

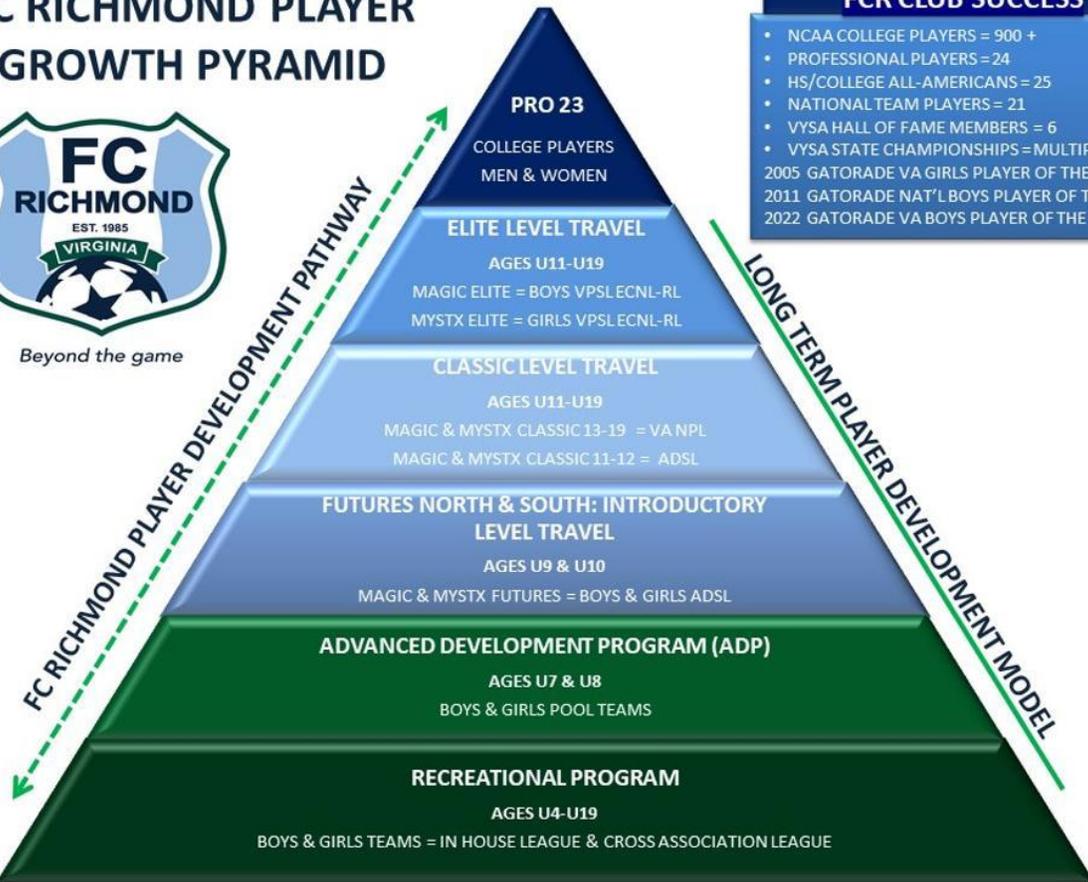
2023-2024 FC Richmond Recreational Coaches Reference Guide

The FC Richmond Recreational (Rec) Soccer Program provides an opportunity for youth in the Richmond area to learn not only soccer skills, but teamwork, sportsmanship, responsibility, and healthy lifestyle choices. We provide a fun, positive, safe environment for players to learn and grow. We offer a fall and spring season and all teams are coached by volunteers. FC Richmond's mission is to go "Beyond the Game" and produce young athletes who reach their full potential on and off the field.

FC RICHMOND PLAYER GROWTH PYRAMID



Beyond the game



FCR CLUB SUCCESS

- NCAA COLLEGE PLAYERS = 900 +
- PROFESSIONAL PLAYERS = 24
- HS/COLLEGE ALL-AMERICANS = 25
- NATIONAL TEAM PLAYERS = 21
- VYSA HALL OF FAME MEMBERS = 6
- VYSA STATE CHAMPIONSHIPS = MULTIPLE
- 2005 GATORADE VA GIRLS PLAYER OF THE YEAR
- 2011 GATORADE NAT'L BOYS PLAYER OF THE YR
- 2022 GATORADE VA BOYS PLAYER OF THE YEAR

Recreational Soccer is primarily devoted to the development of youth soccer players.

FC Richmond is a family-oriented soccer club that provides an opportunity to play organized soccer at the recreational, developmental and competitive levels for players at ages 3 – 19 years old. We offer challenging programs that place the focus on the development of the whole player within a team environment.

Coaches Objectives:

- 1) Players constantly touching the ball with all parts of their feet -- inside, outside, sole, laces
- 2) Promote dribbling into open spaces, passing to teammates and shooting
- 3) Encourage players to use inside, outside, sole, top of foot, etc.
- 4) Encourage players to use other parts of their bodies in addition to their feet to control the ball (example: thighs, chest)
- 5) **Promote good sportsmanship at all times.**

FC Richmond is committed to providing the best technical and tactical overall athletic development for each individual player while offering players, their families and coaches an enjoyable soccer experience. We are dedicated to helping players reach their full potential while fostering a love of the game.

- **U5 - U12** teams train once per week and play in-house with other FC Richmond teams primarily on Saturdays.

Age Group	Players per Side	Goalkeeper	Ball Size
U5-U6	3 a-side	no	3
U7-U8	4 a-side	no	3
U9/10	7 a-side	yes	4
U11/U12	9 a-side	yes	4

- **U13 - U19** teams train 1-2 times per week with matches against other local clubs on Saturdays in the Cross Association League.

Age Group	Players per Side	Goalkeeper	Ball Size
U13-U19	11 a-side	yes	5

FC RICHMOND RECREATIONAL COACH'S CODE OF CONDUCT

- 1) FC Richmond greatly appreciates all coaches who volunteer their time. Keep in mind the main objective is not to win, *but to promote and teach the game of soccer* to our youth through individual skill development, team play and good sportsmanship. Soccer is a game and should be treated as such, with the focus on active participation and enjoyment.
- 2) As a coach and mentor, you should place the emotional and physical well-being of your players ahead of a personal desire to win.
- 3) Coaches are directly responsible for their players at all practices and games.
- 4) Coaches are responsible for the behavior of players, parents and spectators.
- 5) Coaches must **set an example of good sportsmanship and fair play at all times.**
- 6) Coaches are expected to show courtesy and respect to all their players, opponents, parents, spectators, referees, and each other.
- 7) Coaches must refrain from using offensive and derogatory language, gestures or any other unsportsmanlike conduct.
- 8) Coaches must treat all players fairly and avoid favoritism toward any player.
- 9) Coaches must guarantee 50% playing time for each player at every game.
- 10) Coaches must pay attention to potentially dangerous situations on the field and substitute any player who may act in an unsportsmanlike manner (Dangerous fouls, retaliation, etc.)
- 11) Coaches are expected to coach from the sidelines during the game, not on the field of play or behind the goals.
- 12) **The coach should refrain from discussing any issues about a game with the referee or linesman at any time.** This includes a call or lack of a call, before, during or after a game, and includes at the field or away from it.
- 13) The coach should be knowledgeable of the laws of the game and teach the laws to your players.
- 14) **The coach will take appropriate steps to minimize scoring in runaway games.**
- 15) You should remember that as a Coach, you represent FC Richmond Youth Soccer and the community. Understand that inappropriate behavior during practices, games, or tournaments may result in disciplinary actions, to include game suspensions and could result in expulsion from the Club.
- 16) As a coach or volunteer, you serve at the pleasure of FC Richmond and its members. You will abide by all coaching regulations in accordance with Chesterfield County Parks and Recreation. You agree to obtain a background check in accordance with the Chesterfield County Parks and Recreation Background Check Policy for co-sponsored groups.

WHAT DO WE DO ABOUT LOPSIDED GAMES??

After observing and hearing about some lopsided games, we felt it was essential to provide some coaching tips and educational materials to help. The most important topic here is *challenging and developing the player*. Excessive scoring is not representative of that development. Most assuredly, the players who were unable to score or were defeated by a hefty margin, and feel deflated, may lack the desire to push forward with their own development.

This is particularly challenging for our U4-U8 Coaches and players. It is very difficult to restrict a very young player from going to goal, and you don't want to give them the impression that scoring is "bad". There are some coachable opportunities for these young players to help in a lopsided game scenario. It is important that they are discussed prior to the game and practiced so that the players know what to do when this occurs. More importantly, these suggestions help to further the players' skills.

- The most important skill in soccer is dribbling, have your players dribble as much as possible towards goal and try moves that they are learning or have learned.
- Ask your players to pass to their teammates as many times as possible before attempting to score.
- When scoring, ask them to try and use their non-dominant foot
- If your team is leading by a large margin, it is not necessary to reiterate to your players "shoot, score, etc"
- Coaches -- **talk to each other during the game or at half time, and devise a plan!!**

In extreme situations, the team with the fewest goals may bring an additional player onto the field or the team with the most goals, take a player off. *Coaches may decide to combine teams and redistribute players to balance a game!*

*U9-U12 Players areas of opportunity for development and addressing lopsided games:

Many of the above suggestions apply, particularly dribbling, multiple passing, non-dominant foot scoring. These are all especially advantageous being on a larger field and having the players learn positioning and spread out.

- Changing formations and putting your attackers in defensive positions.
- Have a number of passes that must be connected before you can take a shot on goal.
- Only score from outside the penalty area.
- Only score when each player on the team has touched the ball
- Ask that the team goes back to the keepers feet before they begin their attack
- Work on moves that you have been working on.

*U13 + have more players, larger fields & more learning opportunities for the players!

- Dribbling, multiple passing, non-dominant foot scoring.
- Changing formations, choosing scoring locations or only score off crosses!
- Once a score is met, then future goals must be headers
- Play a man down
- Choose moves that need to be completed before starting an attack on goal
- Only score if each player on the team has touched the ball
- **Talk to the coaches at halftime, let them know your concerns**

All suggestions are for the benefit of player development while creating a positive sportsmanship environment for everyone on the pitch!

FC Richmond Thunderstorm and Lightning Policy (for Outdoor Soccer Activities)

The safety of our players, families and staff is of the utmost importance. During practice and games, FC Richmond Directors diligently monitor various weather tracking apps when there is a risk of adverse weather. **At the first sign of lightning, or if radar indicates a future threat to the fields, practice or games will be called or canceled.** Either a referee will whistle to conclude the competition, or during practice, a bull horn will be used for notification. Mass notifications will also be sent to the program. At the sound of the bull horn or whistle, all coaches, players, referees and spectators are to withdraw from the field immediately. *Please do not stay on the fields, this is for your safety!!*

Communication between coaches & players' families

We encourage coaches to send a weekly message to your team's families to stay in touch. All communications can be managed in PlayMetrics, where you can also ask your players' families to indicate if their player will be in attendance at practice and games so that you will be prepared if you have a number of players missing a game, for example. It can be helpful to remind your players' families of upcoming game times, locations, and (for U9/10 & up) which color jersey the team will be wearing for an upcoming game.

Jerseys (U9/10 & up)

Home team = SKY jersey

Away team = NAVY jersey

Recreational Rules for players U-5 thru U-19:

- 1) Equipment required: Shin-guards must be worn under socks for all practices and games.
- 2) Players, coaches and spectators will display good sportsmanship at all times toward teammates, opposing players and referees.
- 3) During all games, coaches are to remain on the sideline and not on the field of play or behind the goals. **Spectators are to sit on the opposite side of the fields from coaches & players**
- 4) Soccer cleats (recommended) or rubber soled shoes must be worn to practices and games.
- 5) All players are required to bring a soccer ball (appropriate size) and water bottle to all practices and games.

- 6) Players may not wear jewelry, wire-rimmed glasses (wire in plastic frame is acceptable) or any other dangerous apparel.
- 7) Orthopedic casts will be judged on a case-by-case basis.
- 8) All players present at games and able to participate will play a minimum of half of a game.
- 9) Substitutes are made between quarters and halftime during U5-U9 games unless there is an injured player on the field.

U5-U8 Rules

CONCEPT: FC Richmond plays small-sided games at this age to encourage each player to have more touches on the ball, involvement, and enjoyment in the game. Over the long term this approach enhances the individual development of each of our players. Coaches are encouraged to emphasize dribbling into attacking spaces as much as possible.

GOAL-KEEPERS: *There are NO goal-keepers for this age group*

PLAYING TIME: Each player should play at least 50% (2 quarters) of each game.

SUBSTITUTIONS: Substitutions should be made only between quarters unless a player has been injured. The reason we don't sub within the quarter is because as players tire out towards the end of the quarter, space begins to open up, and a real soccer game begins to happen! This is where the real learning starts. This rule also helps coaches manage 50% playing time for each player.

THROW INS: Throw Ins are taken when the opposing team kicks the ball across one of the touchlines (sidelines). The player taking the throw in must keep both feet on the ground when the ball is thrown and both hands must deliver the ball from behind and over his/her head in a continuous forward motion.

GOAL KICKS: Goal kicks are taken when the opposing team kicks the ball across the defending teams end-line. The opposing team must stand behind the halfway line while the kick is taken. The other players position themselves between the ball and the opponents so that they can be first to the ball.

CORNER KICKS: Corner kicks are taken by the attacking team when the ball crosses the end-line and is last touched by a member on the defending team.

FOULS: Fouls such as handballs, tripping and pushing will occasionally occur, most times unintentionally. If an obvious foul occurs (at the discretion of the referee) then an **indirect** free kick will be awarded. Opposing players must stand 5 yards away from where the free kick takes place. There are no penalty kicks in this age group.

SLIDE TACKLING: Sliding and slide-tackling are NOT allowed in 3v3 & 4v4 games. Players should be reminded to play standing on their feet rather than sliding to the ball or toward other players.

OFF-SIDE: There is no offside calls in this age group.

HEADING: There is ***NO heading for U11 and younger***. Whenever the ball strikes a player in the head, play is stopped -- this is **NON-NEGOTIABLE AND MUST BE ENFORCED**. The proper restart depends upon whether the player deliberately played the ball with his or her head. If deliberate, the proper restart is an indirect free kick to the opposing team. If this occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If the play by the head is deemed inadvertent, then the proper restart is a dropped ball. Thank you for helping to keep our young players safe.

REFEREES: Referees for small-sided games are usually FC Richmond players ages 12-16. They have been instructed to teach the game of soccer to the younger children as they officiate. They may let some children throw the ball in two or three times in order to teach the proper technique. Coaches should remain on the sidelines opposite the parents, manage substitutions at the end of each quarter and give praise. Please understand that these are youth referees who are learning to manage the games. They will make mistakes just as you and your players will. Please be patient as they continue to learn and grow through these valuable leadership opportunities.

U5 & U6 – 3v3 Rules

PLAYERS: Each team will have no more than 6 players per roster and will compete in a 3 vs 3 game format.

GAME LENGTH: Each game is divided into four quarters, 8 minutes in length. There is a 2-minute rest period between quarters and 5 minutes at halftime.

FIELD DIMENSIONS: The field is approximately 15 yards wide by 20 yards long

GOAL SIZE: 6 feet wide by 4 feet tall

BALL SIZE: #3

POSITIONING: Positions for this age group are challenging for such young players to understand as each player wants the ball and goes wherever necessary to get it. Teach players that they should all attack (look to go forward by dribbling and shooting) when their team is in possession and defend (get between the player with the ball and the goal) when their team is not in possession of the ball are the key concepts.

U7 & U8 – 4v4 Rules

PLAYERS: Each team will have no more than 8 players per roster and will compete in a 4 vs 4 game format.

GAME LENGTH: Each game is divided into four quarters, 10 minutes in length. There is a 2-minute rest period between quarters and 5 minutes at halftime.

FIELD DIMENSIONS: The field is approximately 20 yards wide by 25 yards long

GOAL SIZE: 6 feet wide by 4 feet tall

BALL SIZE: #3

POSITIONING: We recommend using a 1-2-1 Diamond formation (1 Back, 2 Midfielders, 1 Forward) to begin teaching the concept of spacing (width and depth) and positions. Teach players that they should all attack (look to go forward by dribbling, passing, and shooting) when their team is in possession and defend (get between the player with the ball and the goal) when their team is not in possession of the ball are the key concepts.

DOTTED LINE RULE: Each 4 v 4 field will have a dotted line across the field between each end line and halfway line. This rule is meant to encourage players not to hang back in front of the goal and to move up with their team when they are attacking. Goals will not count if any player on the attacking team is behind the dotted line when the goal is scored. If this occurs, play should be restarted from a goal kick for the opposing team. ***SCORING-All attacking players must be forward of the dotted line in their defensive half for a goal to count.**

U9 & U10 – 7v7 Rules

CONCEPT: FC Richmond plays 7v7 at these ages with the introduction of a Goalkeeper. The focus should still be on dribbling, at the right times, especially in the attacking third of the field. Also at these ages emphasis on the technique of striking a ball and a little tactical awareness should also be taught with the beginning of a “head up” idea to find teammates with a pass. Always keep in mind the concepts of discipline, respect and being a good teammate

PLAYERS: Each team will have no more than 12 players per roster and will compete in a 7v7 game format.

GAME LENGTH: Each game is divided into 2 halves of 25 minutes each with a 5 minute half time.

FIELD DIMENSIONS: The field is approximately 45yds x 65yds

GOAL SIZE: 6ft x 18ft

BALL SIZE: #4

GOALKEEPERS: Goalkeepers are introduced at these ages,

POSITIONING: We recommend a 3-2-1 (3 defenders, 2 midfielders and 1 forward) to continue teaching the concept of spacing (width and depth) and positions. Teach players that they should

all be part of the attack (look to go forward by dribbling, passing, and shooting) when their team is in possession. Even defenders should be in close “support” of the midfielders and forwards and be part of the offense and not just stand back on the build out line. Similarly, the midfielders and forwards should also help defend, especially if the ball is close by or on their side of the field. Defenders should always try to be “goal-side”(get between the opponent and the goal) when their team is not in possession of the ball.

PLAYING TIME: Each player should play at least 50% of each game.

SUBSTITUTIONS: At these ages, coaches should try not to make substitutions in the first 5 or 10 minutes unless, of course, there is an injury. Sometimes it takes a little time for players to get settled in and play. Once players start to tire, space begins to open up, and real soccer begins to happen! This is where the real learning starts.

BUILD OUT LINES: Each 7v7 field will have a dotted line across the field between each end line and halfway line. This line promotes playing the ball out of the back in a less pressured setting. Also, when the goalkeeper has the ball in their hands the opposing team must move back behind the build-out line until the ball is put into play. Once the opponents are behind that line, the goalkeeper can throw, roll or pass the ball into play. Once the goalkeeper puts the ball in play and it is received by the teammate, the opponents can cross the line and play resumes as normal. The opposing team must also be behind the build out line during a goal kick. Once the teammate receives the ball, normal play resumes. **NO PUNTING OR DROP-KICKS ARE ALLOWED.**

THROW INS: Throw ins are taken when the ball crosses over the touch line (side-line). Both hands hold the ball over the head while both feet are touching the ground as the ball is released.

GOAL KICKS: Goal kicks are taken when the opposing team kicks the ball across the defending teams end-line. The opposing team must stand behind the halfway line while the kick is taken. The other players position themselves between the ball and the opponents so that they can be first to the ball.

CORNER KICKS: Corner kicks are taken by the attacking team when the ball crosses the end-line and is last touched by a member on the defending team.

FOULS: Fouls such as handballs, tripping and pushing will occasionally occur, most times unintentionally. If an obvious foul occurs (at the discretion of the referee) then an indirect free kick will be awarded. Opposing players must stand 5 yards away from where the free kick takes place. There are no penalty kicks in this age group.

OFF-SIDE: Offsides may not be called between midfield and the build out line, but can be called if the ball is played to a player who is forward of the build out line with only 1 player between them and the goal.

HEADING: There is no heading for U11 and younger. If the ball strikes a player in the head, play is stopped. The proper restart is an indirect free kick to the opposing team. If this occurs within the goal area, the indirect free kick should be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred. If the play by the head is deemed inadvertent, then the proper restart is a dropped ball.

COACHING CODE OF CONDUCT: An adult serving as a coach must be on the player side of the field throughout the entire game for all games. Coaches must set the example of good sportsmanship, fair play and ethical behavior at all times. Inappropriate or offensive language or behavior during practices or games will not be tolerated. Coaches must show equal respect and courtesy to all of their players, opponents, parents, spectators and referees at all times. Also, Coaches must always look out for the safety of all players.

REFEREES: There will be an assigned referee for every U9/U10 match. They have been instructed to call the fouls when/if they occur. Some leniency is allowed but the referees are to follow the FIFA laws of the game and to teach the game of soccer to the younger children as they officiate.

JEWELRY: Pierced earrings must be removed; taping over earrings is NOT permitted, earrings must be removed. Any jewelry of any kind is not allowed. Medical alert jewelry is to be allowed so long as it is taped securely to the player. Any religious jewelry is allowed so long as noted to the referee and secured in a safe manner to the referee's satisfaction.

U9-U19 further Rules

REFEREES

U9/10; 1 referee • U12-U19; 1 referee, two assistants

THE FIELD

U9/10 35x55 (min) 45x65 (max) yards (6x18 goals)

U11/12 45x70 (min) 55x80 (max) yards (7x21 goals)

U13-U19 50x100 (min) 70X110 yards (8x24 goals)

DURATION OF THE GAME/BREAKS

U9/10 -- 2 twenty-five (25) minute halves / five minute half-time; change ends at half-time

U11/12 -- 2 thirty (30) minute halves / five minute half-time; change ends at half-time

U13/14 -- 2 thirty-five (35) minute halves / five minute half-time; change ends at half-time

U15-U19 -- 2 forty (40) minute halves / five minute half-time; change ends at half-time

PLAYERS ON FIELD/FORFEITURE RULES/SUBSTITUTIONS

U9/10 – 7 players on field/ Forfeiture of match if fewer than 6 players (w/goalkeeper)

U11/12 -- 9 players on field / Forfeiture of match if fewer than 7 players

U13-U19 – 11 players on field / Forfeiture of match if fewer than 7 players

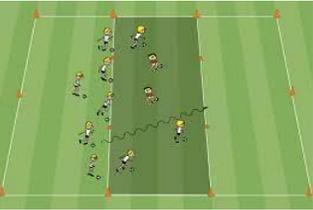
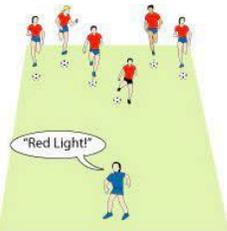
*Unlimited substitutions – At the discretion of and with the permission of the referee, a coach may substitute for any player when: there is a throw in; there is goal-kick to be taken by either team; a goal has been scored by either team; for an injured player (opposing team may substitute the same number of players); for a cautioned player (yellow card) with the opposing team allowed to substitute the same number of players. Both teams can substitute if the team in possession is also substituting at all age groups. Substitute players must leave the field from midline at coach's side.

FOULS AND MISCONDUCT **a cautioned player must leave the field for a cooling down period (5 mins). The player may be substituted. The player may re-enter the match at the next stoppage** Players sent off WILL NOT be replaced for a Red Card. Players (or coaches) sent off WILL NOT attend the next game played AND WILL NOT be visible from the field of their team game. Any send offs should be reported in writing immediately to Cross Association Commissioner and/or the League by the Referee for that game and the Coach of the sent off player and may come under formal review by an appointed committee due to severity of infraction for any additional disciplinary action deemed appropriate.

U10 BUILD-OUT LINE *U10 buildout line -- The opposing team must also move behind the build out line during a goal kick until the ball is put into play. The build out line promotes playing the ball out of the back in a less pressured setting -- When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play -- Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (punts and drop kicks are not allowed) -- After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal -- The opposing team must also move behind the build out line during a goal kick until the ball is put into play -- Players cannot be penalized for an offside offense between the halfway line and the build out line.

U11/12 & up – Offside rule: A player is in an offside position if: any part of the head, body or feet is in the opponents' half (excluding the halfway line) and any part of the head, body or feet is nearer to the opponents' goal line than both the ball and the second-last opponent.

(U9/10: this above rule is enforced at the Build out line)

WARM UPS		Notes
<p>Tag - simple tag game, coaches play freeze tag while players dribble. Give a task to do if frozen to unfreeze. (Ex. jump three times)</p> <p>Tag w/ ball skill</p> <ul style="list-style-type: none"> Teach one or two ball skills (ex. Change direction with bottom of foot) If they can perform the skill you can't tag them <p>Tag w/ ball- simple tag game, coaches and players have a ball. Try to tag a teammate's ball by hitting it with your ball. Goal is to tag as many balls in a minute as you can.</p>	 <p><i>Allow water breaks as needed!</i></p>	<p>First practice is a great time to play any type of name game you like.</p> <p>Tag could be played with every time you tag them they yell their name – <i>Great way to learn everyone's name!</i></p> <p>Goal is to get better. After the first round, ask how many they tagged, then challenge them to tag more next round. Gives each child a chance to improve</p>
<p>ACTIVITIES</p> <p>Sharks & minnows</p> <ul style="list-style-type: none"> Coaches in middle of grid, players have to dribble across grid and avoid being tagged by coaches <p>Red light / Green light</p> <ul style="list-style-type: none"> Have them freeze using different parts of their feet each time on Red light <p>PLAY THE GAME</p> <ul style="list-style-type: none"> ALWAYS END WITH SOME TYPE OF SCRIMMAGING Add a 2nd ball if not all kids are being involved 	  <p>During scrimmage work on direction of play, throw ins etc.</p>	<ul style="list-style-type: none"> Variations have players become sharks once they are tagged to see who is the last one Coach "sharks" have to tag with touching their ball to players ball <p>Red / green</p> <ul style="list-style-type: none"> Change what part of the foot is used to trap the ball. Ask the players for suggestions. <i>They love this!</i>

ACTIVITIES

Hungry hungry Hippos

- All the balls in the middle of the field.
- Split the teams into two groups, one at each goal.
- They are hippos, when you say GO they run to the middle and try to dribble a ball back and put it in their net.
- Keep going until all balls are retrieved. (winner has most balls)

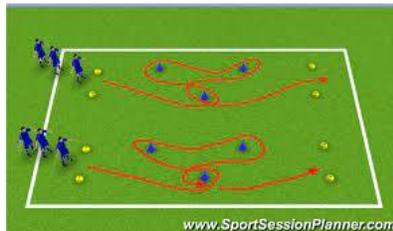
Relay Races

- Set up maze of cones, or even a single designated cone to dribble to and around.
- Change what part of foot they use, or left and right foot.

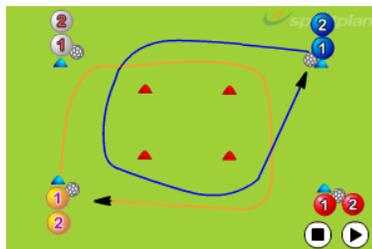
PLAY THE GAME!!!



- This is a four team version, can play with another team



Physically demonstrate the path they need to take, tend to be visual learners



- Players can be very protective of “their” ball and might become upset when someone else dribbles their ball
- Fun variations have the kids make noises like a hippo would
- Also can be other animals than hippo
- Add different parts of the foot, make it a race, when they finish they sit down.
- Can also race the coaches

Make sure all players get a chance to take throw ins, corner kicks, and goal kicks