



**CCFC Spring 2026
Rec Coaches Meeting**

Circle City FC

Founded in 1994. Originally Franklin Township Soccer Club

We are the 7th Largest Club of 145 in the state... AND growing

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

We're now #1

**THANK
YOU**



Rosters

A

Rosters were sent, did you get it?

B

If not, we need to know NOW!

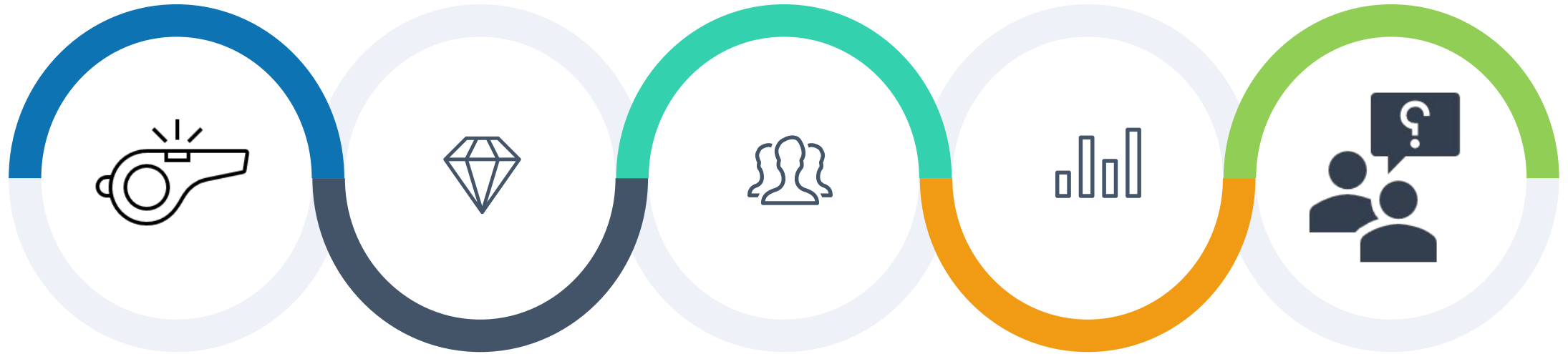
C

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.

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.

Player and Parent Conduct

We encourage you to review the player code of conduct with your team before the season begins.

<https://circlecityfc.com/players-code-of-conduct>

Just as important please direct parents to the code of conduct for parents/spectators.

<https://circlecityfc.com/parents-spectators-code-of-conduct>



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

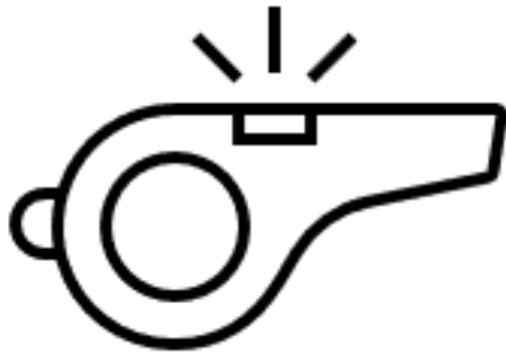
- Single offenses are at **minimum the prescribed game penalty or time penalty** for non red zone offenses
- Penalties can be **both game and time depending on severity** / circumstances
- Second time offenders receive **double punishment**
- Third time offenders receive a **lifetime ban**
- More than 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

•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
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HANDBALL!!!!!!

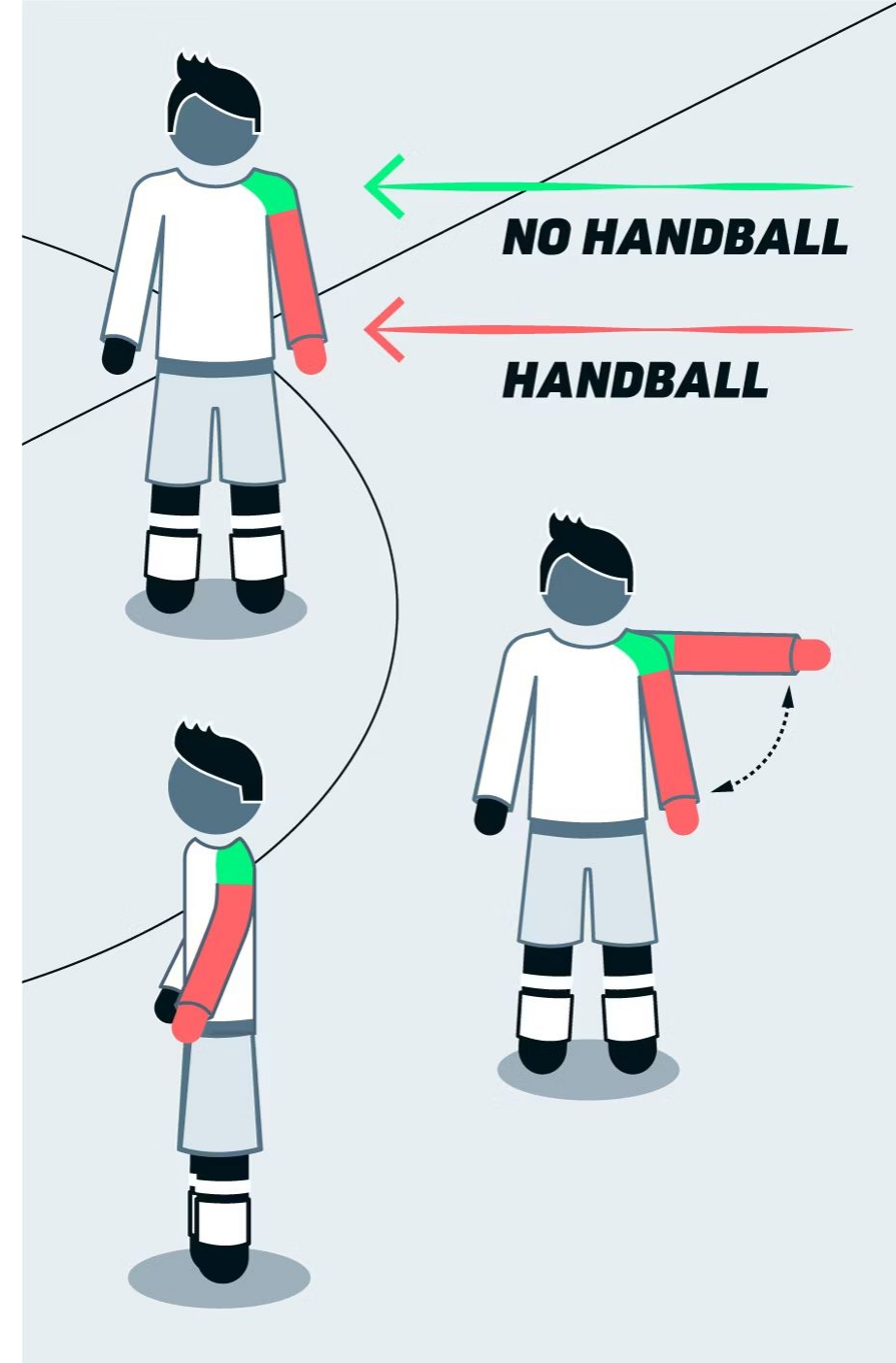
Or not? What?

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



www.mojo.sport



WHO WE ARE

PROGRAMS

COMPETITIONS

EDUCATION

SPECIAL BENEFITS

RESOURCES

REFEREES



HOME > EDUCATION > COURSES SCHEDULE COACHING BEST PRACTICES MINIMUM COACHING STANDARDS USSF COACHING PATHWAY USC COACHING PATHWAY TRAINING SESSION PLANS COACHING RESOURCES EDUCATION ONLINE LEARNING INDIVIDUAL TRAINING PRACTICE VIDEOS

Coaching Resources

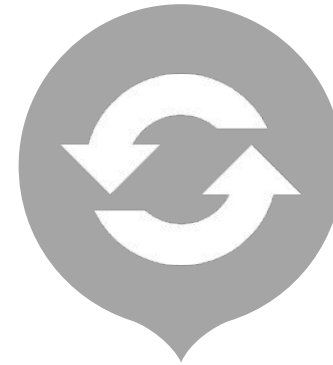


- COURSES SCHEDULE
- COACHING BEST PRACTICES
- MINIMUM COACHING STANDARDS
- USSF COACHING PATHWAY
- USC COACHING PATHWAY
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Coaching Reminders



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

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!

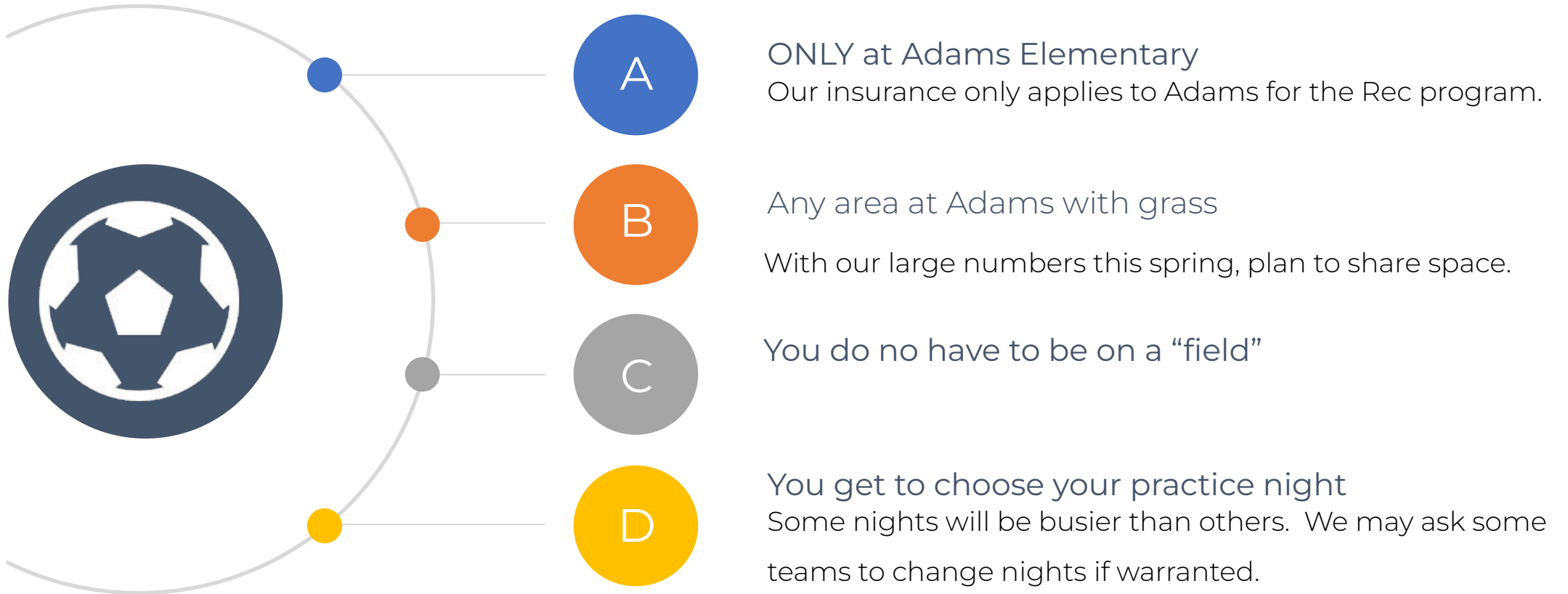
Praise THE Effort

New to Coaching Soccer?

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



Where Can you Practice? When can you Practice?



You will receive a coach's bag with cones, pinnies, marker board. U10 + come to ref shed to get goalie gloves.

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?

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.



U4
U6

3 v 3

1 coach allowed on
field

No goalie

Size 3 ball

1 official

No offsides

No heading

No slide tackles

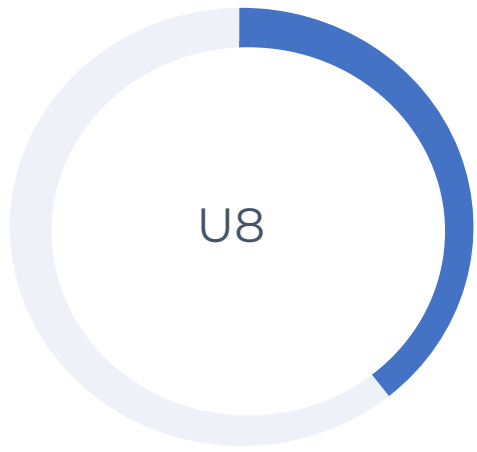
Sub on dead ball.

All kicks indirect

Focus and Season goals

- Make it FUN!
- Use a whistle in practice so they get used to starting and stopping via the whistle.
- Learning the rules
- Using both feet.
- Field awareness (which goal am I scoring in)
- Phases of the game
 - Attacking, Defending
- How to defend- fast, slow, side on, don't stab
- Ball mastery

- Goals: Team play, assisted goals, defending as a team.



U8

4v4

1 coach allowed for
first half of season

“box” rule

Size 3 ball

1 official

No heading

No offsides

No slide tackles

Sub on dead ball

All kicks indirect

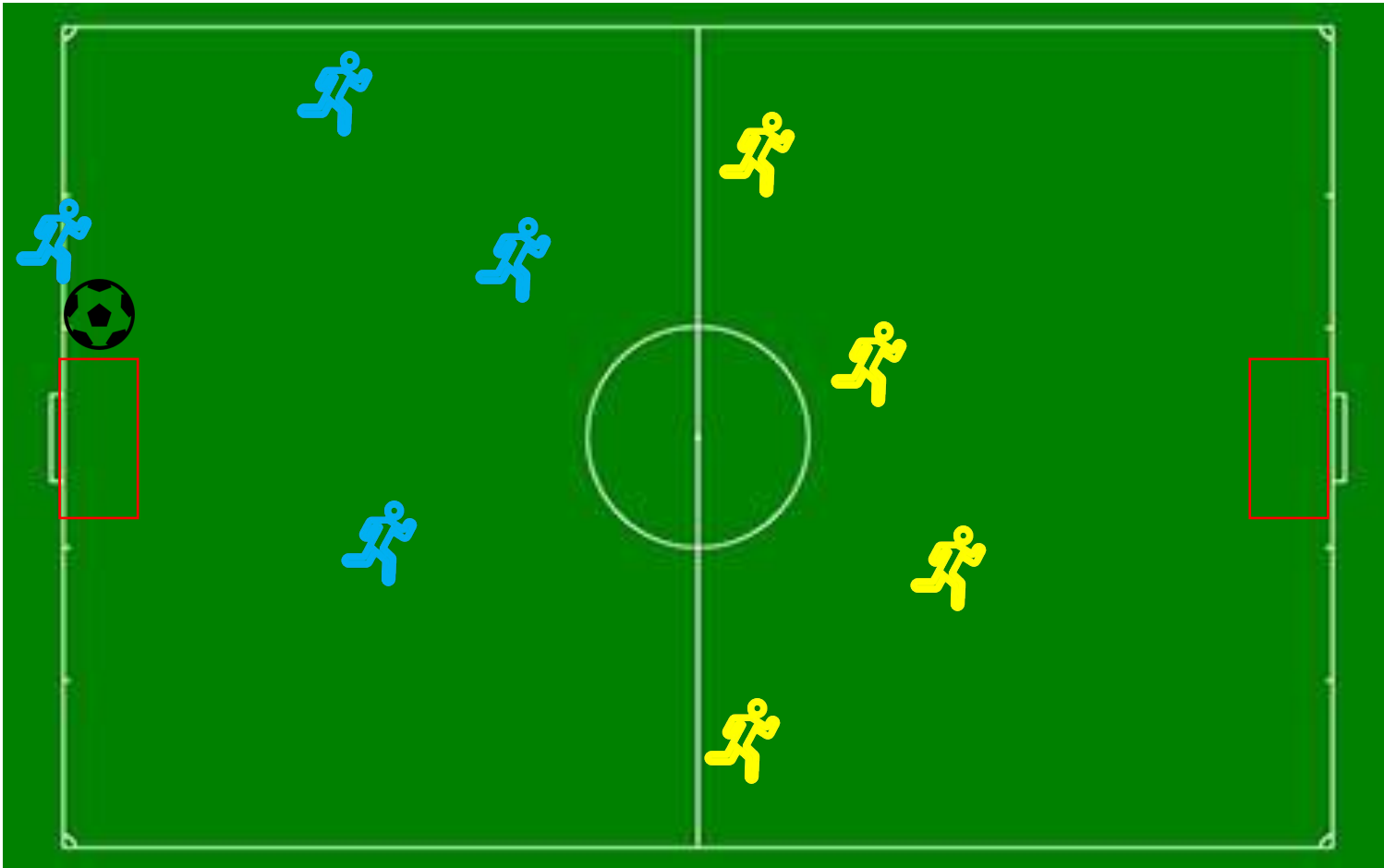
Midfield build out
line

Focus and Goals

- Ball mastery
- Learning positions
- Full team movement
- Maintaining space
 - Defending and attacking
- Moving the ball in all directions
- Set pieces
- Building out of the back

Introduction of the U8 Buildout line

Update to “Box” Rule

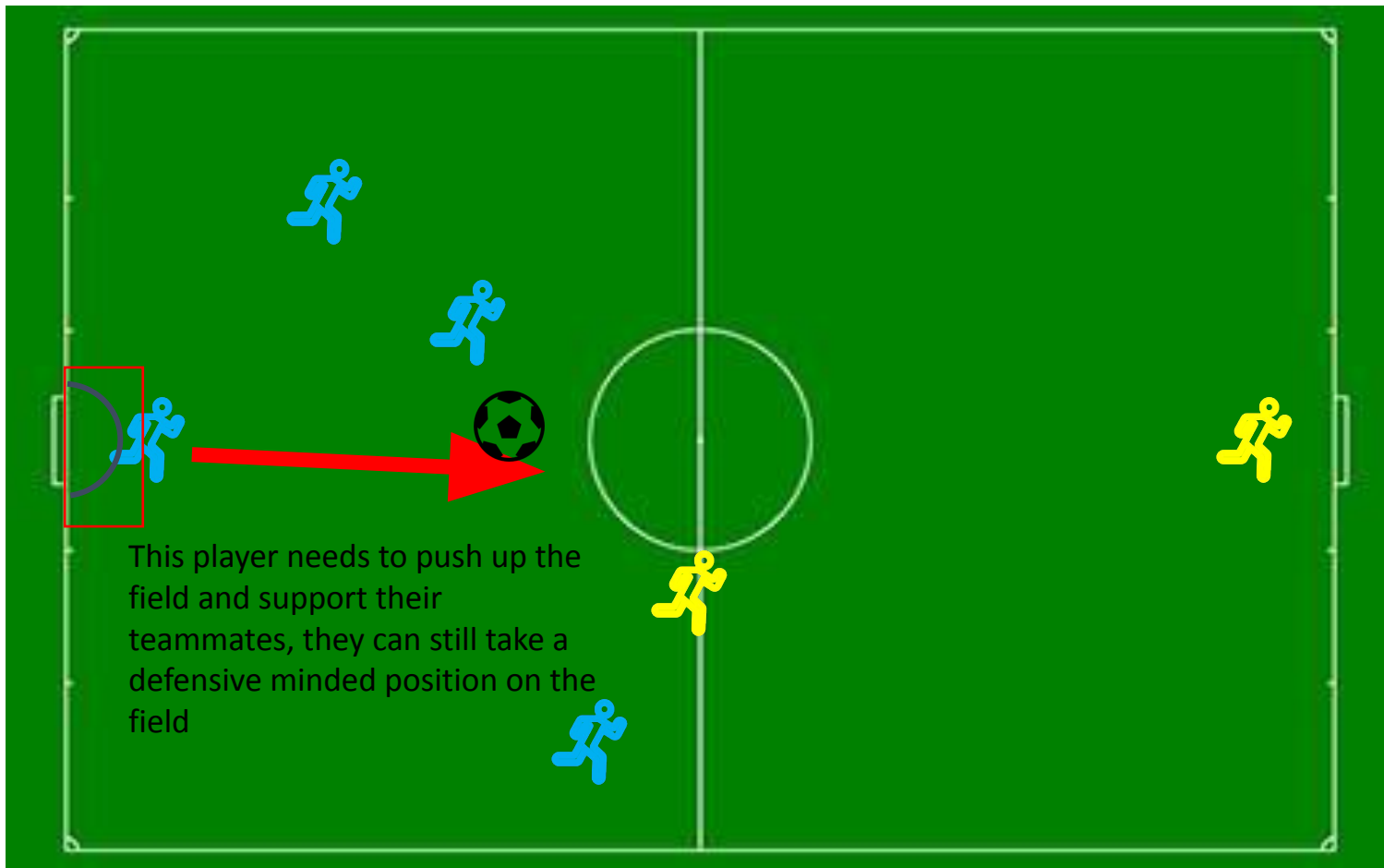


On ALL goal kicks, the defensive team will retreat to midfield.

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.

U8 Box 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



7 v 7

No Coaches on the field

Goalie now used

Size 4 ball

1 official

Introduction of offsides via

“build out line”

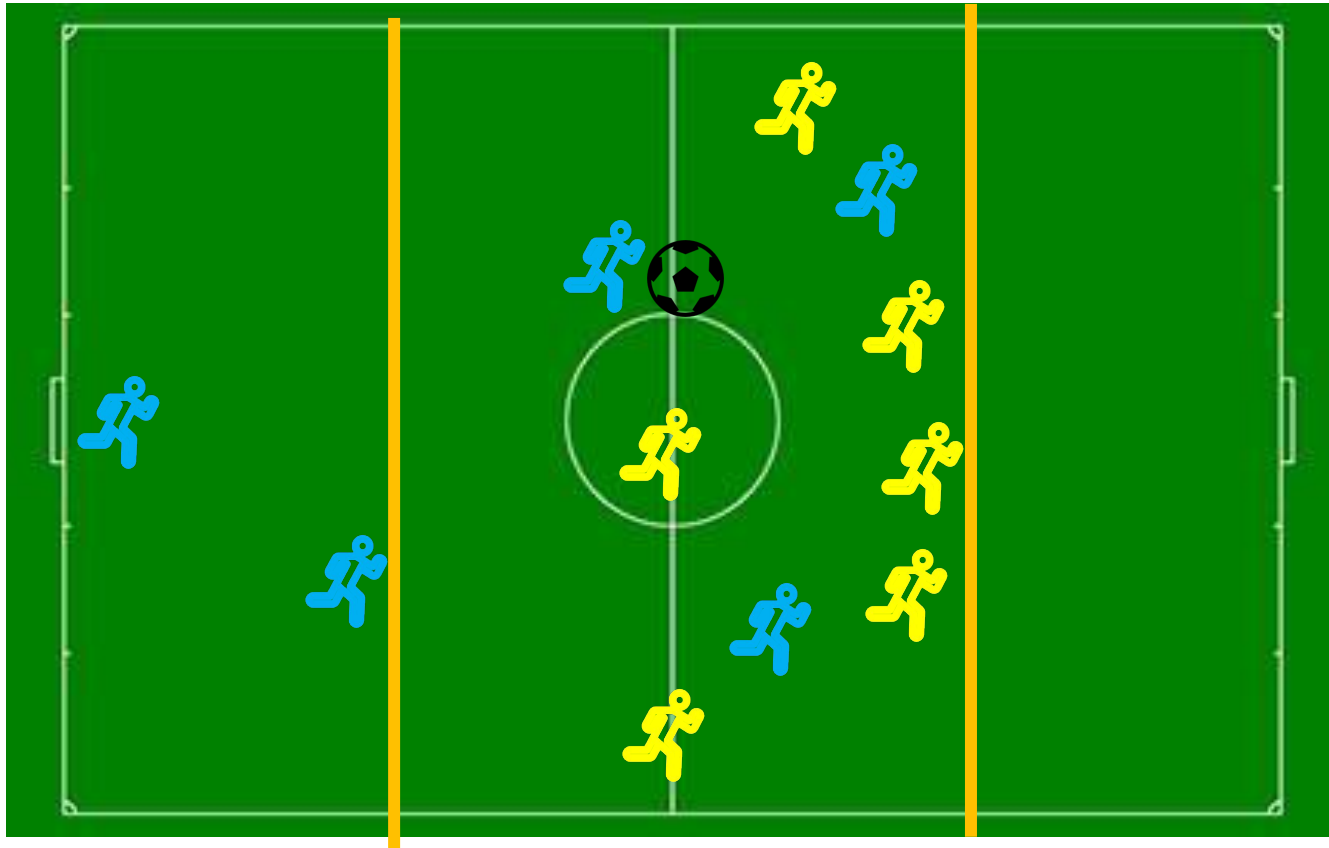
On goal kicks, the
opposing team must
retreat behind the build
out line

Goal kicks from anywhere in
the box

Focus and Goals

- Ball mastery
- Maintaining positions-using correct names for positions
- Stay in formation
- Tactics-vision-timing-space
- Off ball movement
- Building out of the back
- Switches-crosses-drops
- Introduce set plays

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





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

Focus and Goals

- Ball mastery
- Maintaining positions-using correct names for positions
- Tactics-vision-timing-space
- Off ball movement
- Building out of the back and over the top
- Switches-crosses-drops
- Variable pressure
- Overlapping runs
- Overloading offense
- Playing all directions
- Combination play
- Set plays

Full sided/11v 11 Rules



U14

Size 5 ball

Heading now allowed

Heading must be taught

to do properly

No slide tackles from

behind



U19

Full ISL/FIFA rules

apply

Ball Mastery

Stationary and moving techniques to master touch on the ball

- Toe touches
- Tik toks
- Sole roles
- Pull back

- Scissor
- Body feint

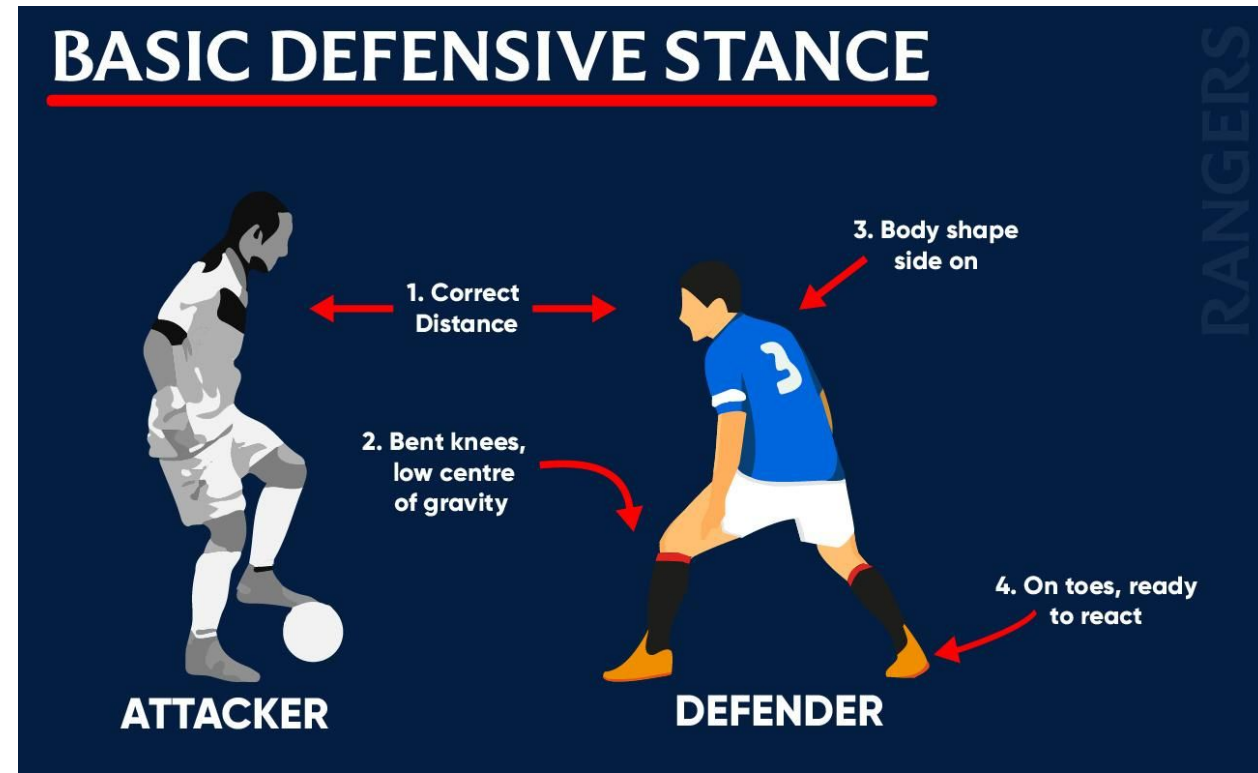
Partner work

- Left/right feet
- Knee
- Chest to feet



Defending

- Close the distance/get there fast
- Slow down and get low
- Side on-direct where you want them to go
- Don't stab/dive in



Passing

Proper technique and mastering the basics

- 1 touch
- 2 touch
- Touch to space
- Drops
- Square
- Through



