



# **CCFC Fall 2025 Rec Coaches Meeting**

# Circle City FC

We are the 8<sup>th</sup> Largest Club of 145 in the state... AND growing

Only 2 clubs in the top 10 are volunteer based – CCFC and Glendale Soccer Club

**THANK  
YOU**



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# Rosters

A

Rosters were sent, did  
you get it?

B

If not, we need to  
know NOW!.

C

If you did receive it,  
have you contacted  
everyone?

D

If not, you need to do  
so ASAP, if you need  
help or have not  
heard back from  
someone, let us know



# **REFEREE ABUSE PREVENTION**

## **POLICY 531-9 PENALTY OVERVIEW / YOUTH & AMATEUR**

The Penalties Matrix defines consequences associated with physical and non-physical offenses against Referees.









# REFEREE ABUSE PREVENTION

## POLICY 531-9 PENALTY OVERVIEW / YOUTH & AMATEUR

The Penalties Matrix defines consequences associated with physical and non-physical offenses against Referees.

### NON-PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

| NON-PHYSICAL*  | MIN. GAMES | TIME           |
|--|------------|----------------|
| Insulting, Belittling, Insinuating or Taunting Behavior Undermining Referee Authority                  | 2          |                |
| Harassment, Intimidation, Retaliation, Abusive, or Threatening (Non Physical) Language                 | 4          |                |
| Aggression, Attacking, Derogatory, Cyberbullying, Doxing or Threatening (Physical / Violence) Language | 6          | 6 - 24 Months  |
| Offensive or Discriminatory Act  | 10         | 12 - 24 Months |

### PHYSICAL OFFENSES of gross misconduct, abuse, and / or assault

| PHYSICAL*  | MIN. GAMES | TIME                 |
|--|------------|----------------------|
| Minor or Slight Deliberate Touching  | 3          | 1 - 6 Months         |
| Pushing, Grabbing, Pulling, Squeezing, Pinching, Lightly Slapping, Use of Object in Non Striking Manner, or Physical Property Damage                               | 10         | 6 - 24 Months        |
| Hitting, Punching, Elbowing, Kicking, Biting, Spiting, Choking, Tackling, Throwing or Use of Object or Any Part of Body (Forearm, Knee, Head) in a Striking Manner |            | 12 Months - Lifetime |

(\*) **Disclaimer:** These are only a few examples of abuse – other actions or statements may also fall into this category.

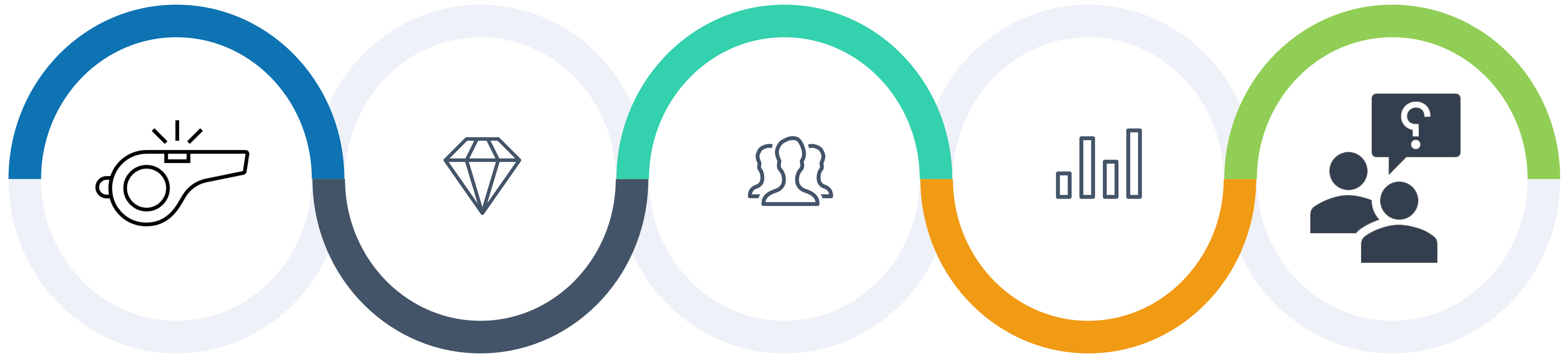
### KEY PENALTY FACTORS

- Single offenses are at **minimum the prescribed game penalty or time penalty** for non red zone offenses
- Penalties can be **both game and time depending on severity** / circumstances
- Second time offenders receive **double punishment**
- Third time offenders receive a **lifetime ban**
- More than one offense at the same time is **at least the punishment for the most serious offense**
- Offenses against minors are automatically subject to a **“minor multiplier” resulting in triple punishment**
- **One offense warning per league** to be managed by states and leagues collaboratively
- Game consequences are **inclusive of 1 game penalty for any red cards given**
- Optionality for **50% penalty for first offense from a minor**





# Referees are Friends



## Ref Shortage

Officials are tired of the abuse from coaches, parents and players. As a state, we need to double our referee pool.

## Environment

We must create an environment where our young officials want to remain a part of the game.

## Young Refs

Our young refs are here because they love the game, want to learn and earn their own money

## Value

If you value our refs, treat them as such. Say thank you, let them know when they did a great job, help them if you can.

## Issues

If you have an issue with an official, talk with them calmly and attempt to help them, or talk to a board member immediately after your game.



# Offensive Behavior And Discrimination

- Offensive Behavior: language, profanity – Zero Tolerance, will be an automatic card during play
- Discriminatory behavior and/or comments regarding race, religion, sexual orientation – Zero Tolerance. Comments and behavior can result in a card, being reported to regulatory agencies and/or police, suspension and expulsion from the club.
- For the Good of the Game....and our community
- This is the World's Game.





# Soccer is a Physical Game

Teach your players (and Parents) that fouls are a part of the game

- Sometimes fouls are intentional, but far more often they are accidental.
- If they foul someone or get fouled, brush it off, regroup and play.
- Avoid retaliation and don't encourage retaliation
- Please enforce this with your parents and players





# Referees

- Want to become a referee? The process has become even more simple

- 2.5 hr online course
- 20-30 test/quiz
- Background check
- Introduction to safe and healthy playing environments
- SafeSport Training
- License Cost: \$40
- Background Check cost \$23

- [https://learning.ussoccer.com/referee/courses/available/10000039/list?utm\\_source=lc&utm\\_medium=article&utm\\_campaign=become\\_a\\_referee](https://learning.ussoccer.com/referee/courses/available/10000039/list?utm_source=lc&utm_medium=article&utm_campaign=become_a_referee)  
([https://learning.ussoccer.com/referee/courses/available/10000039/list?utm\\_source=lc&utm\\_medium=article&utm\\_campaign=become\\_a\\_referee](https://learning.ussoccer.com/referee/courses/available/10000039/list?utm_source=lc&utm_medium=article&utm_campaign=become_a_referee))



# Laws of the Game

Want to learn more?

# IFAB<sup>®</sup>

Theifab.com

Follow on FB @ Laws of  
the Game (football) or get  
the app

FB & Insta  
@refsneedlovetoo





# HANDBALL!!!!!!

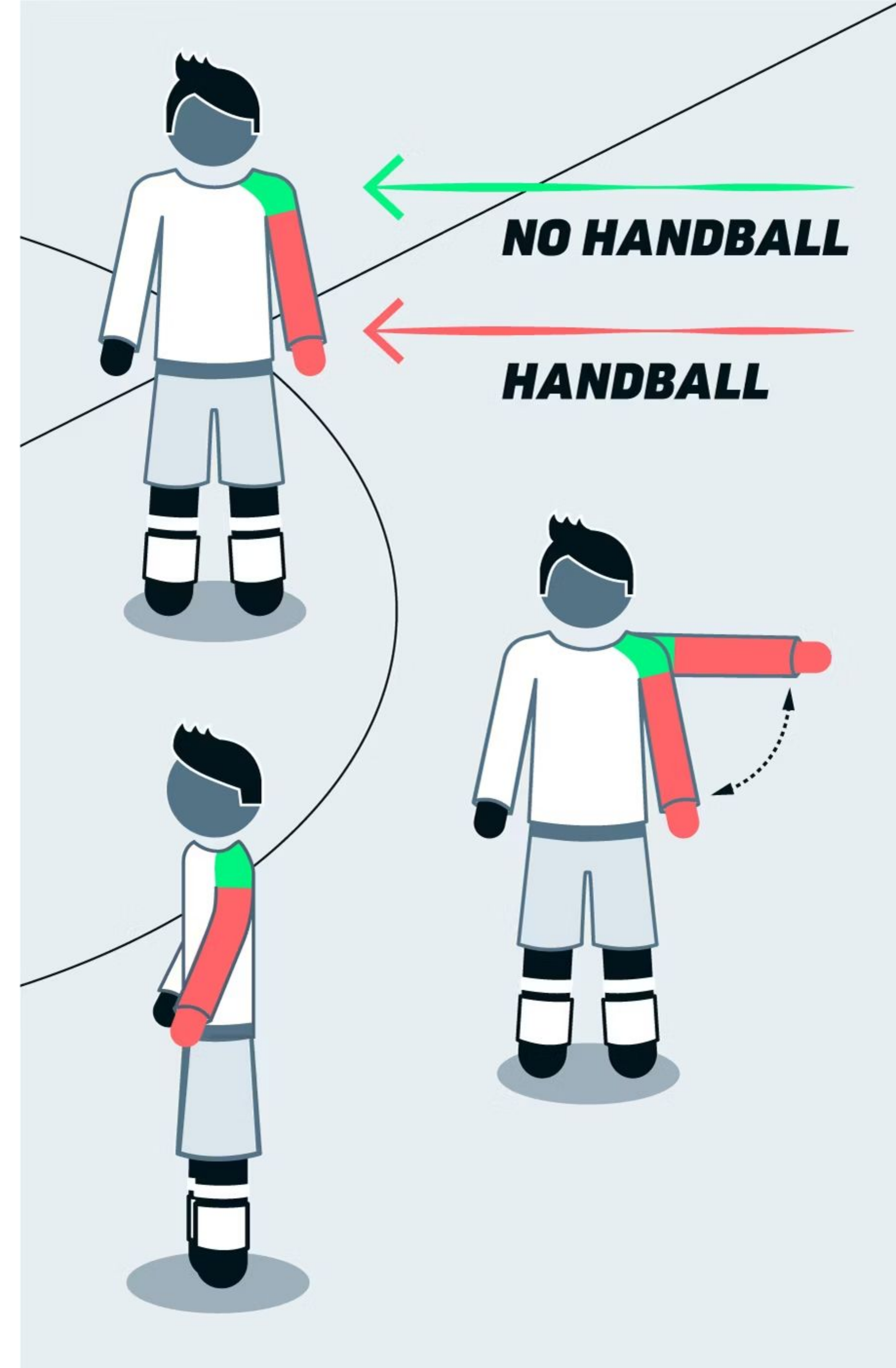
Or not? What?

## Handling the ball

For the purposes of determining handball offences, the upper boundary of the arm is in line with the bottom of the armpit. Not every touch of a player's hand/arm with the ball is an offence.

It is an offence if a player:

- deliberately touches the ball with their hand/arm, for example moving the hand/arm towards the ball
- touches the ball with their hand/arm when it has made their body unnaturally bigger. A player is considered to have made their body unnaturally bigger when the position of their hand/arm is not a consequence of, or justifiable by, the player's body movement for that specific situation. By having their hand/arm in such a position, the player takes a risk of their hand/arm being hit by the ball and being penalized







# Coaching Resources



[www.soccerindiana.org](http://www.soccerindiana.org)



[www.mojo.sport](http://www.mojo.sport)





Register

Team Shop

Login



WHO WE ARE

PROGRAMS

COMPETITIONS

EDUCATION

SPECIAL BENEFITS

RESOURCES

REFEREES



HOME



EDUCATION



COURSES SCHEDULE

COACHING BEST PRACTICES

MINIMUM COACHING STANDARDS

USFF COACHING PATHWAY

USC COACHING PATHWAY



# Coaching Resources



COURSES SCHEDULE

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MINIMUM COACHING STANDARDS

USFF COACHING PATHWAY

USC COACHING PATHWAY

TRAINING SESSION PLANS

COACHING RESOURCES

EDUCATION ONLINE LEARNING

INDIVIDUAL TRAINING PRACTICE VIDEOS

COACHING EDUCATION





# COACHING EDUCATION

## Training Session Plans

Click on the age group to find complete Season Plans for each play format. Each of the training session plans below are geared towards developing your target play format group, alternating with an attacking and defending theme each week.



## EDUCATION

[Coaching Courses Schedule](#)
[Coaching Best Practices](#)
[Minimum Coaching Standards](#)
[USSF Coaching Pathway](#)
[United Soccer Coaches Coaching Pathway](#)
[Training Session Plans](#)
[Coaching Resources](#)
[Online Learning](#)
[Individual Training Practice Videos](#)




# 4V4 PLAY FORMAT LESSON PLANS



A new series of training sessions has been uploaded to assist the novice coach with this age group. Feel free to click on the week and download them. These training sessions follow the **Play-Practice-Play** format.

2020 Fall, (thanks to our friends at Massachusetts YSA)

[Week 1](#) [Week 2](#) [Week 3](#) [Week 4](#) [Week 5](#) [Week 6](#) [Week 7](#) [Week 8](#) [Week 9](#) [Week 10](#) [Week 11](#) [Week 12](#)

2018 Fall

[Week 1](#) [Week 2](#) [Week 3](#) [Week 4](#) [Week 5](#) [Week 6](#) [Week 7](#) [Week 8](#) [Week 9](#) [Week 10](#) [Week 11](#) [Week 12](#)

In order to make practices run smoothly and be fun, it is important for us to have a basic understanding of the intellectual, emotional

## EDUCATION

[Coaching Courses Schedule](#)

[Coaching Best Practices](#)

[Minimum Coaching Standards](#)

[USSF Coaching Pathway](#)

[United Soccer Coaches Coaching Pathway](#)

## Training Session Plans

[Coaching Resources](#)

[Online Learning](#)

[Individual Training Practice Videos](#)

Click the following images below to learn more







**Indiana Soccer**  
Educating. Developing. Empowering



FAQS

FIND A CLUB

REFEES - ESPORTS - FUTSAL - HALL OF FAME - ADULT - TOURNAMENTS - LEAGUES - ODP/IDP - EDUCATION - PROGRAMS - SERVICES - ABOUT US - TOPSOCCER

## ONLINE LEARNING

NSCAA CLUB STANDARDS PROJECT PRESENTS:

### "COACHING ATTACKING CONCEPTS TO YOUTH PLAYERS"

Presented by Tony DiCicco  
National Staff Coach - NSCAA  
Founder & President - SoccerPlus Camps

Coaching Attacking Concepts to Youth presented by Tony DiCicco

### KEY MOMENTS



Defending, Winning the ball back Early presented by Adrian Parrish

### Activity and Presentation/Teaching



Effective Methodology for coaching technique & game tactics by Ian Barker

### Techniques for effective questioning

- Make sure you have players attention
- When is the appropriate time to use QD
- Don't ask too many questions at a time
- Give players time to think and respond
- Redirect and/or rephrase

The Use of Guided Discovery as part of the coach's toolkit by Terry Eguaoje

### Ability-Based Training



Ability Based Training Presented By Robert Parr

### Goalkeeper Training in Player Development at the Club Level



- ❑ No specific program.
- ❑ Team coach responsibility
- ❑ Specialized instruction or team training.

Designing a Progressive Goal-keeper Development Program

### Why play fast?



Facilitating Speed of Play on the training Ground presented by Patrick Johnson

### Youth Goalkeeping training is important!

- Vital position on the field
- Unique skill set to the rest of the team
- It is a difficult role in the team, youth or adult
- As with field players, technical development is key

Goalkeeping Necessities for youth Players by Rick Granryd

### Make It Look Like Soccer



### TEN 1 VS. 1 DUEL ENVIRONMENTS

#1: 1 vs. 1 Continuous

- 10x10 yard grids.
- Pass to start duel.
- Double over opponent's and try to score.
- Change lines after each duel.



### Dynamic Warm Up

- Moving the body through ranges of motion
  - Specific to sport demands
  - Specific to individual
- NOT STATIC STRETCHING
  - Limits performance
- Warm Up
  - Improves blood flow

### Keeping Your Best Team on the Field

By Dr. Joe Carraccio, DPT, ATC - Owner  
Atlantic Rehab Center





# Individual Training Practice Videos



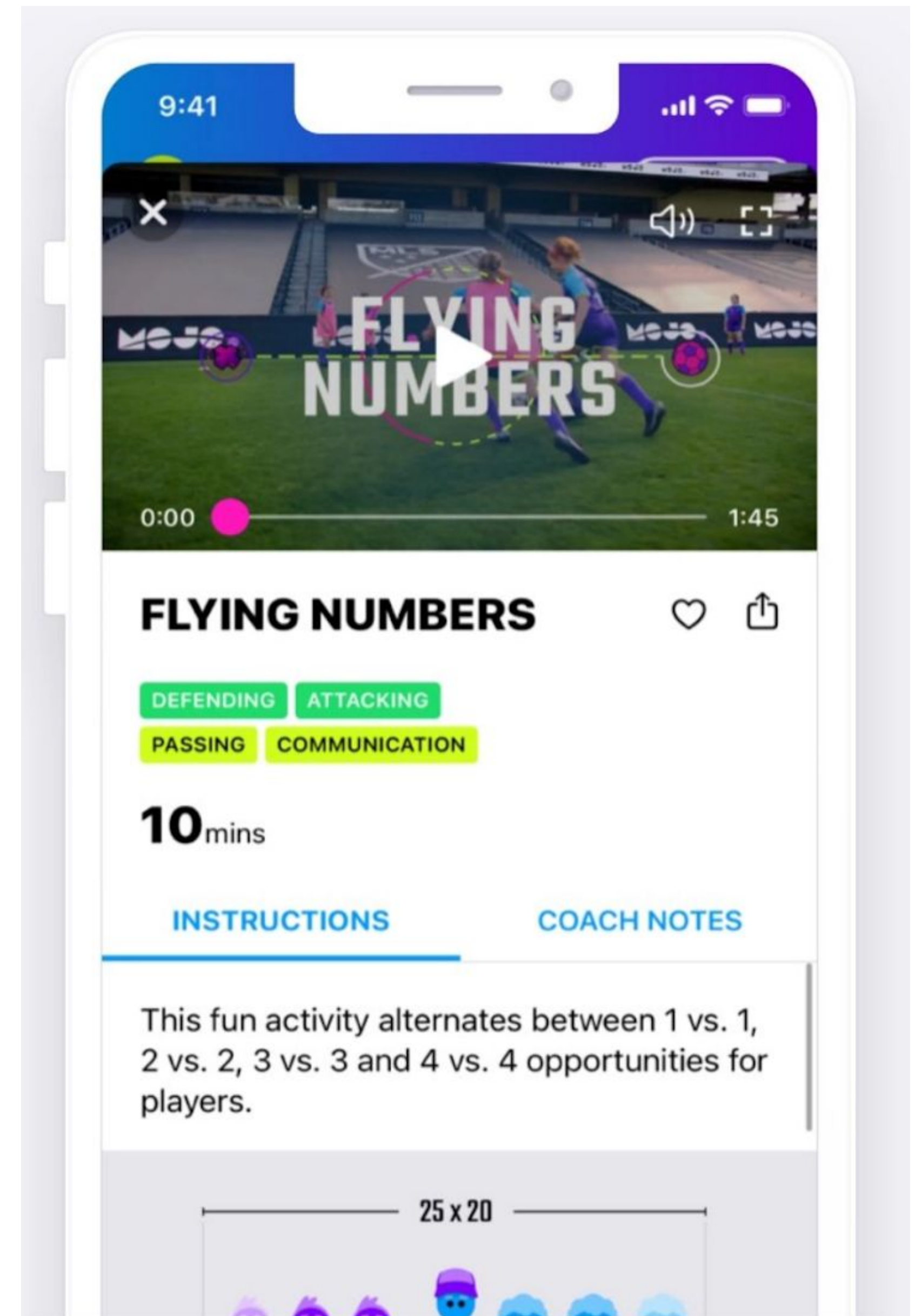
- ▶ Field Player Training With The Ball – One Cone
- ▶ Field Player Training With The Ball – Two Cones
- ▶ Field Player Training With The Ball – Ten Cones
- ▶ Player Training With The Ball – No Space/No Problem
- ▶ Player Training With The Ball – Pick One Trick
- ▶ Goalkeeping Training





## YOUR EASIEST, BEST COACHING EXPERIENCE EVER

- Plan fun, effective practices at the tap of a button, customized to your team's age, skill level, and more
- Hundreds of practice activities to choose from, each with easy-to-follow videos and instructions
- Adapt on-the-fly to any challenge thrown your way: missing players, different equipment, different field space, and more

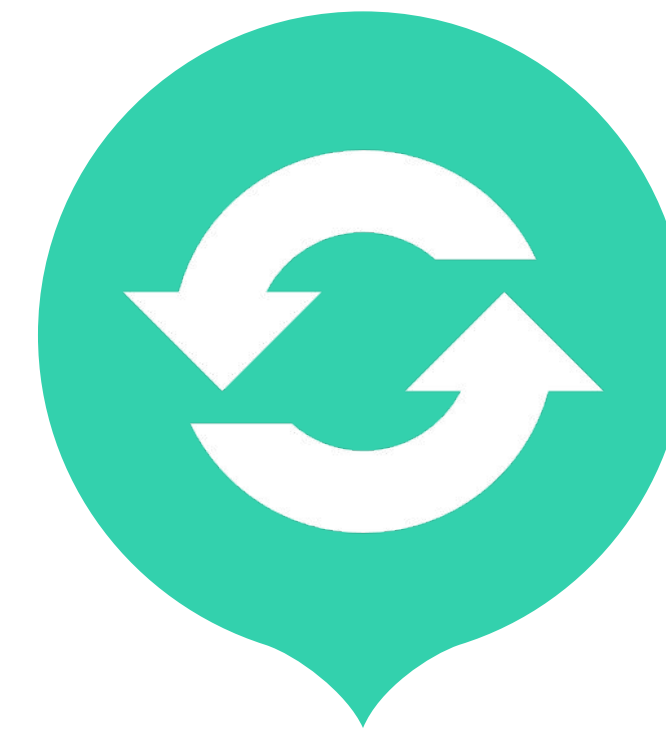


# Coaching Reminders



## You are a mirror

Your players attitudes and energy are a direct reflection of your attitude and energy, lead by example.



## Need Help?

Never be too proud to ask for help, we love to hear from you and help when needed, coaching isn't always easy.



## Rule #1

Always have fun. Kids learn more and stay engaged longer when sports are fun, you should be having fun too!



## Great Coaches

Great Youth sports coaches are not determined by wins and loses. Great youth sports coaches are the one's who's players are excited to return next season!.



Read that AGAIN, now one more time



# Practice 101

Running and effective youth soccer practice is all about being prepared. Kids thrive in a structured, fun setting.



A

## Start with an engaging warmup

Forget Static Stretching and get right into it. You can set the tone for practice with games like “red light, green light” or “Hospital Tag.”.

B

## Mind your L's

NO laps, NO lines, NO lectures

C

## Keep it FUN

Remember if they are smiling and laughing, you are doing it right.

<https://mojo.sport/coachs-corner/10-best-soccer-drills-for-kids/>

D

## LET. THEM. PLAY

Kids learn soccer by....playing soccer. Playing is at the heart of the play-practice-play method, used by USYS and many others

.

<https://mojo.sport/coachs-corner/what-you-need-to-know-about-play-practice-play/>



# Practice 101

Keep it positive. Feedback is best when it's centered around player development – NOT results. It's easy to applaud a player's goal. But it's more effective to recognize their efforts.

CATCH THEM DOING GOOD!

Praise THE Effort

New to Coaching Soccer?

<https://mojo.sport/coachs-corner/how-to-coach-soccer/>





## 2. PRAISED IN ONE OF TWO WAYS

YOU MUST BE SMART AT THIS

YOU MUST HAVE WORKED HARD



intelligence



effort



How long do I have their attention for?

Kids will give you their attention for 2x their age  
in seconds (Mind your L's).



8-12 Seconds!



16 Seconds



20-24 Seconds

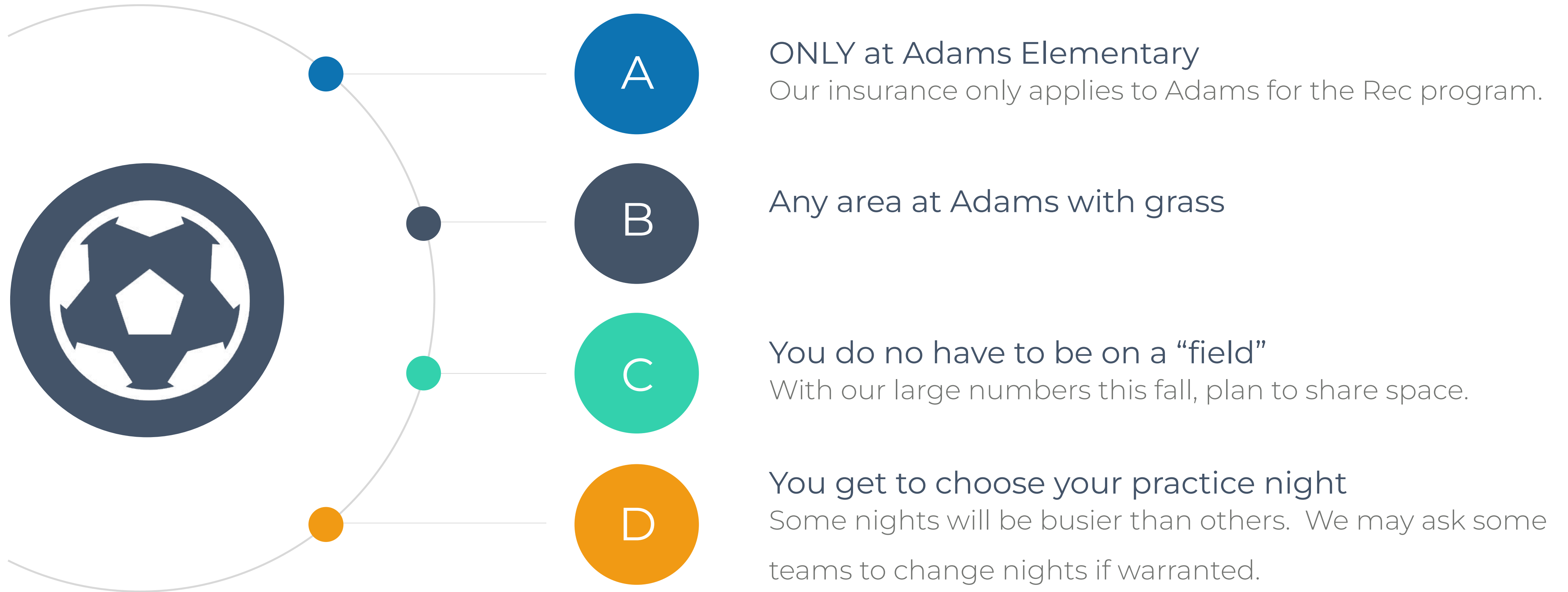


30 Seconds?



# Where Can you Practice? When can you Practice?

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## How long should I practice?



U4  
U6

No more than an hour

If you kept their attention for 30-45 minutes and not one is crying, you are a rockstar.



U8

Plan for an Hour

Be happy with 45 minutes of a productive practice.



U10  
U12

1 Hour



U14+

1 Hour +

Don't get crazy, remember not all kids are ready for longer practices.



# PLAYER DEVELOPMENT PATHWAY

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

**0-6**

**Active start**



Intro to physical activity. Touches on the ball in a fun, unstructured environment.

Dribbling, turning, receiving and striking the ball. Focus on the individual.

**6-9**

**FUNdamentals**



Skill development in a structured, positive and fun environment.

Technical development of passing, receiving, dribbling and finishing. Focus on lvl actions and promote game understanding and technical execution in small sided games.

**9-12**

**Learning to train**



Acquire & develop football specific skills in a fun and productive environment. Introduce competition. Focus on refinement of movement skills. Develop skills in and out of possession as well as transitions. Intro to basic tactical concepts and continue to develop game understanding through 7v7/9v9 games.

**12-16**

**Training to develop**



Continue to develop football-specific skills as players transition to lvl.

Competition makes players want to win and give 100%, but the main focus still on training & developing skills. Introduce position specific roles & responsibilities and meeting physiological demands of the game.

**16-19**

**Training to compete**



Develop the player to meet physiological, technical and tactical demands of the game. Competition is provided to challenge and develop.

Training targets development and maintenance of technical & tactical skills. Understanding position specific roles in relation to the game. Individual prep tailored to respective strengths and weaknesses.

**19+**

**Training to win**



Maximise the the physiological, technical and tactical skills of the player so they peak in competitions.

Focus in training around performance and winning games, as all athletes capacities should be fully established. Training = high volume + high intensity.

**Any Age**

**Active for life**



Positive experiences in football. Focus is less on winning and more on social aspects, having fun and completing for the love of the sport, whilst still being challenged as an individual or group.



# Small sided Rules and Play Format Progression



U4  
U6

3 v 3

1 coach allowed on  
field

No goalie

Size 3 ball

1 official

No offsides

No heading

No slide tackles

Sub on dead ball.

All kicks indirect



U8

4 v 4

1 coach allowed on  
field for 1<sup>st</sup> ½ of season

The “Arc” Rule



U10

7 v 7

No Coaches on the field

Goalie now used

Size 4 ball

1 official

Introduction of offsides via

“build out line”

On goal kicks, the  
opposing team must  
retreat behind the build  
out line



U12

9 v 9

3 Officials

Offsides now in play

No slide tackles from  
behind

Still no heading

Kicks now direct or  
indirect according to  
the rules



# Full sided/11v 11 Rules

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Size 5 ball  
Heading now allowed  
No slide tackles from  
behind

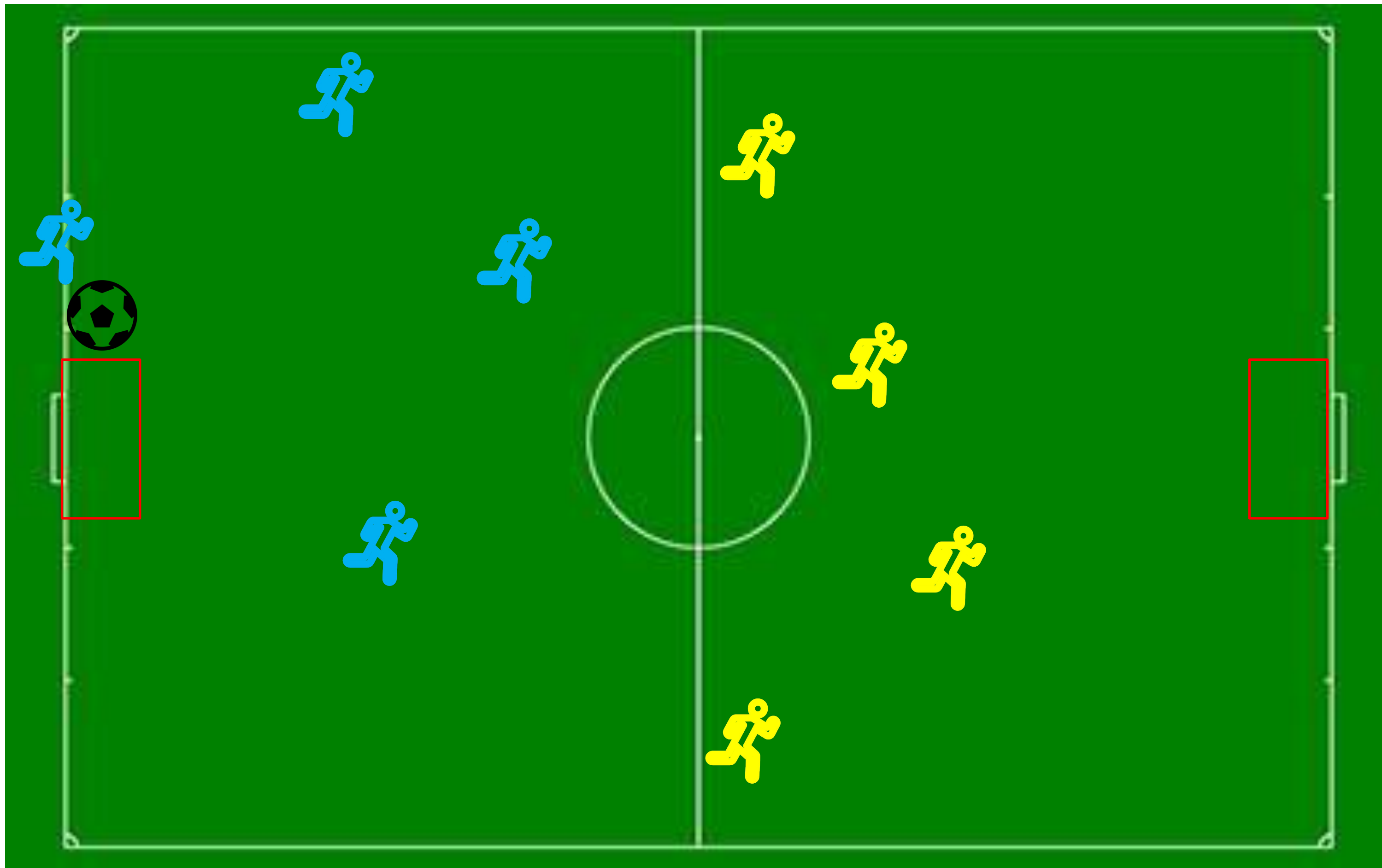


Full ISL/FIFA rules  
apply



# Introduction of the U8 Buildout line

## Update to “Box” Rule



On ALL goal kicks, the defensive team will retreat to midfield.

They are not permitted to advance past midfield until the ball is kicked.

This is intended to give the offensive team an opportunity to play out from the back and give more opportunity to transition to the attacking phase of the game.

The Arc is now a box. Creating a larger restricted area in front of the goal. All goal kicks will now take place anywhere in or on the box.



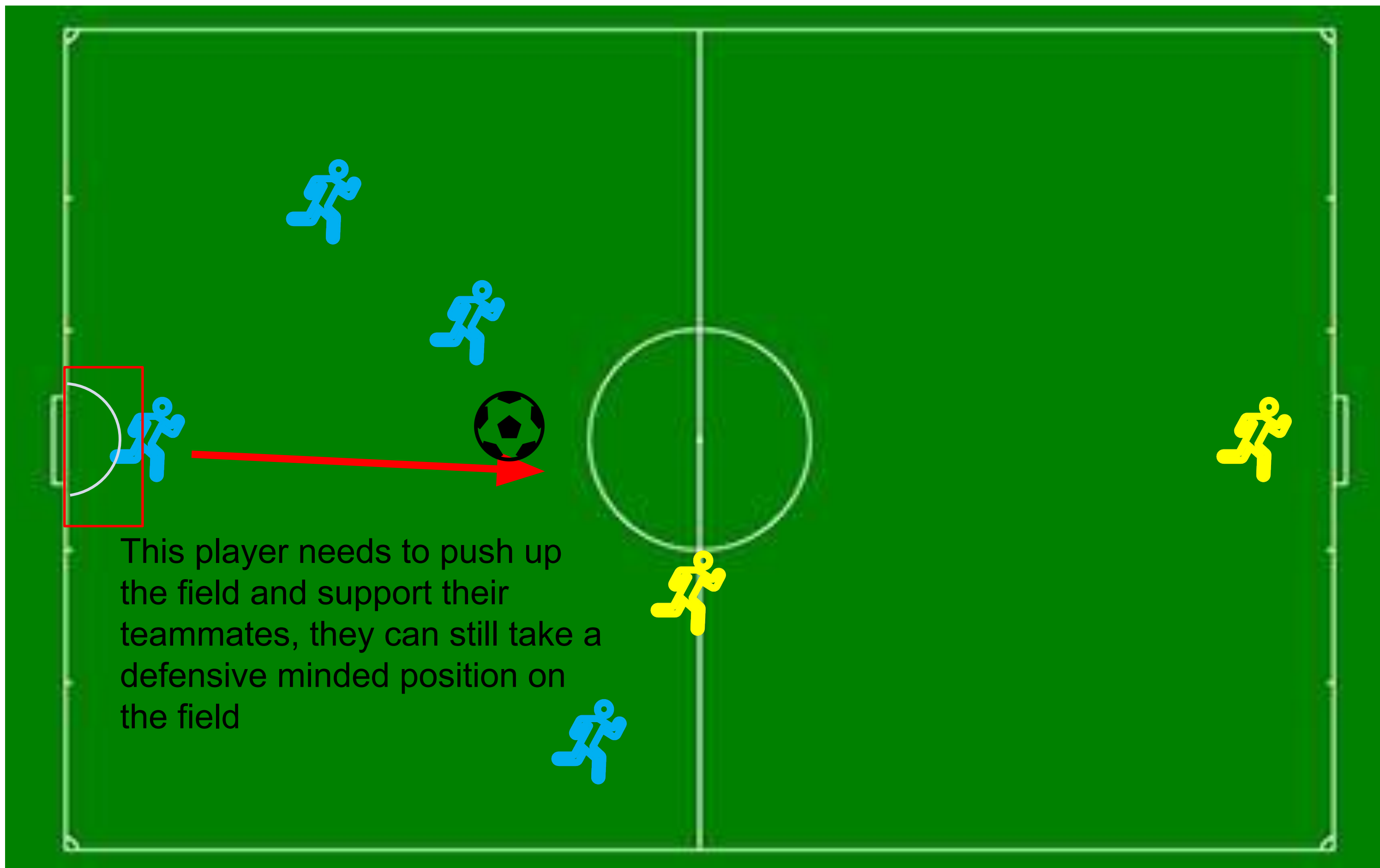
# U8 Box (formally Arc) Rule Explained

Players must stay out of the box

Their natural tendency is to stay in/around  
The box to prevent scoring.

You need to teach all 4 players to play  
The field, it is ok to have a defender in  
Your formation, but you must teach them to  
Push up the field, not play back at the goal

Yes, you may give up some goals doing this  
But you are teaching better soccer and team  
formation

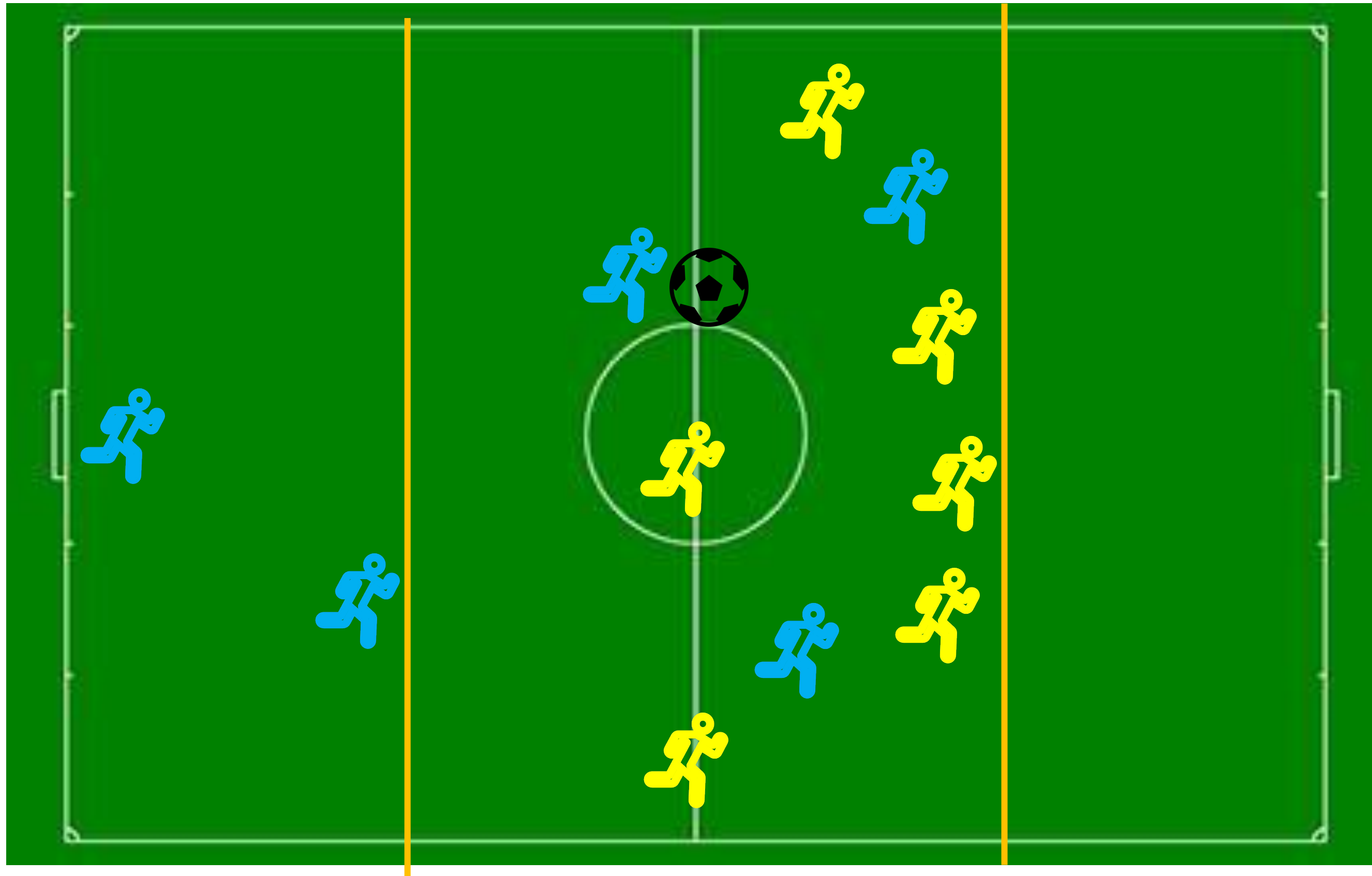




# U10 Build out Line Explained

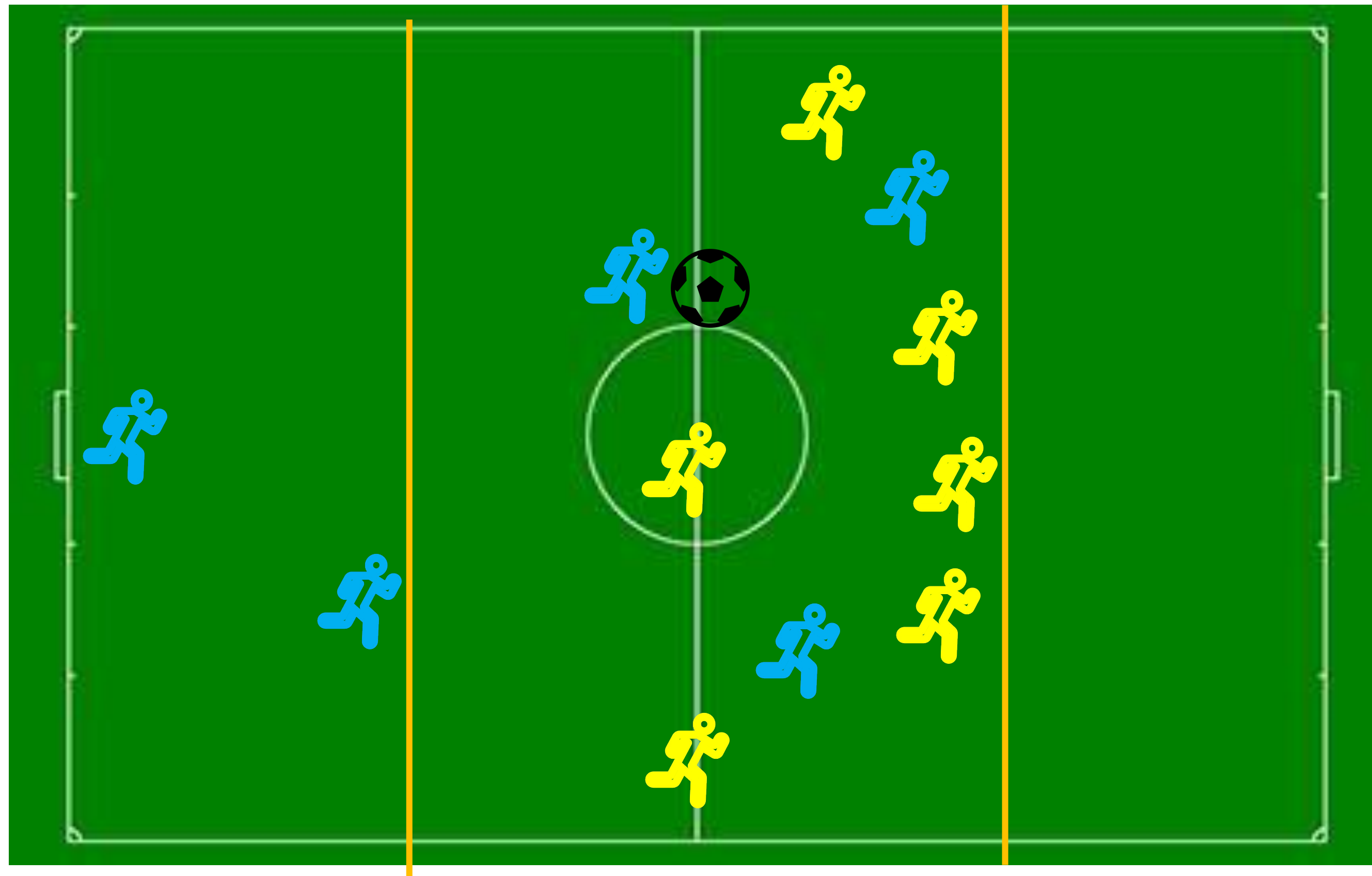
The build out line is the introduction of offsides  
Players are only offsides if they are beyond the Buildout line when the ball is played or Passed to them and they are beyond the Last defender.

In This example, the ball passes the buildout line before the player and therefore the player is not offsides



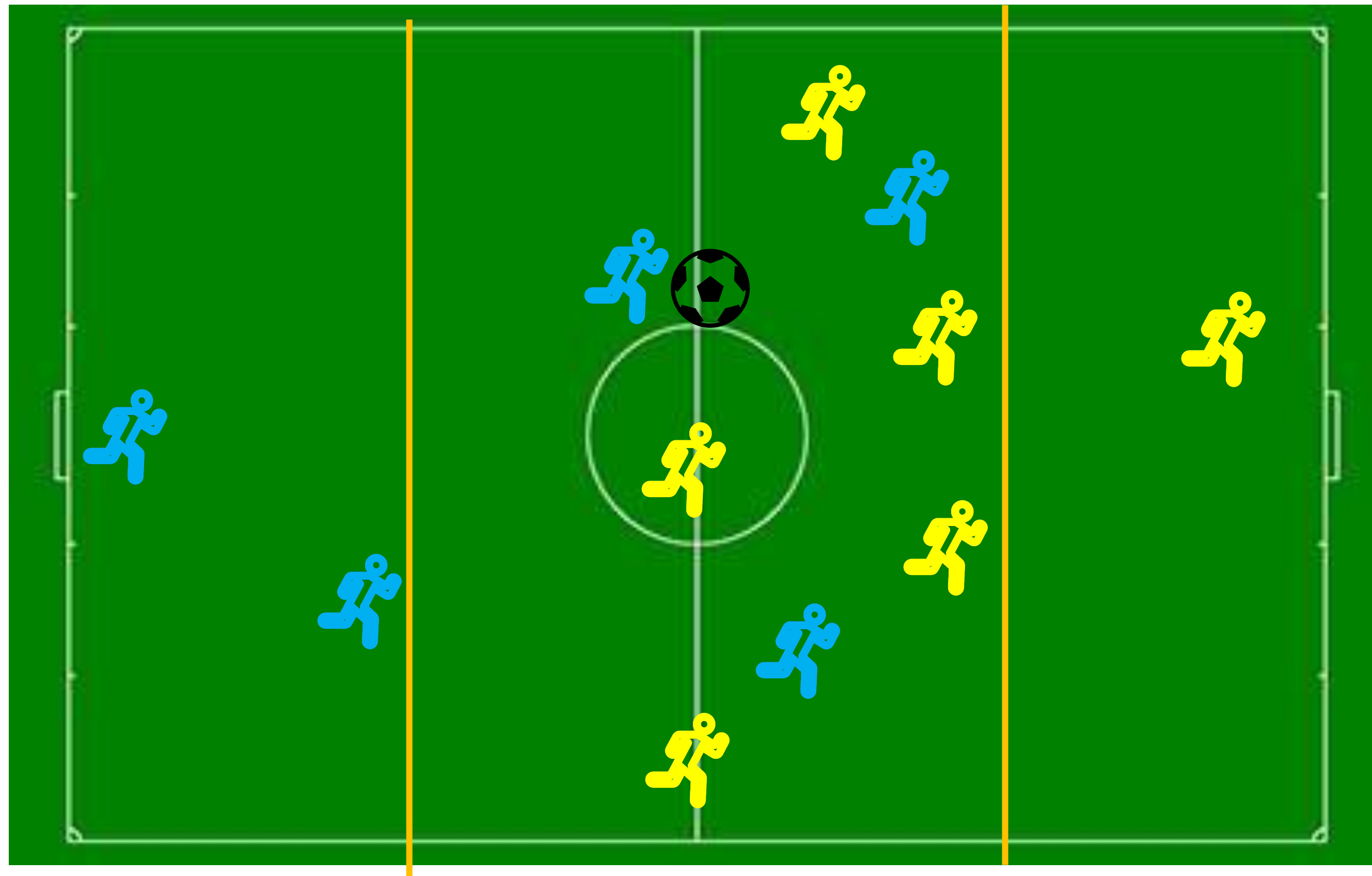
# U10 Build out Line Explained

In This example the player passes the buildout line before the ball and is in an offside position





# U10 Build out Line Explained

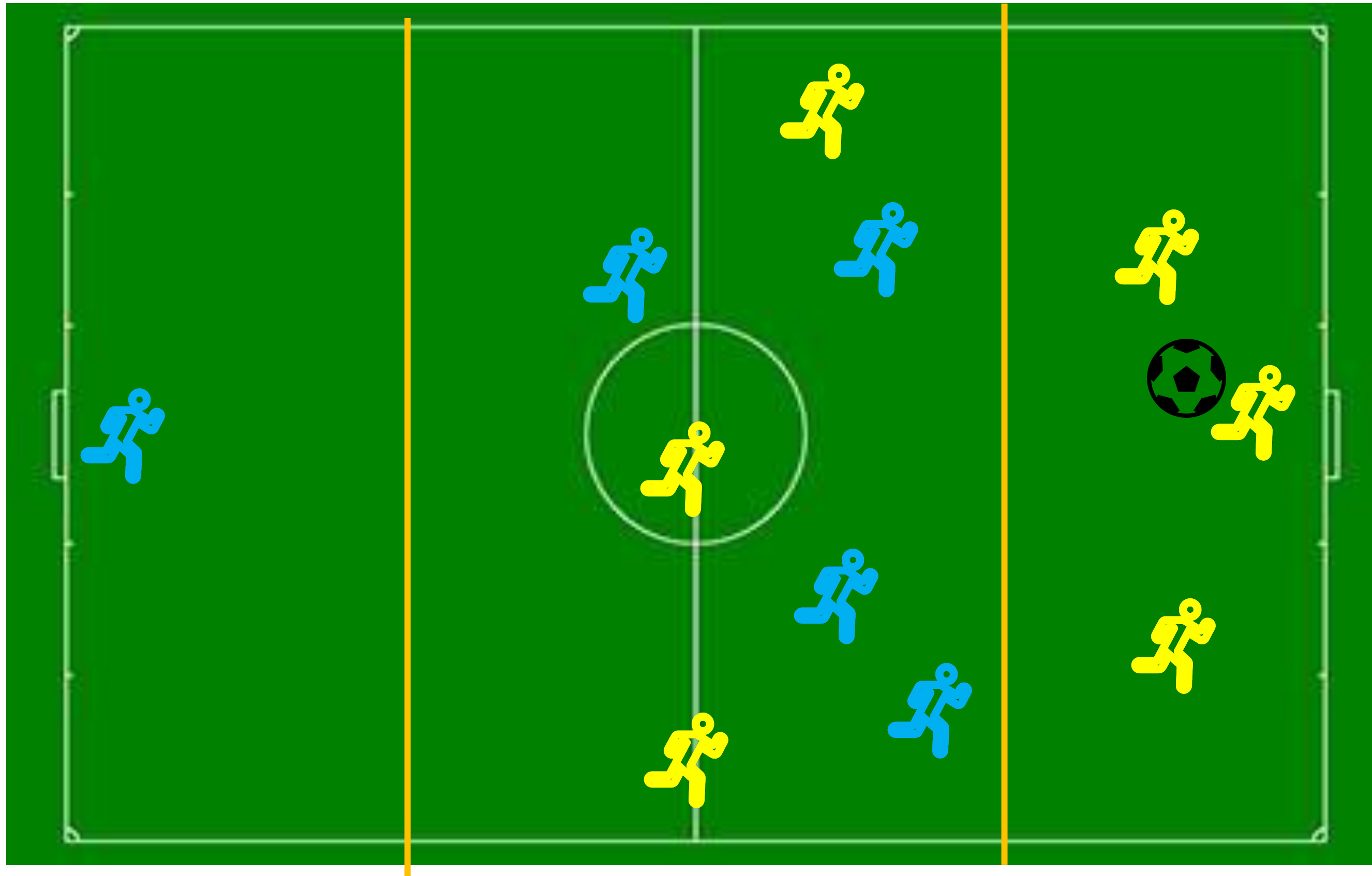


The build out line is the introduction of offsides  
Players are only offsides if they are beyond the Buildout line when the ball is played or Passed to them and they are beyond the Last defender.



# U10 Build out Line Explained

On Goal kicks, players from the opposing team must retreat beyond the buildout line to allow the other team the chance to play the ball out and advance up the field  
In this example, yellow is taking the goal kick  
And blue is appropriately behind the line







# Reminders for U10

NO Punting or Drop Kicks allowed.

Reasoning for the change: To align with Indiana Soccer modified playing rules for U10

In the case of an infraction, the referee reminds the keeper of the NO PUNT rule and restarts the game with the ball in the hands of the goalkeeper.

When the goalkeeper has the ball in their hands, the opposing team, must move behind the buildout line or 8 yards, whichever is greater.

Rationale: Develop the concept of building out from the back, understanding that the goalkeeper passes the ball to teammates.

# Clarifications for U10

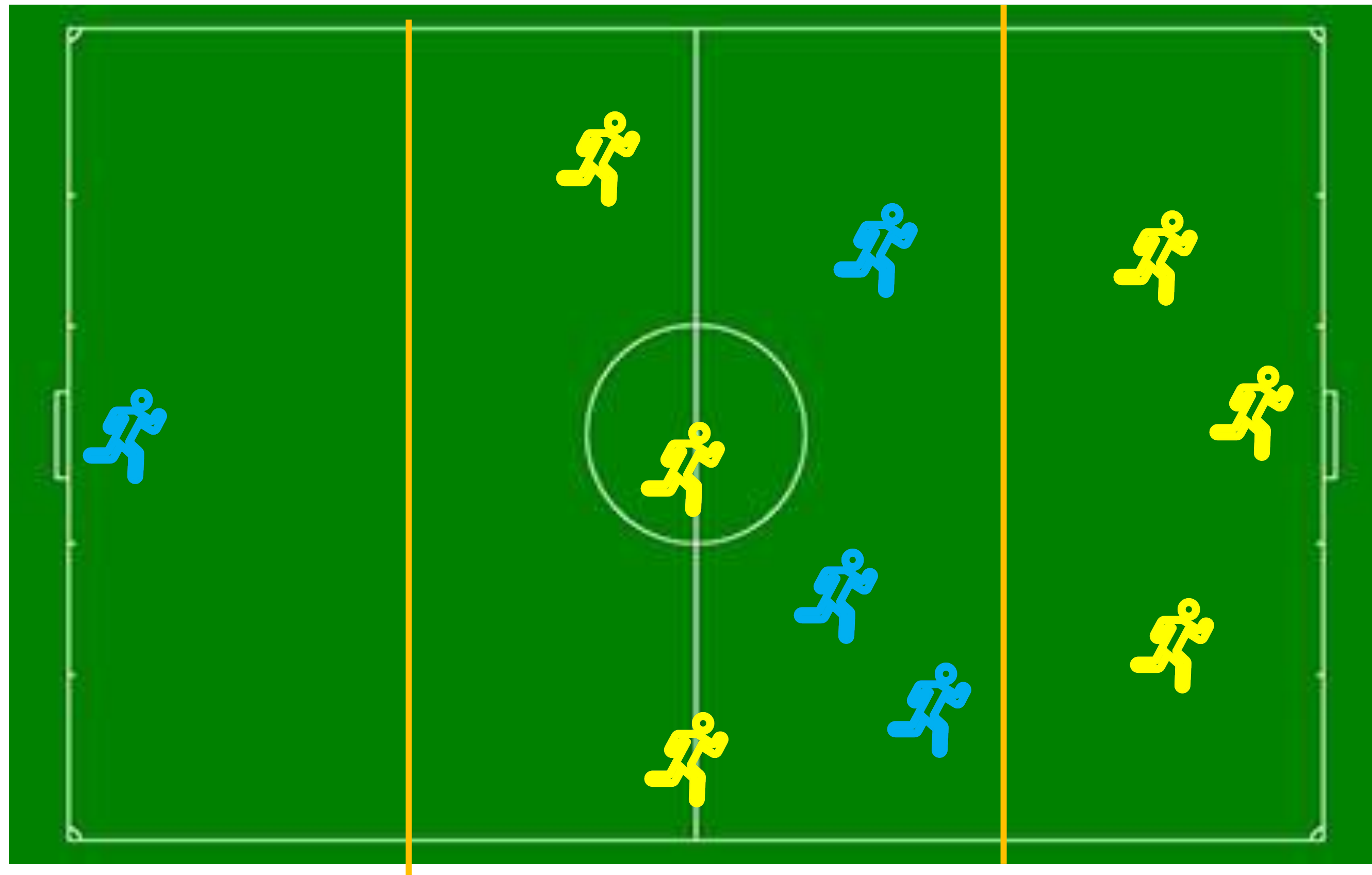
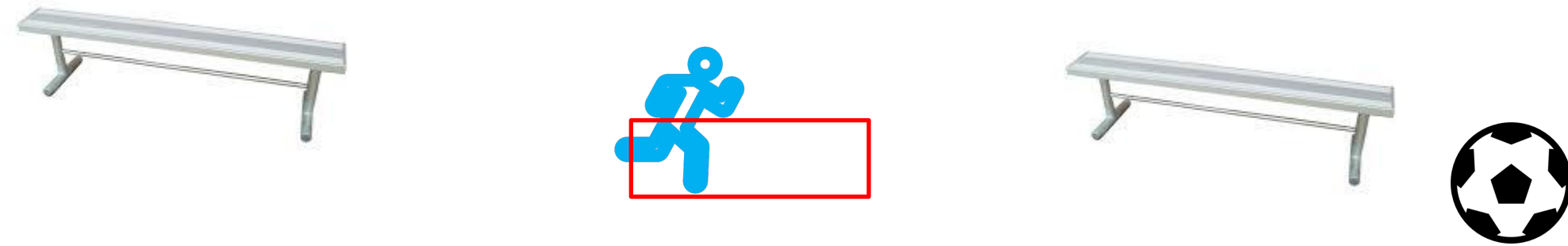
Fouls/Offenses inside the box on an offensive player will result in the ball being placed on the goal box line parallel to the goal line, closest to where the foul occurred.

On all Indirect free kicks, the player must make their best effort to pass the ball, and the ball must leave its original spot (No “tapping” the ball).



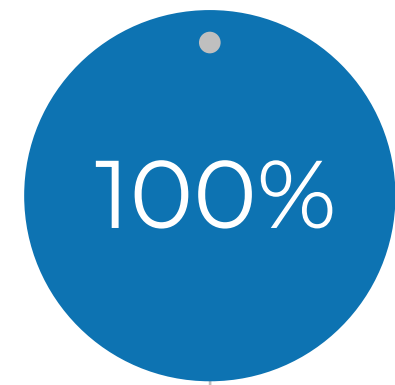


# U10 & up Substitutions



- When you are ready to substitute players, the player must walk over to midfield and wait for the official to call for the subs to enter the game.
- Coaches do not determine when the player can enter the field.
- Just because you sent a sub over, does not mean the official has to allow the substitution to occur.

# Tournaments



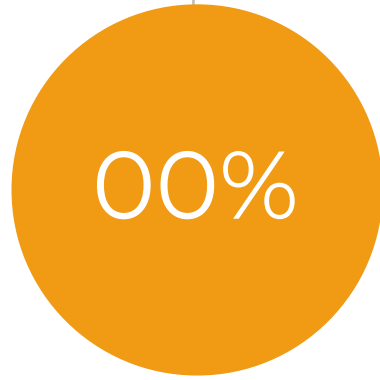
Parent  
Behavior



Coaches  
Behavior



Player  
Behavior



Incidences  
with Officials

The tournament is not a guarantee. It will only occur if behavior during the season and weather allow.

It is a blind draw. We do not/will not seed the tournament; we don't even track wins and loses as we want the emphasis of the season to be on improvement over time. Not winning today.



# Field Closures

## Check before you go

Field closures due to weather are listed on our website.

A

C

## Do you have to cancel?

No, but you can't be on a painted field, you can still practice.

## Help Protect our fields

If they are closed, they are closed to everyone, we must stay off them when they are too wet, so we don't tear them up..

B

D

## Be smart

If lightning is present, no one should practice. Cold and raining is miserable for everyone, when hot, take frequent water breaks.



# Coaching Profiles

Are **required** to be complete by August 9th

Safe Sport



Safe Sport

Mandated by US Federal Law

Background Check



Background Checks

We can't allow you to be involved in anyway without a clear background check.

CDC Heads up Concussion Training



Concussion Training

This is critical to ensure the safety off all of our kids. Concussions are life threatening

All three must be renewed every two years



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## Coaching Profiles

Are **required**

Incomplete Profile

=

No Coaches Shirt and not  
allowed to coach

# Find us On

stack team app

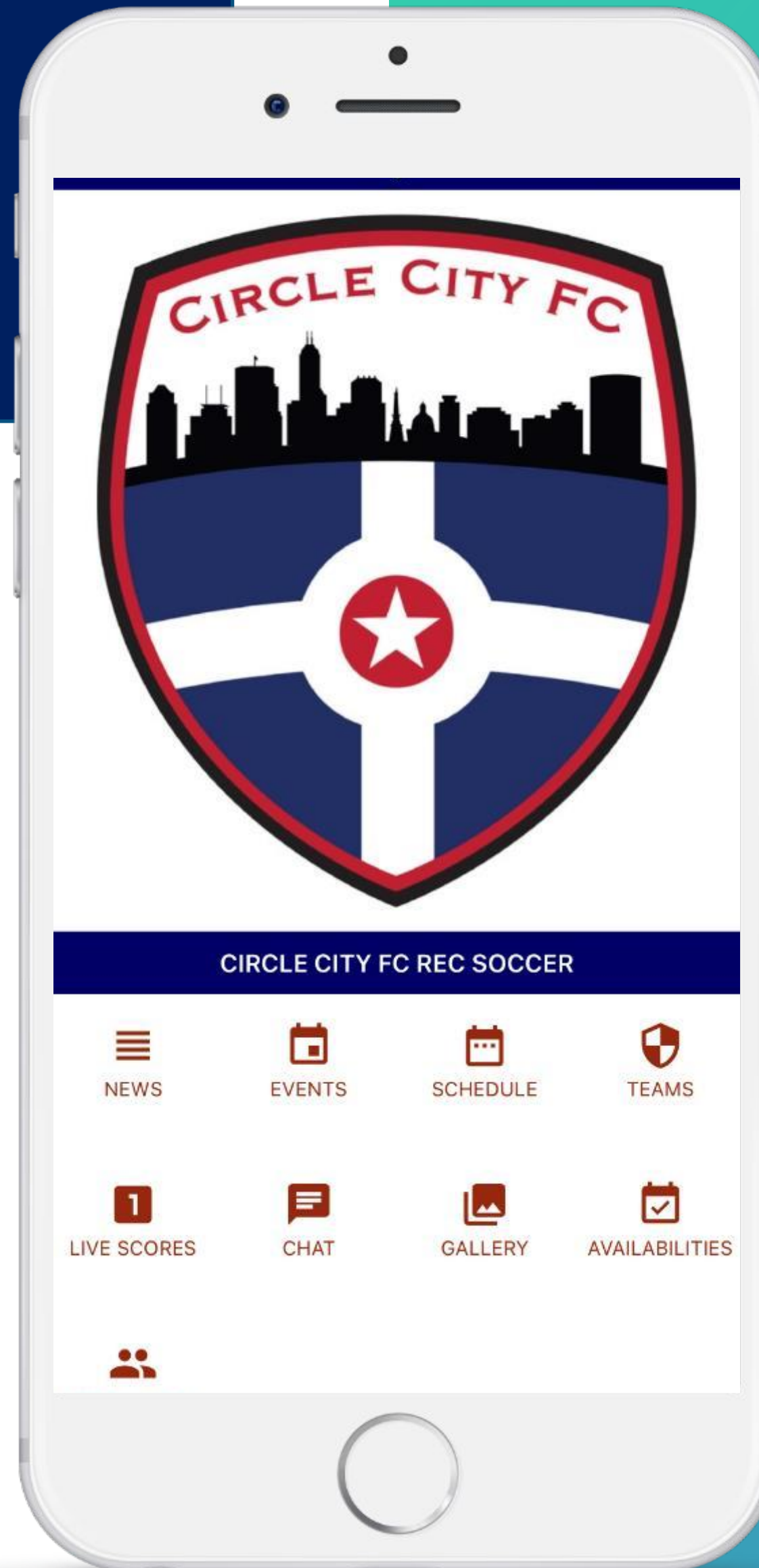


## Communication

Reminders

From the Club

Field Closures and  
emergency notifications.





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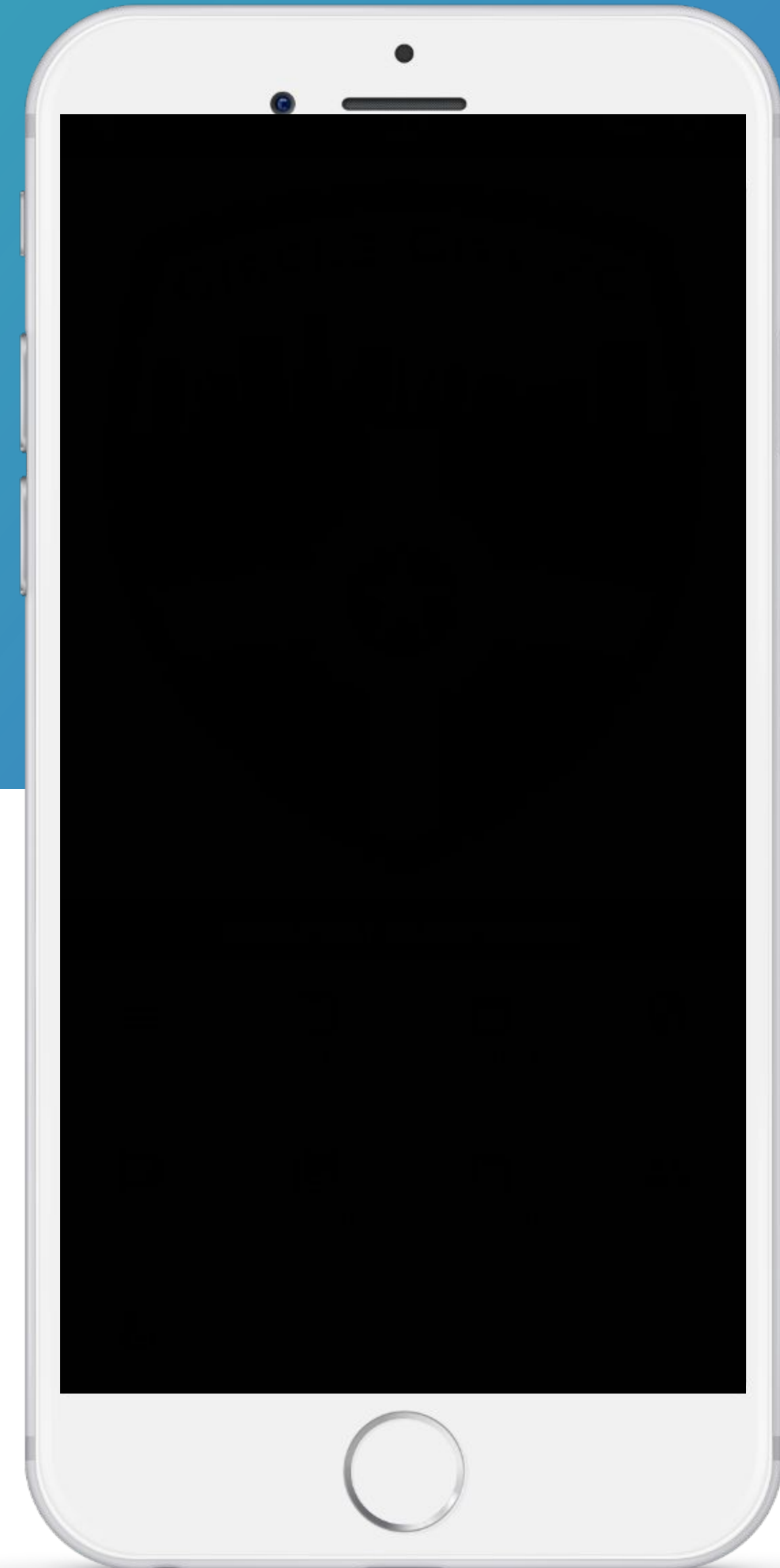
# GET. THE. APP!



Search “Team  
App”



Download Team  
App  
It's FREE!!!



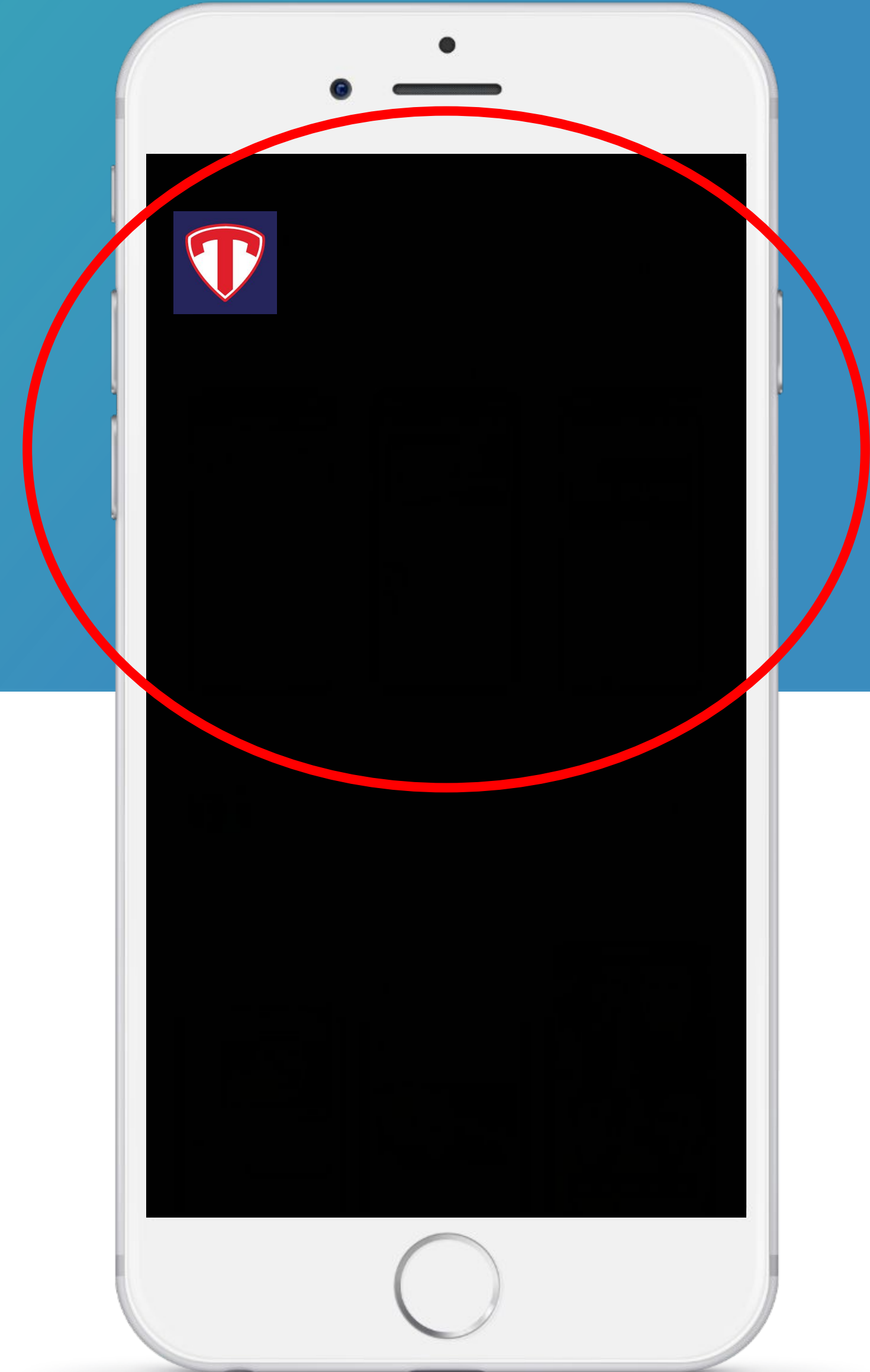
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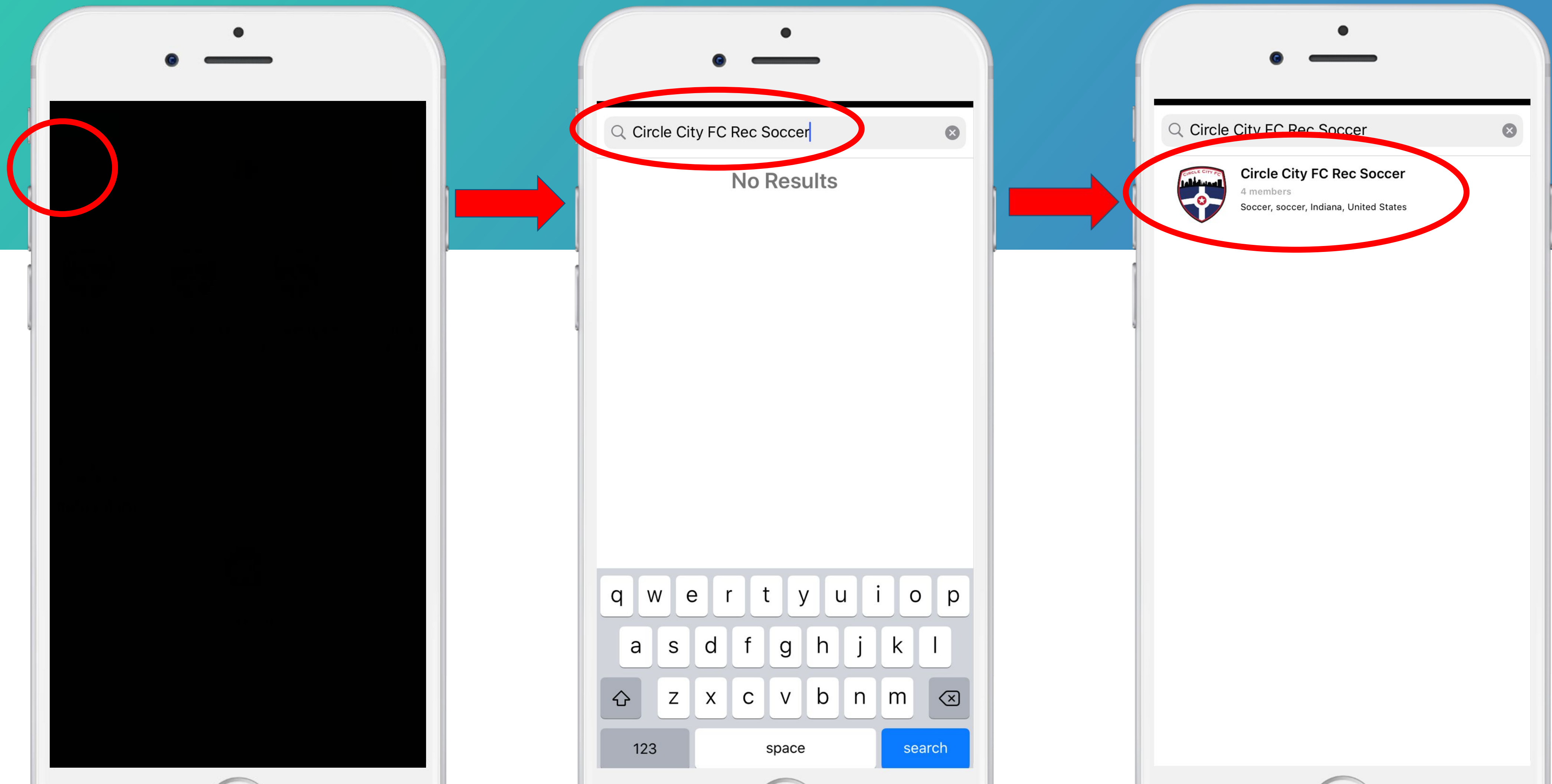
Download Team  
App  
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# Search

## “Circle City FC Rec Soccer”



- 
- Uniforms
  - Field Day & In person coach meeting March 29<sup>th</sup>
  - Picture day is April 26<sup>th</sup>/Game 4
  - Join the Board!
  - Email Opt Out (please don't)
  - NO Golf Carts
  - NO Tobacco or Alcohol
  - NO Vaping
  - and NO Pets

[Field Day Sign Up](#)

<https://www.signupgenius.com/go/10C0F4DABA722A5F5C25-54457757-field#/>





# The FUNdamentals of a great season

Here's the secret to youth soccer: It's the experience that keeps them coming back, not the X's and O's

Focus on Growth – not your record – because that's what you will remember too.

Be sure to celebrate your team at the end of the season and remind them how much they have grown.

