

SOCA

Soccer Organization of Charlottesville-Albemarle



Recreational Program
Coaches Handbook
Spring 2021



SOCA CONTACTS AND INFORMATION SOURCES

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Don Long, Board Member (President)		
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Web Page = www.SOCAspot.org

SOCA Public Office Hours;
Tuesdays - Thursdays 10:00am to 6:00pm
Fridays 10:00am to 4:00pm

**SOCA RECREATIONAL PROGRAM COACHES HANDBOOK
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COACHES ACTION CHECKLIST

- ___ Review all coaching materials, handouts, manuals etc. Read thoroughly.
- ___ Complete the KidSafe form and return to SOCA. KidSafe forms are required for each new coach and once every 2 years for returning coaches.
- ___ Call SOCA to request a practice field, day and time.
- ___ Contact all families on your roster; introduce yourself, inform them of practice arrangements, team meeting and upcoming events.
- ___ Recruit an assistant coach. All assistants must be identified to SOCA and complete a KidSafe form.
- ___ Recruit a team manager.
 - Create an e-mail distribution list and/or phone tree for quick communication.
 - Establish duties of the coaches and team manager.
- ___ Attend Coaching Clinics.
- ___ Develop a simple coaching plan for the season. Set goals and objectives.
- ___ Develop an action plan for any practices and/or matches that you may have to miss.
- ___ Hold a pre-season team meeting.
 - Distribute Schedules.
 - Discuss plan for the season.
 - Distribute contact and roster information.
 - Establish e-mail and/or phone communication systems.
- ___ Distribute uniforms at the last practice prior to the first match (this allows for roster changes).
- ___ Weekly; contact the opposing coach for your match. Verify uniform colors, expected number of players, field location, match times, etc.
- ___ Report any difficulties to the SOCA office by Monday.
- ___ *Have a great time with the kids!*



SPRING 2021 CALENDAR OF EVENTS

February 19	Virtual Coach Meeting
March 2	Coaches Clinic – Led by Bill Mueller at SOCA, 5 to 6 pm
February 22	Player Placement Posted to Account at www.SOCAspot.org
February 22	Team Changes can be requested (<i>Team Rosters May Change!</i>)
March 1	Practices can begin this week!
March 3	Team Change Request Deadline
March 13	<u>First Scheduled Recreational Matches</u>
March 20	Hot Shots begins
April 3	NO GAME – Easter Break
April 30	Sunburn Tournament Application Deadline (<i>TBD</i>)
May 15	Last Scheduled Matches
May 22	Make-up Game Date, if needed
May 29-30	Sunburn Tournament <i>TBD</i>

Be sure to use the SOCA website calendar as a resource.

www.SOCAspot.org



STRATEGIC PLAN

MISSION

The Soccer Organization of the Charlottesville Area (SOCA) provides all youth and adults superior, Comprehensive soccer programming emphasizing player development, enjoyment and citizenship. SOCA is dedicated to serving the local, regional and national soccer communities.

VISION

SOCA will be a locally-cherished, regionally-preeminent and nationally-respected soccer community through club building, innovative programming and premier facilities.

VALUES

Enjoyment

SOCA will create an environment fostering a positive and fun experience for all involved, building friendships and resulting in life long advocates of the game of soccer.

Player Development

SOCA will focus its resources to provide an innovative, thorough and vertically-integrated player development program. SOCA will develop the whole player to achieve his or her highest level of ability and interest.

Inclusiveness

SOCA welcomes all participants and values diversity. SOCA will provide programming suitable for all ages and abilities and will actively seek to remove obstacles to participation, including language and financial barriers.

Citizenship

SOCA expects its staff, coaches, volunteers, players, families and referees to comport themselves respectfully at all SOCA activities. Through healthy competition, participation promotes teamwork, sportsmanship, leadership and a sense of community.

Service

SOCA is a non-profit community servant that partners with public and private entities to provide healthy recreational opportunities to residents of the region.

Professionalism

SOCA will uphold the highest level of ethical standards and is committed to maintaining an educated, talented staff with expertise in their field. Courtesy, honesty, integrity and proper conduct shall be cornerstones of all actions.



YOUTH PROGRAM DESCRIPTIONS

SOCA operates a comprehensive player development program. This full year operation allows each player to pursue their own level of interest. Opportunities exist for all players; from age five to 18, and from the novice to the most advanced. In addition to the primary league programs in the fall and spring, there are several specialized in-season offerings and significant off-season programs as well.

PRIMARY PROGRAMS

Elite Travel Program, U19-U15

Mission: provide advanced player development in the most competitive environment, with the highest level of available coaching, to prepare players for high-level play beyond youth soccer.

- For the **most** gifted, passionate, and competitive players. Boys and girls, U19 thru U15. SOCA's highest level of youth soccer.
- Selection through tryout process only. Players must tryout each year.
- Play in CCL (Club Champions League).
- Includes fall league play, three fall tournaments, and the Virginia State Cup competition. Early spring tournament and some college friendlies. Players are required to attend all matches.
- Two-three training sessions per week. Players are required to attend all sessions.
- Teams formed in late spring for the period of summer through early spring.

Elite Travel Program, U14-U11

Mission: provide accelerated player development through an age-appropriate hierarchy of high-level competition.

- For the talented and committed player seeking a highly competitive soccer experience. Boys and girls. U14-U11.
- Player development occurs through competition with and against the best players from other clubs in league and tournament play.
- Selection through tryout process only. Players must tryout each year.
- Teams play in the CCL.
- League play (10+/- games/season) and minimum of two travel tournament per season (varies by age group). Virginia State Cup for U12 and older. One tournament per season for U11.
- Training twice per week plus optional Wednesday technical session. Players are expected to attend all training sessions and matches.
- Teams are selected in the late spring, begin training in late summer, and compete in both the fall and spring season. Players commit to participate for the entire year.

Premier & Classic Travel Program, U19-U11)

Mission: provide a competitive developmental setting, capable of preparing players for advancement to higher level programs.

- Player development takes place through elevated commitment and competition.
- U19-U11 age groups, where talent and coaching resources exist.
- Selection through tryout process only. All players must tryout for top level of travel age group.
- Teams formed at the discretion of the Director of Coaching.
- Teams play in the SCSL (Skyline Club Soccer League).
- League play of 8-9 matches per season. Two tournaments per season.
- Training twice per week, plus optional Wednesday technical sessions for U14-U11.
- Players commit to participate for the entire year at U14-U11. Fall only for U19-U15.

Challenge (Advanced Recreational Program)

Mission: provide a safe, enjoyable soccer experience with a primary focus on player development.

- For those players seeking a more competitive environment than Recreational soccer and increased player development opportunity. Train with and play against like-minded players, within the confines of Charlottesville-Albemarle.

- Participation by tryout selection only. Players are selected to a pool and placed on teams according to their residence location, school, and ability.
- Teams offered at U14, U12, and U10 boys and girls.
- A league is formed with a minimum of four teams at each age group. All matches are local.
- League play of 10 games, one travel tournament per year.
- Training twice per week.
- Players commit for either full year or single season. Commitments considered in team formation.

Recreational (House Program)

Mission: provide a safe, enjoyable, educational, recreational soccer experience with an emphasis on enthusiastic participation, regardless of ability.

- Available to all interested players.
- Development occurs through participation.
- No selection process. Players register and are assigned to teams based upon residence location and school. Teams offered at U19-U8.
- League play (9 games) with no standings or records.
- Optional in-house tournaments.
- Training once per week.
- Players register and teams are formed twice a year, for fall and spring seasons.

Hot Shots (Entry Level Program)

Mission: provide an enjoyable initiation to organized soccer through training in fundamental technique in a shared player/parent educational environment.

- Available to all interested players. Offered to Under-6 age group. Parent participation optional.
- Introduction to soccer fundamentals by SOCA staff, invited instructors and volunteer parent facilitators.
- Sessions held at same time and place, once each week. Eight-week program.
- Group training and demonstrations.
- Small, facilitated games.
- Registration twice per year, independent fall and spring seasons.

SPECIALIZED IN-SEASON OFFERINGS

Advanced Training Program – Field Players

Mission: the Advanced Training Program provides additional, high level training for the young, motivated Recreational player. Training focuses on improving individual ball skills and teaching the fundamentals of team play using an active, games oriented approach.

- Directed by SOCA's Technical Director.
- Available to all U8 - U14 Recreational and Challenge players.
- Six-week course.
- Fall and Spring courses offered.
- Limited enrollment to ensure favorable player/coach ratio.

Advanced Training Program - Goalkeepers

Mission: train goalkeepers from all programs in the specific skills of goalkeeping.

- Directed by SOCA's Technical Director.
- Available to all players U10 – U14 interested in improving goalkeeping skills.
- Six-week course.
- Advanced and Intermediate sections available. Instruction in fundamental, intermediate, and advanced skills. Technical, tactical, psychological, and conditioning aspects of goalkeeping are taught.

Frostbite & Sunburn Tournaments

Mission: provide a tournament setting for Recreational program teams interested in participating in a modestly competitive environment.

- For SOCA Recreational teams and guest players only. U19-U10. No U8.

- *Frostbite* at the end of the fall season, *Sunburn* at the end of the spring season.
- All games played locally.

SUMMER PROGRAMS

World Cup Camp

Five day evening camp, ages 5-14, two-year age groups. Younger group focuses on developing ball skills. The older players build upon mastering ball skills and advance to include team possession, team play, and attacking play. Emphasis is learning by playing in a fun, games-oriented environment. Late July.

World Cup Camp Coaching School

An exciting school for all level coaches to work on enhancing their soccer education.

Blue Ridge Residential Soccer Academy

Five day residential camp held at the beautiful Blue Ridge School. Emphasis is on player and team development in a total immersion soccer environment.

Striker & Keeper Camp

This specialized, four day evening camp emphasizes technical excellence as the foundation for tactical proficiency. Physical and mental attributes are further emphasized. Training in a high intensity, games- centered environment. Mid-July.

Summer Soccer Academy

Individual and small group training tailored to the specific needs of the players. Four-day sessions under the tutelage of SOCA's Technical Director and other licensed staff. Focus on technical skills and their game application. July.

Soccer Day Camp

Five-day recreational soccer day camp. No playing experience required. Fun learning activities, and lots of games. June.

Travel Preseason Camp

Four-day session of intensive team training under the direction of the SOCA Director of Coaching, or staff. Focus on establishing team tactical foundations and sharpening specific technical skills. Late-July to mid-August.

WINTER PROGRAMS

WISL (Winter Indoor Soccer League)

5v5 indoor program available to all players. Teams are formed in age groups and placed in league format. Advanced and Intermediate divisions. Games are facilitated by adults, no team coaching. January-February.

Winter Soccer Academy

Indoors. Individual and small group training tailored to the specific needs of the players. Six-week sessions, one evening per week, under the tutelage of SOCA's Technical Director and other licensed staff. Focus on technical skills and their game application. January and February.

Winter Day Camp

Indoors. 3-day recreational camp. Technical skill emphasis with round-robin game component. Between Christmas and New Years Day. Directed by Full-time SOCA staff.

INDIVIDUAL & SMALL GROUP TRAINING

Personalized individual & small group training with a SOCA staff coach. Field players and Goalkeepers. Individualized schedules. Emphasis on skill development.



RECREATIONAL PROGRAM COACH'S AGREEMENT

By volunteering to coach, *I agree to conduct myself in a manner appropriate for working in a youth sports program.* I acknowledge that coaching a soccer team represents a significant level of commitment and responsibility. I agree to comply with the following philosophy and requirements.

PHILOSOPHY

SOCA's mission is to provide enjoyable, high quality soccer programs which develop participants' skills and encourages citizenship. SOCA is open to all youth in the Charlottesville-Albemarle area. The Recreational Program contributes to the overall mission by providing the opportunity for all players to have a safe, positive and educational recreational soccer experience through active participation, regardless of skill level.

The emphasis is on developing soccer skills in an enjoyable environment where players learn the rewards of contributing to a team effort. Enthusiastic participation is the primary objective.

REQUIREMENTS

As a volunteer coach I will uphold SOCA's Recreational Program's philosophy by meeting several requirements. When involved in SOCA activities I agree to:

1. **Bear the safety of the participants in mind before, during and after all activities and act accordingly.**
Train players using accepted safe methods.
Train players consistent with their physical, mental and emotional development.
Prohibit unsafe or reckless behavior by any player.
2. **Demonstrate good sportsmanship at all times.**
Use only appropriate language and actions.
Show respect for all program participants.
Be supportive of the efforts of match officials.
Handle disciplinary problems in a responsible manner.
Play each player in every match for at least half of the game, provided that the player has attended a reasonable number of practices and matches.
3. **Educate myself in the methods of coaching soccer. Adopt a style aligned with SOCA's mission.**
Attend all SOCA meetings or send a representative.
Attend coaching clinics regularly. Attain an appropriate level of competency in soccer instruction.
Maintain realistic player performance expectations.
Have training sessions planned, organized and conducted in a safe environment.
Strive to improve the abilities of all players and the team's performance.
4. **Abide by "Instruction for Recreational Program Coaches", "Recreational Rules of Play" and all current SOCA policy.**
Will not allow any player to train or play with my team who has not properly registered with SOCA and been assigned to my official team roster.
Return all SOCA issued equipment to the office within two weeks of the season's completion, if I do not intend to coach in the next season.
Promote SOCA's efforts and interests in general. Assist in the on-going improvement of the Recreational Program.
Contact the SOCA office with questions, suggestions and concerns regarding my team and the Program. When in doubt of the impact of any actions, I will first seek advice from the appropriate source.
5. **Have a current, signed KidSafe form on file with SOCA.**

RECREATIONAL PROGRAM COORDINATOR'S COMMITMENT:

I agree to work with the coach to provide support while he/she is coaching in the Recreational Program. This includes providing start-up materials, being available for consultation, communicating policy changes and procedural requirements.

Not adhering to this agreement is grounds for his/her removal from the coaching position.



INSTRUCTION FOR RECREATIONAL PROGRAM COACHES

General

Remember that as the Coach you are SOCA's most direct link to the players and families. You are the organization's representative and are expected to act accordingly. You will have the single greatest effect on the players' experience. Fulfilling your "Coach's Agreement" and following these instructions will help SOCA provide a high quality program to its participants.

SOCA will always attempt to communicate quickly and effectively with its coaches. Likewise, please don't hesitate to contact the staff if you have questions on rules, policies or procedures.

Start-Up

1. Recruit a team manager to assist with the administrative tasks. Managerial duties may include: e-mailing, telephoning, arranging meetings, organizing refreshments at games, distributing information to players and families.
2. Recruit at least one assistant coach. Having additional help to run practices will keep the sessions productive.
3. Call the parents of your players within three days of receiving your roster. Longer delays create confusion and result in poor relations with the families. Give them your name, contact information and arrange the first practice.
4. Call the SOCA office (975-5025) and reserve a practice field and time, if you have not already done so at the coaches meetings.
5. You will be issued a game ball and cones for your use in practices. These are the property of SOCA and are to be returned when requested.
6. You will be provided written coaching instruction materials. Please read them. Seek further advice if necessary.

Practice Sessions

1. Select the topics of emphasis for the season. Plan your season to address these topics. For the U8 and U10 ages, plan a systematic progression through the various skills and "Laws of the Game".
2. At the first practice session have a team organizational meeting with your players and their parents. See the attached suggested pre-season meeting outline for topics of discussion.
3. Following the first practice session; evaluate the abilities of your players, set reasonable goals for improvement and establish a plan for achieving those goals.
4. Practice once a week. Practice only at your assigned place and time and limit your practice to one hour.
5. Plan each practice session in advance. **Keep session's active, fun, focused and productive.** See the attached suggested training session format outline.
6. Training should not be position specific (excluding goalkeepers) for individual players until the age of 15. Train all players in all facets of the game.
7. Attend all practices. Be prompt, well-prepared and organized.
8. If you must miss a practice session, have another responsible adult prepared to fill in for you. Attendance at all team activities will increase your effectiveness as a coach.
9. Establish a system for contacting parents in case of cancellation.
10. Don't leave the practice site until all players have been picked up by their parents or guardian.

Matches

1. Inspect the conditions of the playing field and goals. See that the field is safe and **goals are anchored.**
2. **All players must play at least half of each match**, provided they have attended a reasonable number of matches and practices. It is the coach's discretion to determine the "reasonable" requirements. Bear in mind the recreational nature of this program.
3. Soccer is a player's game, please do not over coach. Allow your players to play and learn to make decisions on their own. **A true compliment to a soccer coach is the team's ability to play with limited instructions from the sideline.**

4. **Be a positive example to players, spectators and coaches. Offer quiet, positive encouragement to your team.**
5. Never involve yourself in negatively commenting to the opposing team, the opposing coach, spectators or the match officials.
6. Coaches are responsible for their own behavior as well as that of their players and their players' parents. Coaches may be ejected for misconduct of all.
7. In no instance are you permitted to enter the field of play during the match and confront a referee. If you require clarification of a referee's decision first contact Lecky Stone (SOCA Director of Referees).
8. At the start of each match there shall be an equal number of players participating for each team, on the field.
9. **If you know in advance that your team might be short players, call the opposing coach and explain the situation. This will give you the opportunity to work out a plan in advance and keep the games going as scheduled.**
10. If one team does not have enough players to field a full team, **SOCA recommends the other team loan/share players to the short team to maximize everyone's playing time. The second choice would be to play with only as many players as the short team is able to field.** Since no results are recorded and no standings are kept, the primary purpose of each match is to allow the players to apply their skills fairly in competition.
11. No match shall be canceled by any coach as a result of one team being short handed.
12. If your team is unable to play your scheduled match as a result of the most unusual circumstances, please contact the SOCA office immediately so the referee assignor can be notified. Any such match will not be rescheduled.
13. Through the U14 age group, place all players in various positions on the field during the course of the season. **Promote the concepts of each player learning several positions and no position being more important than any other. Encourage players to at least try some time as a goalkeeper.**
14. Use each match as an opportunity to observe your team. Assess their performance and determine which areas require improvement. Plan your next practice based upon your evaluation.
15. Please notify the SOCA office by Monday if there is no referee at your game.
16. If a player is injured the referee will motion for the Coach to enter the field of play at the first stoppage of play. It is the Coach's responsibility to attend to the player's needs after play has been stopped.
17. In case of inclement weather first go to www.SOCAspot.org for closings starting at 7:00am. Secondly, you can call the SOCA weather line (817-7246) to hear if fields are closed. If matches are not canceled prior to the start of scheduled league play, the decision to cancel lies with the referee at the field. It is always the referee's discretion to determine if the game sites are safe and playable.
18. Under normal conditions, no canceled matches are rescheduled.
19. When matches are canceled there shall be no SOCA organized play on any facility where matches have been canceled.

ASSISTANCE

SOCA is dedicated to providing support to its Coaches. If you have problems, questions or suggestions please contact the proper party at SOCA. If problems arise that cannot be solved at the team/coach level then contact the SOCA office at 975-5025 for assistance.

Assistance Chain

SOCA Office – 975-5025

- Field conditions.
- Mailings and current program information.
- Match scheduling.
- Insurance.
- Volunteer help.

Recreational Program Coordinator – Chris Dolinger

- Overall program coordination/management.
- Team formation.
- Coach assignment.

- Practice field/time assignments.
- Player Registration. Roster adds, drops and transfers.
- Refunds.
- Tournament Director

SOCA Director of Coaching – Dan Ensley

- Coaching Education. Coaching courses and clinics. Training references, materials and suggestions.
- Coaching Behavior.
- Player development issues.

SOCA Director of Soccer – Bill Mueller

- Coaching Education.
- Player development issues.
- Academies, camps and clinics.

SOCA Outreach Coordinator- Chris Dolinger

- Outreach Program Coordinator

SOCA Program Director – Andy Wilson

- Conduct Committee Liaison.
- Program support.
- Tournament play.

SOCA Executive Director – Matt Wilson

- Program offerings.
- Program structure and philosophy.
- Club direction.

SOCA Board – Don Long

- Parent behavior.
- Program evaluations.
- Program oversight.
- Board representation.

Referee Director – Lecky Stone

- Referee comments, no shows and performance (must be written).

Revised 2/19/2016



SUGGESTED TEAM MEETING OUTLINE

- I. Introductions**
 - A. Your experience
 - B. Your reasons for coaching this team

- II. Coaching Philosophy**
 - A. SOCA philosophy
 - B. Personal style, emphasis
 - C. Age group emphasis
 - D. Miscellaneous: captain selection, playing time distribution, position assignments, etc.

- III. Goals**
 - A. Goal Setting
 - 1. General: (examples) fun, fitness, Laws education, skills development, etc.
 - 2. Specific: (examples) win five games; go to SOCA tournament, etc.
 - B. Methods
 - 1. Training: how will practices meet the stated goals.
 - 2. Matches: how will match management meet the stated goals.

- IV. Rules, Requirements, Responsibilities**
 - A. Player attendance, punctuality, performance, behavior, responsibility
 - B. Parent participation, behavior, responsibility
 - C. Coach responsibilities
 - D. Practice and game requirements

- V. Communication**
 - A. Roster, copy to all
 - B. Phone tree, copy to all
 - C. Meeting schedules
 - D. Match and practice schedule

- VI. Medical**
 - A. Injury prevention
 - B. Specific player medical problems

- VII. Equipment**
 - A. Shoes
 - B. Ball, everyone must have one
 - C. Shin guards
 - D. Clothing, appropriate for the weather
 - E. Water



MATCH COACHING TIPS

“GOLDEN RULES”

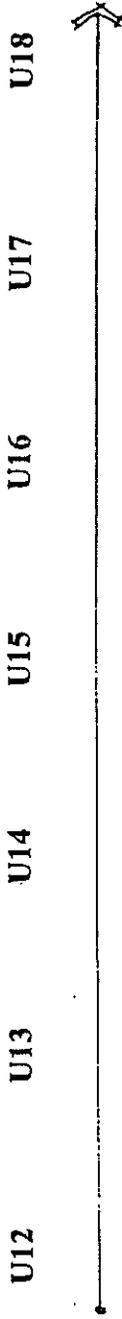
1. Arrive early
2. Have the necessary equipment (game ball, GK equipment, first aid, notes etc.)
3. Have a planned line-up and substitution pattern
4. Properly warm-up the team. Get them moving and actively touching the ball. Get them acting and thinking like a soccer team. Include the goalkeeper
5. Prior to the game give **one** specific offensive and **one** specific defensive instruction
6. For each individual, no more than **one** additional instruction
7. At half-time, check for injuries, make corrections, same as number 5 and 6 above.
8. **DO NOT OVER-COACH!** Let the players play. Relax and enjoy the game
9. At the end of the game, check for injuries and always find at least one positive thing to say.
10. Use the game to learn what you must teach in practice
11. **BE KIND TO THE REFEREE!**

PRACTICE TIPS

“Golden Rules”

1. Arrive early
2. Have your session planned. Plan around a single topic
3. Have all the necessary equipment. Organize your training field for efficiency
4. **“90/10”**
 - Within **90 seconds** of the start of practice all players are to be moving in an active, ball-centered warm-up
 - At **10 minutes** from the start of practice, all players are to be engaged in an active training game
5. Use only dynamic training activities
6. Use economical training activities (technical, tactical, mental, physical)
7. Design progressive training sessions: progress from simple to complex
8. Simplify: Remember the KISS principle (Keep It Simple, Silly)
9. Provide clear demonstrations, clear “pictures”, clear communication
10. **Have FUN!**

Practice Session Templates



U10-U12
Primarily Technical (80%?)

Min. Activity

1. 0-1.5 Organize
2. 1.5-10 Warm-up: 1-2 player/ball
3. 10-20 Technique Building
4. 20-25 Active Rest
- 5A. 25-50 Game: to goals, minimal restrictions
- 5B. 50-60 Unrestricted Game

U18
Technical/Tactical Mix

Min. Activity

1. 0-1.5 Organize
2. 1.5-10 Warm-up: high ball/player ratio
3. 10 Instruction / Restricted
4. 90 Big game / Unrestricted



SOCA Practice Plan

Weekly Practices & Exercises for Your Team's Success!

Age Group: U8
 Week #: Week 2
 Topic: Technical: Dribbling
 Equipment: Balls, Cones, Pinnies, Goals

CRITICAL ANNOUNCEMENTS TO COACH:

- 90 / 10 (90 Seconds of arrival players touch a ball / 10 Minutes of practice players are involved in a game related exercise.
- No Laps, Lines or Lectures! Keep players active, not bored!

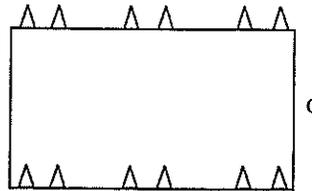
Field Setup

Show up to your practice 15 minutes before start

Set up practice area; in this plan, the initial training area is 40-50 yards wide by 30-40 yards long.

You can distinguish your area by cones. Have your balls, pinnies and extra equipment off to the side but within reach.

Keep your practices moving by keeping breaks short and the players moving!



- C = Coach
- = Goal
- △ = Tall Cone; dotted line shows cone line
- = Ball

- Dotted arrow = Pass/Shot
- Solid arrow = Run
- Wavy arrow = Dribble
- Bent arrow = Long Pass

TIME

SETUP / PLAN

DIAGRAMS

COACHING POINTS

0-10M

WARM-UP PHASE 1

One soccer ball per player. Players must dribble without having the ball stop rolling. Show players how to dribble with inside of the foot, outside of the foot, instep and sole of the foot.

If the ball stops rolling or goes out of bounds, player must do a quick technical activity to continue the exercise (i.e., 10 toe-taps on top of the ball or 10 touches in between the feet). Include a dynamic warm-up and coordination activities (i.e., skipping, running and jumping, etc.)

Continue with players attempting to dribble through as many tall-cone goals as possible in 30 seconds.

TRAINING GAME PHASE 2

Two Teams (Blue & Yellow). Every player with a ball.

Individual players are trying to dribble through as many tall-cone goals as possible in 30 seconds. Once time is up, players on the same team get together and add all of their goals. Team that has the most goals wins and the other team must do a quick technical activity before the next game begins.

After 5 minutes, have one team with soccer balls only. The other team defends. If the defenders win the ball, they can dribble to one of the sidelines, stop the ball and get a point. Attacking players look to dribble through any of the tall-cone goals.

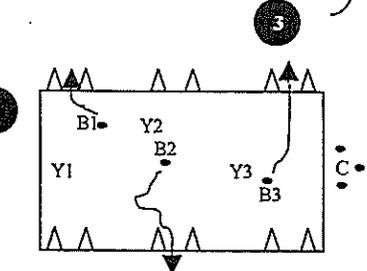
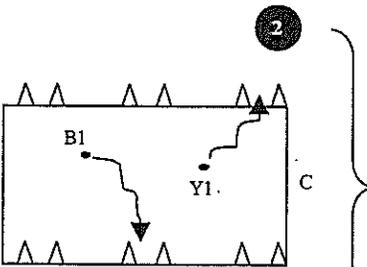
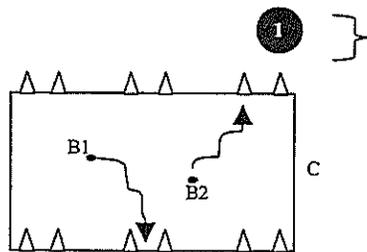
As a variation, take away soccer balls until there is only one. Let it flow into a regular game.

SCRIMMAGE – WITH and WITHOUT RESTRICTIONS

Game or Scrimmage Play! Clear the area of all equipment. Play to goals. You can begin with a restriction that include players must score by dribbling the ball to the end-line and stopping it or scoring in the goal. Gradually take off all restrictions and just let them play!

END OF TRAINING TEAM TALK!

Summary of Your Training! Ask your players what they have learned. Help them learn the most important points of the session. Ideally, they should talk about Dribbling skill/fundamental; help them break it down so they know how to succeed, fix it on their own and have fun!



Dribbling Foot = on contact of the ball, the foot should be firm but not locked. Players should attempt to 'feel' the ball as opposed to just kicking it around.

Left / Right Foot = at this age, it is extremely important for players to use and get used to dribbling with both feet. Encourage them to experiment and try things with both feet.

Change of Pace = players should be encouraged to dribble slowly, quickly in tight spaces and on a full spring with the ball.

Change of Direction = players need to be able to cut, change angles and direction with the ball.

Build off of technical skill points above.

Look for players that are dribbling with control, utilizing both feet!

Look for players that are dribbling with a change of pace but also searching for new spaces (head up).

Look for players that may be figuring out how to beat defenders on the dribble while also protecting the ball from being stolen.

Challenge players to maintain possession – even if the ball is deflected away from the defender. Players need to learn the importance of keeping the ball under control for themselves and then for their teammates.

Look for successful moments of dribbling!

Praise players for the correct technique.

Focus on increasing confidence through positive reinforcement and limited constructive criticism.

35-55M

55-60M



SOCA Practice Plan

Weekly Practices & Exercises for Your Team's Success!

Age Group: U14
 Week #: Week 1
 Topic: Dribbling
 Equipment: Balls, Cones, Pinnies

CRITICAL ANNOUNCEMENTS TO COACH:

- 90 / 10 (90 Seconds of arrival players touch a ball / 10 Minutes of practice players are involved in a game related exercise.
- No Laps, Lines or Lectures! Keep players active, not bored!

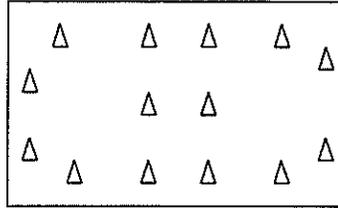
Field Setup

Show up to your practice 15 minutes before start

Set up practice area; in this plan, the initial training area is 20 yards wide by 30 yards long

You can distinguish your area by cones. Have your balls, pinnies and extra equipment off to the side but within reach

Keep your practices moving by keeping breaks short and the players moving!



C = Coach

△ = Tall Cone

● = Ball

→ = Pass/Shoot

- - - → = Run

→ = Dribble

C

TIME

SETUP / PLAN

DIAGRAMS

COACHING POINTS

0-10M

WARM-UP PHASE

Set up 7 Gates = 3 yards apart; randomly place these around a 20 yard by 30 yard area

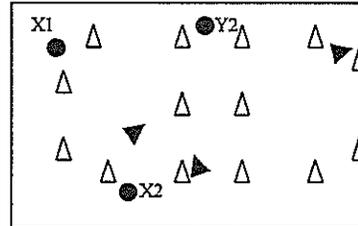
Each Player with a ball. Two teams (X and Y)

Each Player dribbles ball through gates for a point. See who can get the most points; then add together for team total after each round

Play five 60 second Rounds

Rules: Can not dribble through same gate twice and if player knocks over a cone they have to pick it up right away

In between Rounds, take the time to show your team dynamic stretches!



C

- Maintain control of the ball while moving at a fast speed
- Move the ball using light touches using both the insides and outsides of both feet
- KEEP HEAD UP to observe available dribbling options and to avoid running into other players

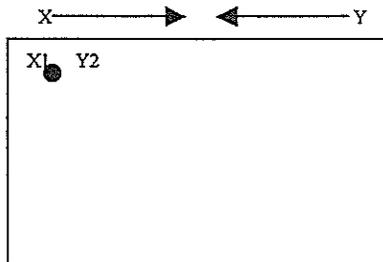
10-35M

TRAINING GAME PHASE

Expand your training area by 20 yards wide and 30 yards long so that your area is now 40 yards wide by 60 yards long

Two Teams (X and Y; play with one ball. If ball goes out on end line (play goal kick), if ball goes out on side lines play kick-ins, no throw-ins. Ball can be dribbled in. Scatter soccer balls on the outside playing area for quick restarts

Play for 5 minutes. Each team scores 1 point by dribbling ball over opponent's end-line or completing 10 consecutive passes (encourages high pressure from the opposing players)



C

- Build off of technical skill points above
- Help players recognize situations where they can dribble out of pressure to keep the ball for their team
- Encourage players to be creative using both fakes and feints

Fakes/Feints=moving your body when dribbling in such a way as to "fool" the defender into thinking you are going one way but then dribble the other

35-55M

SCRIMMAGE - WITH and WITHOUT RESTRICTIONS

Game or Scrimmage Play! Clear the area of all equipment. Place a goal at each end-line. Two Teams play 6 v 6 (5 field players plus the goalie). You can begin with a 5 touch restriction where every player has to take five touches before he/she can pass the ball to another teammate or shoot. Gradually take away the restrictions so that the players enjoy the game! Losing team sprints and cleans up playing area (picking up cones, pinnies, and balls)

- Look for players keeping the ball close to feet and dribbling away from pressure (opposing team)
- Encourage CREATIVITY!

- Focus on increasing confidence through positive reinforcement and limited constructive criticism

55-60M

END OF TRAINING TEAM TALK!

Summary of Your Training! Ask your players what they have learned. Help them learn the most important points of the session. Identify, they should talk about the Passing skill/fundamental; help them break it down so they know how to succeed, fix it on their own and have fun!

SOCA Practice Plan

Topic: _____

Date: _____

Critical Announcements: 1 _____

2 _____

Time:

Activities/Notes

Diagrams

Coaching Points

Post Practice Comments:



SUGGESTED TRAINING EFFORT EMPHASIS

I. Percentage of time spent on each of the three major components

	U-8	U-10	U-12	U-14	U-16	U-18
Technique	80%	70%	60%	50%	40%	30%
Tactics	10%	20%	30%	40%	50%	60%
Fitness	10%	10%	10%	10%	10%	10%

II. Definitions

Technique: technical ball skills (dribbling, passing, receiving, shooting, heading), defending skills, goalkeeping skills. Technique becomes skill when performed at speed and under the pressure of match conditions.

Tactics: individual, group and team decision-making. The collective actions and interactions of team members used to attack, defend and transition from one to the other.

Fitness: coordination, endurance, speed, strength and flexibility

III. Age-group appropriate topics

U-8

Technique: Ball skills, ball skills, ball skills!

Comfort with the ball.

Overcome fear of the ball.

Tactics: Only basic concepts; defend one end and attack the other.

The dual role of offense and defense by each player

Relationships of players to the ball

Fitness: General Coordination.

Running, jumping, rolling and ball-gymnastics

U-10

Technique: More ball skills.

Continue to improve ball techniques.

Introduce training under pressure.

Tactics: Basics of positional play. Responsibilities, roles

Relationships of players to the ball

Offense, defense and transition

Team play, passing

Small groups (1v1 to 3v3)

Fitness: Coordination

Speed

U-12

Technique: Still more ball skills.
Emphasize "clean" ball control.
Sharpen touch and speed of ball handling.
Introduce heading
Introduce defensive skills.
Training under various pressures

Tactics: Small groups (1v1 5v5)
Defending as a group
Possession
Attacking, penetrating

Fitness: Coordination
Speed
Endurance

U-14

Technique: Speed, efficiency, accuracy of all ball handling
Finishing
Defensive skills

Tactics: Group tactics (3v3 to 8v8)
Transition
Breaking down defenses
Defending: pressure, cover & balance

Fitness: Speed
Strength
Endurance

U-16

Technique: Refine ball skills
Introduce position specific training
Introduce training under competitive conditions

Tactics: Group tactics (3v3 to 8v8)
Group strategies
Defensive and offensive specific training

Fitness: Speed
Strength
Endurance

U-18

Technique: Efficient, effective application of ball skills
Position specific skills
Performance at speed & under pressure

Tactics: Group & team tactics (5v5 to 11v11)
Position specific roles
Team strategies

Fitness: Speed
Strength
Endurance



A SOCA PRIMER ON GENDER

Statement of Purpose: SOCA believes that each boy and girl should be treated with care and respect. We strongly discourage yelling, coercion or other forms of unhealthy or abusive behavior. Children should be listened to and, above all, encouraged to enjoy their experience on the soccer field. All children need patient coaches who teach primarily through positive reinforcement.

Above and beyond this, SOCA believes that coaches who coach girls need to educate themselves on gender differences. At a certain age, girls begin to develop cognitively and socially in different ways than boys.

What follows is a generalized list of age-specific gender differences as well as suggestions for coaching young girls effectively.

U8

Gender Development - At this age, boys and girls tend to develop similarly. Physically and socially, boys and girls are still pretty focused on themselves and their ability to master skills and basic movements.

How to Coach - At practices always have 8-12 different active exercises. Rely heavily on positive reinforcement. Keep them moving and touching the ball.

U10

Gender Development - At this age, you begin to see differences in how girls and boys develop and interact. Children learn to be critical, although boys more often direct that criticism outward toward teammates and girls inward toward themselves. Boys typically become more competitive at this age, while girls generally don't. Girls want to train to become "more athletic" rather than to win. Some children, but especially some girls, begin pubescence, meaning that a lot is going on for them physically and emotionally. Girls may begin to "huddle" together in groups of friends and may begin to not want to excel, preferring instead to fit in and not make a friend look less capable.

How to Coach - Positively reinforce groups. Rarely single out a girl, positively or negatively, in front of whole group. "You all did great today." Plan in some small group and team-building sessions. Spend a lot of time talking with girls during water breaks, after practice etc. Encourage girls to achieve and "go for it" when you are one-on-one.

U12

Gender Development - Some girls begin to care about winning. Girls start to care a lot about fitting in to groups. Many begin to try on adult roles and behaviors. Girls develop an uneasy relationship with their internal "woman warriors."

How to Coach - It is crucial to help them foster and appreciate their "woman warrior." You need to begin to reinforce to them that it is ok to win, to really go for it. They are about to go into a lot of battles off the field – in school, in relationships, with parents, etc. – it is crucial that girls don't lose the knowledge of how to compete, to stand up for themselves, to achieve. Nonetheless, their peers are still central to them. Stress in individual meetings with them that their persona on the field is different than the one they carry around off the field. "You can compete on the field with the very same people you hang out with off the field." Put them in competitive environments – e.g. 2 v. 2 tournaments. Keep score religiously. Give them incentive to win. Be positive in words, voice and body language.

U15

Gender Development - Girls are often quite distracted at this age. It is not unusual for the most competitive and athletic girl at age 12 to be the most apathetic at 13. They are often quite ambivalent or even unhappy about their bodies. They are very self-critical. They will often be resistant to letting you know they are having fun, or learning anything. They can be a bit distrustful of a coach's motives. They will read cues in your voice and body language. Achievers as well as problems get noticed. Girls in the middle tend to get lost.

How to Coach - Work very hard to develop personal relationships with them. Let them know again and again that you care about them not just as players, but as people. Find out what they do off the field and take an interest in that. Emphasize the great variety of reasons to play and train hard – “it helps you socially, keeps you healthy, can help you relieve stress and succeed in other pursuits off the field.” Keep things competitive, but again emphasize that their competitive “woman warrior” can be different on and off the field. Teach them to enjoy the “competitive cauldron.” Maintain positive personal aspect, not just in what you say but in tone of voice and body language. Really limit the negative critiques. Girls at this age already focus on what they do wrong. Try to keep 75% of your coaching points positive. “Stop. Look how well you changed the point of attack. That was great because...” Find ways to not overlook girls in the middle.

U19

Gender Development - Girls can start to resemble adults both physically and psychologically at these ages, yet it is important to remember that they are still children and need guidance. More and more they are influenced by, interested in, their small peer groups. They can be very self-critical; it is important to continually stress that it's ok to strive to be excellent. They need encouragement to compete, as they often confuse competitive action on the field with behavior that they don't like off the field. They tend to enjoy group decision-making and team building and often play for the social aspect of the experience. They don't like being singled out, preferring instead to be told how the group as a whole performed. Outside distractions more and more find their way onto the soccer field. They tend to like fitness and individual skill building, having a lot higher tolerance for these things than boys have.

How to Coach - Work very hard to develop personal relationships with them. Let them know again and again that you care about them not just as players, but as people. Find out what they do off the field and take an interest in that. Emphasize the great variety of reasons to play and train hard – “it helps you socially, keeps you healthy, can help you relieve stress and succeed in other pursuits off the field.” Keep things competitive, but again emphasize that their competitive “woman warrior” can be different on and off the field. Give them some opportunities for group decision-making. Teach them to enjoy the “competitive cauldron.” Include fitness and personal skill sessions into your training program. Set team and individual goals, then make sure you follow up individually with them. Maintain positive personal aspect, not just in what you say but in tone of voice and body language. Really limit the negative critiques. Try to keep 50-75% of your coaching points positive. “Stop. Look how well you changed the point of attack. That was great because...”



SOCA AGE-GROUP CHARACTERISTICS

U-8 Athletes

Physical- Still struggle with coordination, heart rate peaks quickly, overheat or get very cold easily, growth plate injuries common.

Psychological- Very, very concrete thinkers, can only attend to one task at a time, struggle with anything like tactics, link effort to performance, have no sense of good play or bad play – rather they judge themselves based on whether or not they tried hard. Like to make decisions for themselves.

Social- Very fragile sense of body image, great need for approval from adults, are easily crushed by negative comments, play soccer because it is “fun” not because they want to get better, start to enjoy small group activities, play for the coach – “I play on Bob’s team.” Want everyone to like them, their most influential parent is their father or significant parent. Natural instinct is to say “I can’t do that” when you do something new.

In simple terms, what does this all mean? Fun, active games, with frequent rests for H₂O. Very high ball to player ratio. They are mostly interested in seeing how they can make their bodies manipulate a ball. They are almost completely uninterested in and not ready for tactics. Do not harp on positions or tactics or even passing the ball. Can’t motivate them by telling them they need to train to get better. Every exercise should resemble other children’s games like “duck, duck, goose,” “keep away,” “follow the leader,” etc. Have many, many games up your sleeve, play them for relatively short durations. Be positive almost 100% of the time. Have fun with them. Be silly, let them know you like them. Never, ever yell or belittle. Let them make some small decisions – choose teams, “auction” off assistant coaches, set some rules (e.g. throw ins or kick ins). They absolutely feed off a coach who is having fun, rolling around with them, following his or her own instinct to “play.” If possible, use a young adult or teenager as your assistant. Kids learn best by emulating other kids.

U-10 Athletes

Physical- Big jump in coordination, though eye/hand is ahead of eye/foot, still overheat easily, some kids will begin to develop more rapidly - often a big disparity between most athletic and least. Girls and Boys begin to develop differently. Capable of more complex movement, agility.

Psychological- Begin to grasp simple tactical ideas (ball must move side to side), Still don’t care very much about why you make tactical choices - need a lot of explanation as to why we do things. Begin to understand the correlation between actions and results. Like to do things on their own (e.g. initiate play, choose teams). Still very similar to U-8s in that they love to learn new, individual skills. Can hold still briefly, but still need pretty constant movement and switching of activities. Still can’t process really complicated information. Need explanations short and clear.

Social- Begin to be self-critical based on play. Need loads of positive reinforcement. Can start to be negative toward peers. Tend to be more competitive. Start to identify with team (“I play for the Cosmos”). May look more toward adult outside of the family for inspiration, guidance.

In simple terms, what does this all mean? Like U8s, they still need fun, active games, with frequent rests for H₂O. For most exercises, maintain a very high ball to player ratio. They can begin to understand tactics and positioning, You can teach them positions and passing, etc. But, don’t harp on it. Make sure each child plays every position. When you teach a tactical idea (e.g. overlapping), make sure you are clear about why this is important to do. Use assistants to teach individual children, separate them at times into separate levels. Each child should be motivated and rewarded using “slanty line” principle. Be positive almost 100% of the time. Have fun with them. Have 6-10 different exercises or variations per session. Rally them around the team. Give them some leeway to make choices (picking teams, choosing numbers, etc.)

U-12 Athletes

Physical- Many are starting to begin pubescence. Many begin to need warm-up, warm-down and stretching before and AFTER practice and games. Will begin to burnout if practices are too-physically demanding. Don't do well with simple endurance exercises, better trained at short, hard intervals. Can perform very complex skill sequences and coordinated movements.

Psychological- Begin to be capable of more complicated tactical situations. Can piece together cause and effect pretty well. Love to be challenged to problem solve. Some adolescent body issues emerge. Can be very sensitive to comments about physique.

Social- Peer pressure becomes extreme. Begin to isolate themselves in categories of age, race, gender and socioeconomic status. Need to be encouraged to appreciate diversity. Become more independent of adults, but more conformist with peers, more likely to "try on" adult postures. More interested in being popular. Whether a child enters puberty or not informs most social interactions.

In simple terms, what does this all mean? Still need to emphasize individual skill-building, but players really start to understand connection to the game. They need to think about how to group problem solve. Coach's role is crucial in helping them continue to appreciate diversity, maintain high and realistic self-esteem. Play a ton of small-sided games, tournament-type play (e.g. an un-coached 3v. 3 competition). I would schedule in a certain chunk of time each practice for un-coached tournament play, with incentive and a winner. Teach tactics, especially in groups of four or so. Be very aware of and sympathetic to their plights as early puberty sets in. The game should start to take on many aspects of older person game (passing and moving, group defending, some intermediate tactics like overlaps, zone defending, positional play). Children should still play a variety of positions. Make sure they stretch after each session.

U-15 Athletes

Physical- Very big gap between physically most mature and least mature children. Most are capable of extremely complex skills and coordination. Some stress and growing injuries begin to occur. More mature among them are capable of advanced fitness and strength-building.

Psychological- Are capable of learning all the more advanced soccer tactics, though they are often unable to perform them physically. Begin to separate more serious players from less serious ones. Many will constantly test limits with authority figures. Very influenced by older peers. Begin to see themselves as preparing for something in the future (high school play, ODP, etc.)

Social- Still highly influenced by peer pressure. Will follow leaders (be they positive or negative). Begin to be influenced by a lot of outside stimuli. Many players drop out of organized sports at this age. Many face daily temptations to experiment with unhealthy behavior.

In simple terms, what does this all mean? The game should look like soccer at an advanced level, only slower and limited by physical immaturity. Coach can introduce big group tactics (e.g. an 11 man defending plan, a way for the team to attack). Players can begin to specialize in positions. Coach should try to foster positive role models from within the team to influence other children. Often a coach's best role is to take a potentially bad seed and include him/her in the team decision-making. Don't overlook the middle of the road children who don't demand your attention, but need it anyway. Almost everything should be taught from within the game of soccer itself.

U19 Athletes

Physical- Most players have gone through puberty. They begin to resemble adults physically. Are capable of performing more challenging fitness work. Muscles developed to allow for weight lifting and strength training. Often, stress and growth plate injuries begin to occur. Most are capable of extremely complex skills and coordination.

Psychological- At the higher levels, players are ready for advanced soccer tactics. Serious players need to be provided with opportunity to train in a high-level environment. Can handle goals related to winning. Some players begin to take recreation-only route where they are interested in kicking around just for fun with their friends. Many start to bring school-related stresses to field. College and other post-high school choices begin to loom large, especially for juniors. Often can be deceptive in terms of maturity - many capable of making most all decisions on their own, others still test limits and need a lot of "life choices" guidance.

Social- Still highly influenced by peer pressure. Will follow leaders (be they positive or negative). Begin to be influenced by a lot of outside stimuli. Many face daily temptations to experiment with unhealthy behavior. The stakes get higher – driving, drugs, college, work, etc.

In simple terms, what does this all mean? The game should look like soccer at an advanced level. Coach should teach big group tactics (e.g. an 11 man defending plan, a way for the team to attack). Players can specialize in positions. Winning becomes a primary consideration for team building; Coach should teach children how to compete, solve the game, and win. Coach should try to foster positive role models from within the team to influence other children. Often a coach's best role is to take a potentially bad seed and include him/her in the team decision-making. Don't overlook the middle of the road children who don't demand your attention, but need it anyway. Almost everything should be taught from within the game of soccer itself. Coach should be constantly aware that, although the players look and sound like adults, they are still children and need help making the right choices on and off the field. Be firm, stick to your principles. Set firm limits – don't move the "line."



SOCCER ORGANIZATION OF CHARLOTTEVILLE-ALBEMARLE

SOCA RECREATIONAL RULES OF PLAY

Except as indicated in this summary, the Recreational program will use international soccer rules as established by the Federation Internationale de Football Associations (FIFA) and set forth in the United States Soccer Federation (USSF) annual publication, **FIFA Laws of the Game, Guide for Referees, USSF**.

The ball sizes, number of players and duration of the game for the various programs and age groups are as follows:

Program	Age Group Codes	Age Group	Ball Size	# of Players	Game Length	Maximum Time for the Match
Co-Ed and Girls	10's	U8	3	2x4	4x10 min. qtrs.	60 minutes
	20's	U10	4	7	2x25 min. half	70 minutes
	30's	U12	4	7	2x30 min. half	80 minutes
	40's	U15	5	7	2x35 min. half	90 minutes
	60's	U19	5	7	2x40 min. half	105 minutes

**Game format may be adjusted based upon the Program Coordinator's discretion.*

Games not finished within the maximum time allotted will be ended when the maximum time allotted has expired. This rule is intended to keep the program on schedule. For this same reason, it is very important that teams show up for all games in advance of their scheduled playing time. Because of the limited number of fields and the demands of our schedule, all games must be played when they are scheduled. Use the time prior to the game to properly warm-up and prepare for your team to play.

If insufficient players are available to field a full team an adjustment must be made to equalize the size of the teams. Refer to your "Instructions for Recreational Program Coaches". We do not keep track of team records and do not crown an age group champion so the outcome of each game is less important than giving the children a chance to play.

SOCA provides uniforms which must be worn during games. **Coaches are advised to check the league's roster of teams prior to each game to make sure that the teams will be wearing different colors. Should both teams be using the same colors, the coaches are responsible for providing their players with alternate colors.** Goalkeepers must wear a different colored jersey than either team is wearing. Providing this shirt is the coach's responsibility. Each coach is encouraged to bring two contrasting colored goalkeeper jerseys to ensure that one of them will contrast their opponents' uniforms.

All players must wear shin guards. No jewelry of any kind may be worn (excluding corrective glasses). Casts are permitted if in the opinion of the referee it is properly padded.

It is permissible to wear all types of corrective glasses with the stipulation that any hinges must be covered. The covering can be of athletic tape or some other material which will prevent injury to either the wearer or another player. It is the referee's decision to determine whether the glasses have been made safe for play.

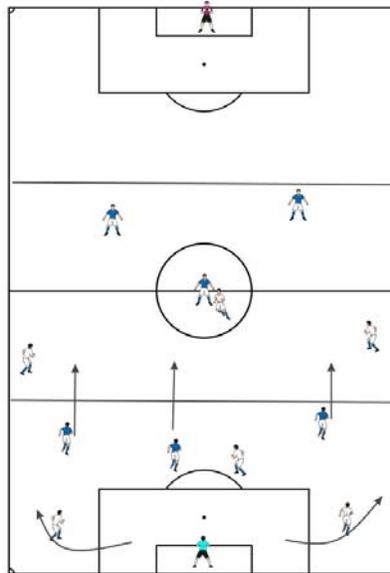
RECREATIONAL PROGRAM EXCEPTIONS AND ADDITIONS TO FIFA LAWS

For the U-8 division:

- A. **There are no goalkeepers.** No player shall play as a de facto goalkeeper.
- B. **A Build-Out Rule will be in effect for Goal Kicks.** (See image below)
- C. There is no off-side offense.
- D. All free-kicks will be indirect. **No penalty kicks or direct kicks will be awarded.**
- E. The facilitators shall allow the player doing the throw-in a second throw if the first is executed improperly.
- F. There will be no referee. The game will be managed by facilitators who will see that the game is fairly played and kept moving. Facilitators are permitted to instruct players during the course of the game.

For the U-10 division:

- A. **There is no off-side offense.**
- B. **No Heading Rule is in effect.**
 - a. The result of an intentional head ball is an indirect kick for the other team. The result of an unintentional head ball will result in a drop-ball restart.
 - b. Referees may ask for a player to leave the game to be evaluated for concussion symptoms.
- C. **No Punting Rule is in effect.**
 - a. Goalkeepers will not be allowed to punt or drop-kick the ball.
 - b. If a Goalkeeper punts the ball the restart will be an indirect free kick from the spot that the Goalkeeper had made the offense.
- D. **A Build-Out Line will be in effect.**
 - a. When the Goal Keeper has possession of the ball, the opposing team will need to retreat back to the top of the center circle. (See image below).
 - b. When the ball is put into play, the opposing team will be allowed to attack.

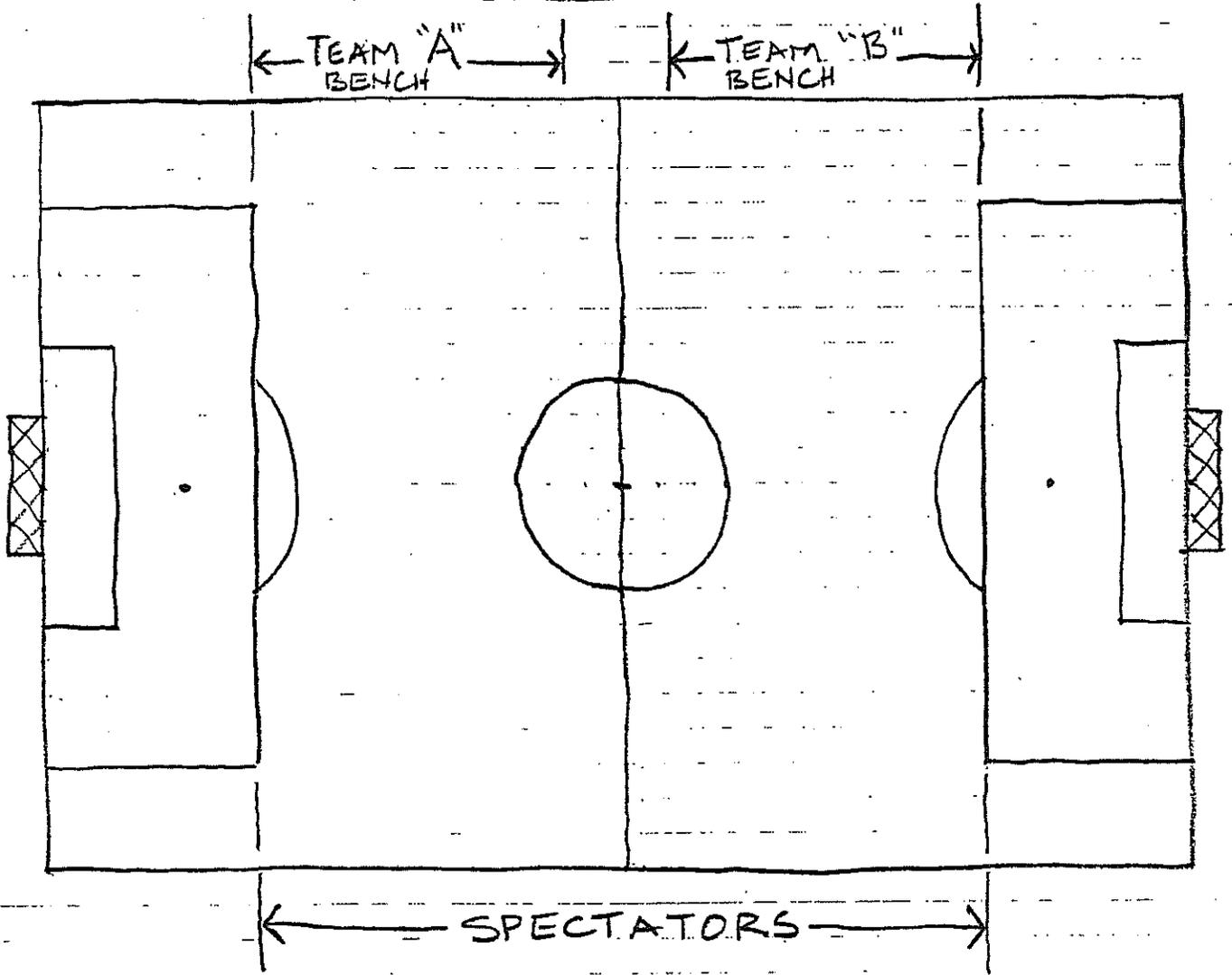


For all divisions:

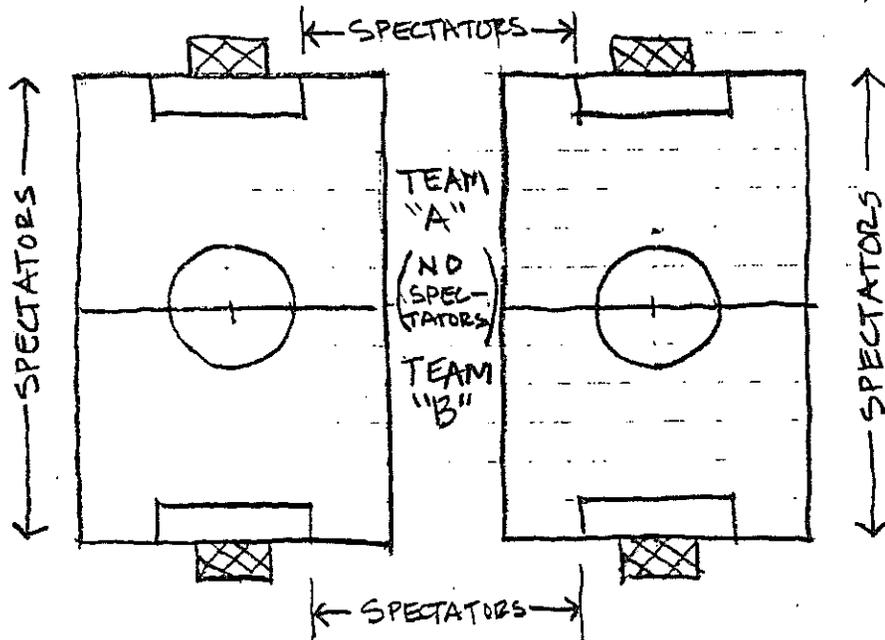
- A. Coaching may take place from one side of the field only. Coaching is not permitted from the end line.
- B. Opposing teams shall establish their bench areas on the same side of the field with one team on one side & the other team on the other side of the midfield line. All spectators are to be on the sideline opposite the players & coaches. No one is permitted along the end line. In addition

SOCA SPECTATOR AND TEAM LOCATION ASSIGNMENTS

WID & OLDER TEAMS



UB FIELDS



EYE GLASSES POLICY

For the protection and safety of all our players, SOCA has adopted a policy regarding wearing eyeglasses during SOCA Recreational and Challenge program matches.

It is permissible to wear all types of eyeglasses with the stipulation that any hinges must be covered. The covering can be of athletic tape, or some other material which will prevent injury to either the wearer or another player should the eyeglasses make impact with the player. It is the referee's decision to determine whether the glasses have been made safe for play.

SOCA *strongly recommends* that players who require eyeglasses wear sports eyewear, which is specifically designed for use in athletic activity. These glasses have no hinges and have an elastic strap that prevents the glasses from coming off during play.

Wearing any eyeglasses during a soccer match presents a considerable safety concern for the athlete. Parents and players, who choose to play wearing eyeglasses, do so at their own risk.

Coach's Responsibility

As the coach it is your responsibility to inform any players affected by this policy of the policy's requirements. Please discuss the issue with any player who wears eyeglasses. Please also discuss the matter with the child's parents.

Additionally, it is your responsibility to see that no player participates in a match until that player has complied with the policy outlined above.

Thank you for your cooperation.

SOCA POLICY Soccer Organization Charlottesville-Albemarle		POLICY NUMBER 2.2
		ISSUE DATE August 12, 1997
TITLE	Non-compliance With Field Closings and Game or Training Cancellations	PAGE 1 OF 2

PURPOSE

To define how SOCA will deal with any non-compliance with field closings and game or training cancellations

SCOPE

This policy applies to all teams, coaches and referees in all leagues and in all programs run by SOCA.

BRIEF

All coaches, captains, team leaders and referees, in all programs, are instructed to comply with any cancellation and field closing notices. Such notices may be issued by either SOCA or the agency responsible for the care of the field. Compliance with cancellation and field closing notices applies equally to matches as well as training.

It must be pointed out that when fields are closed anytime during the day, they are then closed for the remainder of the day.

DISTRIBUTION

1. Each Program Director
2. Each League commissioner
3. Each Coach
4. Each Referee

POLICY

Failure to comply with notices of field closings and game or training cancellations may lead to the following disciplinary action by the Board. In addition, if the failure to comply results in damage to a field, SOCA will not be liable, and the team will be responsible for the cost of repairs.

1. Adult Program
 - a) Adult teams found not to be in compliance with appropriate notices will be served a written warning following a first infraction.
 - b) Following the second infraction, a \$200 fine will be assessed by SOCA. The fine must be paid before the team will be allowed to play another match. Failure to pay the fine will result in expulsion from the league.
 - c) Following a third infraction, the team will be expelled from the league.

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2. Travel Program
 - a) Travel Program teams found not to be in compliance with appropriate notices will be served a written warning following a first infraction.
 - b) Second infractions will result in forfeit of SOCA's contribution to one tournament for the current season. If SOCA has already paid for the tournament for the current season prior to the infraction, SOCA will require reimbursement for the full amount. Failure to do so will prevent approval of future tournament applications by SOCA.
 - c) Third infractions may result in the removal of the coach and further restrictions placed upon the team.

3. Recreation Program
 - a) Recreational Program teams found not to be in compliance with appropriate notices will be served a written warning following the first infraction.
 - b) Second infractions will result in the loss of all tournament participation privileges and the coach may face additional sanctions.
 - c) Third infractions may result in the removal of the coach and further restrictions placed upon the team.

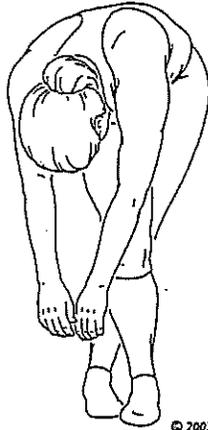
4. Referees
 - a) Referees who officiate matches which have officially been canceled will receive a written warning following the first infraction. No payment will be made for such a match.
 - b) Second infractions will result in loss of pay for an additional match.
 - c) Third infractions will result in loss of refereeing privileges within SOCA for the remainder of the season.

The paragraphs above refer to occurrences within a single Soccer year (September 1 - August 31).

HIP / KNEE - 67
Stretching: Iliotibial Band

Cross RIGHT / LEFT leg behind other leg. Bend at waist, reaching toward floor.

Hold 20 seconds. Relax.
Repeat 2 times per set.
Do ___ sets per session.
Do ___ sessions per day.

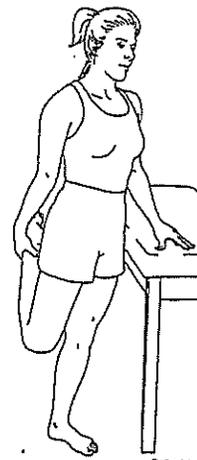


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HIP / KNEE - 37
Stretching: Quadriceps (Standing)

Pull RIGHT / LEFT heel toward buttock until stretch is felt in front of thigh.

Hold 20 seconds.
Repeat 2 times per set.
Do ___ sets per session.
Do ___ sessions per day.

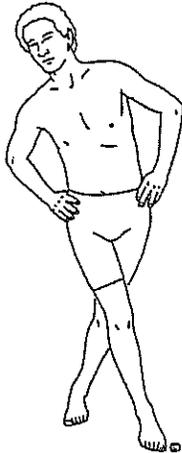


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HIP / KNEE - 36
Stretching: Tensor

Cross RIGHT / LEFT leg over the other, then lean to same side until stretch is felt on other hip.

Hold 20 seconds.
Repeat 2 times per set.
Do ___ sets per session.
Do ___ sessions per day.

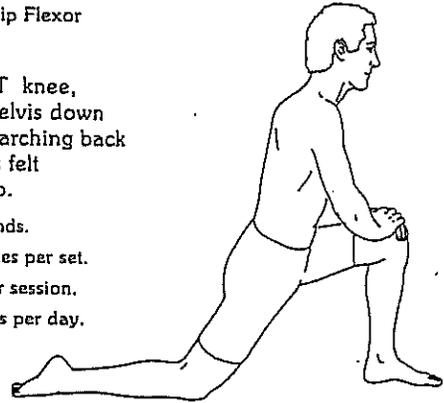


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HIP / KNEE - 34
Stretching: Hip Flexor

Kneeling on RIGHT / LEFT knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip.

Hold 20 seconds.
Repeat 2 times per set.
Do ___ sets per session.
Do ___ sessions per day.

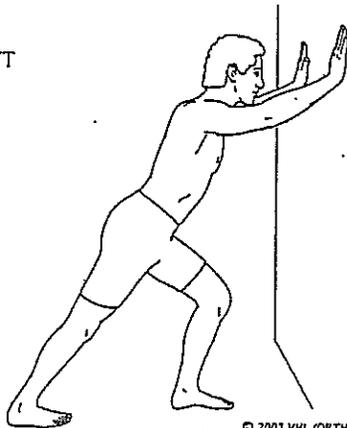


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ANKLE / FOOT - 14
Gastroc Stretch

Stand with RIGHT / LEFT foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf.

Hold 20 seconds.
Repeat 2 times per set.
Do ___ sets per session.
Do ___ sessions per day.

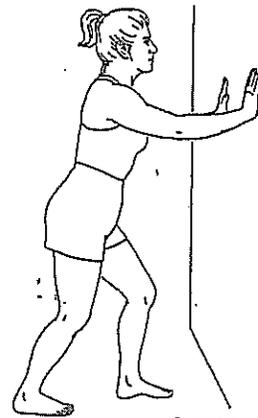


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ANKLE / FOOT - 13
Soleus Stretch

Stand with RIGHT / LEFT foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf.

Hold 20 seconds.
Repeat 2 times per set.
Do ___ sets per session.
Do ___ sessions per day.

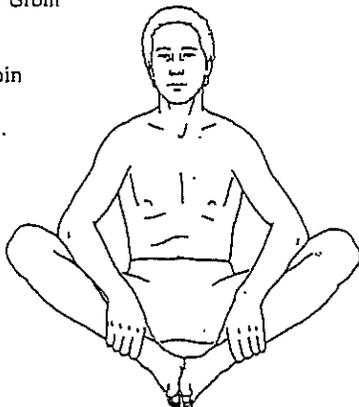


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HIP / KNEE - 32
Stretching: Inner Thigh / Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh.

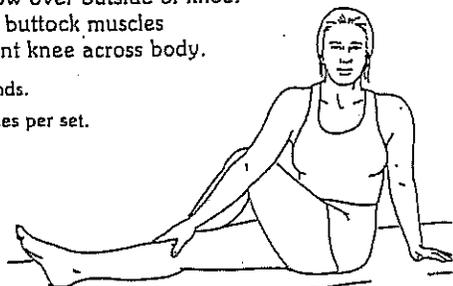
Hold 20 seconds.
Repeat 2 times per set.
Do ___ sets per session.
Do ___ sessions per day.



HIP / KNEE - 35
Stretching: Piriformis

Cross RIGHT / LEFT leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body.

Hold 20 seconds.
Repeat 2 times per set.
Do ___ sets per session.
Do ___ sessions per day.



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Common Soccer Injuries	How to recognize them	Area(s) commonly affected	How to treat them	Other info regarding
<i>Open wounds/Blisters</i>	Blood or clear fluid coming from an open area of skin	Blisters typically occur on back of heels or on toes; wounds anywhere	Band-aids/donut to protect from infection; control bleeding w/ open wounds using gauze	Very common injury at beginning of season as new cleats are being broken in
<i>Bone/Muscle contusion</i>	Occurs from blunt trauma; char. by pain, redness, swelling	Thigh, shins	RICE; gentle stretching and massage if in muscle	Athlete should protect with padding to prevent being hit repeatedly
<i>Sprains</i>	Char. by pain, swelling, discoloration	Ankle, knee, shoulder; elbow and wrist w/ keeper	RICE; do NOT return to practice if any sx are still present after 15 min of icing	Be sure athlete sees trainer if sx persist more than 2 days
<i>Strains</i>	Char. by pain, poss. swelling, poss. discoloration	Quads, hamstrings, calves, low back	RICE; ace wrap, gentle stretching, gentle massage	Be sure athlete sees trainer if sx persist more than 2 days
<i>Nosebleeds</i>	Blood coming from nose; occurs from blunt trauma or otherwise	Nose	Have athlete pinch bridge of nose and lean forward, ice may be applied to speed up clotting	Do NOT have athlete lean back as blood will travel down throat and into stomach causing choking/vomiting
<i>Asthma</i>	Char. by wheezing, coughing, shortness of breath, excessive prod. of mucus	Respiratory system	Calm athlete, encourage controlled breathing, have them use inhaler, have them drink lots of water	Make sure you get an extra labeled inhaler at the start of the season for athletes w/ asthma, get medical attn if sx do not resolve
<i>Heat Illness</i>	Char by excessive sweating or lack of sweating, cramps, nausea, dizziness	Affects all systems, cramps tend to be in abdominals and calves	Have athlete consume lots of water, Gatorade or food if available, cool off in shade or w/ wet towels	The Key: Prevention Remind athletes to drink plenty of water and eat a good lunch on practice/game days, take water breaks every 15-20 min.
<i>Scrotal Contusion</i>	Char, by pain, nausea, vomiting, localized swelling and spasm	Testicles	Have athlete lay on back and pull knees to chest	Remind athlete to check for swelling and get medical attn if sx persist
<i>Head Injuries</i>	Char by headache, dizziness, disorientation, ringing in ears, non-responsive pupils, glazed look	Blunt trauma to head or from falling on head	Check for consciousness, breathing, pt can return to play if ALL sx are gone in <15 min.	Do NOT give pain meds, do NOT move if suspect spinal injury, always make trainer aware of ANY head injury