

# ONEONTA SOCCER CLUB



## ***"JOHN BIGGS" YOUTH SOCCER LEAGUE***

***Affiliated With the  
Soccer Association for Youth (SAY), USA***

***Fall Recreational Soccer for Youth***

## ***COACH'S PACKET***

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*Dear Coach,*

*Thank you for volunteering your time and energy to our local youth and our exciting fall recreational soccer program! With your help, this soccer program will be an enjoyable experience for everyone.*

*You are a participant in a long time tradition dating back to 1969 when the program was first initiated. After over 20 years of dedication and hard work, our youth soccer program was named after the longtime administrator John Biggs.*

*Remember as the Coach, your primary responsibility is to see that the kids have FUN AND WE EMPHASIZE THE FUN PART!! Maybe they will even learn a few things about soccer and life as well. We are here to have fun, teach and learn. And do not forget Oneonta offers a lot of top quality soccer in the fall – a team outing to a college or high school match can be a great learning and fun experience.*

*Some resources that may be helpful when coaching:*

*Youth Soccer Coaching Manual*

*[http://www.usyouthsoccer.org/assets/1/15/2012\\_coaching\\_manual\\_for\\_web.pdf](http://www.usyouthsoccer.org/assets/1/15/2012_coaching_manual_for_web.pdf)*

*Soccer Xpert*

*<https://www.soccerxpert.com/coaching-youth-soccer.aspx>*

*If you have any questions or concerns regarding the upcoming season, please feel free to contact me. Enjoy the program!*

*OSC Rec Soccer*



## General Information for Coaches

- 1. *Our Philosophy:*** Our program has been successful for so many years because of its recreational, non-competitive philosophy. We do not keep win and loss records, standings or stats, and there are no playoffs, tournaments, or all-star teams or games. As coaches, your job is to see that the players have an enjoyable, positive experience and learn something about the game along the way. **Every child must play at least half of the game.** One of our goals is to make each and every child in the program a soccer fan.
- 2. *The Schedule:*** With teams from all over the Otsego and Delaware County area, the schedule becomes very complex. We try to take into consideration the travel time and make provisions for special situations. Those age groups, which have an uneven number of teams, will get a bye one week during the season. In order to make up an eight game schedule, teams with byes will play two games on one Saturday, as indicated on the schedule (highlighted). Please check the schedule to see if you have two games on a Saturday. Games will begin **at 9:00, 10:15, 11:30, and 12:45.** **Please be prompt!! Try to start games on time and remain on schedule!!** For those traveling to other Towns, you should contact the opposing coach in advance to be sure of the location of the field. The games for that week will be played during that week as the park is not available. **THE FIRST SATURDAY IN NOVEMBER HAS BEEN SET ASIDE AS AN OPTIONAL RAIN MAKEUP DATE.**
- 3. *Team Size:*** We will play “small sided” games in all Divisions. A small-sided team for the B & C Division consists of seven players; six field players and a goalkeeper. The A Division teams will play eight field players and a goalkeeper.
- 4. *Playing Time:*** Please use the following playing times so that games can be kept on schedule. **Please start your games on time and if you are running late please make up for it at the end of each quarter. The referee is responsible for the time on the field but remind the official to keep to the schedule:**

C Division	10 minutes per quarter
A & B Division	12 minutes per quarter
- 5. *Practices:*** Each team may only have **one practice** per week. Time and location is up to you. You must follow our **“Times Two” program which states that you must have two adults at every practice, game and any team function.** An adult must supervise every practice and make sure your players are on a safe field and that practice is run in a safe manner. It is your responsibility to see that the kids on your team get picked up from practice and get home safely.
- 6. *Equipment:*** Each player will be provided with a team T-Shirt that they may keep. The t-shirts provided by the program **must** be worn. Each team has been given a new game ball to be used for this season and a med kit. **All players are required to wear shin guards.** C Division teams must use size 3 balls and A & B Division teams



must use size 4 balls that are provided. **Players are not allowed to wear any jewelry. Taping over jewelry is not permitted.**

7. **Referees:** There is not a pool of referees to assign to your particular game. Each team **must** provide one volunteer referee for each game. If parents or older siblings are not comfortable reffing one of the coaches **must** do so. You might look to your local high school coaches to get their players to referee games. Keep in mind that your attitude toward the official sets an important example for the kids on the field. The objective is to keep the game going smoothly and safely. Remember, this is a non-competitive league with no pressure on anybody to be perfect! (See the attached sheet for specific rules you should know).
8. **Insurance:** All players are registered with the Soccer Association for Youth, USA. This membership provides for a comprehensive insurance program, which includes all players, coaches, and referees. Accident-medical insurance is included as a secondary policy and becomes the primary policy if the player is uninsured. Practice sessions are covered so long as an adult supervises them and there are at least two adults at each practice and every team event. If you have any questions, or need to file a claim, please contact us. Certificates of Insurance for your town or school field have been provided to your area coordinator.
9. **Bad Weather:** We will not play in hard rain, mud, or snow. This is both to prevent injury and to protect our fields. Cancellations will be based on the weather and field conditions in Oneonta as of approximately 8:00AM on Saturday morning. **Cancellations will be sent over the online system.** Games will not be formally rescheduled, but feel free to contact the other coach to make up the game during the week. **If after 8:00AM or any other time the weather deteriorates, coaches have the right and responsibility to cancel a game if they feel conditions call for it.**
10. **Thunder and Lightning Policy:** Should there be thunder and/or lightning you must get all players and spectators to safe cover. Games cannot be restarted until there has been a minimum of 30 minutes free from thunder and/or lightning. If there are no other games scheduled on the field after yours, play it out to the finish. If there are other games scheduled on the field then shorten the match by one quarter. If the game was stopped in the last quarter and there is another game to follow then do not restart the game and let the next game start..
11. **Picture Day: September 17th** in Neahwa Park. As part of your team package, you will find picture order envelopes for each team member. Please distribute these to your players one week in advance – any earlier and they may get lost! Each coach and team sponsor will receive a complimentary team picture, so there is no need to buy one. It is a good idea to get a sign or banner from your sponsor or have your players make a sign for their picture indicating the sponsor's name and to turn their shirts around so the team name is on the front toward the camera. You may bring your team to the picture site either before or after your game. The photographers will be there from **8:00 to 12:30**. If we get rained out, we will try again the following Saturday, **September 24th**.



12. **Sportsmanship:** An important part of any youth sports program is to instill a sense of teamwork and sportsmanship. Remember that coaches, parents, and referees set the example. Soccer rules prohibit the use of profanity. We will not tolerate unsportsmanlike behavior from anyone, including coaches and parents!! **We will also not tolerate running up the score in this league. Both team benches must be on the same sideline. All spectators must be on the opposite sideline. No spectators are permitted by the goal.**

13. **Laws of the Game:** The most important part of officiating is making sure that the players are kept safe. Regardless of the rules, if a player's safety is in jeopardy, blow the whistle and then sort things out.

The Fall Recreational Soccer League uses modified Federation of International Football Association (FIFA) Laws of the Game. These are essentially the same rules that are used during the World Cup, but are modified according to the age group. Below are some guidelines to follow in certain circumstances for the various groups.

**Offside:** Do not call offside in the B and C Divisions. It is to be called in the A Division if it is obvious and could result in an unfair goal.

**Slide Tackles & Heading the Ball:** Slide tackling and heading the ball is **not** permitted at all in any of the divisions. A slide tackle or a headed ball will be considered a dangerous play and restarted with an indirect kick for the other team from the infraction.

**Handballs:** All handballs are not necessarily fouls. The player must intentionally play the ball with their hand or arm. Do not award a penalty kick for a handball in the penalty area in the B and C Divisions unless the foul prevented the ball from going into the goal. Award a direct kick and allow the defending team to set up a wall at least ten yards from the ball or on the goal line if the ball is closer than 10 yards from the goal line. In the A Division a penalty kick must be awarded for an intentional handball in the penalty area.

**Throw-in:** Do not penalize the B and C Divisions for illegal throw-ins. Coach them on how to take the throw in properly (let them do it a second time), and if it is still bad let the game continue on. In the A Division, if the throw in is not taken correctly the ball goes over to the other team.

**Indirect & Direct Kicks:** An indirect free kick is one in which the ball must be touched by another player from either team before going into the net. They are awarded for dangerous play, offsides, obstruction, the goalkeeper illegally playing the ball with their hands, unsportsmanlike behavior, etc. They may be taken from anywhere on the field except in the defending team's goal area. In this case the ball is removed just outside the goal area. Direct kicks may go into the goal without another player touching the ball. They are awarded for more serious fouls such as holding, tripping, handballs, etc. Direct kicks awarded in the penalty area are penalty kicks, and are taken from the penalty spot, which is 12 yards from the goal line. The kickoff to start the match, quarters, halves, and after a goal



is scored are now direct kicks. For both indirect and direct kicks the ball is in play when it moves. The player initially touching the ball cannot touch it again until another player from either team has touched it.

**Goalies:** The latest restrictions now prevent the goalkeeper from playing the ball with their hands when one of their teammates throws the ball or intentionally kicks the ball to an area where the goalkeeper then touches it with their hands. Should the goalkeeper illegally play the ball with their hands the opposing team receives an indirect kick from the spot where the keeper handled the ball.

## 14. FIELDS

**Neahwa Park:** As in previous seasons we will be using several fields in Neahwa Park.

