in progress is canceled due to poor air quality, we will contact you to pick up your child within 1 hour.

Because we have NO control over the air quality or the outcome of practices, events or games, **LPSA DOES NOT** offer any refunds for player registration, events, and ticket sales.





La Pine Soccer Academy

Examples Of Game Cards

OFFICIAL LINEUP CARD

REGION N/A AGE GROUP U8 TEAM # 3 DATE 04/21/22

TEAM NAME Titans OPPOSING TEAM Raptors

COACH'S NAME Matt Tarter ASST. COACH'S NAME Chase Tarter

All team players must be listed in order by Jersey #. If absent, indicate reason.

No.	PRINT PLAYERS NAME	Goals Scored	"Ctrs." Not Played			
			1	2	3	4
34	Bryce Tarter	1				
8	Cash Webb					
12	Olivia Engel	1				
25	Matteo Santa					
18	Rodney Orton					
4	Rhys Hermocillo					
10	Levi Sherillo					
14	Jase Calavan	1				
29	Marcus Wright					
2	Paxton Mclean					

LPSA games shall be conducted in accordance with the current FIFA Laws of the Game (as interpreted by the decisions of the International Board), with the exceptions detailed in the LPSA National Rules and Regulations.

Referee Game Report

Date 04/21/22 Time 1320 Field Finley

Home Team (Color) Titans (Navy) Visiting Team (Color) Raptors (Red)

Halftime Score 1-2 In Favor Of Raptors

Final Score 3-2 Winning Team Titans

Field Conditions Cold and Rain

Overall Conduct & Sporting Behavior

	Excellent	Normal	Poor	Additional Comments:
Players:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Coaches:	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<u>Upset at calls made</u>
Spectators:	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Referee Name (Print): Max Van Der Bosh Phone: N/A

1st AR Name (Print): Baily Spencer Phone: N/A

2nd AR Name (Print): Wyatt Oldham Phone: N/A

Preliminary Incident Report

(A more detailed report may be required by the Regional Referee Administrator) Disciplinary Action/Significant Injuries/Additional Info: include names & numbers

Head coach of the Titans (Matt Tarter) was yelling at AR ref Wyatt, and was using foul language. Issued warning to coach

Signatures required if additional information is included in the Incident Report

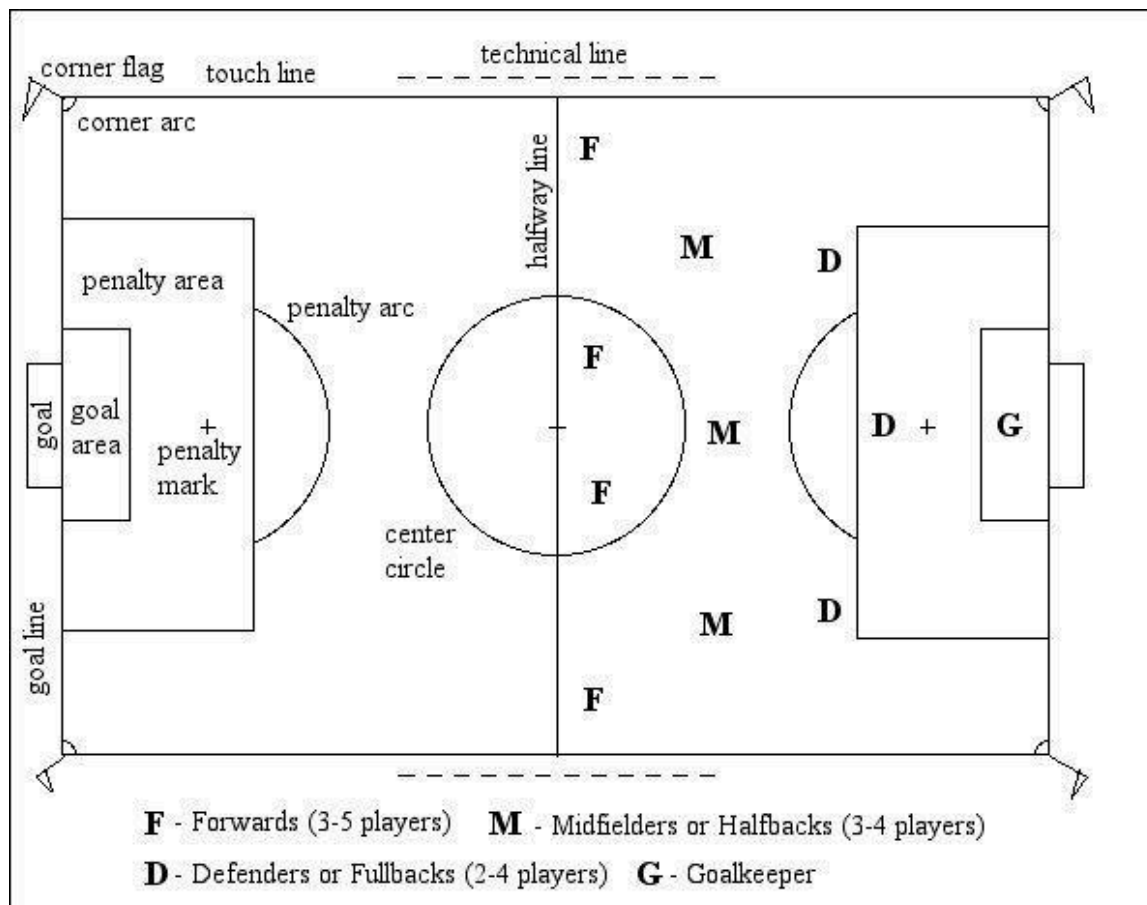
Referee's Signature: Center Referee Signature

1st AR Signature: AR Referee Signature

2nd AR Signature: AR Referee Signature



Field Size and Positions



Goalkeeper – I bet you know this one. The player positioned directly in front of the goal who tries to prevent shots from crossing the goal-line; the only player allowed to use their hands and arms, though only within the 18-yard penalty area.

Defender – A player who works mainly in the defensive third of the field. They are primarily focused on stopping the opposition’s attackers from scoring.

Midfielder – A player generally positioned in the middle third of the field between the forwards and defenders. Their job is to link the defense and the offense through ball control and passing. They play both an attacking role and a defensive role.

Forward – A player who is responsible for most of a team’s scoring. They play in front of the rest of their team (or in the attacking third of the field) where they can take most of the shots.



LPSA Nutrition Guide

Kids who play soccer need to follow healthy nutritional guidelines and also need to fuel their bodies for sports. Proper hydration is needed to avoid injury, and kids need to eat carbohydrates before and after games to sustain energy.

Water

■ In order to stay properly hydrated, kids should drink water before, during and after soccer practice and games. Begin drinking approximately 30 minutes before activities begin.

Sports Drinks

■ Sports drinks are an acceptable alternative to water. They contain electrolytes and carbohydrates to replace what the body uses when it sweats. These, however, can be high in calories, so a low- or no-sugar option is preferred.

Pre Game

■ Kids should eat a light high-carbohydrate snack about one hour before play to ensure energy. Avoid any fatty or high-fiber foods, since they can cause cramping. Acceptable snacks include oatmeal, oranges, bagels, pretzels and bananas.

Game Snacks

■ Game snacks are a good way to replenish their energy. Game snacks will only consist of fruits, Apples, Orange Slices, Grapes, Etc.

What we DON'T want our kids to eat before a game.

Soda

■ NO SODAS- No soda on practice and game days. These are high in sugar, and the caffeine can dehydrate the body.

Fried Foods

■ NO FRIED FOOD - No fried dough, pizza, hot dogs, hamburgers. This is not going to meet your child's soccer nutrition needs in fact you would see them "running out of gas" by the second half.

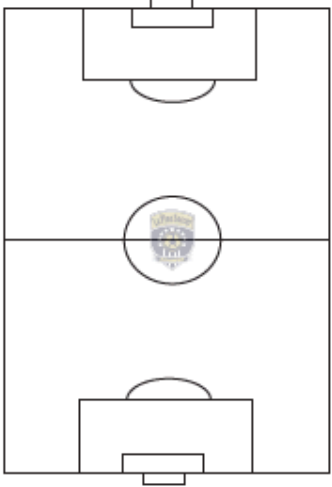
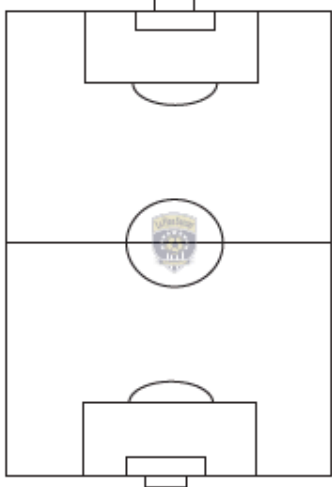




Session: _____

Concepts: _____ **Duration:** _____ **Date:** _____

Activity: _____ **Duration:** _____

Field Diagram	Description
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<p>Activity: _____</p>	<p>Duration: _____</p>
Field Diagram	Description
	<div data-bbox="802 1480 1339 1528" data-label="Text"> <p>Coaching Points</p> </div>



