



Coaches Handbook – 2011
Micro and Mini - U5-U10



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Check it out!

OMHSA 2009 Soccer Programs – Micro and Mini

Micro Soccer Program ~ U5

(U5) is the introduction of soccer for 4 and 5 year olds. The emphasis is on fun and learning basic soccer skills through a variety of drills and fun activities. Parental involvement is encouraged – parents are often called upon by coaches to assist during the sessions.

Coordinator - Clare Fast- CLAREGB@YAHOO.CA

Mini Soccer Program ~ U6-U10

(U6-U10) is a scaled down version of soccer. A 'graduated program' has been developed for the three divisions of 'mini soccer'. As the players develop; the number of players on the field, field size, goal size, ball size, and game duration increases to match their development level. The rules are designed to promote skill development, fitness, teamwork and co-operation. There are between 3-7 players per team on the field at one time, giving everyone a chance to participate.

The BCSA Mini Soccer Rules will govern all mini soccer games.

DIVISION	GAME FORMAT	STATS	Goalies	FIELD SIZE (metres)	Penalty Area	BALL SIZE	GOAL SIZE (feet)	Equipment	"GAME" DURATION	Direct Free Kicks?	Offside?	Substitutions	Half time	Divisional Coordinator
U6	3 VS 3	NO	NO Large Cone	30 * 20	none	3	10 * 5	Mandatory: shin guards, no jewelry Boots recommended	2 * 15 min	None	No	Unlimited on stoppages	5 min	Tammy Levesque-Holyk KYLOH4@HOTMAIL.COM
U8	5 VS 5	NO	YES	40 * 30	12 * 6	3	10 * 5	Mandatory: shin guards, no jewelry Boots recommended	2 * 20 min	None	No	Unlimited on stoppages	5 min	Shane Jordaan SCJORDAAN@SHAW.CA
U10	7 VS 7	NO	YES	60 * 40	16 * 10	3 /4	12 * 6	Mandatory: shin guards, no jewelry Boots recommended	2 * 25 min	None	No	Unlimited on stoppages	5 min	

Postponements and Field Closures

Games will be played rain or shine

The **Referee Coordinator must be informed prior postponing or rescheduling games ASAP.** Barb McKenna - info@100milesoccer.com or 250-395-3100

Coaches/Teams will not postpone or reschedule games without consulting the Referee Coordinator as referees need to be notified. Both coaches of the affected teams must be in agreement to the postponement. Games that must be postponed require a minimum of 48 hrs notice prior to the scheduled game kick-off time. Failure to follow the process could result in forfeit (defaulted game) for both teams. The coaches will be contacted to confirm the time and place of the rescheduled game.

Rainouts will be determined by the District of 100 Mile House, the CRD, or School District #27. Field closures are usually announced through the schools during the week and will be communicated through the Divisional Coordinators.

Discipline Guidelines

OMHSA is responsible for dealing with reported cases of misconduct, violations of FIFA laws of the game and violations of OMHSA and BCSA regulations.

Disciplinary action may be taken against any member of the association, including; players, team officials, league officials, parents, supporters or game officials in connection with the activities of the OMHSA in 100 Mile House & District or elsewhere. The OMHSA board has the authority to suspend offenders from the association.

- In order to prevent any violation occurrences, team officials shall attempt to control the action of the players, parents and their team supporters.
- Players who receive a "Red Card" during a game are automatically suspended for their following scheduled game (league, playoff or select competitions). Only after a decision and recommendation of the OMHSA executive shall the player be permitted to resume playing.
- Players who receive two "Yellow Cards" in the same game (thus are ejected) or three accumulated over the course of one season will also result in a one game automatic suspension, but are eligible to play the following game – unless notified by the OMHSA executive.
- Referees must report all Yellow and Red Cards to the Referee Coordinator within 24hrs of completion of the game.
- Appeals must be directed to the OMHSA chairperson within one week of the disciplinary decision. If necessary the appeal may need to be made in person at the next Board meeting. Suspensions must be served while the appeal is pending.
- The term "team officials" includes individuals who are involved with the OMHSA in the following capacities: coaching, assistant coaching, team managers, etc

- The term "game officials" includes individuals who are involved with the OMHSA in the following capacities: referees, assistant referees and referee assessors during association sanctioned games.
- The term "league officials" includes individuals who are involved with the OMHSA in the following capacities: executive board member, board appointed coordinators, and administrators.

Accident Insurance

All youth soccer players, coaches and volunteers registered with OMHSA are covered for medical expenses resulting from an injury while participating on an OMHSA affiliated team. Exact coverage details are in the policy; they include the following and are only if the person is NOT covered under some other policy.

- Ambulance costs / medical & dental.
- NOT covered for loss of wages, damage to or loss of eyeglasses or contact lenses, nor damage to braces, caps or bridges.
- Coaches are NOT covered when transporting players to and from games.

U6 Program

Focus of the program: The most important reason for playing soccer at this age is for kids to **HAVE FUN!** The Coach's role is to ensure maximum fun is achieved, basic soccer techniques and skills are developed and a basic understanding of Youth Soccer Rules is gained.

Game Officials: Each coach will referee one half of each game.

Number of Players on the field: Three vs Three

Player Equipment: Shin pads are mandatory; cleats are recommended. No jewelry is to be worn.

Duration of the Game: Two 15-minute halves with a 5-minute break between halves.

Start of the Game: A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the first half. The team, which wins the toss, takes the kick-off to start the second quarter. In the second half of the match the teams change ends and attack the opposite goals.

Cancellation of Game: Games will be played in rain or shine. If a game has to be cancelled due to field conditions, the League Scheduler, Official's Administrator and Divisional Coordinator must be notified. All postponements must be handled as stated in the OMHSA Handbook.

Substitutions: Unlimited substitutions on stoppages when the referee permits. Subs may be made at throw-ins, goal kicks, free kicks, half time and when play is stopped for injury. The subs must wait at the centerline for the referee to give his/her permission that they may come on to the field.

Coaching: Each team may have one Coach on the field of play during the match. Coaches may coach from touchlines. (not from the goal line)

Off-side: The off-side rule will not be called in this age group.

Throw-ins: No throw-ins. Use kick-ins instead.

Fouls: All fouls are to be called as per FIFA's Laws of the Game - Indirect Free Kicks will be awarded only. Referee shall explain ALL infringements to the offending player.

Goalkeeping: No Goalies, but a large cone can be placed in the middle of the goal. Players should be discouraged from 'playing as goalies'.

Goal kicks: Goal kicks will be awarded as per FIFA rules of play - attacking team must retreat 3 yards until kick is taken.

Corner Kicks: Corner kicks will be awarded and taken as per FIFA rules of play.

Record of Game: ***Scores and Stats are not being recorded***

Teams (coaches included) are expected to shake hands following the games.

U8 Program

Focus of the program: The most important reason for playing soccer at this age is for kids to **HAVE FUN!** The Coach's role is to ensure maximum fun is achieved, basic soccer techniques and skills are built upon and further developed and an increased understanding of Youth Soccer Rules is gained.

Game Officials: When available, there will be a referee but no assistant referees. Each team must supply an assistant referee (linesman) to indicate to the referee when the ball passes entirely over the sideline. Our referees are still learning their trade. Please respect the decisions they make, as they are final. Referees may explain offences to the players and coaches. The referee will allow retakes of improper throw-ins, goal kicks, etc. Support the referee immediately should any dispute arise! OMHSA has a zero tolerance policy of abuse towards officials.

Number of Players on the field: Five vs Five (4 out players plus 1 goalie per team)

Player Equipment: Shin pads are mandatory; cleats are recommended. No jewelry is to be worn. Goalies may wear goalie gloves.

Duration of the Game: Two 20-minute halves with a 5-minute break between halves.

Start of the Game: A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the first half. The team, which wins the toss, takes the kick-off to start the second quarter. In the second half of the match the teams change ends and attack the opposite goals.

Cancellation of Game: Games will be played in rain or shine. If a game has to be cancelled due to field conditions, the League Scheduler, Official Administrator and Divisional Coordinator must be. Postponement must be handled as stated in the OMHSA Handbook.

Substitutions: Unlimited substitutions on stoppages when the referee permits. Subs may be made at throw-ins, goal kicks, free kicks, half time and when play is stopped for injury. The subs must wait at the centerline for the referee to give his/her permission that they may come on to the field.

Coaching: Each team may have one Coach on the field of play during the match. Coaches may coach from touchlines. (not from the goal line)

Off-side: The off-side rule will not be called in this age group.

Throw-ins: Defending team must be 2 yards away. If the throw is deemed foul by the referee, the referee will explain/demo to the player the proper way and will allow a second try at the throw-in – continue until successful.

Fouls: All fouls are to be called as per FIFA's Laws of the Game - Indirect Free Kicks will be awarded only. Referee shall explain ALL infringements to the offending player.

Goalkeeping: Designated goalie can handle ball in marked penalty area. Goal kicks can be taken from anywhere in the penalty area

Goal Kicks: Goal kicks will be awarded as per FIFA rules of play. A goal kick can be taken anywhere in the goal area. Opponents to be 5 meters away from the ball until it is in play. An indirect free kick is awarded to the opposing team at the center spot of the half way line if the goal keeper punts or drop kicks the ball into the opponents goal area.

Corner Kicks: Corner kicks will be awarded and taken as per FIFA rules of play.

Record of Game: Referee "Game Report Form" will be completed by referee (if ref is assigned). The score will not be recorded but discipline info and a record of the completion of the game will be tracked. ***Scores and Stats are not being recorded*** **The game form is mandatory – referee pay is dependent upon its completion!**

Teams (coaches included) are expected to shake hands following the games as well as thank the officials for their efforts.

U10 Program

Focus of the program: The most important reason for playing soccer at this age is for kids to **HAVE FUN!** This is a transitional year, from mini rules to youth rules. Referees will help guide and teach players, coaches and parents through the growing pains of understanding the Youth Soccer Rules.

Game Officials: When available, there will be a referee but no assistant referees. Each team must supply an assistant referee (linesman) to indicate to the referee when the ball passes entirely over the sideline. Please respect the decisions they make, as they are final. Referees may explain offences to the players and coaches. The referee will allow one retake of improper throw-ins, goal kicks, etc. Support the referee immediately should any dispute arise! OMHSA has a zero tolerance policy of abuse towards officials

Number of Players on the field: Seven vs Seven (6 out players plus 1 goalie per team)

Player Equipment: Shin pads are mandatory; cleats are recommended but are optional. No jewelry is to be worn. Goalies may wear goalie gloves.

Duration of the Game: Two 25-minute halves with a 5-minute break between halves. Coaches must allow the Referee to start game on time as the referee may have another game to go to.

Start of the Game: A coin is tossed and the team, which wins the toss, decides which goal it will attack in the first half of the match. The other team takes the kick-off to start the first half. The team, which wins the toss, takes the kick-off to start the second half. In the second half of the match the teams change ends and attack the opposite goals.

Cancellation of Game: Games will be played in rain or shine. If a game has to be cancelled due to field conditions, the League Scheduler, Official Administrator and Divisional Coordinator must be. All postponements must be handled as stated in the OMHSA Handbook.

Substitutions: Unlimited substitutions on stoppages when the referee permits. Subs may be made at throw-ins, goal kicks, free kicks, half time and when play is stopped for injury. The subs must wait at the centerline for the referee to give his/her permission that they may come on to the field.

Coaching: Coaches are asked to refrain from entering the field of play during the match. Coaches may coach from touchlines. (not from the goal line)

Off-side: The off-side rule will not be called in this age group. Referees will however be encouraged to 'explain' the offside rule during the game.

Throw-ins: Defending team must be 2 yards away. If the throw is deemed foul by the referee, the referee will explain to the player the proper way and will allow a second try at the throw-in. If done incorrectly again – possession is lost.

Fouls: All fouls are to be called as per FIFA's Laws of the Game. Indirect Free Kicks will be awarded only.

Corner Kicks: Corner kicks will be awarded and taken as per FIFA rules of play.

Goal Kicks: A goal kick can be taken anywhere in the goal area. Opponents to be 8 meters away from the ball until it is in play. An indirect free kick is awarded to the opposing team at the center spot of the half way line if the goal keeper punts or drop kicks the ball into the opponents goal area.

Record of Game: Referee "Game Report Form" will be completed by referee (if ref is assigned). The score will not be recorded but discipline info and a record of the completion of the game will be tracked. ***Scores and Stats are not being recorded*** **The game form is mandatory – referee pay is dependent upon its completion as this doubles as your time card!**

Teams (coaches included) are expected to shake hands following the games as well as thank the officials for their efforts.

Expectations for/of Coaches

To achieve the OMHSA coaching objectives, coaches are encouraged to continually upgrade their coaching skills by attending coaching clinics offered by the association or BCSA.

- All coaches are expected to follow the "FAIRPLAY" Coach's Code of Conduct.
- All coaches are required to read and sign the Risk Management form distributed at the coaches meeting.
- Keep current medical information of your players available at all practices and games. Destroy all records at the end of the season.
- All coaches in the mini and divisional program shall acknowledge that all players are entitled to equal playing time on the field during season play and playoffs. In this age group every child will play in every position.
- All coaches are responsible for player behavior. If a coach is having trouble with a player, talk to the parent(s), and/or call Division Coordinator for assistance.

- Coaches are responsible for player's safety. Coaches must ensure that players wear proper soccer attire. With the exception of goal-keepers, hats cannot be worn during games.
- Unregistered players are not insured and therefore they must not play or practice with your teams.
- Coaches are reminded that **referees are not to be harassed** and that the referee will make all decisions relating to the game. The referees must be supported and respected if the OMHSA is to be able to develop and keep young referees.

Fairplay Codes for Coaches

- I will teach my athletes to play fairly and to respect the rules, officials and opponents.
- I will ensure that all athletes get equal instruction, support and playing time.
- I will not ridicule or yell at my athletes for making mistakes or for performing poorly. I will remember that children play to have fun and must be encouraged to have confidence in themselves.
- I will make sure that equipment and facilities are safe and match the athlete's ages and abilities.
- I will remember that children need a coach they can respect. I will be generous with praise and set a good example.
- I will obtain proper training and continue to upgrade my coaching skills.

Expectations for/of Players

- Players can expect 1 game and 1 practice (on average) per week for season duration, weather permitting.
- Players shall attend all practices and games. If unable to attend, they should advise their coach beforehand.
- Players should bring their own water bottle to practices and games.
- Players are to wear SHIN PADS and SOCCER BOOTS to practices and games.
- Players are expected to play to the "Laws of the Game" and in the spirit of "FAIRPLAY" (see FAIRPLAY CODES)
- Soccer etiquette requires that players shake hands after each game with NO criticism or exchange of trash talk about any player, referee or coach.
- Players are expected to WIN and LOSE gracefully.

Fairplay Codes for Players

- I will participate because I want to, not because my parents or coaches want me to.
- I will always play by the rules and in the spirit of the game.
- I will never argue with an official.
- I will respect my opponents.
- I will control my temper and not be a showoff.
- I will show appreciation for good plays/performance, those of my team and of my opponents.
- I will do my best to be a true team player.

- I will remember that winning isn't everything, that having fun, improving skills, making friends and doing my best are as important.

Expectations for/of Parents

- Parents are expected to adhere to "FAIRPLAY" code for PARENTS.
- Negative criticism of officials will not be tolerated.
- If parents have a grievance, they should talk to the coach. If this proves to be unsatisfactory, speak to the Division Coordinator. The final step should be in writing to the board of directors.

Fairplay Codes for Parents/Spectators

- I will not force my child to participate in sports
- I will remember that my child plays sports for his/her own enjoyment not mine.
- I will encourage my child to play by the rules, and to resolve conflicts without resorting to hostility or violence.
- I will teach my child that doing one's best is as important as winning.
- I will never ridicule or yell at my child for making a mistake or losing a competition.
- I will remember that children learn best by example. I will not have unrealistic expectations. I will applaud good plays / performances by both teams.
- I will respect and show appreciation for the volunteer coaches who give their time and provide sport activities for my child.
- I will respect the official's decisions and I will encourage participants to do the same.
- I will teach my child that doing one's best is as important as winning
- I will show respect for my team's opponents, because without them there would be no game.
- I will not use bad language, nor will I harass athletes, coaches, officials of other spectators.