



**CCFC Fall 2024
Rec Coaches Meeting**

Circle City FC

We are the 8th 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**





Rosters

A

Rosters were sent, did you get it?

B

If not, we need to know NOW!

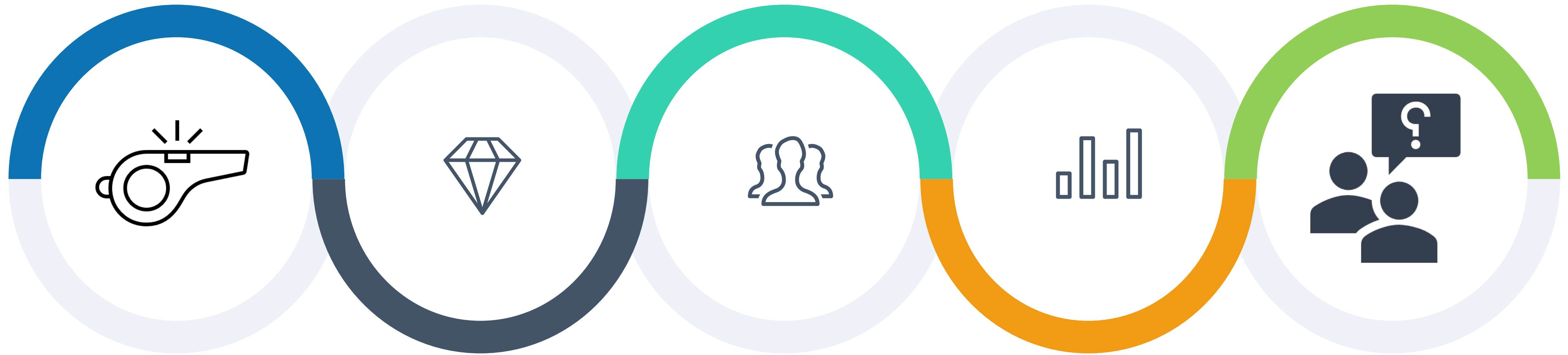
C

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.



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 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)

Laws of the Game

Want to learn more?

IFAB[®]

Theifab.com

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

FB & Insta
@refsneedlovetoo



HANDBALL!!!!!!

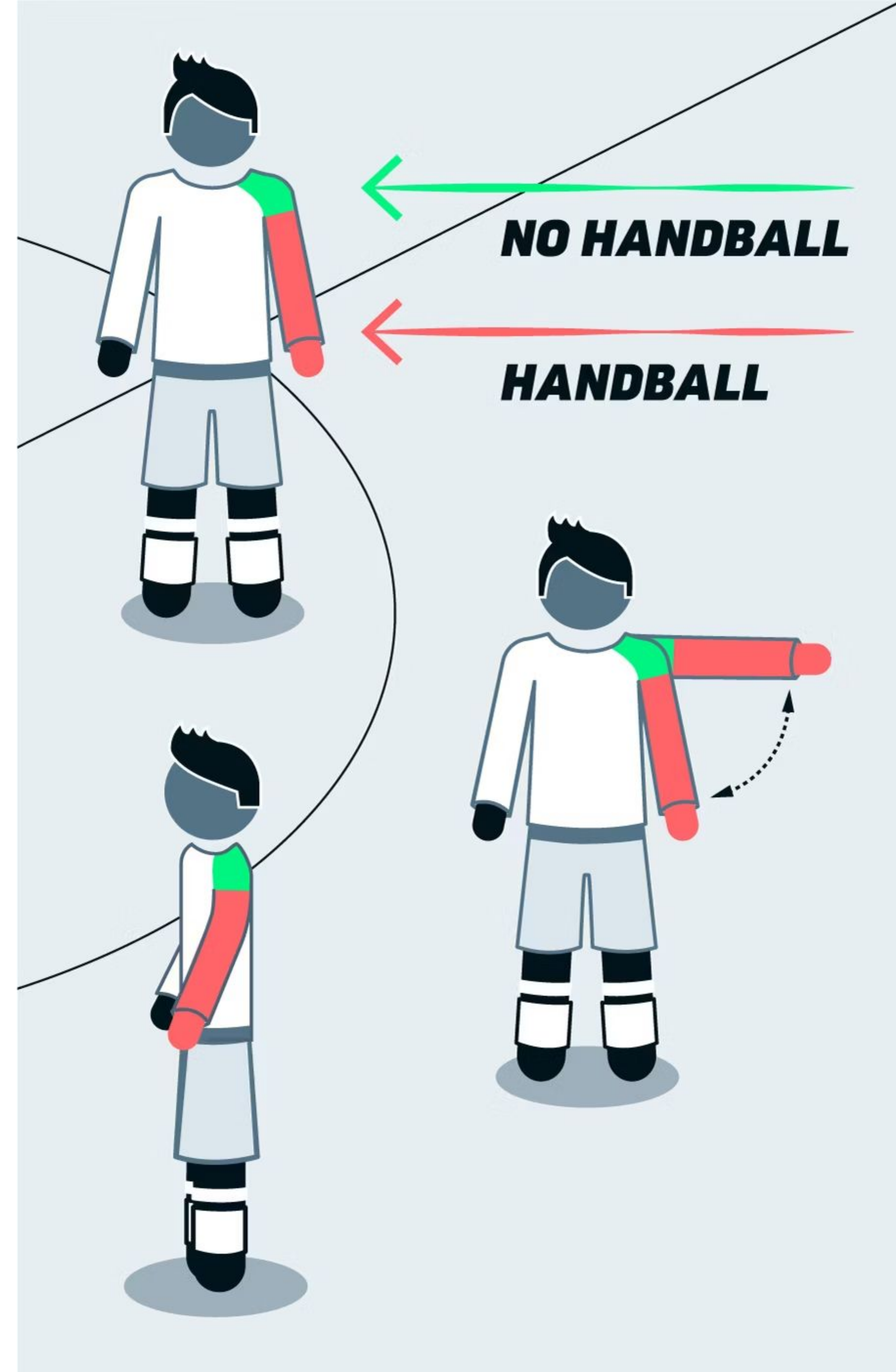
Or not? What?

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



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
- TRAINING SESSION PLANS
- COACHING RESOURCES
- EDUCATION ONLINE LEARNING
- INDIVIDUAL TRAINING PRACTICE VIDEOS



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](#)

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[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





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



Defending, Winning the ball back Early presented by Adrian Parrish



Effective Methodology for coaching technique & game tactics by Ian Barker



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



Ability Based Training Presented By Robert Parr



Designing a Progressive Goal-keeper Development Program



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



Goalkeeping Necessities for youth Players by Rick Granryd



Individual Training Practice Videos

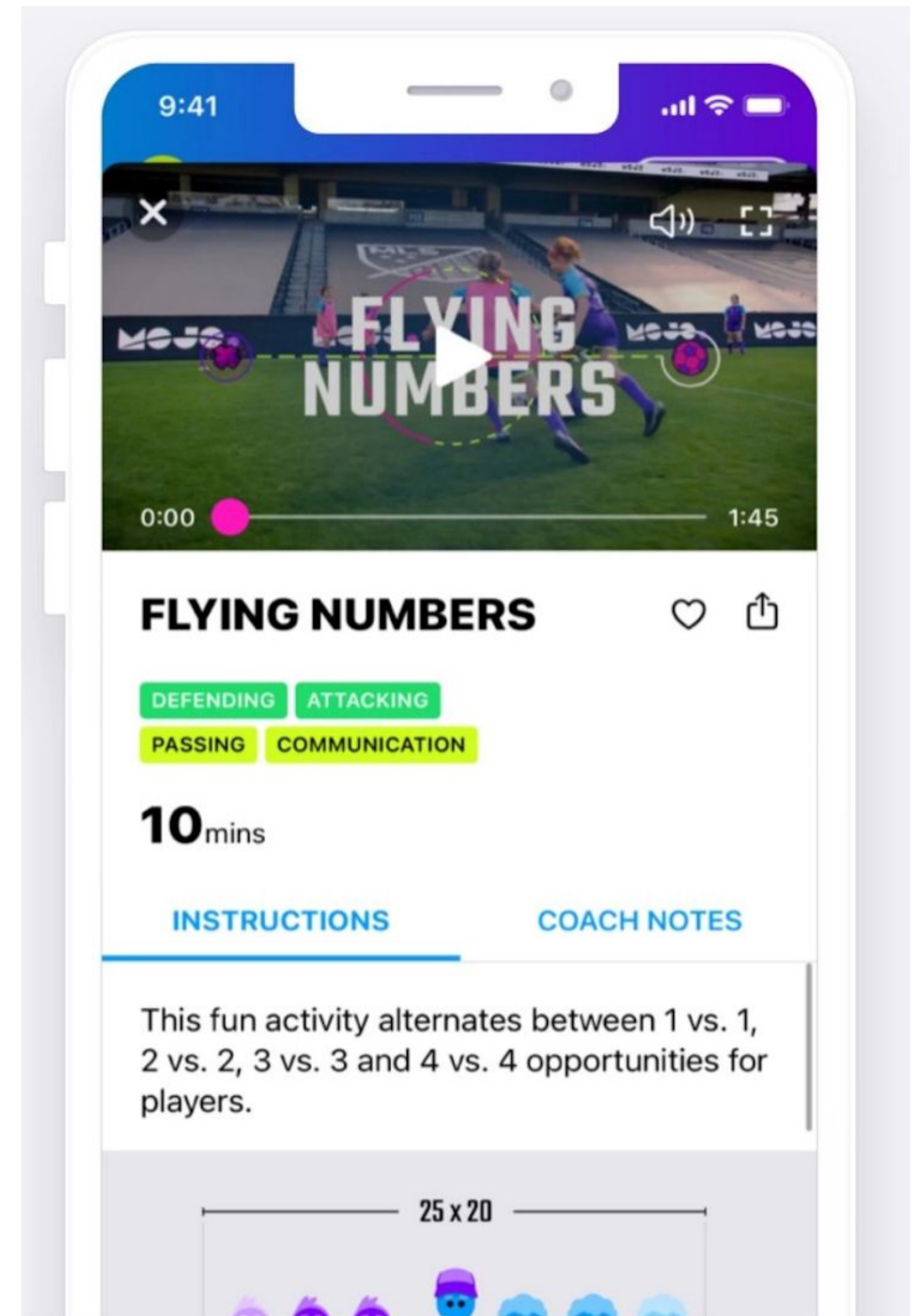


- ▶ Field Player Training With The Ball – One Cone
- ▶ Field Player Training With The Ball – Two Cones
- ▶ Field Player Training With The Ball – Ten Cones
- ▶ Player Training With The Ball – No Space/No Problem
- ▶ Player Training With The Ball – Pick One Trick
- ▶ Goalkeeping Training



YOUR EASIEST, BEST COACHING EXPERIENCE EVER

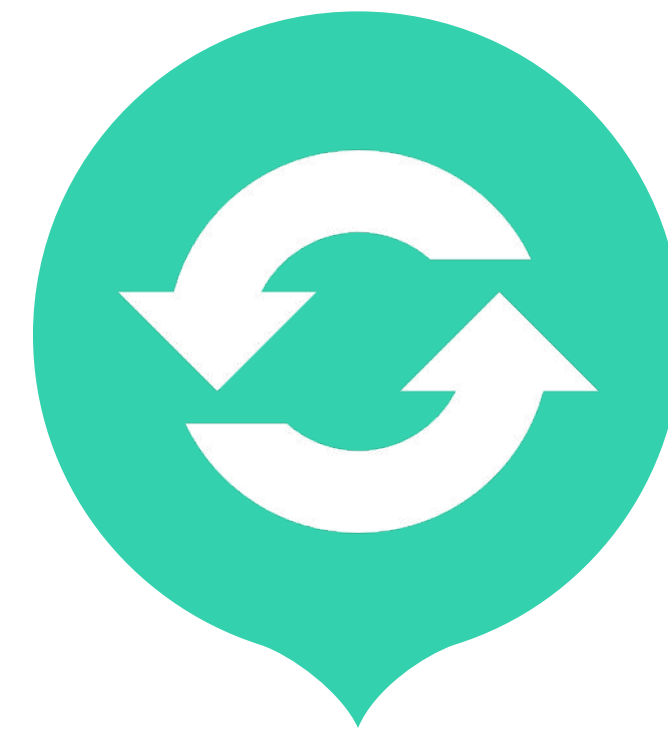
- Plan fun, effective practices at the tap of a button, customized to your team's age, skill level, and more
- Hundreds of practice activities to choose from, each with easy-to-follow videos and instructions
- Adapt on-the-fly to any challenge thrown your way: missing players, different equipment, different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



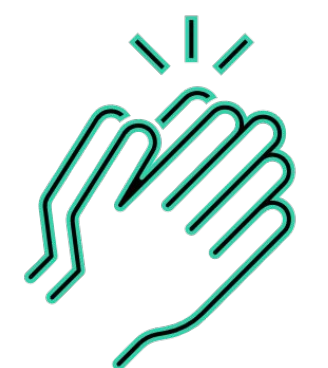
Rule #1

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

And last but not least, 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!

New to Coaching Soccer?

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



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

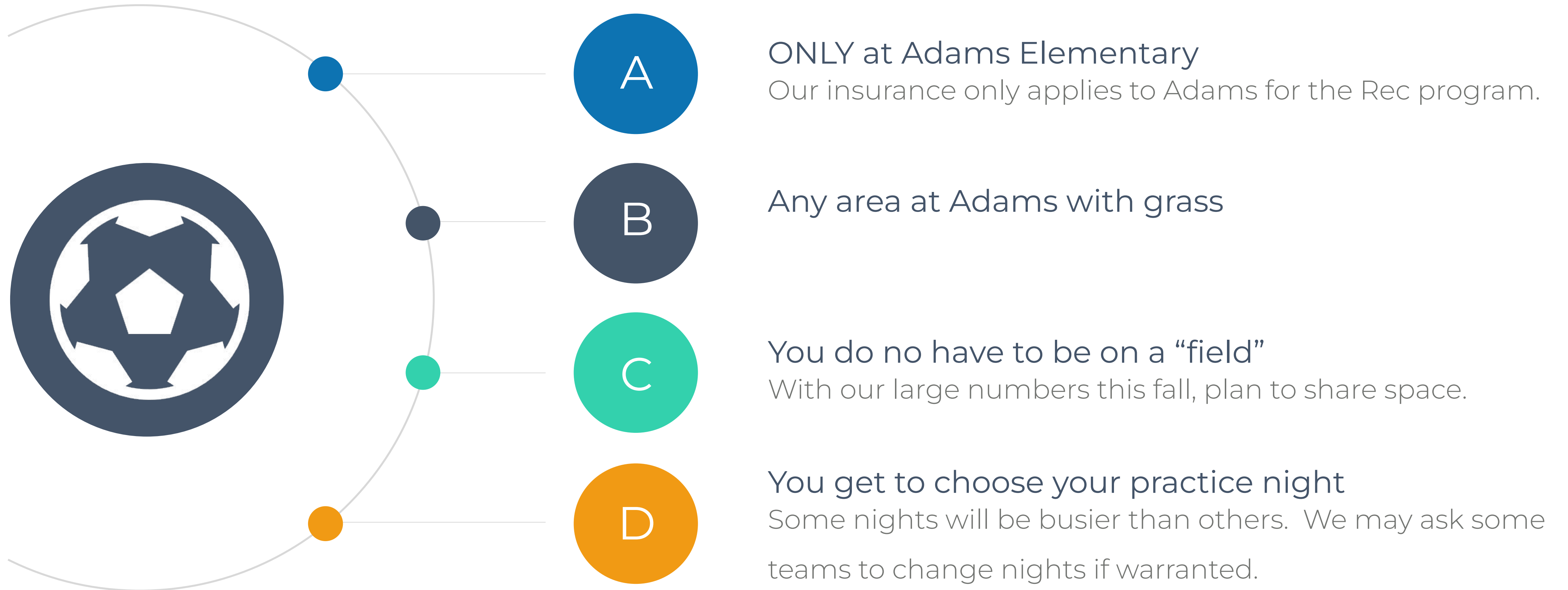


20-24 Seconds



30 Seconds?

Where Can you Practice? When can you Practice?



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+

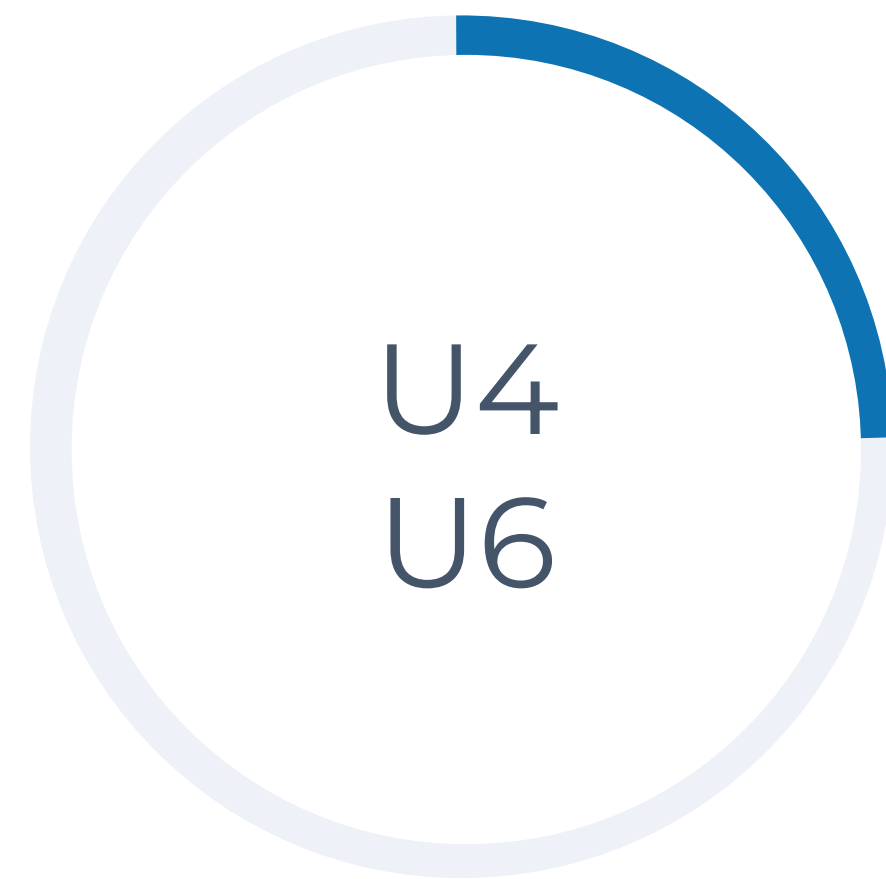
1 Hour +

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

PLAYER DEVELOPMENT PATHWAY

<p>0-6 Active start</p>  <p>Intro to physical activity. Touches on the ball in a fun, unstructured environment.</p> <p>Dribbling, turning, receiving and striking the ball. Focus on the individual.</p>	<p>6-9 FUNdamentals</p>  <p>Skill development in a structured, positive and fun environment.</p> <p>Technical development of passing, receiving, dribbling and finishing. Focus on 1v1 actions and promote game understanding and technical execution in small sided games.</p>	<p>9-12 Learning to train</p>  <p>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.</p>	<p>12-16 Training to develop</p>  <p>Continue to develop football-specific skills as players transition to 11v11. 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.</p>	<p>16-19 Training to compete</p>  <p>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.</p>	<p>19+ Training to win</p>  <p>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.</p>	<p>Any Age Active for life</p>  <p>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.</p>
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Small sided Rules and Play Format Progression



U4
U6

3 v 3

1 coach allowed on field

No goalie

Size 3 ball

1 official

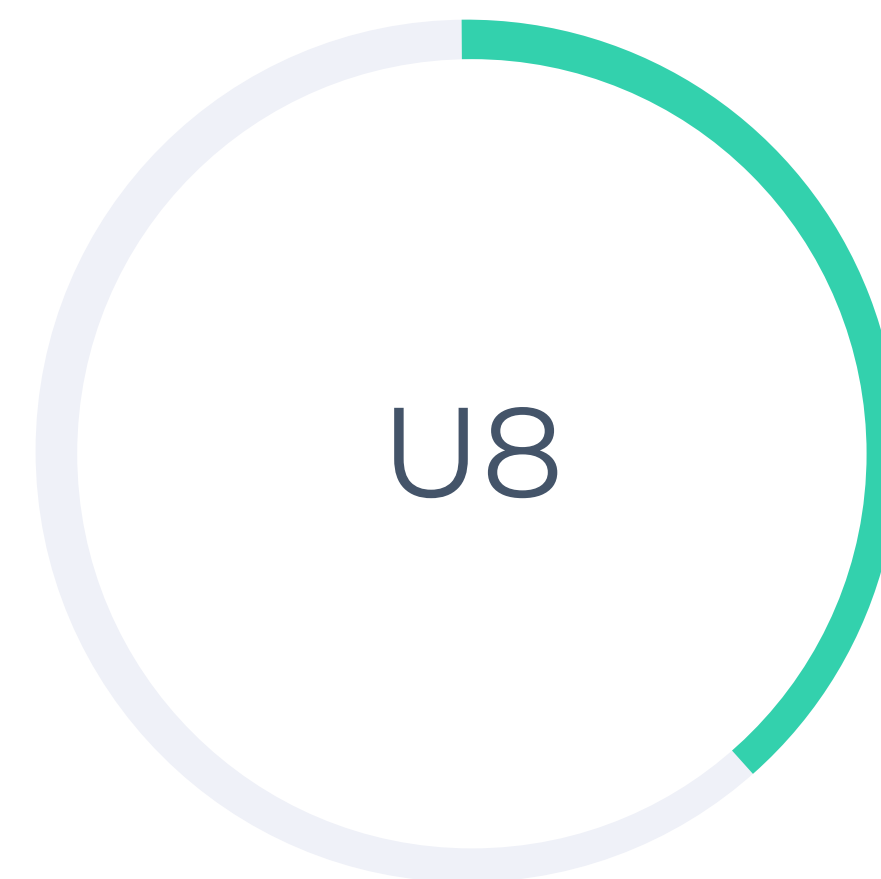
No offsides

No heading

No slide tackles

Sub on dead ball.

All kicks indirect



U8

4 v 4

1 coach allowed on field for 1st 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



U14

Size 5 ball
Heading now allowed
No slide tackles from
behind



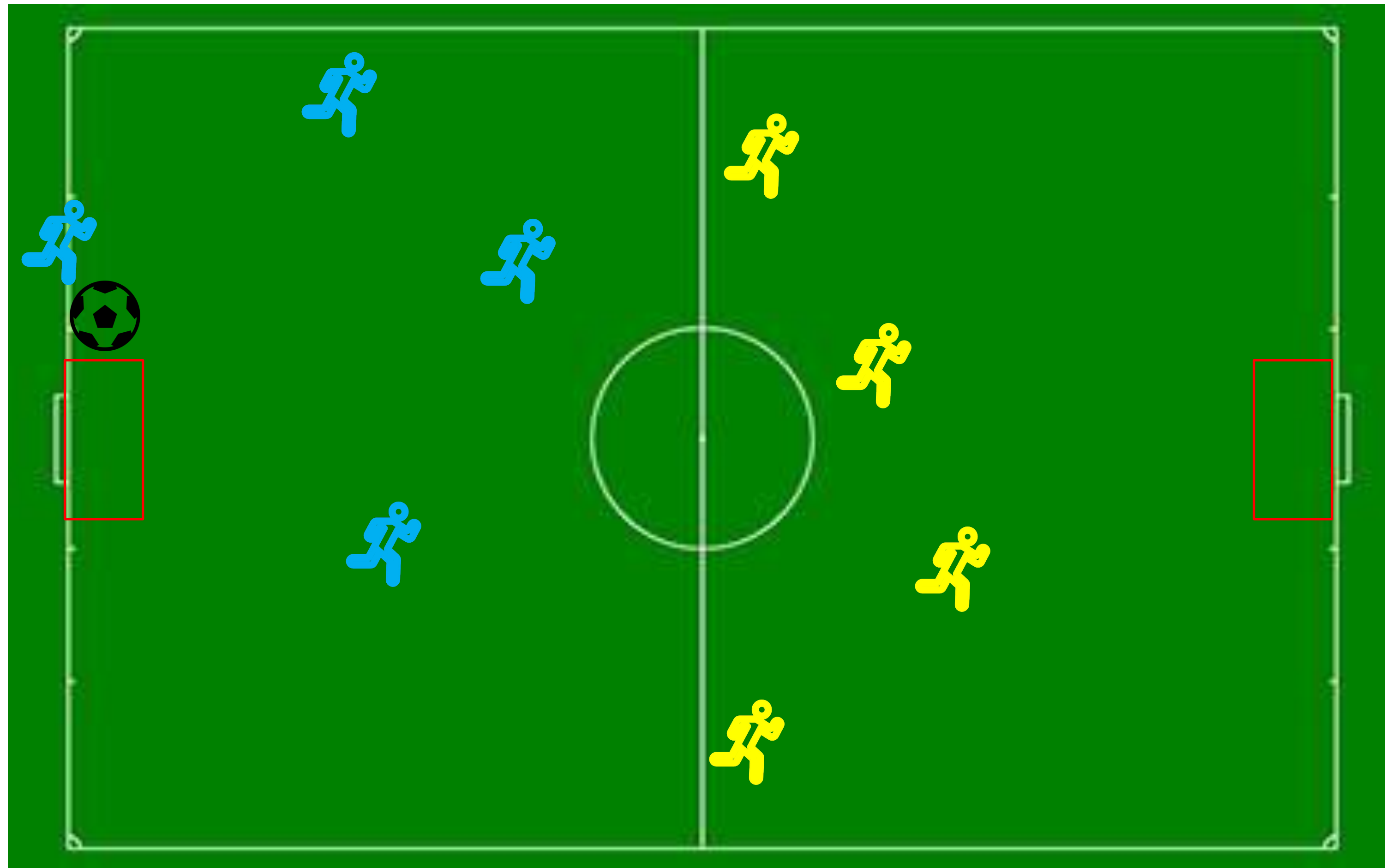
U19

Full ISL/FIFA rules
apply

NEW RULE ALERT

Introduction of the U8 Buildout line

Update to “ARC” 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 AND is touched by another offensive player.

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 Arch 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.

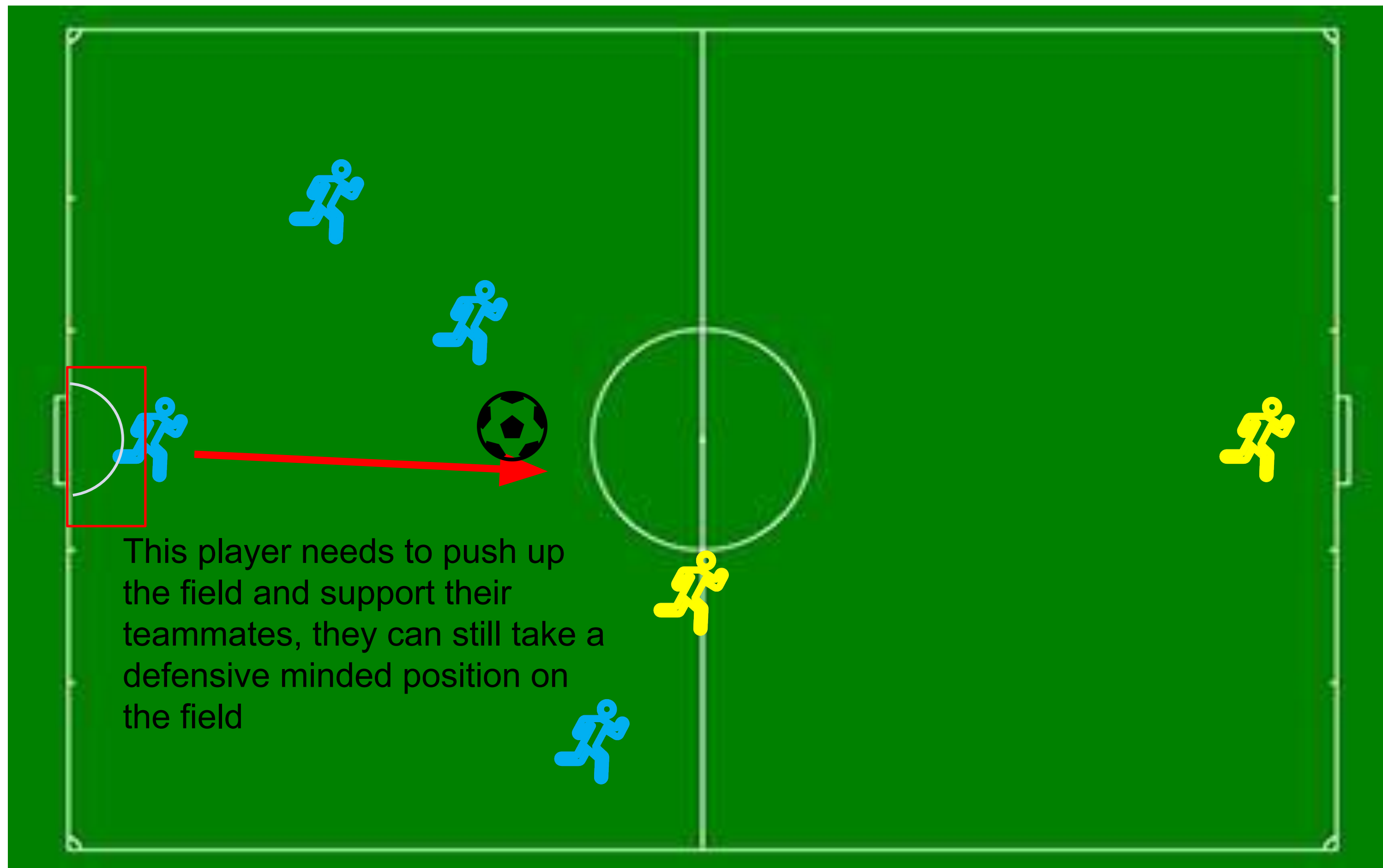
U8 Arch Rule Explained

Players must stay out of the arc

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

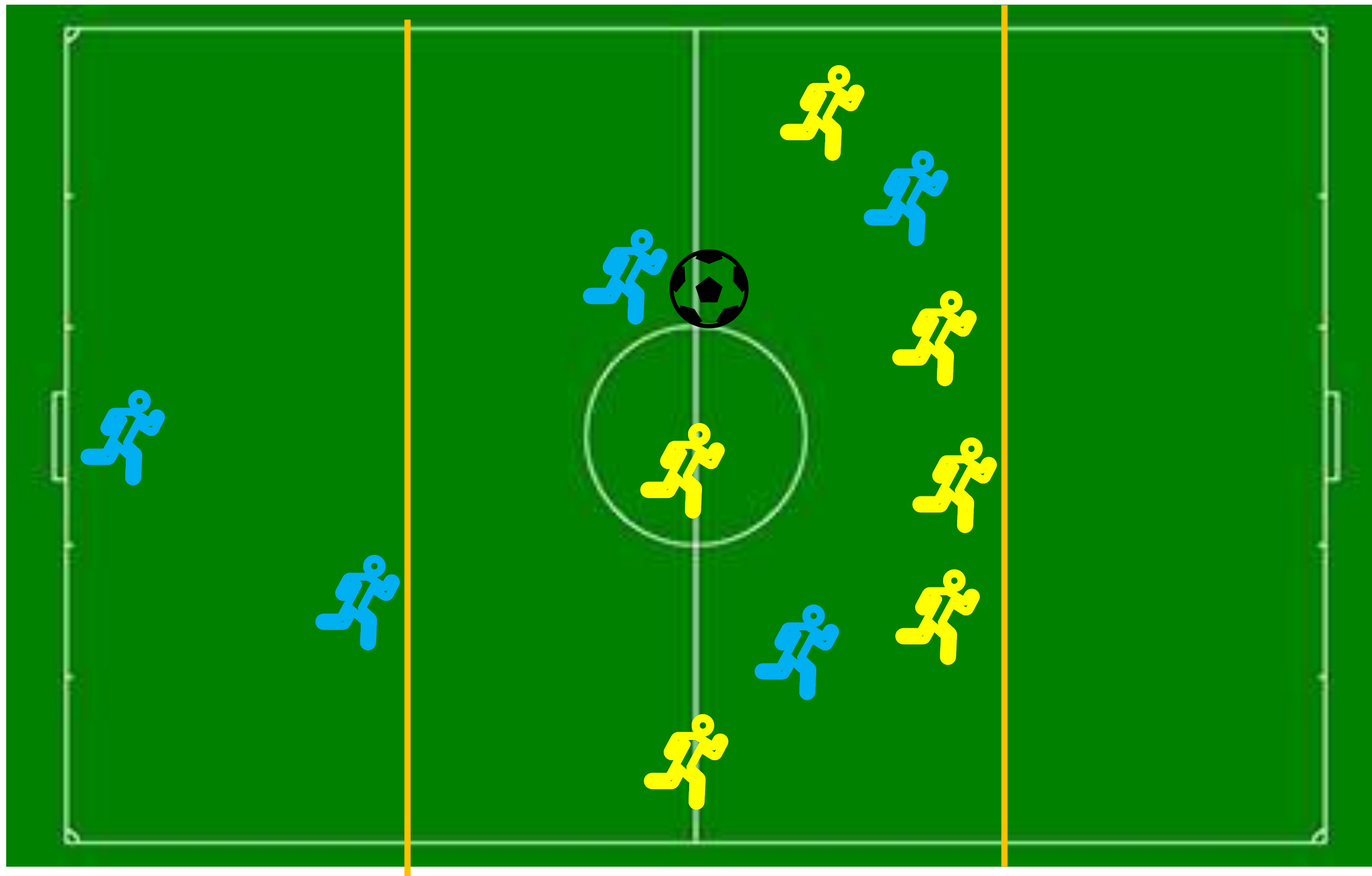
You need to teach all 4 players to play
The field, it is ok to have a defender in
Your formation, but you must teach them to
Push up the field, not play back at the goal

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.

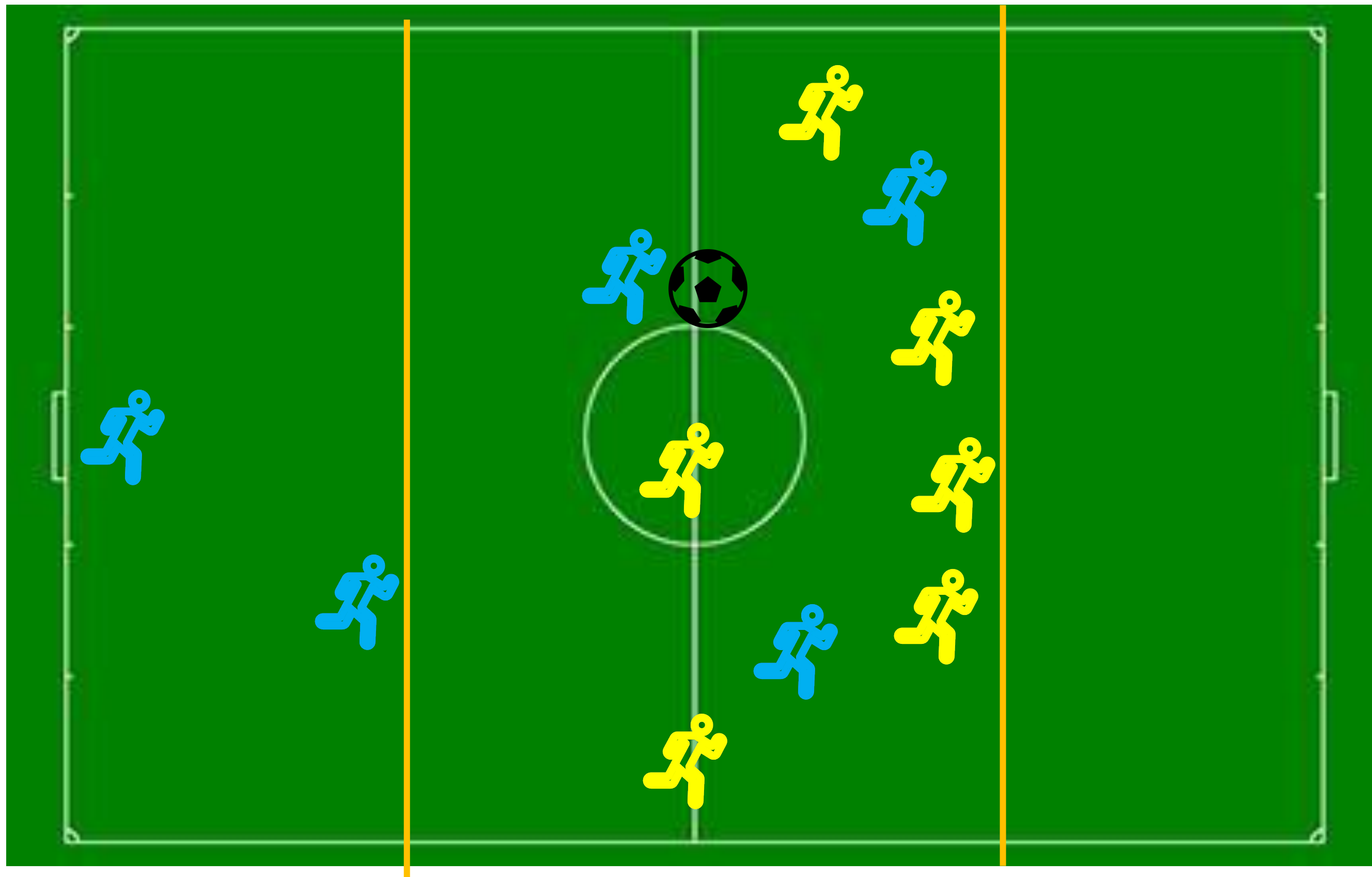


In This example, the ball passes the buildout line before the player and therefore the player is not offsides

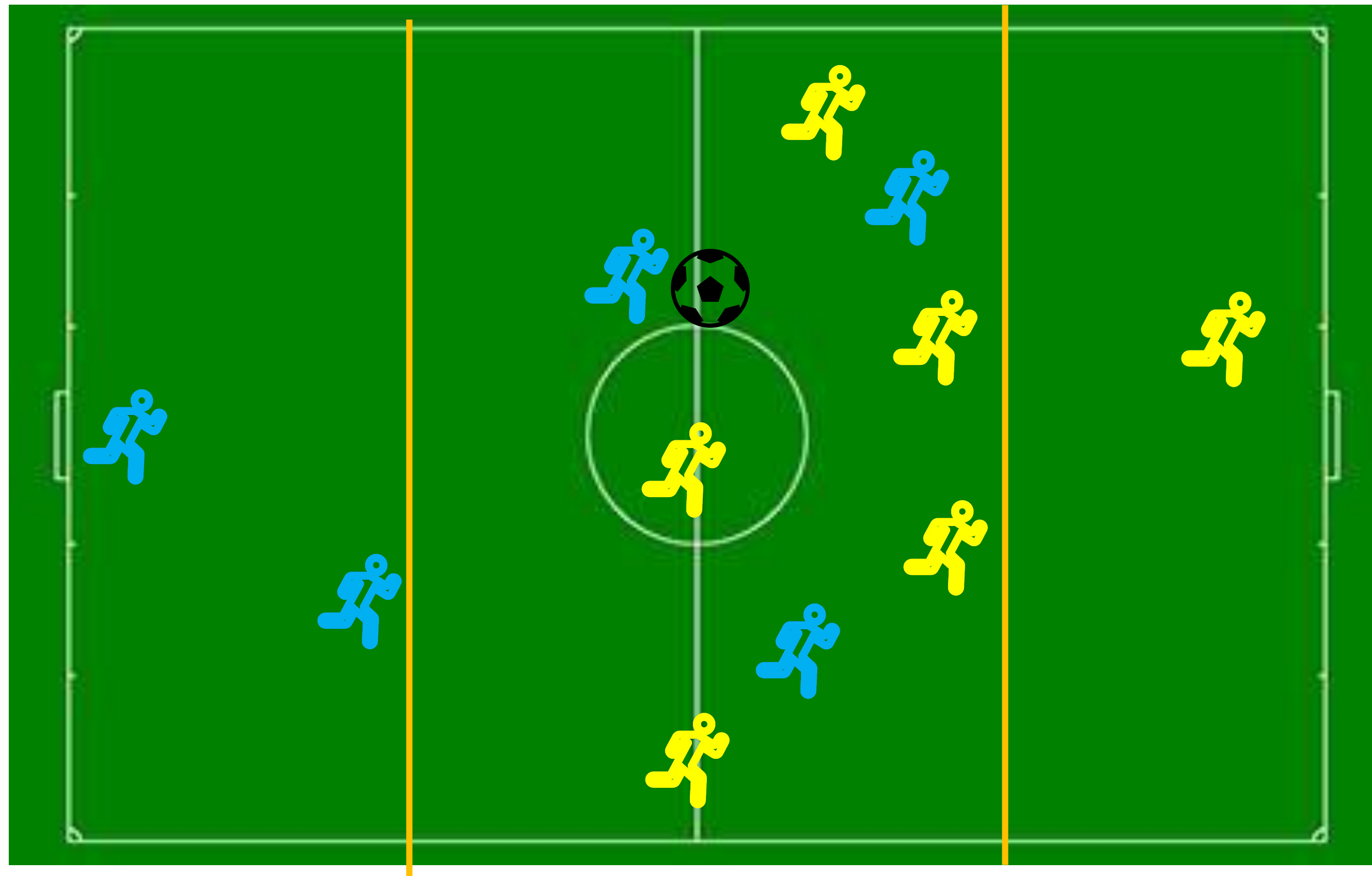


U10 Build out Line Explained

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



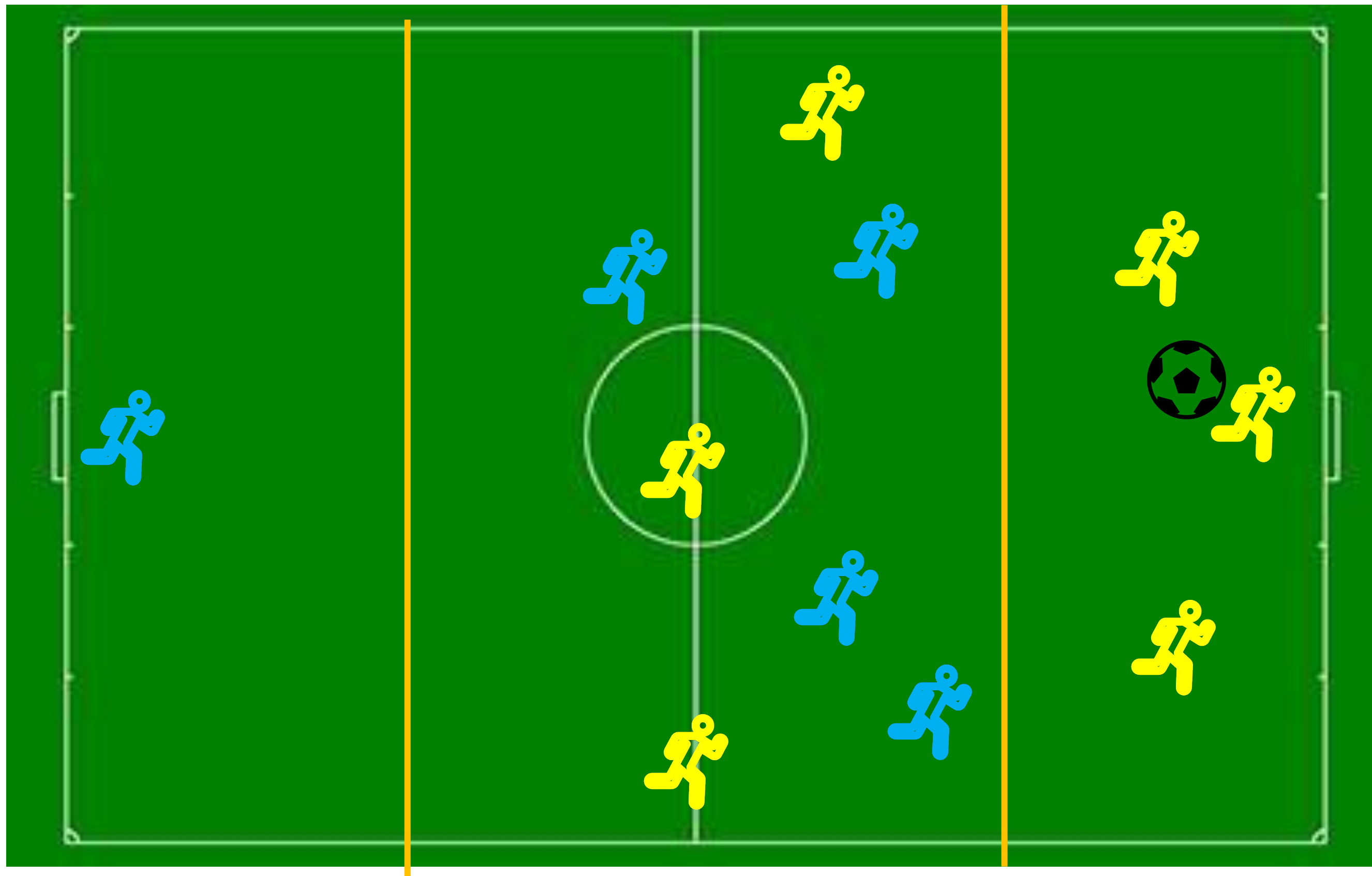
U10 Build out Line Explained



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



New for U10

NO Punting or Drop Kicks allowed.

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

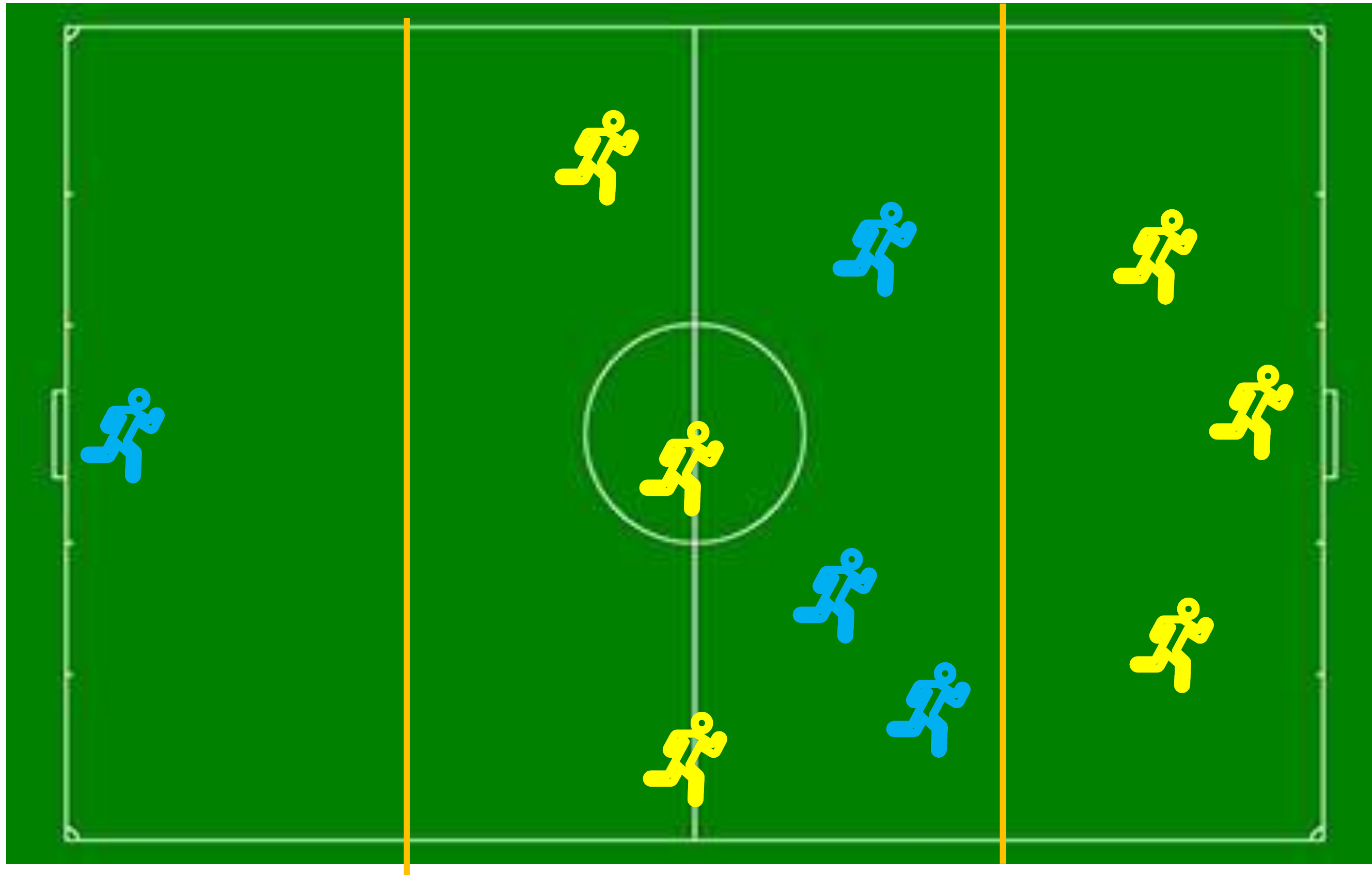
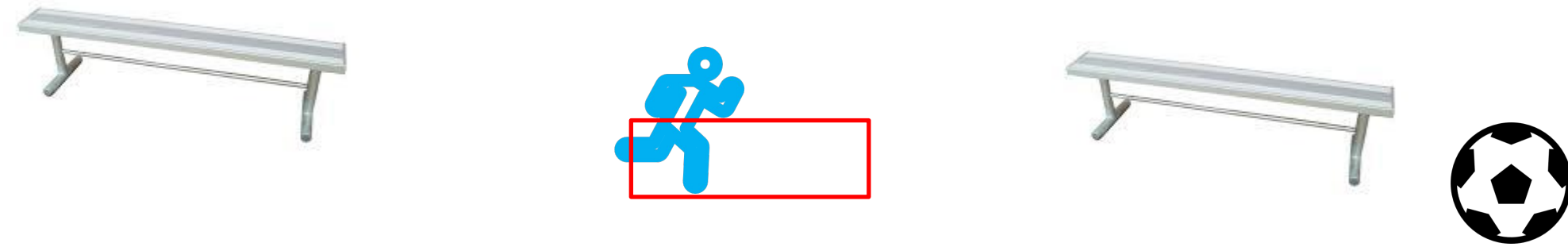
In the case of an infraction, the referee reminds the keeper of the NO PUNT rule and restarts the game with the ball in the hands of the goalkeeper.

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.

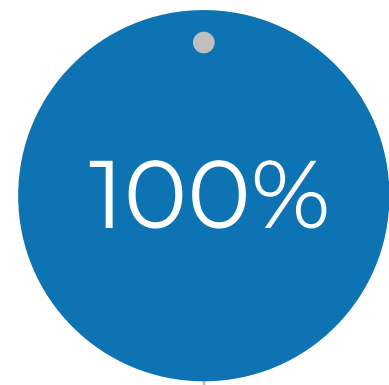


U10 & up Substitutions



- 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



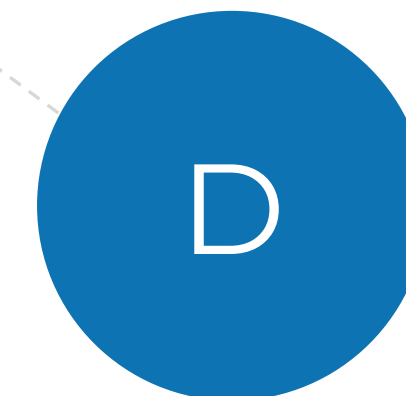
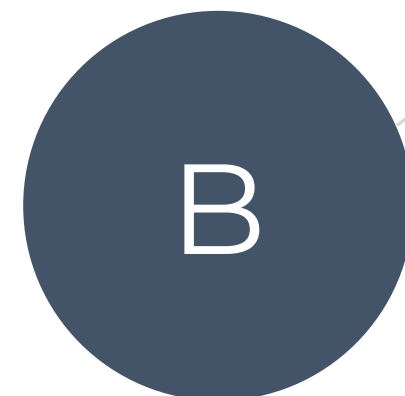
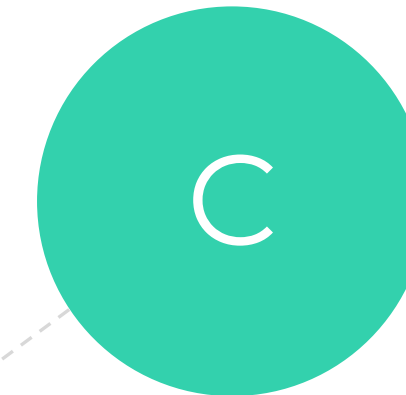
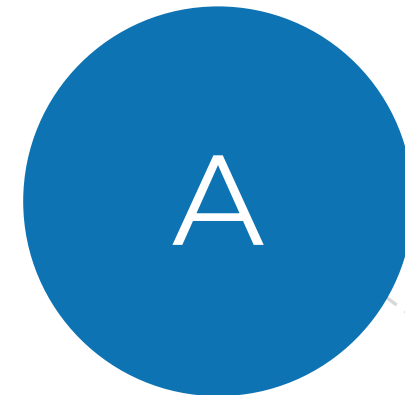
Incidences with Officials

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.



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..

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

Coaching Profiles

Are **required**

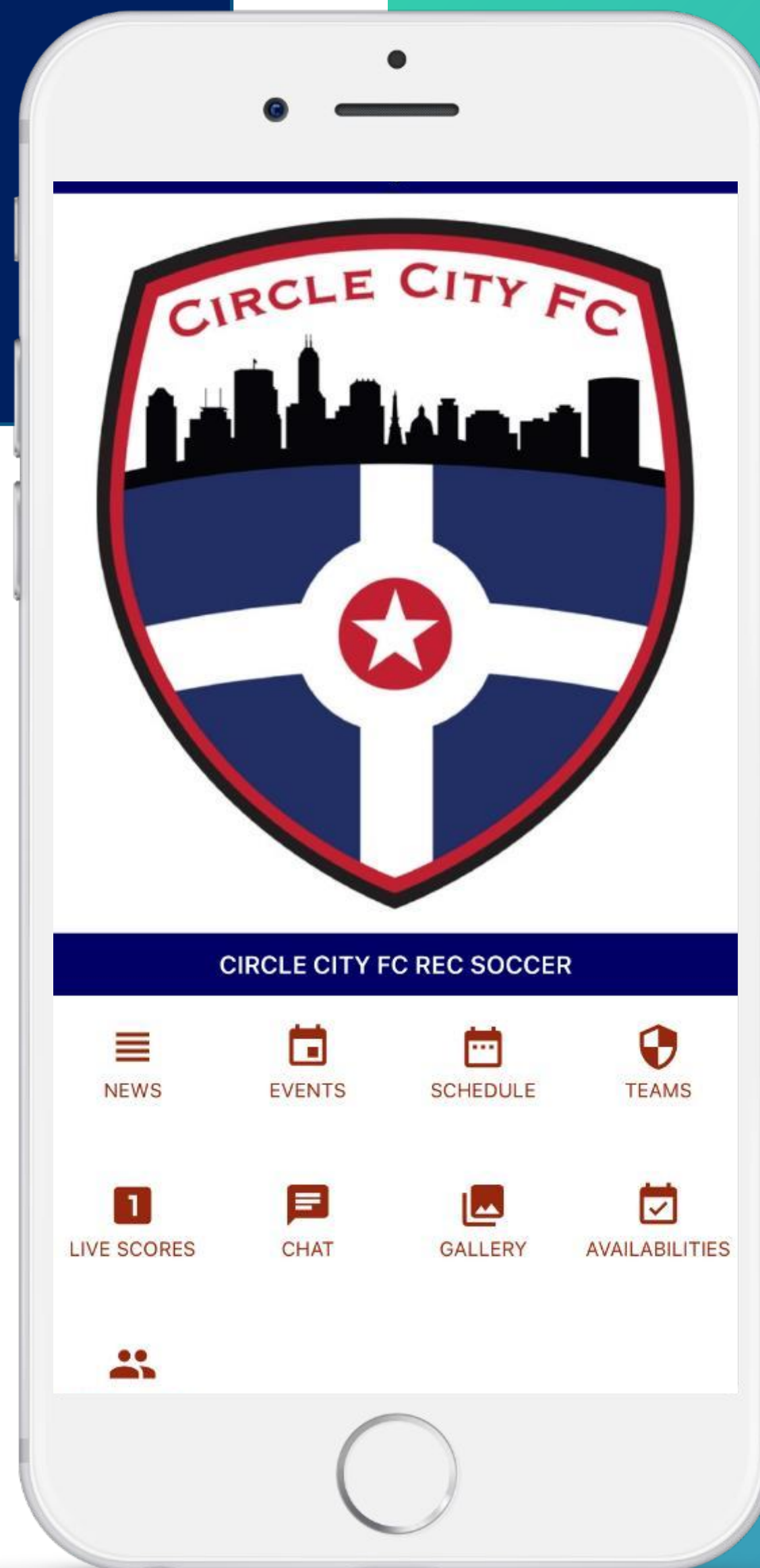
Incomplete Profile

=

No Coaches Shirt and not
allowed to coach

Find us
On

stack team app



Communication

Reminders

From the Club

Field Closures and
emergency notifications.



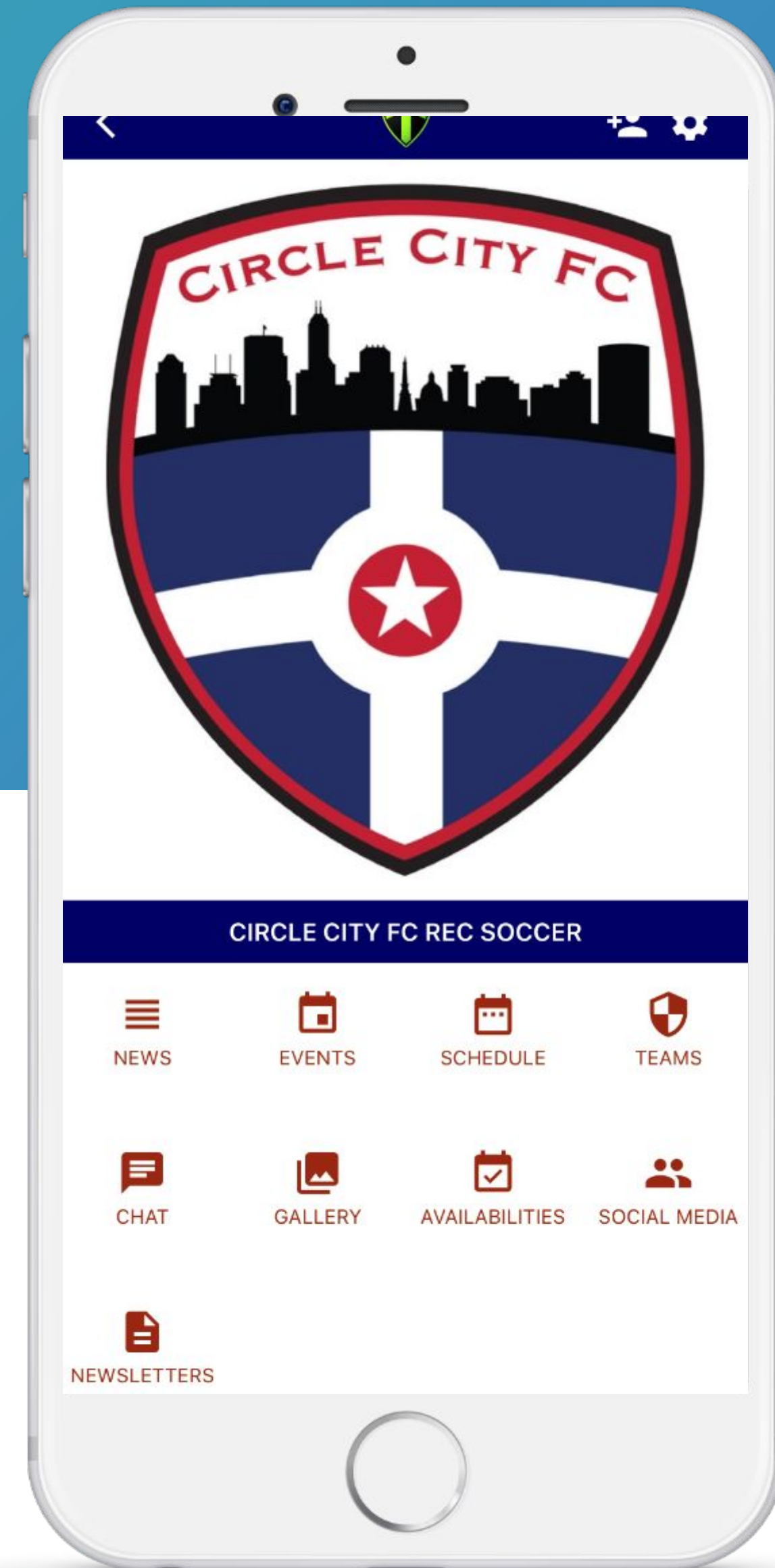
GET THE APP!



Search "Team App"



Download Team App
Its FREE!!!



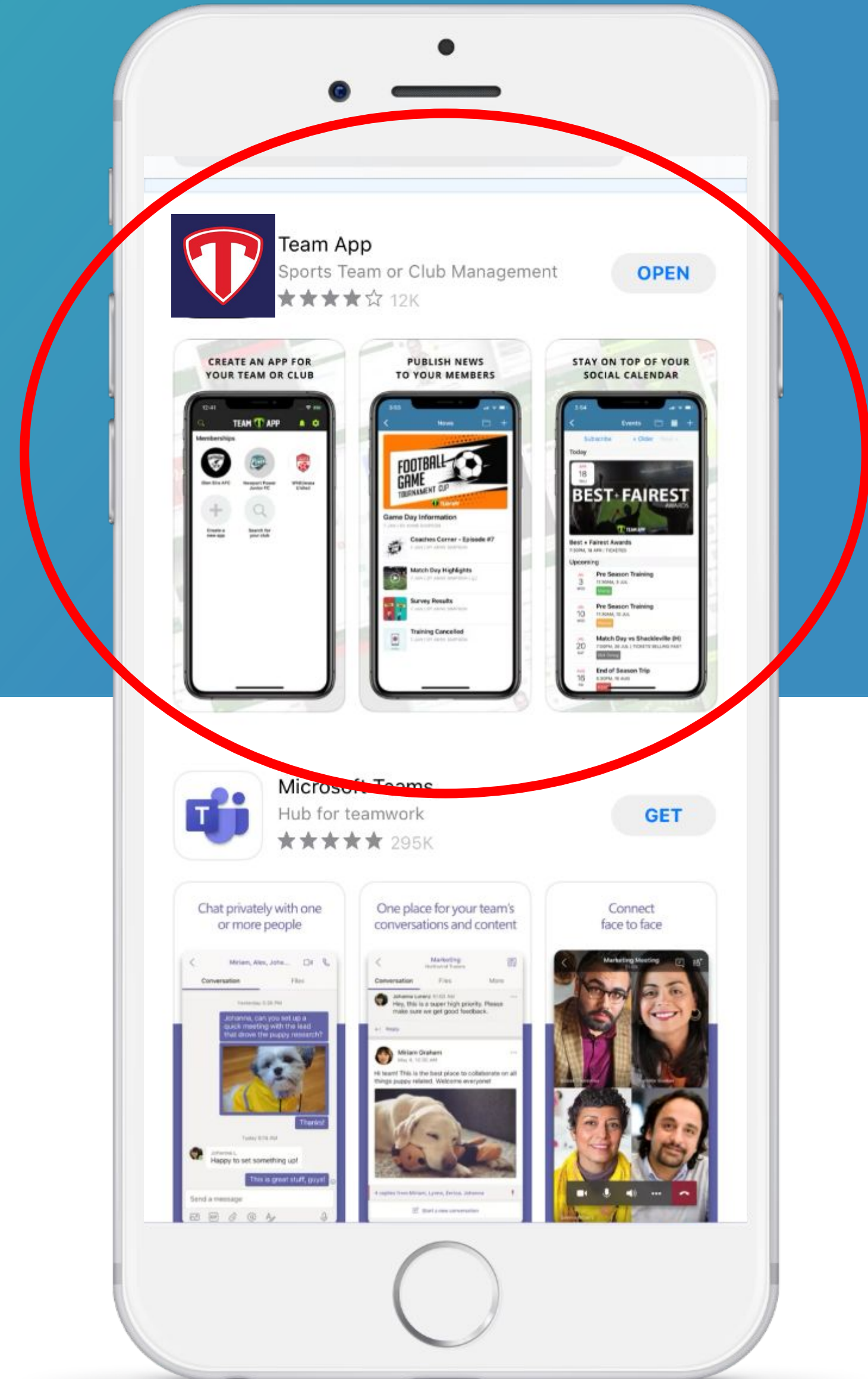
GET THE APP!



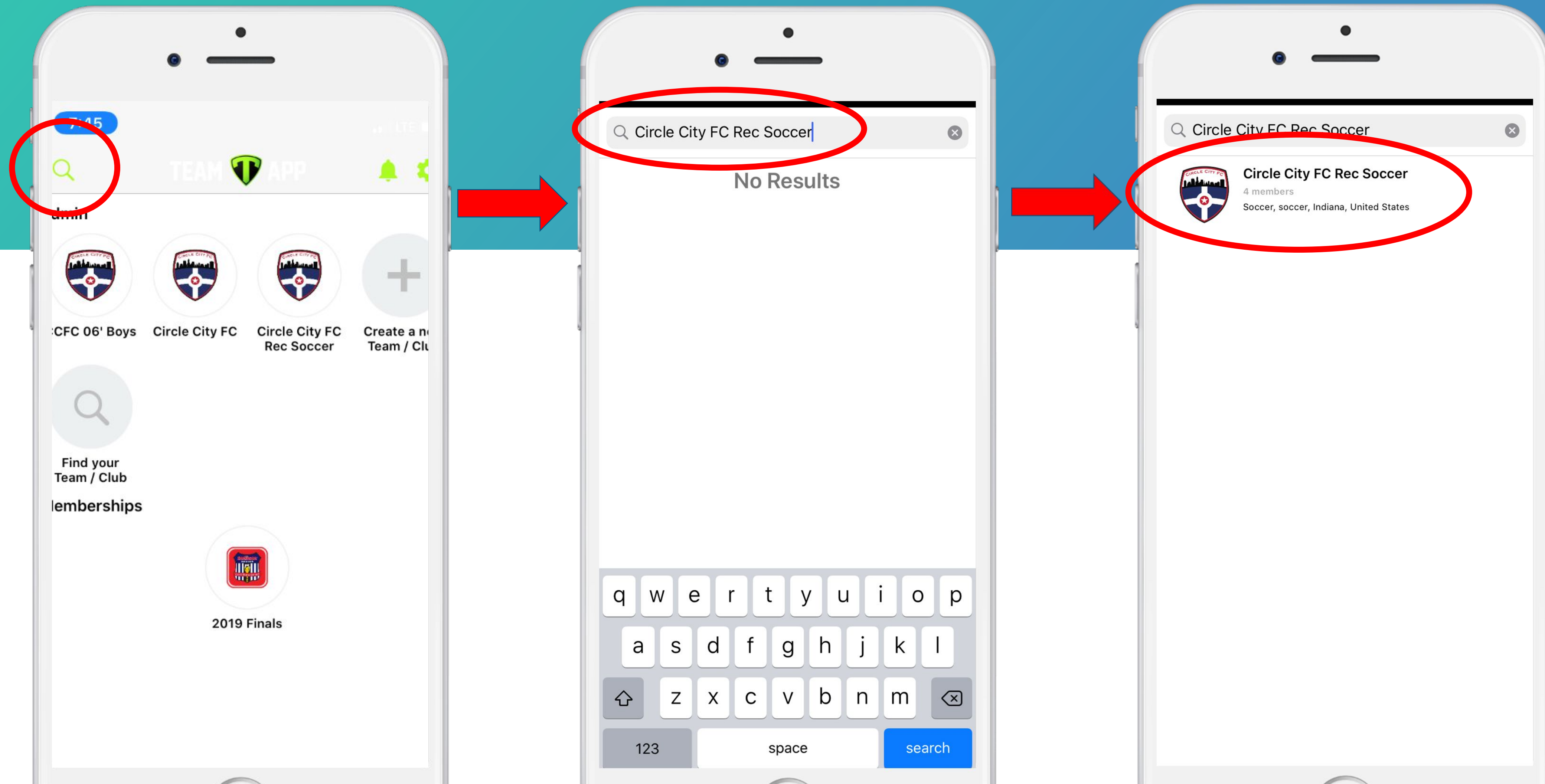
Search "Team App"



Download Team App
IT'S FREE!!!



Search “Circle City FC Rec Soccer”



Uniforms

Field Day & In person coach meeting (August 3rd)

Picture day is September 7th

Join the Board!

Email Opt Out (please don't)

Golf Carts

Tobacco

Vaping

and Pets



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.

