

Fall 2021



Coach's Manual



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COVID PROTOCOL - Vista Storm SC Recreational Program

Following new guidelines, we ask that our club members (players, parents/guardians, coaches, spectators, etc.) please follow these so that we can continue to offer a safe place for our children to play:

1. If you or your player has any symptoms of Covid-19:
 - a. Please stay home. Do not attend training sessions and games.
 - b. Coach to communicate with Carlos, Raquel, and Christian so we are in the loop.
2. If you or a player has tested positive for Covid-19, or did not get tested:
 - a. Continue communication with Carlos, Raquel, and Christian.
 - b. Stay home for 14 days after onset of symptoms. Return on day 15.
 - c. A doctor's note (or proof of negative test result) allowing you or a players return to training and games will be required.
 - d. If you or a player tests positive within 3 days after participating in training or a game:
 - The entire team is shut down for 14 days.
 - In season, games will be cancelled:
 - o If in a division with standings, your team will forfeit games missed. If both teams are shut down due to covid, both teams forfeit.
 - If anyone else on the team has symptoms during the 14 day shut down period and tests positive or does not get tested:
 - o That coach or player must restart the 14 day cycle before returning to training or games (see 2.a. thru 2.c. above).
 - o The rest of the team can return after the original 14 day period.
3. If you or a player has Covid-19 symptoms and tests negative for Covid-19:
 - a. Continue communication with Carlos, Raquel, and Christian.
 - b. Stay home for 7 days after onset of symptoms. Return on day 8.
 - c. A doctor's note (or proof of negative test result) allowing you or a players return to training and games will be required.
4. Masks are optional.
5. **Spectators are to be limited to immediate household family members only.**
6. Spectators must be socially distanced when in attendance.

If, at any time during the season, the State and/or County makes mask wearing mandatory:

- Players must wear a mask when arriving to training and game facilities.
- For players participating in training sessions and games, masks are optional.
- During games, players must wear a mask when on the sidelines.
- Coaches, team admins, and spectators must wear a mask at all times.



1. About Vista Storm Soccer Club

1.1 Mission Statement

The Vista Storm Soccer Club (VSSC) is dedicated to providing a positive environment for the development of character, sportsmanship, self-confidence, and soccer skills.

1.2 Vista Storm SC Facts

Vista Storm SC is a non-profit corporation founded in 1982 to provide boys and girls in Vista and the surrounding communities the opportunity to play organized soccer. We provide both recreational and competitive programs for youth ranging in age from 4 – 19 years old.

1.3 Recreational Soccer

Approximately 75% of our players participate in our recreational program. Assignments to our recreational teams are made using a system whose main focus is balance. We strive to provide an environment of wholesome, competitive fun, developing good character and sportsmanship, team play, and an education in the rules and skills of soccer.

1.4 Club (Competitive) Soccer

Our club program provides training and development to qualified players to assist them in advancing to play at the highest levels available. Teams compete in local travel leagues as well as regional, state, and national tournaments. If a player has progressed through recreational soccer and should desire to take their game and skills to the next level, our competitive program can take them as far as they want to go.

2. Welcome

As a coach, you are the cornerstone and heart of our club. Our program continues to gain in quality and reputation; the quality of our coaches and all of the volunteers make this growth possible. In the following sections, you will find valuable information and answers to frequently asked questions.

3. Fields

The club has permits for local fields in Vista and Oceanside. If you have any problems with other sports clubs using the practice fields we have been assigned, please contact the Director of Recreational Coaches at DirOfRecCoachesVistaStormSC@gmail.com.

Each field requests that coaches take responsibility to pick up the trash after practices and games.

If you are on a school field, there are a few things you must know:

- The school restrooms are locked. Port-a-Potties are provided for this reason.
- **Dogs, or any other pets, are not allowed on school premises! This is a state law, so please enforce it.**
- You may not start practice earlier than your assigned time.



- No smoking / No alcohol / No illegal substances
- Leave the fields cleaner than you find them. If not, we will lose them.

If you are on a park field (other than Vista Sports Park):

- Dogs are allowed, but in the best interest of your practice/game, you should still advise the parents/guardian to leave their dogs home as they will cause a distraction for your team.
- You may not start practice earlier than your assigned time.
- No smoking / No alcohol / No illegal substances
- Leave the fields cleaner than you find them. If not, we will lose them.

If you are at the Vista Sports Park, there are many rules to follow. The kids really enjoy playing on these fields, so please follow the rules set by the City of Vista so we do not lose access to the Vista Sports Park. The following are **NOT** allowed on the turf:



- | | |
|---|---|
| • Food (No halftime* or post-game snacks**) | • Drinks with color (only water is allowed) |
| • Sunflower Seeds | • Chewing Gum |
| • Sharp Objects / Glass | • Metal Cleats |
| • Umbrellas | • Dogs / Other Pets |
| • Skateboards | • Bicycles |
| • Chairs | |

* **No** halftime snacks at the Vista Sports Park. If your team leaves the turf at halftime to have snacks on the concrete area, the game clock will start after the 5-minute break whether your team is on the field or not. Please do not shorten the game time.

** Post game snacks can be passed out on the concrete area, either at the bottom of the stairs, by the snack bar, or at the top of the stairs after the game.

4. Player Registration/Medical Release Forms – Team Roster

You should have a Player Registration/Medical Release Form for every player on your team. These forms need to be with you at every practice and game. If you are missing a form, contact the Director of Recreation Coaches immediately! Our insurance through CYSA states only registered players are covered. Therefore, it is vital you allow only players who are registered with VSSC and rostered to your team to practice or play games with your team. If a player is not rostered to your team, **he/she cannot practice with you!**

If you allow an unregistered player to practice and he/she becomes injured or injures another player, you may be liable. If you have any questions about the Player Registration/Medical Release Form, please contact the Director of Recreation Coaches.

5. Game Schedules

Schedules for league play will be distributed at the coaches' meetings or soon thereafter. They will also be available on our website at <http://www.vistasoccerclub.org/programs/recreational/schedules-and-standings>



6. Injuries

If an injury occurs during practice or a game, the coach must first:

- Assist the injured player – **Call 911 if needed.**
- Call the Director of Recreation Coaches or another Board Member if he/she is unavailable.

For D7-D3: Fill out a Youth Insurance Claim Form. Go to www.calsouth.com and search for "Accident Insurance". Download the "Youth Insurance Claim Form". The claimant submits the completed form and any itemized bills to the address listed on the form.

Please note that each claim is subject to a \$1,000 deductible and 20% coinsurance. A club administrator must be present when the injury occurred. (Administrator = Coach, Assistant Coach, Team Parent/Manager, Division Coordinator, or Board Member).

For D2-D1: Request details from Vista Storm SC's registrar by sending an email to CompRegistrarVistaStormSC@gmail.com.

6.1 Injured Player

An injured player may not return to practices or games until cleared by his/her doctor. An injured player runs the risk of further injury to himself/herself and others. No matter how much he/she pleads you to let him/her play, do not risk his/her well-being and those of your team.

7. Player Uniform and Equipment

7.1 Uniform

Each player will receive a complete uniform (jersey, shorts, and socks). All players are required to wear their complete uniform to every game. Every player's jersey must be tucked in and shorts worn at the hips. Players who roll or "sag" their shorts will not be allowed to play. If a player has different shorts or socks, the referee(s) may not allow him/her to play.

7.2 Shin Guards

Shin guards are mandatory for practices and games! Players not properly wearing shin guards will not be allowed to play. Shin guards must be worn under uniform socks and be completely covered. Younger players may prefer to wear a thinner sock under their shin guards; however, the uniform socks must be put on **over** the shin guards.

7.3 Soccer Cleats

Cleats are not mandatory; however, we strongly advise that players have soccer cleats. No steel toed, football, or baseball/softball cleats will be allowed (even if they have the



toe cleat removed and filed down).

7.4 Names on Uniforms

Only last names are allowed on the backs of uniforms. Please do not get the players first names on the uniforms as it puts the children at risk to strangers calling them out by name. Nicknames are also not allowed. Here are a couple places to get last names added:

Soccer Mexico:

948 S Santa Fe Ave • Vista, CA 92084 • 760-414-1187

8. Code of Conduct

In order to ensure that the principles of sportsmanship, fair play, and mutual respect among players, coaches, officials, and spectators characterize all competition sponsored by the CYSA-South, the following Code of Conduct has been established. It is the obligation of all program administrators, coaches, parents, and players to create an environment that promotes this objective. Those who willfully violate this code jeopardize their participation in the CYSA-South soccer program.

8.1 Coaches

The coach's role is one of teaching soccer skills and sportsmanship to the players. The coach is responsible for communicating practice and game times to the players and parents (if the team does not have a Team Parent). The coach is also responsible for monitoring the behavior of the players and parents during practices and games. All coaches within the soccer program will promote good sportsmanship among players, foster team camaraderie, and help participants have fun while teaching players the technical skills of soccer. Unsportsmanlike conduct of coaches will not be tolerated by the program. Such unsportsmanlike conduct includes berating or making unkind comments to a player or referee that would reasonably be expected to cause substantial embarrassment to the player or referee. Other examples include the intentional abuse or attempt to abuse the player selection system or willful failure to follow program rules. Each coach agrees to the above code of conduct, certifies that he/she has read all CYSA-South rules and will abide by them, and acknowledges that coaching in the soccer program is a privilege and not a right.

Coaches must stay in the Coach's Box (this is the area on the sideline that is located in the general area as the center circle - 10 yards either side of the center line). You are not allowed to run up and down the sideline beyond this area.

In addition, each coach will ensure that his/her conduct sets a good example for team members and spectators. To meet these responsibilities, the coach is expected to:



- Know the official Laws of the Game of soccer and the rules of CYSA-South and abide by them.
- Instruct players and parents in the rules and motivate each player to compete according to the rules at all times.
- Respect the game officials at all times. Refrain from questioning their decisions or challenging their authority.
- Ensure that CYSA-South rules are followed by all players and spectators.
- Ensure that fans of his/her team exhibit sportsmanship and maturity at all times and assist league and game officials in maintaining control of spectators during games.
- Respect the coaches and players of the opposing team before, during, and after the game.
- Take appropriate steps to minimize scoring in runaway games.
- Teach each player, especially through personal example, to be humble and generous in victory and proud and courteous in defeat.
- Maintain control of his/her emotions and avoid actions, language, and/or gestures that may be interpreted as hostile and humiliating.
- Teach and practice good sportsmanship and fair play by personally demonstrating commitment to these virtues.
- Promote the concept that soccer is merely a game, and that players and coaches on other teams are opponents, not enemies.

8.2 Players

Every player is expected to:

- Know and respect the rules of soccer and CYSA-South and abide by them at all times.
- Show respect and courtesy to officials and coaches by following their instructions and directions.
- Respect the game officials and refrain from addressing them or commenting on their decisions during or after the game.
- Maintain control of his/her emotions, avoid the use of abusive or profane language, taunting or humiliating remarks, and/or gestures and physical assault upon another player at all times.
- Respect the coaches and players of the opposing team and display sportsmanship at the conclusion of a game (be humble and generous in victory and proud and courteous in defeat).
- Follow all Association rules; respecting at all times the property of others.

Remember that soccer is a game and to treat players and coaches on other teams as opponents, not enemies.

8.3 Parents and Spectators

The parents' role is one of support to the players and coaches. Parents should not



engage in "coaching" from the sidelines, criticizing players, coaches or game officials or trying to influence the makeup of the team at any time. Every parent and spectator are expected to:

- Learn and respect the rules of soccer and the rules of the CYSA-South.
- Show respect and courtesy to game officials, coaches, and players at all times.
- Respect the game officials and refrain from questioning their decisions or from addressing them in a loud, disrespectful, or abusive manner.
- Cheer for your child's team in a positive manner, refraining at all times from making negative or abusive remarks about the opposing team. Maintain control of your emotions and avoid actions, language, and/or gestures that may be interpreted as hostile and humiliating.
- Ensure that your child is at all games and practices at the required time or provide the coach with an appropriate excuse beforehand.
- Demonstrate appropriate gestures of sportsmanship at the conclusion of a game, win or lose.
- Teach and practice good sportsmanship and fair play by personally demonstrating commitment to these virtues.
- Promote the concept that soccer is merely a game, and that players and coaches on other teams are opponents, not enemies.

Parents and Spectators are not allowed on the field during games at any time. No one is allowed to sit behind the goals or the goal line. Parents and Spectators must sit on the sidelines (between the 18-yard lines) and are not permitted to travel up and down the field during the games. You may only be on your team's sideline; teams may not share a sideline (except at the Vista Sports Park).

9. Sportsmanship

9.1 Coaches

The coach's role is one of teaching soccer skills and sportsmanship to the players. The coaches are responsible for the sportsmanship of their team's players, parents, and sideline. Unruly players or parents may lead to the suspension of the coach. If a coach is ejected from a game, it will result in an automatic suspension from the remainder of the game. The ejection will be reviewed by the "Red Card" Committee, which may result in a 2 – 3 week suspension. Coaches risk participation in our All-Star Program as well as the opportunity to coach for us in the future.

- If your team has a solid lead (4 or more goals) it is **strongly** suggested to do all you can to help the other team feel good about the game. (Suggestions: substitute your stronger players into positions they are not familiar with, encourage your team to pass 4 times before taking a shot with their non-dominant foot, shots on goal can only be taken from outside the 18-yard box/penalty area, etc. - be creative.)
- Our youth look up to us as leaders. Good sportsmanship begins with us.



9.2 Players

Players are to refrain from talking to the referee, or to the opposing team's players and coaches. Players should treat their team, coach and the opposing team's players, coaches, and spectators with respect.

9.3 Parents and Spectators

Parents/Spectators are to cheer and encourage their team's players. They are to refrain from coaching (they had their chance to sign up), talking to the referee or to the opposing team's players and coaches.

9.4 Play Down Rule

In keeping with our Good Sportsmanship policies, the "Play Down" rule is in effect every season. What this means to you is that if the opposing team does not have enough players to field a full team, you must play down to their numbers. For example, Division 5, a full team would be 7 players. If the opposing team only has 6 players, you must play with 6 players on the field (if more players arrive, then you can increase your players in accord with them).

Win with the Dignity and the Grace of a Champion.

10. Goals/Nets/Flags

It is the responsibility of the Home and Visitor coaches of the first game of the day to set up the goals, nets, and corner flags. These are to be in place, ready to go, 30 minutes before the start of the first game. PLEASE ARRIVE EARLY!!!

The Home and Visitor coaches of the last game of the day are responsible for disassembling and storing the goals, nets, and corner flags to their proper location.

11. Game Times

Coaches are responsible for having their team ready to play at the scheduled start time. Delays at the start of a game will not be added on at the end of the game. Referees have been instructed to begin and end the game at the scheduled time. If you are not ready at the official game time, the game clock will begin running and you may risk forfeiture of the game.

Come early! Be ready and have your players ready!



12. Coaching Licenses and Education

12.1 **Coaching Licenses!!!**

Licensing is **mandatory** and to obtain your License for the recreational level is easy. All you need to do is invest 2-4 hours of your time for an online instruction course. The US Soccer Coaching Curriculum that started in 2018 has been established to teach new and experienced coaches at age-appropriate game models: 4v4, 7v7, 9v9, & 11v11. These courses will teach you how to communicate to your team and provide you with the knowledge to teach the basic skills of soccer. Well trained coaches make practices and games more enjoyable, which benefits everyone. Contact our Director of Recreational Coaches at DirOfRecCoachesVistaStormSC@gmail.com or visit CalSouth's web site (<https://calsouth.com/us/coaches/>) for more information.

Note that YM1 and YM3 Licenses are no longer valid with CalSouth. All current US Soccer National "F", "E" and "D" License holders are not required to take the 4v4, 7v7, 9v9, 11v11 Licenses, but must complete the US Soccer Introduction to Grassroots Coaching module. The new Coaching License Pathway was released by US Soccer for 2018. <https://calsouth.com/coaching-license-pathway/>

12.2 **Concussion Module!!!**

As part of CalSouth, it is **mandatory** that all recreational Coaches, Assistant Coaches, and Team Managers/Parents take the Concussion Module course. To access the course, please go to <https://www.cdc.gov/headsup/youthsports/training/index.html>

12.3 **Safesport!!!**

As part of CalSouth, it is **mandatory** that all recreational Coaches, Assistant Coaches, and Team Managers/Parents take the Safe sport course. Please let us know who your Assistant Coach and Team Parent are so we can send them the website address and passcode to take this course. For more information, please go to <https://calsouth.com/safesport/>

12.4 **Sudden Cardiac Arrest!!!**

As part of CalSouth, it is **mandatory** that all soccer club admins, including Recreational Coaches, Assistant Coaches, and Team Parents, take the Sudden Cardiac Arrest training. To access the course, please go to <https://nfhslearn.com/courses/sudden-cardiac-arrest>

12.5 **Continuing Education**

Your continued development as a soccer coach is a major goal of our club. Quality coaches produce high quality, motivated soccer players. There are many ways to develop your skills as a coach. Contact our Director of Recreational Coaches at DirOfRecCoachesVistaStormSC@gmail.com for upcoming coaching clinics.



13. Team Parent

Your Team Parent is an important part of your team. Their duties are simple, but their contribution to the team and the coach are essential. You, the coach, will give a copy of the team roster and game schedule to your Team Parent (after they have been risk managed (see section 14)). The Team Parent's job may include calling parents to arrange team meetings, schedule game snacks, announce practice times/locations, or schedule changes. It is the Team Parent's responsibility to establish a "snack" schedule for the games. Most teams choose to establish a schedule where each player is responsible for one game.

13.1 Team Banners

If you are interested in getting a team banner for your team, this is a good task to assign your Team Parent. Below is some information about where your Team Parent, or you, can order your banner:

- Rebel Sports \$10 Discount can be found on our Downloads page:
<http://vistasoccerclub.org/downloads>

14. Risk Management and Insurance Coverage

It is the intention of VSSC to provide an environment that promotes the well-being and safety of our players and members. In continuing our efforts to keep all members safe, we have a mandatory requirement that **any** adult who volunteers in a position that places them around youth to complete Risk Management -- Fingerprinting and an Administrator Form. Volunteers who were fingerprinted after 2004 for VSSC do not need to be re-fingerprinted; you must, however, fill out an Administrator Form each Season.

Coaches, this must be completed and submitted to the League Registrar prior to you getting your team roster. No adult volunteer will be allowed around our members without clearing Risk Management. Insurance coverage becomes void for any player injured during practices or games with a volunteer who is not properly registered with our club.

15. Basic Soccer First Aid Kit

All coaches are required to have a first aid kit on hand at all team functions (practices, team meetings, and games). You can find inexpensive kits at local drug stores, Wal-Mart, Target, or Dollar Tree. Remember many children have allergies to latex gloves as well as foods. Please check your Player Registration/Medical Release forms and with parents at the beginning of the season for allergies.



Suggested items to include in your first aid kit:

Qty	Item	Comments
5	Band- Aids	Assorted sizes (replace often)
2	Wipes	Cleaning wounds
2	Ice packs	Keep swelling down/reduce pain
1	Gloves	For protection -- yours and injured person
1	Cell Phone	For 911 calls and calls to the Director of Recreation
1	Duct or Electrical Tape	Great for emergency repairs -- shoe, shorts, equipment
6	Zip Lock Bags	For ice, lost teeth, bloody wipes

16. Referee's Perspective of the Game

16.1 Referee's Role

Each game is controlled by a Center Referee (Referee) who has full authority to enforce the Laws of the Game. The Referee is in complete charge of the game – no matter how much you, your players, or your sideline may disagree with his/her calls or manner of officiating. The Referee is always right!

Powers and Duties of the Referee:

- Enforces the Laws of the Game.
- Controls the game in cooperation with the Assistant Referees (AR's/Linesmen).
- Ensures that any ball used meets the requirements of Law 2.
- Ensures that the players' equipment meets the requirements of Law 4.
- Acts as timekeeper and keeps a record of the game.
- Stops, suspends, or abandons the game at his/her discretion, for any infringement(s) of the Laws.
- Stops, suspends, or abandons the game because of outside interference of any kind.
- Stops the game if, in his/her opinion, a player is seriously injured and ensures that he/she is removed from the field of play. An injured player may only return to the field of play after the game has restarted.
- Allows play to continue until the ball is out of play if a player is, in his/her opinion, only slightly injured.
- Ensures that any player bleeding from a wound leaves the field of play. The player may only return on receiving a signal from the referee, who must be satisfied that the bleeding has stopped (there can be no blood on his/her uniform).
- Allows play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizes the original offense if the anticipated advantage does not ensue at that time.
- Punishes the more serious offense when a player commits more than one offense at the same time.
- Takes disciplinary action against players guilty of cautionary and sending-off offenses. He/she is not obliged to take this action immediately but must do so



when the ball next goes out of play.

- Takes action against team officials who fail to conduct themselves in a responsible manner and may, at his/her discretion, expel them from the field of play and its immediate surroundings.
- Acts on the advice of the AR's regarding incidents that he/she has not seen.
- Ensures that no unauthorized people enter the field of play.
- Indicates the restart of the game after it has been stopped.
- Provides the appropriate authorities with a game report, which includes information on any disciplinary action taken against players and/or team officials and any other incidents that occurred before, during, or after the game.

The decision of the Referee regarding facts connected with play, including whether or not a goal is scored and the result of the game, are final.

Remember that you are the role model for your players and their parents. A ranting and raving coach produces like-minded players and parents and could ultimately result in you being ejected from the game.

Act with Class – Always treat the referees with respect. After the game is over, it is courteous for you and your team to thank the referees – **and it is wise to check the official score.**

16.2 Assistant Referee (AR or Linesman)

The duties of the AR, subject to the decision of the Referee, are to indicate:

- When the whole of the ball leaves the field of play.
- Which team is entitled to a corner kick, goal kick, or throw-in.
- When a player may be penalized for being in an offside position.
- When a substitution is requested.
- When misconduct or any other incident occurs out of the view of the Referee.
- When offenses have been committed whenever the AR's have a better view than the Referee (this includes, in certain circumstances, offenses committed in the penalty area).
- Whether, at penalty kicks, the goalkeeper moves off the goal line before the ball is kicked and if the ball crosses the line.

The AR's also assist the Referee to control the game in accordance with the Laws of the Game.

If there is not an assigned AR, the referee may ask that your team provide a linesman for your game. Ask for volunteers from your parents. Make sure they know the basic rules regarding when a ball is out-of-bounds. The ball is out-of-bounds when it has entirely crossed over the touch line or goal line. In other words, the entire ball (not just part of the ball) must be outside the line. Soccer is not like basketball; a player may be standing completely outside the line and play the ball as long as the ball is in on the field of play.



16.3 Player Equipment

Safety

VSSC Rules and Regulations state: "Players may not wear anything considered dangerous by the Referee" . . . orthodontic headgear, watches, bracelets, neck chains, earrings, rings, bobby pins, hard casts . . . or any other dangerous objects. Please have your players remove all jewelry before the game. If you have a player who wears a "Medical Alert" bracelet or "Medical Alert" necklace they must be completely taped down with the "Alert" portion clearly showing. In addition, for their safety, players should not be chewing gum, eating candy, etc. while playing.

Basic Equipment

The basic compulsory equipment of a player comprises the following separate items:

- A jersey or shirt with sleeves – if undergarments are worn, the color of the sleeve must be the same main color as the sleeve of the jersey or shirt.
 - The two teams must wear colors that distinguish them from each other and the Referee and AR's (you may be asked to use pennies).
 - Each goalkeeper must wear colors that distinguish him/her from the other players, the Referee, and AR's.
- Shorts – if undershorts are worn, they must be the same main color as the shorts.
- Socks.
- Shin guards (mandatory).
 - Need to be covered entirely by the socks.
 - Need to be made of rubber, plastic, or a similar suitable material.
 - Need to provide a reasonable degree of protection.
- Footwear – Soccer cleats (cleats are not mandatory but strongly suggested).

16.4 Substitutions

To replace a player with a substitute, the following conditions must be observed:

- The Referee must be informed before any proposed substitution is made.
- The substitute only enters the field of play after the player being replaced has left and after receiving a signal from the Referee.
- The substitute only enters the field of play at the halfway line and during a stoppage in the match.
- The substitution is completed when a substitute enters the field of play.
- From that moment, the substitute becomes a player and the player he/she has replaced becomes a substitute player.
- All substitutes are subject to the authority and jurisdiction of the Referee, whether called upon to play or not.

16.5 Changing the Goalkeeper

Any of the other players may change places with the goalkeeper, provided that:



- The change is made during a stoppage in the game.
- The referee is notified of a goalie change.

16.6 **Game Cards**

Divisions 6 through 1 require game cards to be submitted to the Referee prior to each game. You need to fill these out with your players' **First and Last Names** the night before your game. Game Cards are available on our website under "[Downloads](#)".

16.7 **Start of Play**

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

16.8 **Kick-Off**

A kick-off is a way of starting or restarting play. *A goal may be scored directly from the kick-off.*

- **Procedure**
 - o All players must be in their own half of the field of play.
 - o The opponents of the team taking the kick-off are at least 10 yards from the ball until it is in play.
 - o The ball must be stationary on the center mark.
 - o The referee gives a signal.
 - o The ball is in play when it is kicked and moves in any direction (FIFA rule allows backward play).
 - o The kicker must not play the ball again until it has touched another player.

After a team scores a goal, the kick-off is taken by the other team.

If the player taking the kick-off touches the ball again before it has touched another player, an indirect free kick is awarded to the opposing team to be taken from the position of the ball where the infringement occurred.

In the event of any other infringement of the kick-off procedure, the kick-off is retaken.

16.9 **Method of Scoring**

A goal is scored when the whole of the ball passes over the goal line, between the goal posts, and under the cross bar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.



16.10 Goal Kicks

A goal kick is a method of restarting play. A goal kick is awarded when the whole of the ball passes over the goal line (end line), either on the ground or in the air; having last touched a player of the attacking team and a goal is not scored. *A goal may be scored directly from a goal kick, but only against the opposing team.*

- **Procedure**

- The ball is kicked from any point within the goal area (6-yard box) by a player of the defending team.
- Opponents remain outside the penalty area (18-yard box) until the ball is in play.
- The kicker must not play the ball again until it has touched another player.
- The ball is in play when it is kicked directly out of the penalty area.

16.11 Corner Kicks

A corner kick is a method of restarting play. A corner kick is awarded when the whole of the ball passes over the goal line (end line), either on the ground or in the air; having last touched a player of the defending team, and a goal is not scored. *A goal may be scored directly from a corner kick, but only against the opposing team.*

- **Procedure**

- The ball must be placed inside the corner arc nearest to the point where the ball crossed the goal line.
- The corner flag post must not be moved.
- Opponents must remain at least 10 yards from the corner arc until the ball is in play.
- The ball must be kicked by a player of the attacking team.
- The ball is in play when it is kicked and moves.
- The kicker must not play the ball again until it has touched another player.

16.12 Throw-Ins

A throw-in is a method of restarting play. A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line (sideline), either on the ground or in the air. *A goal cannot be scored directly from a throw-in.*

- **Procedure**

- Player faces the field of play.
- Player has part of each foot either on the touch line or on the ground outside the touch line.
- Player holds the ball with both hands.
- Player delivers the ball from behind and over his/her head without lifting either foot off the ground.
- Player delivers the ball from the point where it left the field of play.

All opponents must stand no less than 2 yards from the point at which the throw-in is taken. The ball is in play when it enters the field of play. After delivering the ball, the



thrower must not touch the ball again until it has touched another player.

16.13 Advantage

The Referee may play advantage whenever an infringement or offense occurs. The Referee should consider the following circumstances in deciding whether to apply the advantage or stop play:

- The severity of the offense: if the infringement warrants an expulsion, the Referee must stop play and send off the player unless there is a subsequent opportunity to score a goal.
- The position where the offense was committed: the closer to the opponent's goal, the more effective it can be.
- The chances of an immediate, promising attack.
- The atmosphere of the match.

16.14 Parents and Spectators

You may be thinking "parents and spectators"? What do parents and spectators have to do with the Referee's perspective? Your last check of the FIFA Laws of the Game said nothing about them. **Parents and Spectators are your responsibility.** Teach them the finer points of the game. Remind them that the two most important priorities of the Referee are:

- Player safety
- Fair play

As a coach, you are responsible for the conduct of your players, assistant coaches, parents, and your sideline spectators. Take a moment during your first team meeting to discuss basic rules and sportsmanship with your team and their parents. (See VSSC's Code of Conduct for more information.)

17. Instructions for Division 1 – U19 (2003, 2004, & 2005)

The rules are the same as regular 11 vs. 11 games. They are:

- Uses a size 5 ball.
- 45-minute halves.
- 5-minute halftime.
- All players play a minimum of 45 minutes per game.

18. Instructions for Division 2 – U16 (2006 & 2007)

The rules are the same as regular 11 vs. 11 games. They are:

- Uses a size 5 ball.
- 40-minute halves.
- 5-minute halftime.
- All players play a minimum of 40 minutes per game.



19. Instructions for Division 3 – U14 (2008 & 2009)

The rules are the same as regular 11 vs. 11 games. They are:

- Uses a size 5 ball.
- 35-minute halves.
- 5-minute halftime.
- All players play a minimum of 35 minutes per game.

20. Instructions for Division 4 – U12 (2010 & 2011)

The rules of small-sided games, 9 vs. 9, are slightly different than the regular 11 vs. 11 games. They are:

- Uses a size 4 ball.
- Number of players are 9 (one being the goalkeeper).
- Deliberate heading is not allowed in 9v9 games.
- 30-minute halves.
- 5-minute halftime.
- All players play a minimum of 30 minutes per game.

21. Instructions for Division 5 – U10 (2012 & 2013)

The rules of small-sided games, 7 vs. 7, are slightly different than the 9 vs. 9 games. They are:

- Uses a size 4 ball.
- Number of players are 7 (one being the goalkeeper).
- Deliberate heading is not allowed in 7v7 games.
- Build Out Line is used.
- Punts and drop kicks by the goalkeeper are not allowed.
- The “offside” rule begins at the “Build Out Line”.
- 25-minute halves.
- 5-minute halftime.
- All players play a minimum of 25 minutes per game.

22. Instructions for Division 6 – U8 (2014 & 2015)

The rules of small-sided games, 6 vs. 6, are similar to the 7 vs. 7 games. They are:

- Uses a size 4 ball.
- Number of players are 6 (one being the goalkeeper).
- Deliberate heading is not allowed in 6v6 games.
- Punts and drop kicks by the goalkeeper are not allowed.
- Build Out Line is used.
- The “offside” rule begins at the “Build Out Line”.
- 20-minute halves.
- 5-minute halftime.
- All players play minimum of 20 minutes per game.
- Score and Standings are not kept.



Build Out Line – For Divisions 5 & 6:

- The build out line promotes playing the ball out of the back in a less pressured setting.
- When the goalkeeper (GK) 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 GK 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 GK, 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.
- Ideally, the GK will wait to put the ball into play once all opponents are past the build out line.
- However, the GK can put the ball into play sooner but he or she does so accepting the positioning of the opponents and the consequences of how play resumes.
- Referee's Perspective of the Build Out Line:
https://www.youtube.com/watch?v=8WkdU1u_IUU

23. Instructions for Division 7 – U6 (2014 & 2015)

The rules of small-sided games, **4 vs. 4**, are slightly different than the 6 vs. 6 games. They are:

- Uses a size 3 ball.
- Number of players are 4 (no goalkeeper).
- Deliberate heading is not allowed in 4v4 games.
- No direct free kicks. All free kicks are indirect (must touch a second player before scoring).
- The "offside" rule is not in effect.
- D7 uses a goal "Arc".
- 8-minute quarters.
- 2-minute break following 1st and 3rd quarters.
- 5-minute halftime.
- All players play minimum of 16 minutes per game.
- Score and Standings are not kept.
- No referees. Coaches are expected to manage the game environment from the touchline using their best judgment.
- Together, coaches and parents are expected to create and promote a fun and safe environment for the players.

23.1 The "Arc"

The Arc is defined as the semicircle directly in front of the goal. **Players are not allowed inside this area to prevent collisions.**

If an offensive player enters the arc, a goal kick will be awarded to the defensive team. If a defensive player enters the arc, a corner kick will be awarded to the offensive team.

If the ball comes to a stop inside the Arc, the Referee will call for a corner or goal kick determined by who had possession last.

23.2 **Corner Kicks and Goal Kicks**

Corner kicks and goal kicks will be taken in Division 7. **No direct kicks.**

23.3 **Substitutions**

VSSC will loosely follow FIFA/USYSA laws regarding substitutions for Division 7.

Referees are asked to be very flexible when it comes to substitutions. Substitutions will be allowed in most “dead ball” situations, always at the discretion of the Referee.

Examples of “dead ball” situations are:

- Throw-ins
- Injuries
- Goal kicks
- Kick-offs

24. **Training Activities**

Below are URL's to sites that have activities that can be implemented into practices.

- YouTube:
 - U6: https://www.youtube.com/results?search_query=U6+Soccer+training
 - U8: https://www.youtube.com/results?search_query=U8+Soccer+training
 - U10: https://www.youtube.com/results?search_query=U10+Soccer+training
 - U12: https://www.youtube.com/results?search_query=U12+Soccer+training
 - U14: https://www.youtube.com/results?search_query=U14+Soccer+training
 - U16: https://www.youtube.com/results?search_query=U16+Soccer+training
 - U19: https://www.youtube.com/results?search_query=U19+Soccer+training
- <http://www.soccerxpert.com/drills.aspx>
- <http://www.sportsmomssurvivalguide.com/soccer-coaching-drills>
- <https://www.surefiresoccer.com/soccer-drills/>
- <http://www.soccerpilot.com/>

25. **The Language of Soccer**

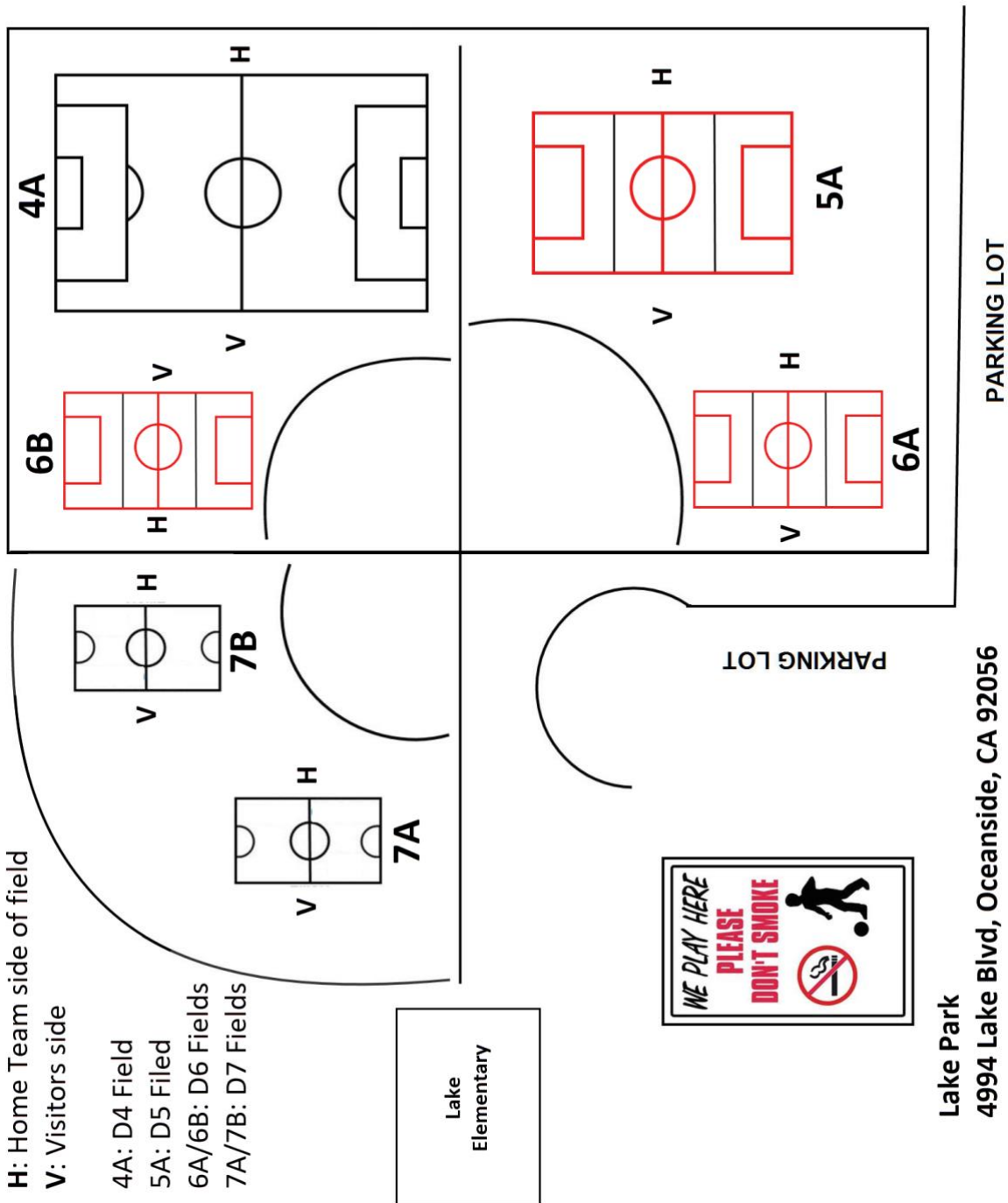
Soccer has its own language that is spoken on the field of play by players and coaches throughout the world. Here are some common words that should be taught during practice and games: ● Beginner ■ Intermediate ◆ Advanced

- “Ball”: Used by a player to notify a teammate to pass them the ball.
- “Back”: A player passes the ball back to a teammate.
- “I go”: Used by a player to notify nearby teammates that he/she is getting the ball or defending the player with the ball closest to them.
- “KEEP!”: Yelled by goalkeeper to notify teammates to let the ball go, it's the keeper's ball.
- “Man on”: Used for communicating that the ball carrier, or the player about to receive the ball, is going to be under pressure from an opposing player.



- “Through”: Used to notify the ball carrier to pass the ball into the space between and behind the defenders for a teammate to run on to.
- “Check in”: Used by a player taking a throw in or free kick to get another players attention to come closer so they can get them the ball.
- “Drop”: Used to notify a player, or set of players, to move in the direction of their defensive side of the field. Also used to remind D6 and D5 players to drop behind the build out line on the opponents half of the field.
- “Mark up”: Used to instruct players to guard an opponent so that all attacking players are marked/covered.
- “Open up”: When in possession of the ball, used to notify players to spread out, creating open spaces to try and pull the defending opponents out of position, creating passing and dribbling opportunities for your team.
- “Push up”: Used to notify a player, or set of players, to move in the direction of the opponents defensive side of the field.
- “Switch”: The act of directing the ball from one side of the field to the other.
- “Find space”: Used to define an area on the field that is free from opponents and pressure. The ball can be passed into space for a player to run on to. Or, a player can run into space to get open for a pass or to bring defenders with to rid the area under attack of defenders.
- “Tuck in” / “Pinch in”: Used to notify a player, most commonly defenders, to move in and closer to the rest of the team so your team can maintain a compact unit that’s hard to break down or get through.
- ◆ “Compact”: After losing possession of the ball, this is used to notify players to get tight (Tuck in / Pinch in), making it harder for the attacking team to dribble or make passes through the middle of the field. A good team that gets “Compact” forces their opponents to go around the outside where it less dangerous.
- ◆ “Press”: Used to notify your team to pressure the opposing player with the ball, as well as their other players without the ball, making it difficult for a pass to be made.
- ◆ “Pressure”: Used to notify a player to close down the opponent who has the ball (make the player with the ball, that you are pressuring, get their head down so they can’t see the field or make a play so easily).
- ◆ “Shift”: Used to notify a player, or set of players, to move left or right on the field. Usually towards the same side the ball is on.

26. Lake Park Game Field Map



27. Vista Sports Park Game Field Map

For D1/D2/D3:

- **NO CHAIRS ALLOWED** on field turf. Benches are provided by the park.
- ⊘ Spectators are **NOT** allowed between Fields 1 & 2. This area is for Players, Coaches, and the Team Manager/Team Parent only.

