

# Beacon Soccer Club

## Game Operating Procedures

### **Midgets 4-5 yr old (No Standings)**

- Size 3 ball
- Field Size 25x20 yds 4v4 no goalies
- 30 minute practice - 30 minute games
- No weekday practice

### **Objectives**

- Handle the ball with at least one foot and both hands
- Running, jumping, and stopping with and without the ball

### **Practice**

- **No Lines, No Laps, No Lectures**
- 1 ball per child or 1 ball per two children (every player needs to bring size 3 ball)
- Players need to be always engaged and never in line waiting
- When drilling keep numbers from 1 v1 to 3 v 3 never more

### **Games**

- All restarts are done with a kick in (any ball passing the goal line will be started with a goal kick off of the goal line by defending team regardless of who the ball touched last)
- No goalies or goal tending
- No set positions
- All players should play more than half a game
- All players should be substituted
- Coaches and Parents should be positive and encouraging
- **Try to limit high score differentials. Coaches can swap players if necessary.**

### **Communication with players**

- Soccer specific information should be limited to how to best keep the ball from running out of bounds
- Limited discussion about positions or any other team concepts

## Jr Peewee 6-7 (No Standings)

- Size 4 ball
- Field Size 40x25
- 7v7 Each team will play 6 on field with 1 goalie
- Practice 60 minutes once a week games 2-25 minute halves
- **No Forfeits** (If a team does not have enough players, either play down or even out teams).

### Objectives

- Handling the ball with both feet (passing, dribbling, shooting, trapping and turning).
- Communication on the field amongst players.
- Positioning, to start game, during, and after an action.
- Nomenclature of field (see last page)

### Practice

- **No Lines, No Laps, No Lectures**
- 1 ball per child or 1 ball per two children (every player will need a size 4 ball)
- Players need to be always engaged and never in line waiting (drills are short in time)
- When drilling keep numbers from 1 v1 to 3 v 3 never more (but both individual and collective games)
- Players are taught by watching and copying

### Practice session structure

- Warm up 10' (warm-ups are achieved by drills, not static or dynamic stretching)
- Physical 10'
- Technique 20'
- Scrimmage 20'

### Games

- 2 X 25 minute halves
- Throw ins are introduced No penalty kicks in the box ( Direct kick outside the box which can be defended)
- All laws of the game to be followed except the following: Offsides will take effect in the Spring (Fall season explanation will be given but not awarded). Fall season players will redo thrown ins, Spring season improper throw ins will lose possession)
- **Max 7 goal differential.** No team shall score more than 7 goals over their opponent. Coaches should try to find ways to prohibit high scores either by

moving players around i.e. best player made goal keeper... This should be assessed by the 4<sup>th</sup> goal over opponents score.

### **Communication with players**

- Positive and encouraging.
- Soccer specific information should be limited to basic ideas (keeping the ball in bounds or maneuvering in tight spaces).
- Ball handling is most important at this level passing is secondary.
- Field positions and functions will be explained. Encourage players to play proper positions on field.
- Formations should not be addressed at this level.
- No player shall play goalie every game or full game (players need to learn all positions).
- All players should be substituted and every player should play more than half a game.

### **Peewee 8-9 (Standings)**

Size 4 Ball

Field 80x50

9v9 Each team will play 8 on field with 1 goalie

Practice twice a week 60-75 minutes

Games 2-25 minute halves

### **Objectives**

- Balance in relation to the ball, forward, backwards, side to side
- Basic coordinated movements with and without the ball and with and without speed
- Intro 1v1 attacking skills, offensive and defensive
- Passing
- All laws of the game (proper throw ins, offsides etc.)
- Field formations introduced
- Field nomenclature (see last page)

### **Practice**

- **No Lines, No Laps, No Lectures**
- Warmups are achieved through skill drills (no static or dynamic stretching)
- Increase in group size to 3v3, 5v5
- Techniques are passing and receiving, ball control with and without speed and shooting
- Communication between players during practice and games need to be encouraged

- Provide plenty of opportunities for shooting and goal scoring
- Encourage players to take chances
- Positive interactions with teammates during practice and games

## Games

- All laws of Fifa are in place
- Part time goalies are introduced. **It is recommended not to have one child play goalie all game!**
- All players must play more than half a game.
- Avoid using strongest player to take every free ball. Allow every player to experience free kicks, throw- ins...
- Players should be played in all positions even though this division has standings. This division is still considered **Developmental**.
- **There are forfeits in this division.** 6 players per team are needed for a game to count for standings. This does not mean if a team forfeits players should not play. **The forfeit will be recorded but split the teams up to allow those who show to play!**
- Max goal differential is 7. Anyone violating this law will be charged a forfeit and will receive -1 on the point system while the opposing team will receive 3 points for a win.

## Standings point system

- 3 points for a win
- 2 points for a tie with goals
- 1point for 0-0 tie
- 0 points for loss
- -1 for violating goal differential law
- -1 for both teams that fail to complete a makeup game within 1 week of a cancelled game

## Practice session structure

- Warm up 10'
- Physical 10'
- Technique 25'
- Scrimmage 25'

## Communication with players

- Positive and encouraging
- Limited coaching during games, let them play

## **Intermediate 10-13 (Standings)**

Ball size 4

Field (to be determined by board depending on registrations)

11v11 or 9v9 determined by registration counts

Practice 75-90 minutes

Games 2-30 minute halves

### **Objectives**

- Application of technique in game situations
- Application of attacking and defending principles
- Improvement of agility and speed movements with and without the ball
- Field formations
- Field nomenclature (see last page)

### **Practice session structure**

- Warm up 10' (Static and Dynamic stretching should start at 12-13 years of age)
- Physical 10'-15'
- Technique 20'-25'
- Scrimmage 25'-35'

### **Practice**

- **No Lines, No Laps, No Lectures**
- Group size to 3v3, 5v5
- Techniques are passing and receiving, ball control with and without speed and shooting
- Communication between players during practice and games needs to be encouraged
- Provide plenty of opportunities for shooting and goal scoring
- Attacking and defending 1v1
- Combination play is introduced

### **Games**

- All laws of Fifa are in effect
- Full time goal keepers are introduced
- All players must play more than half a game
- We encourage coaches to play 10 year olds in different positions while settling the 11 and 12 year olds into more suiting positions
- In the event that the club institutes 9v9, 6 players per team are needed to avoid a forfeit.

- In the event that the club institutes 11v11 play, 7 players per team are needed to avoid a forfeit.
- This does not mean if a team forfeits players should not play. **The forfeit will be recorded but split the teams up to allow those who show to play!**
- Max goal differential is 7. Anyone violating this law will be charged a forfeit and will receive -1 on the point system while the opposing team will receive 3 points for a win.

### Standings point system

- 3 points for a win
- 2 points for a tie with goals
- 1 point for 0-0 tie
- 0 points for loss
- -1 for violating goal differential law
- -1 for both teams that fail to complete a makeup game within 1 week of a cancelled game

### Communication with players

- Positive and encouraging
- No coaching during games, let them play

### Senior Division 14 – (age limit is determined by registrations)

- Because of low registrations, the club has joined East Hudson's Limited Distance Travel League. In the event that the Board determines to have the Senior Division remain in-house, **ALL** of the Intermediate Division Rules will stand with the exception of the ball size. A size 5 ball will be utilized for the Senior Division.

