



# YMCA of Metropolitan Fort Worth



## Soccer Coaches Manual

**Mission Statement:**

To put Christian principles into practice through programs that build healthy spirit, mind,  
and body for all.

## **Purpose of YMCA Soccer**

The sports program is designed to be an aid and tool in the development and growth of the participants. The YMCA is not just a sports association; however, the YMCA does use sports as one of its programs to foster physical, mental, and spiritual growth. The attainments of exceptional athletic skills and the winning of games, though important, are secondary- to the molding of future men and women is the goal

### **Purpose of Soccer**

1. Develop and build self-esteem
2. Develop and teach physical skills, fitness and health
3. Develop social skills and relationships among participants
4. Support and strengthen family life
5. Develop responsibility, decision making and leadership
6. Create a unique and enjoyable leisure family activity

### **General Rules for All Divisions**

1. No headers will be allowed at all
2. Each player should play a minimum of 2 quarters or half of the game
3. Goalies are required to wear a shirt different from either team, each team will provide their own
4. Teams will switch ends of the field at half time (7+)
5. Metal cleats are not allowed
6. No protest will be accepted. Any disagreement made during a game must be corrected on the spot. Show respect for each other so we can make this a positive experience for the children.
7. Parents and teams will be required to sit or stand five feet off of the sideline
8. Coaches will not be allowed on the playing field during the game with the exception of the 3/4 & 5/6 divisions
9. Teams warming up prior to their game shall not interfere with ongoing games
10. NFHS rules will be followed unless changed for youth play
11. All teams must wear the provided YMCA soccer uniform for all games
12. If at the start of a game either team is unable to field a complete team, the opposing team will supply the required number of players to make the number of players on the field even
13. At no time should a player who is not registered with the YMCA sports department will be allowed to play in any game

Division	# of Players	Field Size	Duration	Ball Size	Max/Roster	Goalie
3.4	4 v 4	30 x 20 yds	4 – 6min Q	3	8	No
5.6	5 v 5	30 x 20 yds	4 – 6min Q	3	10	Yes
7.8	5 v 5	40 x 30 yds	2 – 16min H	4	10	Yes
9.10	5 v 5	40 x 30 yds	2 – 16min H	4	10	Yes
11.12	5 v 5	40 x 30 yds	2 – 16min H	5	10	Yes
13.15	5 v 5	40 x 30 yds	2 – 16min H	5	10	Yes

### 3.4 Division Specific Rules

- No Goalie
- Each quarter will start with a kickoff with the opposite team kicking off each quarter
- Halftime will last 5 minutes
- Offsides will not be enforced
- The team in possession of the ball for a throw-in may substitute. If the team chooses to substitute the opposing team may substitute as well.
- Penalty kicks will not be taken
- Officials will assist with throw-ins and corner kicks
- Coaches will be allowed on the field throughout the season 1 per field
- No parents or coaches may coach from behind the goal

### 5.6 Division Specific Rules

- Goalie
- Only coaches are allowed behind the goal line
- Each quarter will start with a kickoff with the opposite team kicking off each quarter
- Halftime will last 5 minutes
- Offsides will not be enforced
- The team in possession of the ball for a throw-in may substitute. If the team chooses to substitute the opposing team may substitute as well.
- Penalty kicks will not be taken
- Officials will assist with throw-ins and corner kicks
- Coaches will be allowed on the field throughout the season 1 per field
- Coaches are not allowed to stand inside the goal box

### **7.8 Division Specific Rules**

- Goalie
- Each half will start with a kickoff with the opposite team kicking off each quarter
- Halftime will last 5 minutes
- Offsides will not be enforced
- The team in possession of the ball for a throw-in may substitute. If the team chooses to substitute the opposing team may substitute as well.
- Improper throw-ins will result in a redo
- Goalkeeper will be instructed to take no longer than 6 seconds to release the ball into play.
- Penalty kicks will be awarded
- No coaches allowed on field
- No parents or coaches may coach from behind the goal

### **9.10 Division Specific Rules**

- Goalie
- A team shall not substitute for a player who is disqualified during any period of play
- The team in possession of a dead ball may substitute. If the team chooses to substitute the opposing team may substitute as well
- Coaches must stay in the designated area along the sideline
- No parents or coaches may coach from the end lines
- *Games governed by NFHS, 17 Rules of Soccer*

### **11.12 Division Specific Rules**

- Goalie
- A team shall not substitute for a player who is disqualified during any period of play
- The team in possession of the ball for a throw-in may substitute. If the team chooses to substitute the opposing team may substitute as well
- Coaches must stay in the designated area along the sideline
- No parents or coaches may coach from the end lines
- *Games governed by NFHS, 17 Rules of Soccer*

## Positions Descriptions

**-Forwards:** The forwards (strikers) are primarily offensive positions. Their main purpose is to score goals.

**-Midfielders:** The midfielders (halfback) are the links between the offense and defense. Midfields defend their own goal, but also attack the opposing team and keep the ball in play by passing to the forwards. They will also try to score goals.

**-Defenders:** The defenders try to protect their goal from the opposing team. These players must be aggressive, take charge and not be timid. They must stay alert because the game, at times, will be on the other end of the field.

**-Goalkeeper:** This position requires different skills and temperament from the other soccer positions. Try and have a few different players try this position out throughout the season.

## Disciplinary Actions

The YMCA understands the necessity of discipline. The YMCA will allow proper consequences to be given for disruptive behavior at practices or games and habitual absences at practices. If a coach elects to sit a child out of a game as a teaching method, he/she must abide by the following procedures:

1. Clearance with the Sports Director at the YMCA beforehand.
2. Discuss the situation with the parents.
3. Notify the opposing coach prior to the start of the game.
4. Clearance is for one game only; each offense must be processed.

**NOTE:** This action is to deter a habitual action, not a single unavoidable circumstance and we do not want to take this route if at all possible.

Any player arriving late for the game may lose their right to play two quarters. This is the coach's decision.

## **Ejections**

If a player, coach, or spectator is ejected from a game, the head coach must notify the Sports Director within 48 hours. Failure to report an ejection may result in further action taken against the head coach. The player, coach, or spectator will be placed on probation for the remainder of the season and will receive a one game suspension to be served at the next game. If the same player, coach, or spectator endures a second ejection during the season he/she could face the possibility of being suspended for the remainder of the season, depending on the nature of the offense. The YMCA Sports Department will not issue refunds to any player, coach, or spectator ejected from a game or anyone involved in a suspended game or season.

## **First Aid**

1. Coaches and parents are responsible for providing first aid to their own team and child.
2. Cover open sores/lesions prior to game.
3. A player who has an open wound is prohibited from participating further in the game until appropriate treatment has been administered.
4. If medical care or treatment can be administered in a reasonable amount of time, the individual would not have to leave the game. The length of time that is considered reasonable is judged by the official.
5. Suggested guidelines for providing first aid:
  - a. Wear gloves when contact with blood or other body fluid is anticipated.
  - b. Immediately wash hands and other skin surfaces with soap and water if in contact with blood or body fluids.
  - c. The bloodied portion of the uniform must be properly disinfected or the uniform changed before the individual may participate.
  - d. Clean all blood contaminated surfaces and equipment with a solution of 1:10 bleach water or other disinfectant.