

FULTON PARKS & RECREATION



Youth Soccer Rules & Regulations



"teaching more than just the game!"

City of Fulton
Parks and Recreation Department
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Dear Players, Coaches, Parents & Fans,

On behalf of the Fulton Parks & Recreation Department, let me thank you for participating in our youth sports program. Fulton and Callaway County can boast of a great athletic tradition and it all starts right here at the recreation level. It is our mission to provide your child with an organized athletic program in a safe environment. As a department, we encourage our coaches and officials to encourage good sportsmanship and fair play. While we feel that winning is important, we strongly believe that it is more important that we teach young children both how to win and how to lose. Please remember, all of our coaches are volunteers and the majority of our officials are working because they truly love the sport. The coaches and officials will make mistakes occasionally. We ask that you be patient with them and always treat them with courtesy and respect.

When evaluating our program, please ask yourself 3 simple questions: 1) Is the program structured in a way that is organized and easily understood?, 2) Is the environment one that promotes safety and fair play?, and 3) Is the program providing some form of physical, mental, social and/or emotional benefit for your child? If the answer to these questions is YES, then we have accomplished our objective. We will be placing a strong emphasis on sportsmanship and character during our events. Please help us to promote this attitude and we will all be better people.

This booklet will help you understand our policies, procedures and the rules of the game. It is our hope that you will read this material and hold us accountable to always following the rules within our own manual. Please feel free to ask questions at any time. These programs are here for you. The more we all know about our programs, the better the programs will be.

As a department, we pledge to you to uphold the highest standards of fair play and to make all decisions based on what is best for the entire program. Let's all resolve to train our children to be champions in sports and in life! Again, thank you for participating in this Fulton Parks and Recreation program. We look forward to a great season.

Sincerely,

Clay Caswell
Director of Parks & Recreation

"The quality of a person's life is in direct proportion to their commitment to excellence."

FULTON PARKS & RECREATION

PARENT & SPECTATOR CODE OF ETHICS

PARENTS AND SPECTATORS SHOULD REMEMBER THAT THE FPR PROGRAMS ARE FOR THE CHILDREN TO LEARN THE FUNDAMENTALS, SPORTSMANSHIP, TEAMWORK, AND TO HAVE FUN!

PARENTS ARE TO REMEMBER THAT THEY ARE TO SUPPORT THE CHILDREN. YOU WOULD NOT STAND UP AT THE SCHOOL SPELLING BEE AND YELL NEGATIVE REMARKS AT THE KID SPELLING THE WORD, SO DON'T DO IT HERE, IN OUR CLASSROOM. BE POSITIVE!

DON'T LET THE "WIN AT ALL COST" BUG BITE YOU. THROUGH SPORTS A CHILD CAN LEARN MANY POSITIVE THINGS. WINNING IS IMPORTANT. WE WANT TO ENCOURAGE OUR KIDS TO PLAY TO WIN. EVEN MORE IMPORTANT HOWEVER, IS TEACHING THEM HOW TO ACT WHEN THEY WIN AND WHEN THEY LOSE, WITH GRACE AND DIGNITY.

CHILDREN LEARN MUCH FROM PARENTS AND SPECTATORS. THEY FUEL OFF HOW ADULTS BEHAVE. IF YOU ACT APPROPRIATELY, THEY WILL ACT APPROPRIATELY MOST OF THE TIME. RESOLVE THAT YOU WILL NOT DO SOMETHING TODAY THAT YOU WILL BE SORRY FOR TOMORROW.

NO PARENT OR SPECTATOR SHOULD USE TOBACCO PRODUCTS WITHIN THE CONFINES OF THE PLAYING AREA.

PARENTS AND SPECTATORS SHOULD SHAPE THEIR BEHAVIOR AS TO BE A POSITIVE EXAMPLE TO ALL OF THE CHILDREN IN THE PROGRAM.

ANY PARENT HAVING KNOWLEDGE OF THEIR CHILD PLAYING UNDER A FALSE AGE, IDENTITY OR ADDRESS WILL HAVE HIS/HER CHILD SUSPENDED INDEFINITELY FROM ALL FPR PROGRAMS.

PARENTS AND SPECTATORS SHOULD REMEMBER THAT ALL OF THE COACHES ARE VOLUNTEERS. IT IS NOT A REQUIREMENT THAT THEY KNOW AS MUCH ABOUT A PARTICULAR SPORT AS YOU MAY KNOW. AS LONG AS THEY ARE FOLLOWING THE POLICIES AND PROCEDURES OF THE FULTON PARKS AND RECREATION DEPARTMENT, THE RULES OF THE GAME, AND PROVIDING A SAFE ENVIRONMENT; THEY ARE WORTHY OF A CERTAIN AMOUNT OF RESPECT AND APPRECIATION. THEIR WIN-LOSS RECORD HAS NO BEARING ON THEIR JOB PERFORMANCE.

PARENTS AND SPECTATORS SHOULD LIMIT THEIR PUBLIC COMMENTS TO THOSE OF A POSITIVE NATURE. CHEER FOR ALL THE KIDS!

PARENTS AND SPECTATORS SHOULD ALWAYS RESPECT THE OFFICIALS OF THE GAME AND THE STAFF OF THE FPR. NO ONE IS CHEATING YOUR CHILD! OFFICIALS WILL MAKE BAD CALLS OCCASIONALLY. IF IT WON'T MATTER 10 YEARS FROM NOW, DON'T ACT LIKE IT IS THE END OF THE WORLD TODAY.

FAILING TO ABIDE BY THE PARENT & SPECTATOR CODE OF ETHICS OR ANY ACTS OF DEVIANT BEHAVIOR OR POOR SPORTSMANSHIP CAN RESULT IN THE FOLLOWING:

1. REMOVAL OF PARENT OR SPECTATOR FROM THE PARKS & RECREATION FACILITY
2. INCIDENT REPORTED TO FULTON POLICE DEPARTMENT
3. SUSPENSION OR DISMISSAL OF THE PARTICIPANT FROM THE PROGRAM. (IF A PARENT IS IN VIOLATION, HIS/HER CHILD MAY BE REMOVED FROM THE PROGRAM)

Fulton Parks & Recreation



Rules & Regulations

Fulton Parks & Recreation soccer games will follow the FIFA Laws of the Game with the following exceptions:

Head Coach Responsibilities

The Head Coach of each team is responsible for the following:

Conduct a Parent Orientation meeting prior to the first practice session. Coaches will provide parents with the following information: a) practice/game schedules, b) league rules, c) team picture information, d) Parks & Recreation rules and policies, e) Sportsmanship policies and behavior expectations, f) consequences for inappropriate behavior.

All coaches must attend the Soccer Clinic

Picking up equipment after parent orientation has been completed.

Selecting an assistant coach

Scheduling practices

Distributing team uniforms

Teaching the basic skills and fundamental of the game to the players

Teaching good sportsmanship to the players

Serving as a positive role model to the players

Insuring that all parents, coaches, spectators and players demonstrate appropriate behavior and abide by the rules and regulations of the Fulton Parks & Recreation Department.

Positively supporting the Fulton Parks & Recreation Department at all times.

Scheduling a post-season activity for the team (ie. pool party, barbecue, awards banquet, etc.)

Returning all equipment to the Parks and Recreation office.

Team Picture Policy

Fulton Parks and Recreation will schedule a professional photographer to take team and individual pictures that will be available for purchase by the parents. Picture order forms and a picture schedule will be made available to parent as early in the season as possible. When possible, photo sessions will be scheduled to coincide with a scheduled game.

Coaches and/or parents are not to contact the photographer to request a different photo day/time.

All payment is due at time of photo session.

Coaches must not refuse to have their team attend and participate in the photo session, even if no team member will be buying the photographs. Team photos will be given to team sponsors and it is imperative that all teams have a team picture taken.

Photographer will be selected based on price, service and dependability.

Game Cancellations

- A. In case of inclement weather or wet field conditions, please call the Parks & Recreation Hotline at 592-3195 for the most current updates. Decisions will be made by 4:30 pm on the day of the game or on Friday, if game is on a Saturday, if possible. Cancellations after 4:30 will be made at the game site by the Event Supervisor or Game Official.
- B. Coaches should be on the look out for lightening and notify the game officials immediately if lightening occurs. Coaches have the authority to pull players from field if they feel the weather conditions aren't safe.
- C. The first rainout will be made up regardless of when it occurs, note the make-up date on bottom of schedule. Coaches will be notified if there will be any additional rainout make-up dates. Please explain to your parents that games may need to be cancelled because of wet fields even if it is not raining at the time of your scheduled game.

Dangerous/Severe Weather

- A. Weather can be full of unpredictability i.e., wind, rain, lightning. If during your game there is severe weather please continue with CAUTION. We are more concerned with safety of all participants than completing a game. Discuss concerns with other coaches/referees. If a game is cancelled or halted due to bad weather, please send all players/parents/fans to their cars or to shelter. Do not allow parents/players to remain exposed to potential severe weather.
- B. It is not a policy to cancel games because of excess heat or a little rain or cold weather. Please call the game cancellation line if your are unsure.**
- C. Furthermore, parents are encouraged to make individual decisions for their own child when outdoor weather elements become a concern, as to whether or not to attend any particular game if the game is not officially cancelled.

Leagues/Age Restrictions

1. Players will be divided by their current grade in school.
2. A player may play in an age/grade group that is higher than their own, provided there is only a one year gap between the player's actual age/grade and the minimum age/grade of the higher league. A player may not play in a lower grade division than what their current grade qualifies them for.
3. If a player is determined to be ineligible to participate in a league because of age or grade or has been intentionally signed up in an incorrect age/grade division, the following sanctions will apply:
 - a. The child will be removed from the league and not allowed to play any games during that season
 - b. The child's team will forfeit all games that the ineligible player participated in.
 - c. The team will forfeit any awards that were received.
 - d. The team may be eliminated from future play.
 - e. The Parks & Recreation Department reserves the right to review each eligibility case on an individual basis and make appropriate and fair decisions that may fall outside the previously mentioned sanctions.
4. The Fulton Parks & Recreation Department reserves the right to make changes to the age/grade divisions in order to insure that there will be enough players to form a league.

Sportsmanship

- 1) Sportsmanship will be the primary teaching goal of this program. Unsportsmanlike behavior will not be tolerated by players, coaches, or spectators. Minor infractions may be dealt with by the game officials(s), while more serious infractions will be handled directly by the Parks & Recreation office.
- 2) No cursing, taunting, alcohol, or tobacco products will be tolerated on or around the field. This includes the spectator areas and player areas. This applies to coaches, players, and spectators.
- 3) The referees and/or event supervisor are in charge of the field and have full right to eject anyone from the game or premises with or without warning.
- 4) An individual's first ejection of the year will result in an additional one game suspension (coach, player, or spectator). A second ejection will result in suspension for the remainder of the year (a minimum of five games, even if that carries into the following season) and may result in more serious disciplinary action depending on the severity of the infraction. The Parks & Recreation Director reserves the right to impose more or less severe disciplinary action depending on the severity of the incident, past history of the individual, etc.

Safety

- 1) No kicking while a player, especially the goalie, is on the ground with the ball.
- 2) All players must wear shin guards. No jewelry is allowed.

Protests

- 1) Any protests must involve rules interpretation calls only. Judgment calls are not grounds for protest. In addition, any protests must be made at the time of the disputed call and the game played under protest from that point on. A written notice to the Parks & Recreation office must accompany a \$25 protest fee to be considered.

Playing Requirements

- 1) All players must play at least 1 half of a game. If a game that is shortened because of inclement weather, players who did not get adequate playing time, must start the next game.
- 2) Substitutions will not be limited, in order to get everyone their allotted playing time. Every player should start at least one game during the season.
- 3) All players must attend scheduled team practices. Anyone failing to attend practices on a regular basis may be dropped from the league by the Parks & Recreation Director.

Official Games

- 1) In the case of rain, games will be considered official if one half of a game has been completed.

Length of Games

- | | |
|----------------------|----------------------------------|
| 1. K-1 -- 28 minutes | 14 minute halves/5 min. halftime |
| 2. 2-3 -- 40 minutes | 20 minute halves/5 min. halftime |
| 3. 4-5 -- 44 minutes | 22 minute halves/5 min. halftime |
| 4. 6-8 -- 48 minutes | 24 minute halves/5 min. halftime |

The Event Supervisor, scorekeeper or the referee will keep the official time.

Game Officials

The following is the recommended minimum number of referees per game for each division.

K-1 – 1 Referee 2.) 2-3 – 2 Referees 3.) 4-6 – 2 Referees

Field Information

<u>Division</u>	<u>Dimensions</u>
1. K-1	150' x 90'
2. 2-3	180' x 120'
3. 4-6	240' x 150'

Uniforms

1. Players are required to wear all Parks & Recreation issued uniforms during the game. Shin guards are required.
2. No jewelry is allowed, including bracelets, earrings, watches, necklaces, etc. Stud ear rings can be worn if they are completely covered with athletic tape.

Awards

A Post-Season Tournament will be used to determine 1st & 2nd Place.

Division K-1 will only receive participation medals.

Sponsors – All sponsors will receive a sponsor plaque and team picture.

Standings and Scoring

Standings and game scores will not be kept in the K-1 division. Standings and Score will be kept in all other divisions.

Tie-Breaker

1. **Game – Sudden Victory:** 5 minute overtime period-First to score is declared the winner. If teams are tied after the Sudden Victory period, both teams will participate in a Shootout with the following guidelines:
 - a) The referee shall choose the goal at which all kicks are taken.
 - b) First kick shall be decided by a coin-toss.
 - c) Kicks shall be taken from the penalty marks established on the field of play.
 - d) Both teams shall take five (5) kicks.
 - e) The kicks shall be taken alternately.
 - f) If after five (5) kicks, the teams have scored an equal number of goals, additional extra kicks will be taken. When both teams have taken the same number of kicks, and one team has scored one goal more than the opposition, then that team will be declared the winner.
 - g) Each kick shall be taken by a different player (the goal keeper may be included). No player shall take a second kick until all players on a team have had one opportunity.
 - h) All players except the two goal keepers and the player taking the kick must remain in the center circle during all kicks.
2. **Season Standings** - The following criteria will be used to determine seeds or final standings in the event of a tie:

2-way tie

- 1st Tiebreaker - Head to Head results
- 2nd Tiebreaker - Highest Goal Differential
- 3rd Tiebreaker - Most Goals Scored
- 4th Tiebreaker - Coin Toss

3-way tie

- 1st Tiebreaker - Highest Goal Differential
- 2nd Tiebreaker - Most Goals Scored
- 3rd Tiebreaker - Head to Head results

Team Composition

Whenever possible, teams will not have more than 13 players per roster & will have an equal ratio of male/female players.

<u>Age/Grade Division</u>	<u>Players/Side</u>
K-1	9
2-3	9
4-6	8
6-8	7

Equipment

The following soccer balls will be used:

***Coaches will be issued 2 game/practice balls**

<u>Division</u>	<u>Ball</u>
K-1	Size 3
2-3	Size 4
4-6	Size 5

General Rules

Each coach will be responsible for reviewing and knowing the roles for the division that they are coaching.

Violations:

Referees and coaches will make every effort to assist the players with avoiding fouls and violations. At the discretion of the referee, if a violation was unintentional and did not benefit the violating team, play may continue uninterrupted (Play On).

Handling the Ball – when a player, other than the goalie touches the ball with their hands or arms. Once outside the penalty area, the goalie is considered a regular player & can no longer touch the ball with his hands.

Offside – when an offensive player is closer to his/her opponents' goal than the ball or the second to last defender, and is part of the play. ***Off-side will not be called in the K-1, 2-3 divisions.**

Throw-in Violations – when a player is throwing the ball in, the following rules must be observed:

- 1) Both feet must be on the ground at the time the ball is released.
- 2) Both hands must be on the ball and the throw must be start behind the head and finish in front.
- 3) The player must not cross the out of bounds line.

If any of these rules are broken, the other team gets the throw-in.

Fouls and Misconduct:

Fouls or misconduct may result in a warning, however it is possible that a player can be ejected on a first offense.

Penal Fouls – Result in a direct free kick or, if in penalty area, a penalty kick. Examples: Kicking, tripping, pushing, spitting on or at, holding, kicking the ball at, or attempting to do any of the aforementioned to an opponent.

Non-Penal Fouls – Result in an indirect free kick. Examples: Obstructing another player, unsportsmanlike behavior and any dangerous play.

OTHER IMPORTANT INFORMATION:

Kick Offs: At The start of the game, a coin is flipped & the winner of the toss decides whether they want to kick off or take choice of goal. At the start of the 2nd half, the teams switch goals & the other team kicks off.

Other Kicks:

Corner Kick: If the defensive team kicks the ball beyond its own goal line, the other team receives a corner kick.

Goal Kick: If the attacking team kicks the ball beyond the goal line (ex. Missed shot). The opposing team gets a free kick inside the goal area from the side of the goal that the ball went out on. The team that is not kicking must stay out of the penalty area.

Free Kicks: **Direct Kick** – Can score without touching any other players. (fouls)
Indirect Kick – Must touch another player before it can score. (misconduct)

Penalty Kicks: Awarded when a defending team commits a direct kick foul in the penalty area. One kicker and the goalie.

No kicking while a player, especially the goalie, is on the ground with the ball.

TEAM SELECTION & DRAFT RULES & REGULATIONS

1. K-1 division will not have a draft. All players will be assigned to teams. When possible, teams will have an equal number of male & female players and an equal number of Kindergarten & 1st grade players. Coaches may request or “Freeze” a maximum of 4 players—all others will be assigned.
2. **Frozen Players**
 - Teams will be allowed to freeze the son or daughter of 1 Head Coach and 1 Assistant Coach. If the coach has more than one son/daughter on the team, all may be frozen
 - Each team may freeze 1 additional player if that player was coached by the same coach during the previous season (any sport)
 - A team sponsor may request that 1 player be frozen on a specific team that they are sponsoring.
 - No player can be frozen without parent consent. If a player is frozen without parent consent, that player may be removed from that team and placed on the team with the lowest number of players.
 - If a coach does not have a son/daughter in the league, they will be given one compensatory “freeze”.
 - All teams in a division will have the same amount of freezes.
 - Sponsors can not select coaches. Parks and Recreation will assign sponsors to specific teams.
 - Maximum number of frozen players per team = 4
3. Roster limit will be no more than 14 players whenever possible.
4. Whenever possible, no team will have more than 8 players of one age on the roster.
5. Players will be rated on their age & years of experience. These ratings will be available to all coaches prior to the draft.

6. Coaches will draw for the order of the draft. The order will reverse after every round.
7. Siblings- If a coach selects a player who has a sibling in the same division, the coach must take both players and it will count as two picks. The coach will be skipped in the next round.
8. The only people allowed in the draft room are the head coach and assistant coach from each team, Parks and Recreation Staff members and anyone approved by the Parks and Recreation Department.
9. Draft Procedure
 - Players will be listed by age and then alphabetically. All players will be numbered.
 - Frozen players will be assigned and checked off on the list.
 - Round 1: Age Equalizer-coaches will be assigned the first lowest number in the age group that is needed to balance the team.
 - Round 2: Start with lowest available number and work up assigning players to team based on draft order.
 - Round 3: Gender Equalizer – coach will be assigned first available male or female to better balance the male/female ratio.
 - Round 4: Start with highest available number and work down, assigning players to a team, based on draft order.
 - Round 5: Coach will have choice of ANY available player still left in the draft.
 - Round 6: Start with highest available number and work down, assigning players to a team, based on draft order.
 - Round 7: Coach will have choice of ANY available player still left in the draft.
 - Round 8: Age Equalizer-coaches will be assigned the first lowest number in the age group that is needed to balance the team.
 - Round 9 & up: Start with lowest available number and assign players to a team based on draft order.
10. Trades: Teams will be allowed to trade a maximum of 2 players after the completion of the draft. Trades must be mutually agreed upon and should be an equal (age, gender, experience rating) exchange of players when possible.
11. All comments made about players during the draft meeting are considered confidential and should not be discussed outside the draft room.
12. Once the draft is officially closed, no player can be removed from a team and placed on another team. Exception: The Parks and Recreation Department will have the authority to move players from team to team.

Selection of Coaches

The Fulton Parks and Recreation Department will strive to select qualified coaches who will serve as a positive role model for the youth of our community and who will promote and encourage good sportsmanship and fair play while teaching the fundamentals of the game.

- All coaches must submit a coaching application and will be selected based on date of application as well as on the following priority list:
 - a. Individual has positively supported the Fulton Parks and Recreation Department in the past.
 - b. Former Coach in good standing
 - c. Former Head Coach in same division
 - d. Former Assistant Coach in same division
 - e. Former Head Coach in another division
 - f. Former Assistant Coach in another division
 - g. Former coach returning from hiatus
 - h. Someone who has successfully coached in another Parks and Recreation sponsored sport.
 - i. A new volunteer
 - f. Parks and Recreation Director's approval
- The Parks and Recreation Department reserves the right to reject any coaching application for any reason.

Coaching Tips & Techniques

Coaches- In the following section you will find information that may be useful to you in conducting practices, game management and educating young players, as well as parents, about the skills, tactics & rules involved with the game of Soccer. Good luck, have a great season and always remember.....Our goal is to teach more than just the game!

Coaching Ball Skills

Soccer players do not automatically know how to execute the various techniques (skills) associated with the game. Even after learning the basic skills, players need instruction on how and when to use the techniques they have learned in a game situation. Our job as coaches is to teach our players the basic techniques and give them the knowledge of the game and confidence in themselves that will help them reach their full potential as soccer players.

Teach Using Progressions

The basic idea in teaching soccer techniques is to start simple and increase the level of difficulty.

Start with the simplest elements of the technique. Let players learn initially without any pressure.

Gradually add more elements of the skill.

Gradually increase the difficulty level of the activity. Increase difficulty (pressure) by:

- Increasing the number of players executing the skill in a limited area
- Reducing the space available for executing the activity
- Specifying the direction the player must move
- Adding a passive defender ("shadow defense")
- Adding an active defender

Finally, perform the skill in the way it would be used in a game.

Remember, tactics are not important for the younger player and should not be stressed. As the players mature, and the concept of team play begins to develop, the tactical elements can begin to be introduced. Listed below are some basic guidelines, which fall into the realm of tactics

Dribbling, Turning, Faking

A. Techniques

- Dribbling with inside of foot (R and L)
- Dribbling with outside of foot (R and L)
- Running with the ball for speed
- Turning with the inside of foot (R and L)
- Small controlled steps, ball should be kept approximately 2-3 feet in front of you
- Change speed and direction

B. Principle

- Close control in close space
- Keep head up to see the ball and developing play

Shielding

Focus your attention on the listed points for each technique as you observe your players. It is important for your players to learn to practice techniques properly, but remember that this may take some time-

more for some techniques and less for others, and more for some players than others. Again, be patient and be encouraging!

Practice all foot skills with both right and left feet!

A. Techniques

- Legs bent
- Shoulders down
- Arms at sides

B. Principle

- Used as a means of keeping opponents away from the ball, or to stall time waiting for a teammate to get open.



Shooting

Focus your attention on the listed points for each technique as you observe your players. It is important for your players to learn to practice techniques properly. Be patient and be encouraging.

Practice all foot skills with both right and left feet!

A. Techniques

- Strike the ball with the laces of the shoe with both feet (R and L)
- One-touch shooting

B. Principle

- Accuracy before power (avoid shooting directly at the goalkeeper)
- Head down
- Ankle locked with foot pointing downward at toe



Passing and Receiving

Focus your attention on the listed points for each technique as you observe your players. It is important for your players to learn to practice techniques properly. Be patient and be encouraging!

Practice all foot skills with both right and left feet!

Passing:

A. Techniques

- Lace kick for power (R and L)
- Heading
- Inside of the Foot Pass:
 - Ankle locked
 - Foot slightly up at the toe
 - Thigh turned outward

B. Principle

- Look up to establish eye contact
- Connect with the middle of the ball just before the instep
- Follow through (contributes to the direction and tempo of the pass)

Outside of the Foot Pass:

A. Techniques

- Ankle locked

- Foot pointing slightly downward at the toe
- Leg swings across the ball
- Ball should spin when kicked

B. Principle

- Discourage kicking with the toes
- Pass and immediately move to support

Receiving a Pass:

A. Techniques

- Move toward the ball (don't wait for it to come to you)
- Inside or outside of foot used more often
- Foot surface first touching the ball should be withdrawn slightly on contact to take the momentum out of the ball (cushioning)
- Ball should not be stopped immediately, but under close control
- Redirect ball in front or to side in anticipation of moving in that direction to pass or dribble

Controlling (trapping)

A. Techniques

- Inside of foot (R and L)
- Thigh (R and L)
- Chest
- Head
- Outside of foot (R and L)

B. Principle

- Use relaxed stance, knees slightly bent
- Cushion control is the key
- Control the ball using any legal part of the body (NO HANDS unless you are the goalie)
- The controlling surface must "give" on contact to cushion the ball
- Ball should stay close to the player (not bounce away)
- If using a chest trap, bend the body backward slightly so that the ball rolls down onto the ground at the feet.

Heading and Juggling

Heading

A. Techniques

- Lean back at the waist
- Lunge into the ball
- Strike the ball with middle of forehead

Ball Juggling:

Continuous bouncing of ball off head, shoulders, thigh, foot, chest, etc., without the ball

Teaching Soccer with Skill Games

Games that will teach Soccer Skills to Youth Players

You don't need 100 practice activities. Pick a few and work at them.

- Step 1 - explain the activity (why and how it is done)
- Step 2 - demonstrate the activity (slowly, step by step)
- Step 3 - execute the activity
- Step 4 - figure out what went wrong (it's often the instructions); fix it, and start over!

Remember: **showing is better than talking.**

Soccer players do not automatically know how to execute the various techniques (skills) associated with the game. Even after learning the basic skills, players need instruction on how and when to use the techniques they have learned in a game situation. Our job as coaches is to teach our players the basic techniques and give them the knowledge of the game and confidence in themselves that will help them reach their full potential as soccer players.

Passing Games

Passing allows a team to keep possession of the ball. Explain that accurate passing is more important than just kicking the ball in one direction. Kicking with the inside of the foot is the most accurate way for a player at this age to pass. The best passes to focus on are simple passes on the ground, to the teammate's feet. When passing, the player's shoulders should be over the ball, and he should follow his passing foot through to the target. When receiving a pass, the player should watch the ball into his possession. When making a pass, the player should watch the ball into the receiver's possession.

Keep Away Circle

Players pair up and stand across from each other around a circle of cones. One player or coach stands inside the circle and tries to intercept passes made between the players. Passes made between the players count as goals. Change the players in the circle after a pass is intercepted or after a short time.

Cone Game

Players pair up and stand across from each other around a circle. Set up 6 or 8 cones in the middle of the circle as targets. Players try to knock over the cones in the middle with accurate passes.

Triangle Pass

Set up a three player triangle. Each group has one ball. Players try to pass around the triangle shape. Make sure they reverse the direction of the passes from time to time. After a certain level of proficiency is reached, add a defender to try and intercept the passes.

Four Corner Pass

Set up a 10 yd. x 10 yd. grid with cones at each of the corners. Four players work with one ball, one on each side of the grid. A fifth player defends inside the grid. Players may only run on their sides of the grid between the cones. They then attempt to pass the ball across the grid. Change the middle defender frequently.

Star Wars

This classic game is very exciting for younger players. Set up a 10 yd. x 20 yd. grid. Have all players line up at one end prepared to run to the other end. The coach or player stands just outside the grid with several balls at the ready. On command the players attempt to run to the endline while evading balls kicked at them by the coach. All shots should be kept below waist level. Players hit by shooting balls become additional shooters until only one player is left.

Basic Passing

Split the team up into partners, giving each pair a ball. Have the players pass and trap the ball, while you evaluate their skill. Later, introduce one touch control passing.

Wall Pass

Divide the team into pairs. Each pair needs one ball and one cone. The first player passes the ball to the second and then runs past the cone (as if it were a defender). This first player then receives the pass on the other side of the cone. Change roles frequently.

Passing Through the Gap

Partners are required, with one ball and two cones for each pair. Set the cones up about two feet away from one another (moving them closer as accuracy improves). Have the players pass back and forth to one another, making sure that the ball goes between the two cones. Develop a scoring system.

Two against One

For this game, use a goal keeper and two attackers. Set up a goal with cones, and require the pair to pass the ball at least three times before taking a shot. Change positions frequently;

Return Passing

Divide the team into pairs, giving each pair one ball and two cones. One player will initiate passes, the other will return them. The player making the pass will pass alternately to one of the two cones, where the other player will run to make the return pass. Reverse the roles often.

Monkey in the Middle

Form a circle using all of the players, except for three, who will go in the middle. The players on the outside pass the ball to one another, trying to keep it away from the monkeys. When a monkey gets the ball, he switches places with the player who last touched the ball. The players on the circle may not pass to players directly next to them.

Dribbling Games

Dribbling is the act of an individual moving the ball with a series of gentle touches. It is important for the player to keep the ball close to his body. Stress soft touches, and encourage them to use the "fingers" of their feet: inside of big toe, outside of small toe, and top of the toes. It is important for players to keep their heads up and look away from the ball when dribbling. Instruct players on how to fake in one direction and then dribble in the other direction.

Beehive

Provide a 20 yd. x 20 yd. grid (or approximately 1 sq. yd. per player). Each player has a ball. Players dribble inside grid randomly using correct techniques and avoiding other players. Players should practice inside and outside foot dribbling, stopping, changing direction and pace, and maintaining control while in the beehive.

King of the Ring

Provide a 20 yd. x 20 yd. grid with each player has a ball. One player or coach is "it" without a ball. Players start to dribble inside the grid while trying to avoid having their ball kicked out of the grid by the player who is "it." Players may reenter grid after retrieving their ball and completing some small skill penalty activity, like juggling twice on their feet or something similar.

Red Light - Green Light

Just like traditional game except players dribble their balls and learn to stop and control balls on red light command. Line all players up. Coach is traffic cop. Send out-of-control players back to starting line.

Attack and Protect

Provide a 20 yd. by 20 yd. grid. Each player has a ball. Players dribble around the grid trying to kick each other's ball out of the grid while protecting their own ball. Provide players with a skill condition that they must complete before they reenter the grid.

Spiderman

Provide a 20 yd. by 30 yd. grid. Each player with a ball. Coach starts as first spider. Players dribble around grid while trying to avoid the tag of the spider. When a player is tagged, they join hands and go after a new player. Each new player makes the web grow bigger, but less organized. Young player will request this game frequently.

Shadow Dribbling

Have players pair up, each player with a ball. Leader dribbles while second player follows, also dribbling. Remind players to keep their heads up. Encourage creative dribbling - changes in direction, pace, and technique. Stress control and change leaders frequently.

One-on-One

Players pair up, each couple with a ball in a grid. Player with ball is "on the attack" and other player is defender. Attacking player tries to dribble to any of the cones (aside from the one behind him/her) and touch the cone with the ball. Defending player tries to prevent this. Players switch possession of ball when attacker accomplishes his goal or when ball goes out of bounds.

Crab Monsters

Half of players are "crab monsters" (who are in a crab walk position on ground) and half are dribblers. Dribblers attempt to maneuver ball from one end of grid to the other while crab monsters try to prevent this by kicking balls away. Dribblers who lose their ball become crabs.

Musical Balls

Each player, except one, has a ball within grid. Player without ball attempts to steal ball from other players. Once a player loses his ball, he attempts to steal ball from another player. A player cannot steal ball from person who has just stolen his ball.

Slalom

Split players into two groups, giving each group a ball. Set up a line of four to ten spaced cones in front of each group. One at a time, have players dribble between cones, up and back, leaving the ball at the foot of the next player. The half that finishes the activity first wins.

Shooting Games

Shooting is a skill that children will enjoy learning. Some basic instructions will help the players learn the skill properly.

- Show them how to place their non-kicking foot next to the ball and aim at the target.
- Demonstrate that the shoulders should be over the ball, and that you should be leaning slightly forward.
- Explain how the foot should be "locked" when the ball is kicked.
- Use the label on the ball to demonstrate where the ball should be kicked (just above the midline) to keep a shot low.

Marbles

Players are organized into pairs, each with a ball. Standing with his back to the field of play, the first player throws his ball over his head. The second player then kicks his ball from the starting point and tries to hit the ball that was thrown. Play alternates by kicks until one ball is hit. The players then reverse and start again. Coaches should emphasize instep kicks for length and the side of the foot for accuracy. Make it a condition that every other game is left foot only.

Four Goal Game

Set up four 2 cone goals in each corner of a 20 yd x 30 yd grid. Divide players into two equal teams. Players may score at any of the four goals. The game encourages teamwork and results in lots of shooting.

Go For Goal

Players form two lines on either side of the coach who is standing 18 to 20 yards from a goal that is any size. The coach serves the ball toward the goal line while one player races to win the ball and shoot. As skills progress, add a goalkeeper. The coach should encourage correct shooting technique and a good first touch on the ball.

Dribble Cones and Shoot

Set up two cone lines for a dribble weave about 30 yards with a 2 yard goal at the end. Divide players into two lines or teams. Players must dribble through the cones and score at the goal at the end before the next player in line starts.

The Numbers Game

Young players will play this game for hours! Set up a 20 yd. x 30 yd. grid with goals at each end. Divide players into two teams and place each team on one of the end lines. Number players 1-6 (or use colors for very young players). Coach stands at the half-line and serves a ball into the grid while calling a number. Players who are called sprint off their end line to win the ball, 1v1, and try to score. Players standing on the end line may keep the ball in play but may not protect the goal! The coach should try 2, 3, 4, etc. numbers. Ball can be served on the ground or in the air.

5v5 Pass and Strike

Set up a 30 yd. x 30 yd. grid with two opposing goals. Divide players into two 5 person teams. Players must pass the ball to each team member or make 4 complete passes before they can shoot on goal. If the ball is taken by the opponent the team must start over in its pass count.

Crab Soccer

Set up a 20 yd. x 30 yd. grid with goals at each end. Divide the players into two teams or a minimum of 5v5. Players must walk on their hands and feet simultaneously while trying to pass the ball to teammates and scoring. This game really encourages teamwork because of the difficulty in movement by the players.

Hit the Cone

Set up cones in a line, with three feet between each cone. Line up two players on opposing sides of each cone, facing one another. Give one of the opposing players a ball. The object of the game is to knock down the cone, in as few shots as possible. When the first shooter misses the cone, the partner should trap the ball and take a shot. When the cone is knocked over, one player should set it back up and continue playing. For a variation, play this game for one minute intervals, and encourage the players to improve their record each time.

Pass and Shoot

Set up two cones as a goal at one end of the grid and divide the team in half. Pick one player to start as goalie. Then line one group up behind the goal, with one ball for each player. Line the other group up fifteen feet in front of the goal, in the center. The first player in line should pass the ball to the first player in the center line. This person then traps the ball and takes a shot on goal. After their turns, the players should get in the end of the alternate line (players who took shots need to retrieve the ball if needed). Switch goalies often. For large groups, two games can be set up at opposite ends of the grid. Later, have the shooting line take their shots with only one touch.

Quick Shot

Divide players into groups of three, and give each group one ball and two cones. Set the cones up as a goal, and have one player be the goalie. The remaining two players should be on opposite sides of the goal, facing each other. They take turns shooting on goal. When the goalie makes a save, he should turn and roll the ball to the other player. Switch goalies often.

Shot Against Goalie

Divide the team into pairs. Give each pair one ball and four cones. Set the cones up as two separate goals, about 10 yards apart. One partner will stand in either goal, and will then take turns shooting and being the goalie, in alternating turns. Initially, have the players shoot a stationary ball. Then have them stand behind their goal line and dribble up to it before shooting or have the goalie roll the ball to the shooter for a one-touch shot.

Cone Kick Down

This is played just like a regular scrimmage, but instead of having a goal to shoot at, set up five cones, spaced along each goal line. The first team to knock down all five cones wins. There are no goalies.

Ball Control Games

Ball control is one of the essential skills of soccer. In order to execute a good pass, score a goal, stop a breakaway, or dribble through defenders, players must be able to control the ball. Players must learn to control the ball quickly so that they have time to do something positive. Impress on the young players that they can use their foot, thigh, chest,

or head to control the ball. Explain that when the ball comes to them, they must create a soft cushion for the ball to land on. Tell them to treat the ball like an egg.

Warm-ups for ball control may include breaking your team into pairs, each pair with a ball. Have each pair make two-touch passes to each other. Make sure they trap the ball using both the inside and outside of their feet. This warm-up will enable you to see how good their trapping skills are. If they are mastering trapping with both the left and right foot, you can work up to thigh and chest traps by having them serve lobbs to each other.

Pig-in-the-Middle

Break the team up into groups of three, with one ball to a group. Pick one player to be the pig-in-the-middle. The two other players try to pass the ball past the pig without letting him control it. Once the pig traps the ball, one of the other players takes his place. The two outside players must control the ball, or they will have to switch with the pig.

Rapid Fire

Have the team form a circle around a single player. Every player except the middleman should have a ball. Have each team member take turns passing the ball to the player in the center. This player tries to trap and control the ball, and then passes it back to the original player. Have each team member take a turn as the middleman.

Continue Down the Line

Divide team members into groups of four players, with one ball to a group. Select one player to be the server. The three remaining players should line up, side by side, facing the server. The server will take turns serving the ball to each player, who must trap and control before returning it to the server. Continue in this fashion, alternating the server.

Intermediate Threes

Break the team into groups of three, with two balls to a group. Designate two servers and a runner. As shown in the example, have server A throw the ball to C, who traps and returns the ball to A, and then runs to repeat the sequence with server B. Variations of throw height and strength should be used by the servers. Alternate positions frequently.

Flight Ball

Divide team into pairs, giving each pair one ball and a grid. One player will be the server, who is to serve the ball in the air to any location in the other player's half of the grid. This player must move to the ball, trap it, and return it to the server. Alternate roles after every 10 servers.

Volleying Games

Volleying is a skill seldom used by young players. Their soccer instincts tell them that they have to let the ball hit the ground because that's where their feet are. Learning to volley will make players more aggressive, and help them realize that they can attack the ball wherever it is, even in the air. When volleying, the player should strike the ball with the laces of the shoe. He must also learn to "open up" his body to the ball and follow through to the target as in a normal shot. In order to keep a volley low, the player must kick the ball above its midline.

Juggling

Have each player toss the ball and "juggle" it with his feet. Have them see how many times they can do it without letting the ball touch the ground. Repeat to see improvement.

Cone Shots

Divide the team in half, choosing one person to be goalie. On both sides of a goal, put a cone about 10 yards out. Have each half line up behind a cone, with their balls. In turn, the first player in line will put his ball on top of the cone, and take a shot. The two sides will take turns as the goalie alternates facing the two lines. Change goalies frequently.

Air shots

Set up is the same as above, except that now the players should toss the ball and let it bounce once, prior to taking the shot. The ball should be kicked while it is in the air. As a variation, have someone else toss the ball into play. The players can be stationary, or can be "on the run"

Goalkeeping Games

Goalkeeping is a combination of three basic skills: securing, distributing, and positioning. The goalkeeper must first know how to use his unique position to his team's advantage by gaining and keeping control of the ball with his hands. He must also know the various methods of releasing the ball that are helpful to his team. He must choose the best method of getting the ball to a teammate who is out of the "danger zone". Another important skill for a goalkeeper to master is positioning. Being in the right place at the right time is the best way to prevent goals from being scored.

Goalie Passing

Have the players pair up, with one ball to each pair. Line them up about 10 yards apart, and have them pass to one another. Each pass is assumed to be from a goalie to a field player. First have them bowl the ball to each others feet: explaining that this is the most accurate goalie pass. Then have them throw it overhand, which will give the goalie a bit more distance. Then have them punt passes, and explain that this is the longest but least accurate pass.

Fielding Ground Balls

Divide the team into pairs, giving each pair four cones and one ball. Set the cones up as two goals, parallel to one another (about 10 yards apart). Have the players roll the ball to each other, "scooping" the ball up when it comes to them, without getting on their knees. Start with rolls directly to the partner, then move them to either side of the partner. See example below.

Fielding High Balls

Same set up as above, but have the goalies throw high balls to each other.

Save the Breakaway

Divide players into pairs, each pair having one ball, four cones, and a grid. Set the cones up as goals on opposite ends of the grid and assign one player to each goal. The player with the ball should dribble forward from his goal line, and try to score on the other goalie, by either dribbling or shooting past him. Long range shots are not permitted and both goalkeepers should return to their respective goals after each save or score, before starting the next round. Continue for set number of minutes or goals.

Three on one

Break the team into groups of four, with one goalie and three attacking players. Set up two cones as a goal on one end of the grid and give the attacking player in the center a ball. The attacking player must pass the ball to one of the wings, who will shoot. The object is to get the goalie to shift to whichever side the ball is passed to, in order to cut off the angle. If the team is not evenly divided by four, some groups of three can be used. Shift positions frequently

Teaching Game Tactics

Remember, tactics are **not** important for the **younger** players and should not be stressed. As the players mature, and the concept of team play begins to develop, the tactical elements can begin to be introduced. Listed below are some basic guidelines, which fall into the realm of tactics.

General:

- Play positions (the various roles can be understood even as players rotate positions)
- Get open and call for the ball
- Look and listen for passing opportunities
- Pass and move to space and/or to support
- Work to build and maintain triangles-the basic structure for passing and support
- Always support the player with the ball (forward and rear support within passing distance)

Positions and Systems of Play

Attacking

A. Techniques

B. Principles

Spreading out, side to side & end to end
Attacking the flanks
Crossing the ball

Simplest way to create space is to spread out & increase distance between defender
Players should be spread out quickly when possession is achieved

Team Offense:

- Maintain possession of the ball
- Keep offense wide to spread (and weaken) opponents' defense and create space for scoring opportunities
- Penetrate as deeply as possible with every pass, without unduly risking loss of possession
- Finish attacks with shots on goal

Defending

A. Techniques

Staying goal side
Challenging
Tackling
Clearing

B. Principle

Decrease space and time (for the opponent)

Team Defense

Support and communication are critical
Pressure opponents to decrease their "pressure zone"
Delay opponents' attack when team first loses possession of ball to permit defense to regroup
Mark "goal side" to defend against shots on goal
Mark "ball side" to defend against easy passes
Maintain defensive balance on the field; guard against reversing the ball (crossing passes)
Mark tighter as you get closer to your own goal

Concentrate defense in front of goal as ball approaches goal & direct ball away from goal

Restarts and Set Plays

Kick off:

- Short pass and dribble
- Short pass and pass back (triangle) (note that the long boot is not encouraged!)

Throw ins:

A. Techniques

- Ball must go directly over head
- Both hands must remain on the ball (R and L thumbs meet behind ball, thumbs and fingers of both hands form a W)
- Both feet must be on the ground (it is permissible to drag trailing foot)

B. Principle

- Throw to an open teammate if possible (first look for the farthest unmarked player)
- Throw toward the other team's goal



- Throw down the touchline
- Throw to your goalkeeper (this is not considered an illegal pass back)
- Take throw ins quickly (before the defense can set up) but under control
- Thrower should reenter field quickly to be open for a return pass

Goal Kick:

- Big kick up the side of the field
- Avoid kicking the ball across the front of your own goal
- Consider having a defender take goal kicks while the goalie maintains position to guard goal

Free Kick:

- Close to goal, direct - SHOOT!
- Close to goal, indirect - short pass and shoot
- Far from goal - big kick toward the front of the opponents' goal

Corner Kick:

- Big kick into the opponents' goal area
- Short pass and dribble and cross

Parent/Spectator Information

Below, you will find some information that will help you gain a better understanding of the game of soccer. If you have any questions regarding the rules, regulations or intricacies of soccer or the Parks and Recreation Soccer program, please feel free to ask any of our knowledgeable referees, scorekeepers, event supervisors or staff. We will be glad to help.

Enjoy the season!

Soccer Glossary

CHARGING - A method of unbalancing the player who has possession or is attempting to gain possession of the ball. The maneuver of using a shoulder (actually from the elbow and up to and including the shoulder) against the opponent's shoulder to gain an advantage; permissible only when the ball is playable (i.e. within three feet).

CLEARING - The act of moving the ball out of the vicinity of one's own goal by throwing (goalkeeper only) or kicking it (generally up the sideline).

CORNER KICK - A kick made by the attacking team from the corner arc on the side of the field where the ball went out of play. A corner kick is awarded when the ball is last touched by a defender and goes over the goal line without resulting in a goal. Opponents must be at least ten yards away from the ball when the kick is taken. A goal may be scored directly (without being touched by another player) from a corner kick.

CROSS - A pass in which the ball is kicked from one side of the field to the other side.

DANGEROUS PLAY - Play that is likely to cause injury. Examples are high kicking, playing while lying on the ground, or playing the ball while it is in possession of the goalkeeper.

DEFENDER - Also called fullback. A player who functions primarily in the defensive third of the field and whose major role is to repel attacks on the goal by the opposing team.

DIRECT FREE KICK - A free kick from which a goal can be scored directly (i.e. without being first touched by another player). It is awarded for substantial infractions of the rules. Opponents must be at least ten yards away from the ball (opposing players may stand on their own goal line between the posts), but the player taking the kick may do so without waiting if he/she wishes. The ball must be stationary when kicked and the kicker may not touch the ball a second time until it has been played by another player (of either team).

DROP BALL - A ball held by the referee and allowed to fall directly to the ground between the two opponents. The ball is in play after it touches the ground. A drop ball restarts the game after play is stopped for no penalty situation (e.g. after an injury). The ball is dropped where it was last in play or at the nearest point on the goal area line parallel to the goal line. A goal may be scored directly from a drop ball.

FORWARD - Player who functions primarily in the attacking third of the field and whose major responsibility is to score goals.

FREE KICKS - Infractions result in free kicks awarded to the offended team. They are either direct or indirect kicks. On a direct free kick, the kicker can put the ball directly into the goal for a score. On an indirect free kick, another player on either team must touch the ball before it can score. The referee will indicate an indirect free kick by holding one arm directly overhead. A penalty kick is awarded for a direct free kick infraction committed by the defense in its own penalty area. This call is determined by the position of the defending player; the ball need not have advanced into the penalty area.

GOAL AREA - Area (20 x 6 yd. on a full size field) marked within the penalty area, and directly in front of the goal, from which all goal kicks originate.

GOALKEEPER - Player who functions primarily in the penalty area and whose major responsibility is to prevent the opponents' shots from entering the goal for a score. The goalkeeper is the only player allowed to touch or pick up the ball with his/her hands, and may only do so when the ball is in his/her penalty area. The keeper is the team's last line of defense.

GOAL KICK - Taken by any defending player to restart the game after the ball goes out of play over the goal line, having last been touched by an attacking player. It may be taken from any point within the goal area. All opposing players must stand outside the penalty area. To be in play, the ball must leave the penalty area (inbounds); otherwise the kick is taken again.

INDIRECT FREE KICK - A free kick from which a goal cannot be scored until the ball is touched by another player. It is awarded for technical and minor infractions of the rules (see Summary of the FIFA Laws of the Game, Law XII, this section). Opponents must be at least 10 yards away from the ball (opposing players may stand on their goal line between the goal posts), but the player taking the kick may do so if he/she wishes. The ball must be stationary when kicked and the kicker may not touch the ball a second time until it has been touched by another player (of either team).

INFRACTIONS - Conduct infractions are listed elsewhere. "Handling" the ball prohibits intentionally playing the ball with the hand or arm. Accidental contact is not an infraction. No player, except the goalie, is allowed to put himself or other in danger of injury; thus the rule against dangerous play. Most calls for dangerous play are the result of a high kick or a low head. High kick is defined in relation to the other player's head, not the kicker's waist. You can't kick the ball while you are on the ground in traffic because you place your head in danger. If, in the judgment of the referee, the team offended by an infraction has a clear advantage which could lead to a scoring opportunity, the advantage rule may be invoked with the clear call of "Advantage, play on!" and a forward sweep of the hands.

KICK OFF - Officially begins the game at each half and restarts the game after a goal has been scored. The kick-off must travel toward the opponent's goal. The ball is in play when the ball is kicked and moves in a forward direction. The ball must go forward into the opponents half of the field and is in play after moving forward. The player kicking off must not play the ball again until another player of either team has played it. If the ball is kicked backward, then it never went into play and the kick is retaken. If the kicker touches the ball a second time without another player touching it, then the opposing team is awarded an indirect free kick. Opponents must be at least 10 yards away from the ball in their own half of the field when the kick off is taken.

MIDFIELDER - Player who functions primarily in the center or neutral third of the field and whose principal job is to link the defense and the attack through ball control and passing.

OFFSIDE - Offside is defined as occurring at the moment the ball is played by one of the attacking players to a teammate. To be in an offside position the player must be: in the attacking half of the field and closer to the goal than the ball or the second to last defender (normally, but not necessarily the goalie and a fullback).

A player is penalized if in an offside position if, in the judgment of the referee, the player is: a) interfering with play or with an opponent, or b) has gained an advantage by being in that position.

A player is not declared offside a) merely by being in an offside position; b) if he/she receives the ball directly from a goal kick, a corner kick, a throw in, or a drop ball; or c) if the ball is last played by an opposing player.

OUT OF BOUNDS - The ball is in play unless the entire ball passes beyond the entire width of the sideline (touchline) or goal line (end line). If the ball is out over the sideline, the team opposite the last touch throws it in. If the ball is over the goal line and not in the goal it is kicked off the ground by the opposing team from the corner if last touched by a defender, or from the goal area if last touched by an attacker. A corner kick can go directly into the goal for a score.

PENALTY ARC - The arc at the top of the penalty area; no player may be within this area while a penalty kick is being taken.

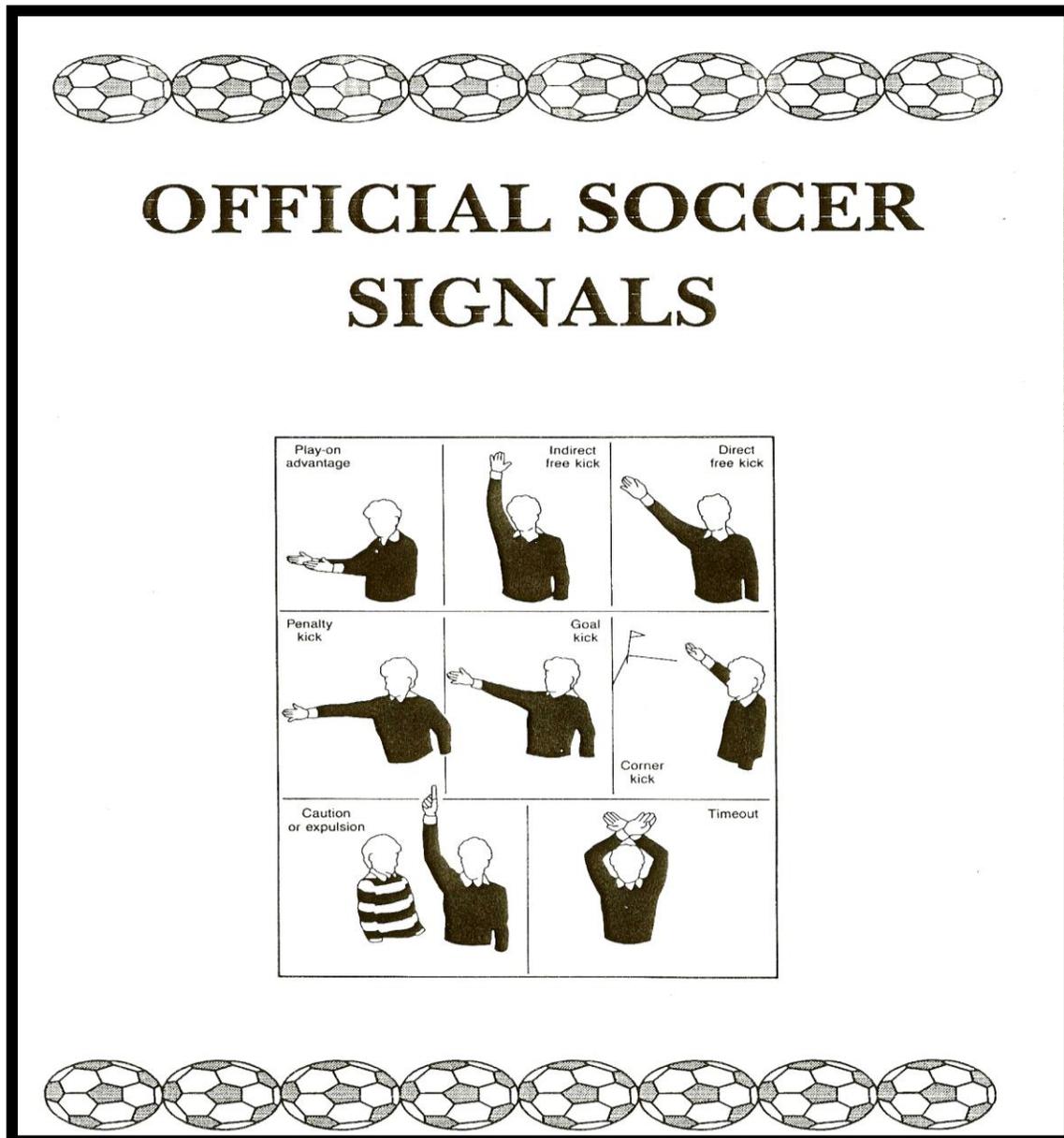
PENALTY AREA - Large area, 18 x 44 yd. on a full size field, in front of goal in which any of the "direct kick" fouls by the defending team result in a penalty kick. Also limits the area where the goalie can use his/her hands. The penalty area includes the goal area.

PENALTY KICK - Awarded to the attacking team if the defending team commits a direct free kick violation within the penalty area. Penalty kicks are taken from the penalty mark. All players of both teams except the kicker and opposing goalkeeper must remain on the field of play outside the penalty area and penalty arc. Goalkeepers are allowed to move laterally along the goal line while waiting

for the kick to be taken. The player taking the kick must kick the ball forward and may not touch the ball a second time until another player of either team has played it. A goal may be scored directly from a penalty kick.

For any infringement of the penalty kick rules by: a) the defending team, the referee will allow the kick to proceed, but if a goal does not result, the kick will be retaken; b) the attacking team, other than the player designated to take the kick, if a goal is not scored it will be disallowed and the kick retaken; c) by the player taking the penalty kick, committed after the ball is in play, an opposing player will take an indirect free kick at the point where the infraction occurred.

THROW IN - Taken to restart the game after the whole of the ball crosses the outside edge of the touchline. The throw in, taken by any member of the team that did not touch the ball last, is taken at the point where the ball went out of play. The thrower must face the field and throw the ball with equal strength by both hands, in one continuous motion from the back of the head and over the top of the head. When the ball is released, the thrower must have some part of both of his/her feet on the ground on or behind the touchline.



Would you like to make a difference in a child's life?

Fulton Parks & Recreation is always looking for volunteer coaches who are interested in being a positive role model and mentor to the youth of our community. Here at Fulton Parks & Recreation our goals are to help improve the quality of life for the citizens of our community and to teach more than just the game!

If you would like to become part of the Fulton Parks and Recreation team, stop by the Parks and Recreation office and complete an application or give us a call at 592-3190.



“Teaching more than just the game!”