

5U GLSA Guidelines for Coaches and Parents

Players at this age need to develop basic motor skills such as walking, running, and changing direction. A smaller space will help them to develop these skills while also providing more interaction with the ball, teammates, and opponents. Practice should be for 45 minutes, once a week.

Being a soccer coach for this age group does not require soccer skills. All you need is a positive attitude, a willingness to be silly, and, of course, a little patience. The goal of this age group is to introduce them to the basic concepts of soccer (dribbling, kicking, running, scoring goals!), help them improve their social skills, and, most importantly for them to have fun.

The home team is the first team listed on the schedule. The home team has its choice of the side of the field from which to coach.

No league standings will be recorded. No final scores will be recorded. Participation awards for all players.

NTSSA requires that parents, non-playing players, and spectators should be located not less than three (3) yards from outside the touchline, nor should they be closer than ten (10) yards to the goal line. Due to the limitations of the fields at Lear Park, GLSA has set up the following policy: Parents, non-playing players, and spectators should be behind the Coaches Coaching Box (approx. two (2) yards). No one is allowed behind the Goal Line. No one can watch a game from a sidewalk.

Each player shall play a minimum of 50% of the total playing time.

No tripping, pushing, heading, or slide tackling allowed. There will be some physical play; if they are playing the ball first, it is ok, but if they are playing the player first, it is a foul.

When a player is injured, the referee will stop play and signal the coach to assist the injured player on the field. If a parent is needed to assist, then the coach may signal the parent to enter the field. This is the only time a parent is allowed on the field. Coaches need to have a small first-aid kit at games and practices.

No individual can run the length of the sideline except participants of the game. Parents and spectators should not coach or instruct players during the game. Let the coach do the coaching.

No alcoholic beverages or tobacco products will be consumed or allowed near the playing areas. Animals or noisemakers are not allowed at the soccer complex.

I. The Field

1. The field of play shall be rectangular, its length not more than 30 yards and its width not more than 20 yards. Lear Park fields that meet these dimensions are # 6, 7, 8, 10, 15, 16, and 17.

2. Goals: Measurements are 6.5' wide x 4' high.

II. The Ball Size. #3 is used. Two (2) game balls should be provided by the home team. The game ball should be properly inflated.

III. Number of Players

1. Players on the field at one time is FOUR (4). There is no goal keeper. No goal tending is allowed. This is to prevent teams from standing defenders right in front of the goal (almost like goalkeepers) to keep the other team from shooting. Players should be encouraged to go to the ball instead of standing in front of the goal waiting.
2. The minimum number of players per team on the field to start or continue the game is THREE (3).
3. Coaches should loan players to a team short of the minimum to allow all kids to play and have fun. Home team will wear pennies if there is a color conflict.

IV. Substitutions

1. At the quarter.
2. For an injured player when the play has been stopped.
3. If a player “needs it,” if he or she is in physical distress, overheating, etc.

V. Players Equipment

1. A player must not use equipment or wear anything that is dangerous to himself or another player (including brimmed hats or any kind of jewelry.)
2. Players must wear shin guards covered by long socks.
3. Soccer cleats are recommended but not required. No shoes with toe cleats – like baseball cleats. No metal cleats.

VI. Coaches/Managers

1. 5U coaches will act as game managers. One coach from each team will be allowed on the field.
2. Each coach will officiate one-half of the game field.
3. Each coach shall make calls on their half of the field.
4. Coaching should be intended to direct players but should be as minimal as possible. Coaches, please give all players space.
5. Home team will oversee keeping time the first two quarters. Visitor team is responsible for the last two quarters.

VII. Referee/Game Managers

1. The officiating will be handled by both teams. See Rule VI.
2. What the referee/coach will need to officiate:
A whistle, watch, and a coin (for coin toss)

VIII. Length of Game

1. The games shall be divided into four (4) equal eight (8) minute quarters. There shall be a two (2) minute break between quarters, and a five (5) minute break at halftime. After halftime, teams will switch sides. There will no stoppage time for any reason.

IX. Rules

1. Beginning the game

A coin toss between captains of the opposing teams will be conducted by the first half referee in the company of the second half referee. The team winning the toss shall select the side of the field to defend. The losing team takes the first kick-off.

2. Kickoffs

a. The game begins with a kickoff in the center circle by the team who was designated in the coin toss. The team kicking off may line up on the center line. The opposing team must line up outside the center circle. Play begins upon the sounding of the referee's whistle.

b. After a goal is scored, restart play with a kickoff taken by the team surrendering the goal.

c. The player who does the kickoff cannot touch the ball a second time before it has been touched by another player. For a violation of this rule, the kick shall be retaken.

d. A goal cannot be scored directly from a kickoff (directly means that no other player from either team touches the ball before it goes into the goal.) A goal kick is awarded if the ball is kicked directly into a goal from a kickoff.

3. Ball in and out of play

a. The ball is out of play when it has entirely crossed the goal or touch line, either on the ground or in the air.

b. All balls out of play will be restarted with a throw in. When the ball goes out of bounds, play will resume with a throw-in. If the first one is taken incorrectly, then the referee must explain the infraction to the player and a second throw-in will be allowed. Opponents must be three (3) yards away (in all directions).

4. Free Kicks

a. All kicks awarded in 5U are indirect. No penalty kicks. An indirect free kick is a method of restarting play in a game to a team following most types of technical infringements of the Laws of the Game. In an indirect free kick, the non-offending team is entitled to a freely kick the ball from the ground at the spot of the infringement, or from the spot where the ball was when play was stopped, and opponents are required to be at least three yards from the ball. The kicking team may not score a goal directly from an indirect free kick; the ball must first touch another player of either team in order for a goal to be scored. If a ball enters the goal directly from an indirect free kick, then a goal kick is awarded to the opponent, unless it enters the kicker's own goal, in which case a corner kick is awarded.

b. All opposing players must stand back 3 yards from the ball (in all directions.)

c. The kicker may not play the ball a second time until another player has touched or played the ball. The penalty for this will be an indirect free kick awarded to opposing team at the point the ball was touched a second time.

d. The ball is in play only when it has traveled its circumference.

e. A free kick taken from within a team's own goal area (includes the lines which define the area) must leave the area, as well as travel its own circumference, before it is in play. If it does not, retake the kick.

5. Throw In

a. When the ball completely crosses a touch line (line on either side of the field,) either on the ground or in the air, it shall be thrown in from (give or take a yard) at the point where it crossed the line. All opposing players must stand back 3 yards from the ball (in all directions.)

b. The team who touched the ball last before it completely crosses the touch line loses possession and the ball is thrown in by the opposing team.

c. A goal cannot be scored directly from a throw in.

6. Goal Kick

a. When the ball has completely crossed the goal line, except through the goal, either on the ground or in the air, and was last played or touched by a player of the attacking team, it shall be kicked into play from the goal line any point halfway between the goal and the flag by the defending team.

b. All opposing players must be at least 3 yards from the ball (in all directions).

c. The ball must travel its own circumference and leave the goal area before it is considered in play. If it does not, retake the kick.

d. The kicker cannot play the ball a second time until it has been touched or played by another player. The penalty for this will be an indirect free kick awarded to the other team at the point the ball was played a second time.

7. Corner Kick

a. When the ball has completely crossed the goal line, except through the goal, either on the ground or in the air, and was last played or touched by a player of the defending team, it shall be kicked into play from the corner arc, on the same side of the goal on which it went across the goal line by the attacking team.

b. All opposing players must be at least 3 yards from the ball (in all directions).

c. The ball must travel its own circumference before it is considered in play. If it does not, retake the kick.

d. The kicker cannot play the ball a second time until it has been touched or played by another player. The penalty for this will be an indirect free kick awarded to the other team at the point the ball was played the second time.

e. A goal can be scored directly from a corner kick

8. End of Play

- a. The referee should blow his or her whistle several times to indicate that play is suspended for quarter, half-time breaks, and the end of the game.
- b. Following the game the players from each team should line up at the center line and shake hands.

X. Parental Responsibilities

1. Parents should respect the commitment made by their coach and try to make all practices and games. Please be on time.
2. Parents and other spectators should be respectful of the players and coaches/referees. They should cheer and encourage all players and should leave the coaching to the coach.
3. Teams and parents should not enter a field if another game is in progress.
4. No one should cross a field in use during a game.
5. Parents should help their children pick up all trash and dispose of it properly as well as reminding them to pick up their belongings after games and practices.

Objectives from US Soccer:

- Develop skills on the ball
 - * Increase number of touches and control
 - * Improve confidence
- Develop intelligence
 - * Promote faster decisions and better awareness
- Develop partnerships within the team
- Provide age-appropriate environment

Concussion awareness and protocols:

- Become familiar with GLSA Concussion Policy included in your coach's packet. May also be found on GLSA website, www.longviewsoccer.com
- For additional concussion training, visit the North Texas Soccer website, www.ntxsoccer.org. You will find a link to the Concussion Awareness Training video on the home page or under the Coaches tab. All coaches, parents, and referees are encouraged to watch this video.
- Become familiar with no heading at 12U and below.

Training:

- Attend at least one (1) coach's clinic
- Check out DVDs from Director of Coaching
- Obtain at least an F Coaching License within two (2) years after you start coaching. The F license develops the core coaching competencies necessary to teach five- to eight- year old players effectively.