



**Lakeshore  
Youth Soccer**  
Lincoln Township, MI



# **Coaching Handbook**

**Guidelines, drills and Information for coaches to support a  
successful recreational soccer season**



[www.lakeshoreyouthsoccer.com](http://www.lakeshoreyouthsoccer.com)

# WHAT IS SOCCER?

Basically, soccer is: a game of keep-away played with a ball between two teams on a rectangular field with goals at either end. Each team defends a goal and attempts to gain possession of the ball, move it down the field and deposit the ball in the defender's goal. Rules govern the start and stop of play, the roles of positions and player conduct.

<h2>CONTENTS</h2>
-------------------

LYSL Coaching Philosophy .....	3
Coaching Administrative Tasks .....	4
Coaches Administrative Tools/Uniform Info .....	5
LYSL Division Guidelines .....	6 – 8
General Guidelines .....	9
Practice Guidelines .....	10
Formations .....	11
Coaching ODOI/Additional Info .....	12
Websites for Drills and Links .....	13
Pre-Game Activities .....	14
Field Map .....	15
Field (“Pitch”) Terminology .....	16

## LYSL COACHING PHILOSOPHY

We insist that our coaches support the following principles! We request that our parents do the same!

### WHAT IS YOUR JOB AS COACH?

Regardless of your knowledge level or experience level with soccer, young players need guidance and basic instruction. You can do this. This booklet will attempt to provide you with those the tools to accomplish this in a structured manner that will be simple to understand. Please take this opportunity to learn and pass on the fundamentals of the game.

**Maximize Fun:** Allow these athletes to be children, to make new friends, and to have a good time. Allow mistakes in order to learn from them.

**Encourage good sportsmanship:** Emphasize safe, fair play by teaching respect for teammates, opponents and officials.

**Teach fundamentals:** Teach the fundamental skills of the game and sportsmanship first. Winning is always secondary.

**Participate:** Allow everyone to join in and become part of a team. Promote team loyalty.

**Create a positive atmosphere:** Use praise and positive comments to encourage children to challenge themselves. Do not punish poor play. Coaches are expected to offer instruction and encouragement to members of both teams during the games.

**Be a positive role model:** Do not swear in front of children, yell at referees, opponents or athletes. Speak calmly and maintain self-control.

**Support referees:** Allow them to control the game without negative comments. When you disagree, do so calmly during stoppages of play.

**Communicate:** Talk to the player's parents, explaining your expectations for them and the league philosophies.

**Motivate:** Create an ongoing interest in soccer with fundamental instruction and improved skills.

## COACHING ADMINISTRATIVE TASKS

**Contact your players and set first practice:** As soon as you get your roster please make contact to let them know you are their coach and their child is on your team. Set your first practice and communicate that date, time, and location (be specific like “at the LYSL fields by the concession stand. I’ll be wearing a red shirt” or send a picture of yourself in the email. Also, communicate the “Parents Code of Conduct” (see our website under “handouts”). Relay ball size to players: #3 U5-U8, #4 U10-12, #5 U14.

**Develop a calendar:** Once you have your schedule, develop a document to communicate those games. Also include practices, snack assignments, picture day, and any other pertinent information or event.

**Complete the MSYSA Risk Management Process:** This is a background check. See “step by step” instructions on our website, under the coaches tab. Certification is every year—no cost to coaches.

**Prepare for Practices:** Pick up your equipment bag. Develop a practice session plan. The information in this handbook will serve as a reference for this task.

**Prepare for Games (U10 and up):** Develop a lineup and substitution sequence plan. A graphic of the positions with the players name applied can be very helpful to their understanding of where they should be.

**Snack schedule:** Recommended for U8 and under. In these divisions the snacks are generally the best part of the match. Develop a schedule with parents to share the responsibility of bringing or buying snacks at the concession stand. Ask parents if there are any allergies that the team should be aware of.

**End of the season:** Distribute the medals to your players. Try to find something positive to express regarding each player when handing these out. Many coaches will do this at the field or take the team to a local location such as Dairy Queen, Pizza Hut, etc. Don’t forget to turn in your equipment unless returning for spring season.

## COACHING ADMINISTRATIVE TOOLS

**Clipboard** – Keep you papers together.

**Stopwatch** – These are nice to keep track of game time.

**Whistle** – For U4-5 practice/scrimmages U6-U8 practice/games, U10 thru U14 practices.

## UNIFORM INFORMATION

**Shin guards** – Mandatory for U6 and up. Not required for U4-5.

**Soccer cleats** – Recommended—not required. In divisions U6 and up it will be hard for kids without cleats to keep with kids that have them. No baseball or football cleats—must be soccer.

**Jewelry, glasses, and coats** – No jewelry is allowed, except for medical identification but must be securely taped and covered. Glasses are only allowed if prescription, coats or extra shirts must be worn under jersey—coaches can use a little leniency for divisions U4 thru U8, however, referees will not allow it for U10 and up.

**Goalie Shirt** – Different color than team color – U10 and up.

**Player Uniforms** – U4 and 5: T-shirts, U6 – U8 basic jersey, shorts, and socks. U10 1 U14 upgrade jersey, shorts, and socks.

**Coaches Jersey** – Provided by league at uniform distribution.

# LYSL DIVISION GUIDELINES

## **U4 and U5 Guidelines**

Format of play: 3v3 (no goalie)

Duration: Practice for about 30 minutes—scrimmage for four 5-minute quarters. The league provides an eight-session training planer.

Substitutions: at quarter breaks

Ball size: 3

Coaches on field: Yes (and probably several parents as well)

Referees: Coaches

Fouls & Misconduct: All infractions shall be briefly explained to offending player with calls based on player safety

Free Kicks: All free kicks are indirect, opponents 3 yards from ball.

Throw-ins: Player to be given a second chance after correct procedure explained.

Goal Kicks: Receiving team members behind centerline until ball is kicked

Playing Time: Coaches should attempt to equalize playing time, however, with this age group some kids may not want to play.

## **U6-8 Guidelines**

Format of play: 4v4 (no goalie)

Duration: **U6** - Practice for about 40 minutes—followed by a game with four 8-minute quarters. **U7/8** - Practice for about 40 minutes—followed by a game with four 10-minute quarters. The league provides an eight-session training planer.

Substitution: Suggested at quarters

Ball size: 3

Coaches on field: Yes –1 or 2 from each team. As the season progresses work to “remove yourself” from the field of play.

Referees: Coaches

Fouls & Misconduct: All infractions shall be briefly explained to offending player with calls based on player safety

Free Kicks: All free kicks are indirect, opponents 3 yards from ball.

Throw-ins: Player to be given a second chance after correct procedure explained

Goal Kicks: Receiving team members behind centerline until ball is kicked

Playing Time: Coaches should attempt to equalize playing time and pigeonholing is not allowed.

Scoring: No score is kept, mercy rule applies

## **U10 Guidelines**

Format of play: 7v7 (including goalie)

Duration: Two – 25-minute halves, 5 to 10 minute halftime

Substitution: At any stoppage. Free substitution on; kick off, injury, or halftime.

Ball size: 4

Coaches on field: No – on the side – not next to goal

Referees: Yes-1, (coaches may if no registered referee is available)

Offsides: Yes, but it is the build-out line, *not* the center line

Fouls & Misconduct: Conform to FIFA

Free Kicks: Opponents must be 8 yards from ball

Penalty Kicks: Conform to FIFA

Throw-ins: Conform to FIFA

Heading: No *intentional* heading is allowed in U10 games (or practices).

Indirect kick for the spot of the infraction. Un-intentional, play on.

Build out line: The build out line is used to promote playing the ball out of the back in an unpressured setting.

When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must move behind the build out line. Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball to a teammate. Punting the ball is not allowed. After the ball is put into play, the opposing team can then cross the build out line and play can resume as normal.

Playing Time: Coaches should attempt to equalize playing time. Coaches should start to develop positions.

Score: Score is kept, however, not entered at the website.

## **U12 Guidelines**

Format of play: 9v9 (including goalie)

Duration: Two – 30-minute halves, 5 to 10 minute halftime

Substitution: At any stoppage. Free substitution on; kick off, injury, or halftime.

Ball size: 4

Referees: 2-3 Registered referees

Offsides: Conform to FIFA

Fouls & Misconduct: Conform to FIFA

Free Kicks: Conforms to FIFA

Penalty Kicks: Conform to FIFA

Throw-ins: Conform to FIFA

Heading: No *intentional* heading is allowed in U12 games (or practices).

Indirect kick for the spot of the infraction. Un-intentional, play on.

Playing Time: Coaches are allowed to reward additional playing time to players that attend practice. Coaches should start to develop positions—especially goalie.

Score: Score is kept, however, not entered at the website.

## **U14 Guidelines (same as U12 except the following)**

Format of play: 11v11 (including goalie)

Duration: Two – 35-minute halves, halftime 10 minutes.

Ball size: 5

Heading: Is allowed in game. Limited in practices to no more than 30 minutes of heading training in a given week.

Playing Time: Coaches are allowed to reward additional playing time to players that attend and work hard in practice. Coaches should start to pigeonhole positions.

FIFA guidelines available at [lakeshoreyouthsoccer.com](http://lakeshoreyouthsoccer.com), coaches' corner.



## GENERAL GUIDELINES

There are certain soccer etiquettes that should be recognized.

- Parents should leave at least 3-5 yards clear on the side of the field. This allows the players room to throw the ball in OR to travel off the field if making a play without colliding with them.
- No one should stand just off the field at the goal line. This is viewed as a distraction to the players on the field. Coaches should be on the field (U5-U8) or on the side of the field.
- Teams should be on the same side of the field and parents on the other (some flexibility is given for the U5 thru U8 since players often want to go to their parents when sitting out).
- The equipment bag contents vary by division, but generally include: balls, cones, first aid kit, goalie jersey, pinnies, and a pump.
- **Game rescheduling:** coaches are responsible for rescheduling games. You must first check the website at “master schedule” on the home page to see if a field is available. Then reschedule at your team’s page>schedule. Remember for U10 and up coaches will be responsible to contact referees when canceling or rescheduling. Last minute cancelations will likely result in LYSL still paying referees.
- **Mercy rule:** although we don’t keep score (Yes, we do) coaches will enforce adding a player when down by six goals and a second when down by seven. Teams become even again when the score is tied.
- **Weather Policy:** When there is thunder with visible lightning everyone must leave the field for 30 minutes after last lightning strike. In cases of extreme weather, the league may cancel all games via email.
- In the event of a minor injury a first aid kit is provided in the equipment bag. The coach is responsible in cases of more severe injuries when parents are not in attendance. Do not hesitate to call the parents or an ambulance if it is warranted.
- Players are allowed to play up one division and coaches are encouraged to contact the Head of Coaches if a player is dominating a division. Players are also allowed to play in two divisions—up and age appropriate.
- **Food Allergies:** The Head of Coaches will notify you if a player has a food allergy, however, PLEASE ask your parents if there are any allergies in case it was not noted at registration.

## PRACTICE GUIDELINES

These guidelines are simply intended to provide a suggestion for what works well. You may find that something else works well for you. Use your discretion. **NOTE:** U4 thru U8 follows a practice/game (or scrimmage format so we strongly suggest that you follow our recommendations. For U10 and above the LYSL website (home page>coach's corner>training, has a ton of practice drills.

You are only allowed half of a field for practice and they cannot be reserved. Find at least one team to scrimmage for the season (U8 and up), a scrimmage partner gives you the whole field. Example practice/scrimmage at U10: 90-minute total split 50 minutes for practice and 40 minutes for scrimmage.

### **U4-U5-U6:**

No additional practices are recommended. A meet and greet before the season or at least right before your picture day time slot is.

### **U7:**

Duration: 45-60 minutes

Frequency: 1 practice before the season begins

### **U8:**

Duration: 60 minutes

Frequency: 1-2 practice before the season begins

### **U10:**

Duration: 60-75 minutes

Frequency: four to five practices before the season begins. One practice per week during season

### **U12-U14:**

Duration: 75-90 minutes

Frequency: five to six practices before the season begins. One to two practices per week during season, not to exceed three total game and practices in a given week

## FORMATIONS

Formation, positioning of players in the field starts from defense (backs) to offense (striker/forwards) and does not include the goalie. An example of a U12 9v9 formation: 1-2-1-3-1 = sweeper, backs, stopper, mid-fielders, striker/forward. See

<http://www.soccerhelp.com/Soccer Formations.shtml> and [lakeshoreyouthsoccer.com](http://lakeshoreyouthsoccer.com) for more info.

### **U4 - U6:**

Formations are really not necessary in these divisions, but we also do not want them to be a bunch of grapes running all over the field so you have to try keeping them separated.

### **U7 & U8:**

Not a lot of choices for 4v4. Because there are no goal keepers a 1-2-1 (back, mid-fielder, forward), make the most sense. A 2-2 is simple.

### **U10:**

This is typically the division where formations will start to make or break you. A 2-3-1 (backs, midfielders, striker) is a good choice. Use a 1-3-2 if you are trying to play catch up at the end of a match or a 3-2-1 to protect a lead.

### **U12:**

In this larger 9v9 division there are numerous choices and I would recommend checking out the website (see U14). I typically used a 2-1-3-2 (backs, stopper, mids, forwards/strikers) so the players stay more compact when defending). A simple, but effective formation would be a 3-3-2.

### **U14:** See the website

<http://www.soccerhelp.com/Soccer Formations.shtml> for this division.

# HOW TO COACH –“O D O I”

## **Organization:**

- Prepare your practice session ahead of time
- Ensure you have the correct equipment
- Try to minimize the amount of time needed for adjustments

## **Demonstration:**

- Be ready to show the skills or identify a player who has shown the ability
- Paint a clear picture

## **Observation:**

- Focus on how to watch the game/drill and look for the teachable moment

## **Instruction:**

- Coaching points, not criticisms (“that was a bad kick”)
- Stay on topic. If working on dribbling, don’t coach finishing points

## **ADDITIONAL COACHING INFORMATION**

When transferring instruction (“I”) to the players, consider these different opportunities:

### **Allow the condition of the game to do the coaching:**

The game is the best teacher. Sometimes it is best to let things happen naturally.

### **Coach the team within the flow of the game**

### **Coach the individual within the flow of the game**

### **Coach at a natural stoppage**

### **Use the “FREEZE!” method:**

- Recognize: When a coaching opportunity presents itself with sufficient urgency yell “FREEZE”. Inform the players of the opportunity they have.
- Replay: Go into the situation and demonstrate (or have the players do it) the proper technique

## WEBSITES FOR DRILLS

[http://www.usyouthsoccer.org/coaches/CoachConnect\\_LessonPlans.asp](http://www.usyouthsoccer.org/coaches/CoachConnect_LessonPlans.asp)

<http://www.usyouthsoccer.org/players/SkillzSchoolVideos.asp>

<http://www.soccer-for-parents.com/soccer-drills.html>

<http://www.soccerspecific.com/ss/>

-use promo code “1555” for free membership

<http://www.strongsoccer.com>

<http://leagueathletics.com/HeyCoach.asp?n=48421&snid=dLG%40%5D3K%3E%5F&org=lakeshoreyouthsoccer.com>

<http://www.soccer-training-info.com/default.asp>

[http://www.insidesoccer.com/?isf=library&lib\\_id=119](http://www.insidesoccer.com/?isf=library&lib_id=119)

## LINKS

[www.lakeshoreyouthsoccer.com](http://www.lakeshoreyouthsoccer.com)

[www.michiganyouthsoccer.org/Page645.aspx](http://www.michiganyouthsoccer.org/Page645.aspx)

[www.soccer-for-parents.com](http://www.soccer-for-parents.com)

<http://www.usyouthsoccer.org/>

[http://www.usyouthsoccer.org/assets/Small\\_Sided\\_Games\\_Manual.pdf](http://www.usyouthsoccer.org/assets/Small_Sided_Games_Manual.pdf)

[www.soccerhelp.com](http://www.soccerhelp.com)

[www.soyouwanna.com/site/syws/soccer/soccer.html](http://www.soyouwanna.com/site/syws/soccer/soccer.html)

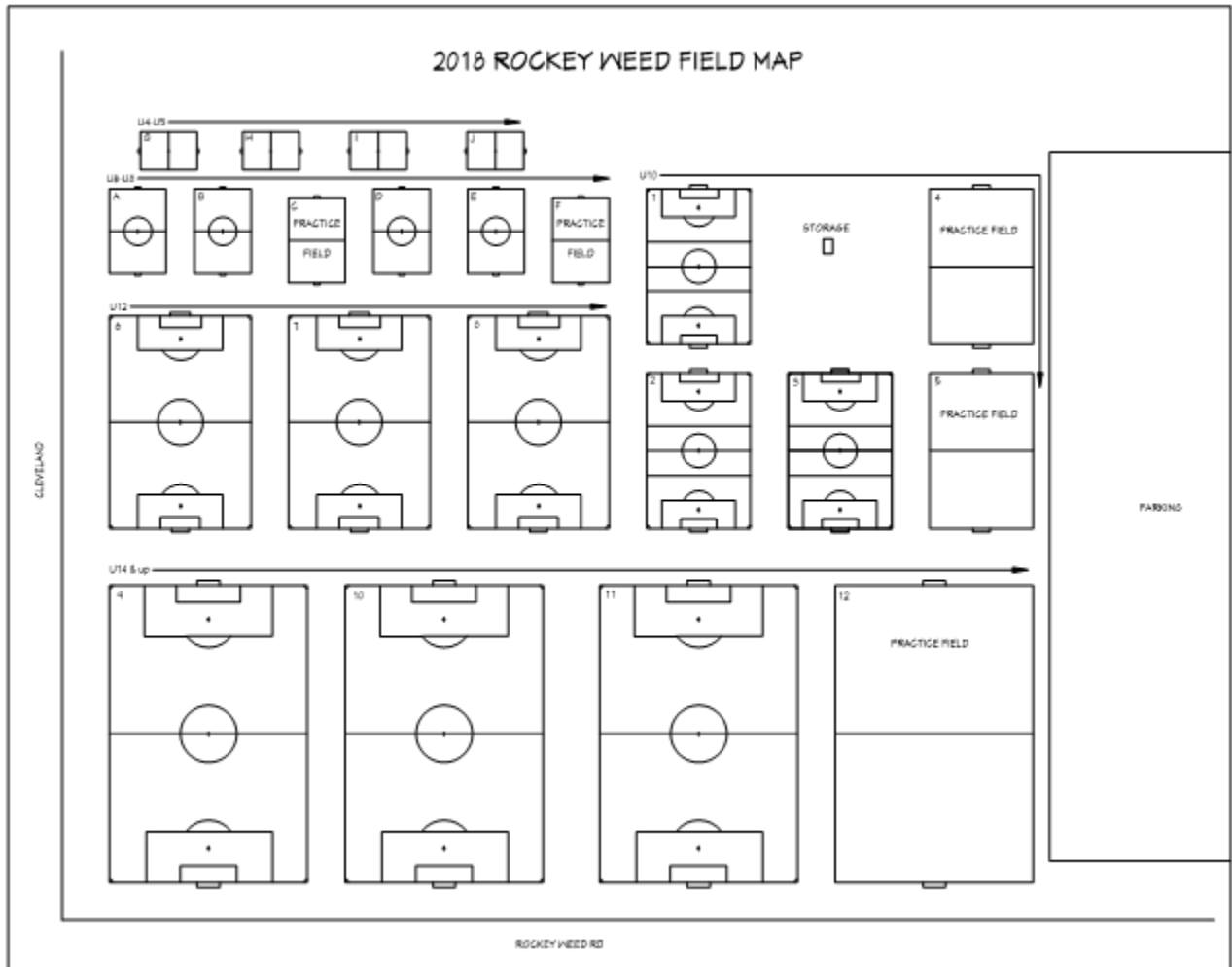
## PRE-GAME ACTIVITIES

Warm Ups – Most of the kids up to U10 don't require any formal stretching or warm up activity. Simply encourage them to play with the ball and run around. Dynamic stretching should be introduced around U10. It involves stretching using large movements instead of the classic bend and touch your toes technique. Try Googling “dynamic stretching”.

Pass & Shoot Drill – Form two lines (one left, one right) at near half field. A passer (the coach) stands just outside the goal area and passes to one of the lines. The player receiving the ball is expected to make a trap, dribble then pass to the other player (in a good position), who should have started down the field toward the goal. Passing may continue back and forth (depending on division and field size) until one player shoots. This can be started with no goalie, adding one later. To progress with this, a defender can be added to force the passes. If the defender can take possession of the ball and return to the coach, the attackers turn is through.

Keep Away – This is a great way to get into the habit of controlling, moving to a position and passing.

# FIELD MAP



# FIELD ("Pitch") TERMINOLOGY



Revisions by Mark Smith, last April 8, 2019

[Headofcoaches@lakeshoreyouthsoccer.com](mailto:Headofcoaches@lakeshoreyouthsoccer.com)