

MOUNT PLEASANT RECREATION DEPARTMENT
FUNdamental SOCCER MANUAL

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MOUNT PLEASANT RECREATION DEPARTMENT

INFECTIOUS DISEASE GUIDELINES

The Mount Pleasant Recreation Department has published these guidelines in an effort to minimize the possibility of transmission of any infectious disease during practices or games.

These guidelines primarily address blood-borne pathogens such as the Hepatitis B virus and the Human Immunodeficiency Virus (HIV). However, these guidelines also outline common sense precautions against the spread of less serious, but other contagious diseases. It is the intent and desire of the MPRD that all activity by the participants enrolled should be carried out with the safety of the environment. We encourage all volunteers who are part of these programs in any capacity to help us carry out these aims and objectives.

BLOOD-BORNE PATHOGENS

Blood borne pathogens such as Hepatitis B and HIV are serious infectious diseases, which are present in blood as well as other bodily fluids such as semen, vaginal fluids and breast milk. While there are a number of such diseases, Hepatitis B and HIV are the most common known.

Hepatitis B is a virus, which results in a dangerous inflammation of the liver. Its victims can suffer long-term consequences and recurrences and the disease can be deadly if not treated. HIV is the virus that causes AIDS or Acquired Immunodeficiency Syndrome, which weakens the immune system, thus making a person susceptible to infections their immune systems normally would fight off. AIDS is incurable and deadly.

When giving first-aid to others, an individual should wear protective gloves (such as rubber surgical gloves) any time blood, open wounds or mucous membranes are involved. The individual should wear clean gloves for each person treated or when treating the same person more than one time.

If the individual gets someone else's blood on his/her skin, protective gloves should be worn and the blood wiped off with a disposal alcohol swab.

Note: If blood gets on a uniform during practice or a game, the uniform should be wiped with a disinfectant such as isopropyl alcohol (rubbing alcohol).

If an individual begins to bleed during practice or a game, play must be stopped and the individual should be removed from the game. If there is blood on the floor and/or bench, the floor and/or bench should be cleaned using a disinfectant solution of household bleach and water. The recommended mixture is ten (10) parts water to one (1) part bleach. (Example: 1/2 bleach to one (1) gallon of water). The surface should then be rinsed with clean water to avoid participants getting the disinfectant in their eyes. The person doing this cleanup should wear protective gloves.

The individual removed from practice or a game due to bleeding must have the bleeding stopped and any wound covered before being allowed to return to the practice or game. If the bleeding begins again, the practice or game should be stopped and the potentially contaminated surfaces cleaned. The manager or umpire/referee would be the judge as to the number of times the practice or game would be stopped before the individual is disqualified from further participation in that practice session or game.

The person who has treated an injury where there is blood present or has cleaned a potentially contaminated surface should wash their hands with soap and hot water whether or not protective gloves are worn.

Disposable towels should be used in all clean up. Towels, gloves and all protective materials used in the cleanup, as well as items used to stop the bleeding, should be placed in a sealed container lined with a plastic bag. These bags are not to be reused and should be disposed of on a daily basis.

Any official who gets blood on himself/herself should do the same as the participants in a practice or game. A disinfectant such as isopropyl alcohol (rubbing alcohol) should be used to wipe the blood from an area.

Although Hepatitis B is a much more common virus than HIV, it is HIV and AIDS more than any other disease that has served to heighten public concern over blood-borne pathogens.

It is most important to carry out suggested procedures in the interest of safety and the health of children who participate in our activity on a day-to-day basis. If this is done, parents and others can be assured that we are concerned about the total well being of the youngsters entrusted to our care.

The precise risk of HIV transmission during exposure of open wounds or mucous membranes such as eyes, ears, nose, and mouth to contaminated blood is not known. However, evidence would suggest it is extremely low. In fact, the possibility of contracting HIV in this manner is much less than the possibility of contracting Hepatitis B or other blood-borne infections.

Everyone must understand that while it is theoretically possible for HIV to be transmitted by blood from one individual through the wound or mucous membrane of another individual, the probability of this occurring is extremely low. One must not assume, however, that the chance of transmission of HIV in this manner is zero. Proper and adequate precautions should be taken to ensure that no transmission could occur.

WAYS TO PREVENT THE TRANSMISSION OF BLOOD-BORNE PATHOGENS

If blood is present, positive steps can be taken that will lessen the possibility of transmission of blood-borne pathogens, such as Hepatitis B or HIV, if the person who is bleeding has such a disease.

It is most important that the adults who work with youngsters in youth activities are aware of what steps should be taken in the event an accident occurs and there is a presence of blood. If there is blood present, this situation should be treated with respect regarding its ability to transmit infectious disease.

If the participant has an open wound on their body, they should cover this wound prior to the start of a practice or game. When this is done, the participant will decrease the risk of transmission of a blood-borne pathogen from their open wound to the open wound or mucous membrane of another person or vice versa.

It is essential that all adults and youth participants use good hygiene. Towels, cups and water bottles should not be shared.

OTHER CONTAGIONS

Contagions such as the Influenza Virus, the Common Cold virus, and the Mononucleosis virus are generally transmitted by respiratory secretions, saliva, and nasal discharge. This occurs through the air when an infected person sneezes or coughs; or by oral inoculation from contaminated hands and surfaces. The possibility of becoming infected with one of these viruses is greater indoors than outdoors. If a person is infected with one of these viruses, they possibly will have an incubation period of a few hours or days. Colds and Influenza are usually known by the individual who may be affected and normal symptoms include: muscle aches, pains in joints, fever, and chills. If an individual is affected, they should not be allowed to practice or play in a game due to the weakness that would be present from these viruses. It is important to observe sound hygienic practices when this occurs and towels, cups and water bottles should not be shared among participants.

MOUNT PLEASANT RECREATION DEPARTMENT

LIGHTNING POLICY

PURPOSE: To insure as much as possible that the safety of participants is a priority and provide the proper procedure to mitigate the lightning hazard at any Mount Pleasant Recreation Department (MPRD) outside facilities and activities.

POLICY: Lightning is the most consistent and significant weather hazard that may affect outdoor activities; therefore the following procedures are to be followed to help insure the safety of MPRD participants and spectators by monitoring how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.

SPECIFIC PROCEDURES:

1. MPRD has established a chain of command as to who monitors threatening weather and who makes the decision to remove a team or individuals from an outdoor site or event. The chain of command will be as follows:
 - a. Facility Supervisor assigned to site/event
 - b. Game Officials/Referees/Umpires
 - c. Recreation Coordinator/Specialist assigned to activity
 - d. Athletic/Program Division Chief
 - e. Director
2. The Facility Supervisor assigned to the activity/site will be the MPRD's representative at the site in the absence of the Recreation Coordinator/Specialist. The Facility Supervisor will include in their daily procedures monitoring of the weather by visual, audio and electronic means.
3. MPRD will obtain a weather report each day prior to a practice or event. Staff will be aware of potential thunderstorms that may form during scheduled activities.
4. MPRD will monitor the weather reports and National Weather Service-issued (NWS) thunderstorm "watches" and "warnings" as well as signs of thunderstorms developing nearby.
 - a. A **watch** means that conditions are favorable for severe weather to develop in an area.
 - b. A **warning** means that severe weather has been reported in an area and for everyone to take proper precautions.
5. MPRD will monitor the weather reports and National Weather Service-issued (NWS) thunderstorm "watches" and "warnings" as well as signs of thunderstorms developing nearby.
 - a. A **watch** means that conditions are favorable for severe weather to develop in an area.
 - b. A **warning** means that severe weather has been reported in an area and for everyone to take proper precautions.
6. MPRD Staff will know where the closest "safe structure or location" is to the field/court or play area and will know how long it takes to get to that safe structure or location. Safe structure or location is defined as:

- a. Any building normally occupied or frequently used by people; i.e., a building with plumbing and/or electrical wiring that acts to electrically ground the structure. Shower facilities are not to be used for safe shelter and **do not use** the showers or plumbing facilities during a thunderstorm
 - b. In the absence of a sturdy, frequently inhabited building, any vehicle with a hard metal roof (not a convertible or golf cart) and rolled-up windows can provide a measure of safety. The sides of the vehicle are not to be touched.
7. MPRD has designated the following areas as a “safe structure or location” for the sites listed below:
- a. R.L. Jones Center Complex – The R.L. Jones Center building, softball field press box with roll up windows closed or individual vehicles in parking lot.
 - b. Duffy Complex – The concession stand/storage building or individual vehicles in parking lot.
 - c. Patriots Point – Individual vehicles in parking lot.
 - d. Park West – MPRD Park West building, Pavilion building or individual vehicles in parking lot.
 - e. Whipple Road Complex – Tennis Center building or individual vehicles in parking lot.
 - f. Sloan Park - Individual vehicles in parking lot.
 - g. Moultrie Middle School - Individual vehicles in parking lot.
 - h. Town Hall Track & Field – Town Hall gym or individual vehicles in parking lot.
 - i. Old Wando Baseball Field- Press box or individual vehicles in parking lot.
 - j. Whitesides Elementary School - Individual vehicles in parking lot.
 - k. Reid & Speights Street Fields - Individual vehicles in parking lot.
 - l. Longpoint Soccer Field – Longpoint Amenities building or individual vehicles in parking lot.
 - m. Trident Academy Field – Individual vehicles in parking lot.
 - n. Cario Multipurpose Field - Individual vehicles in parking lot.
 - o. James B. Edwards Elementary School - Individual vehicles in parking lot.
 - p. Community Centers – Community center building or individual vehicles in parking lot.
 - q. Julian Weston Tennis Courts - Individual vehicles in parking lot.
 - r. G.M. Darby Building – The Darby building or individual vehicles in parking lot.
 - s. James B. Edwards Park - Individual vehicles in parking lot.
 - t. Alhambra Hall & Park – Alhambra Hall building or individual vehicles in parking lot.
 - u. Kearns Park and Pitt Street Bridge - Individual vehicles in parking lot.
8. Overhangs, toilet trailers, restroom buildings, picnic shelters, tents, dugouts or other areas not listed in section 6 are **not to be used** to avoid lightning.
9. It is the responsibility of MPRD Staff to be aware of how close lightning is occurring, by using a combination of the “flash-to-bang method” and issued lightning detectors. To use the “flash-to-bang method”, count the seconds from the time the lightning is sighted to when the clap of thunder is heard. Divide this number by five (5) to obtain how far away (in miles) the lightning is occurring. For example, if an individual counts 15 seconds between seeing the flash and hearing the bang, 15 divided by five (5) equals three (3); therefore, the lightning flash is approximately three (3) miles away.

10. Lightning awareness should be increased with the first flash of lightning or the first clap of thunder, no matter how far away. The most important aspect to monitor is how far away the lightning is occurring and how fast the storm is approaching, relative to the distance of a safe shelter.
11. At a minimum, by the time the monitor obtains a “flash-to-bang” count of **30 seconds**, all individuals should have left the outdoor site and reached a safe structure or location.
12. When consideration is being given to resumption of outdoor activities, a 30 minute waiting period after the last flash of lightning or sound of thunder is recommended before returning to the field/area or activity.

_____ **Assistant Recreation Director**

_____ **Recreation Director**

MOUNT PLEASANT RECREATION DEPARTMENT

PERSONNEL

Executive Staff

Steve Gergick, Director
Jimmy Millar, Deputy Director
Sarah Garner, Office Manager
Melissa Estrada, Account Clerk
Jason Boehm, Administrative Clerk

Athletic Division

Matt Hansen, Athletic Division Chief
Terri Steed, Recreation Coordinator/ Volleyball/Basketball
Jay Rhodes, Recreation Coordinator Football/Track
Scott Koth, Recreation Coordinator/ Softball
Jessica Smith, Administrative Assistant
Ryan Johnson, Recreation Coordinator/Baseball/Wrestling
Aaron Parry, Recreation Coordinator Soccer
Haley Vaughn, Recreation Coordinator/Tennis/Therapeutic
Garrett Heatherington, Recreation Coordinator/FUNDamentals
Matt Blakeney, Recreation Specialist
Eric Duhamel, Recreation Specialist

Program Division

Shelli Davis, Program Division Chief
Tina Carter, Program Coordinator
Nicole Ashby, Aquatics Coordinator;
Victoria Kline, Recreation Specialist, Aquatics
Anne Selner, Recreation Specialist
Erin Wilson, Recreation Specialist
Sherrie Pompeii, Senior Program Coordinator
Nicole Holladay, Recreation Specialist/ Seniors
Sandi McGee, Administrative Assistant
Rhea Pitts, Administrative Assistant/ Seniors

Office Personnel

Chris Brags, Administrative Assistant
Deborah Llaro, Administrative Assistant
Tiffani Walker, Administrative Clerk
Karen Washington, Administrative Clerk

**COACHES
CODE OF ETHICS PLEDGE**

I promise to review and practice the necessary first aid principals needed to treat injuries of my players. I hereby pledge to live up to the Mount Pleasant Recreation Department Code of Ethics as coach.

I will place the emotional and physical well-being of my players ahead of any personal desire to win.

I will remember to treat each as an individual, remembering the large spread of emotional and physical development for the same age group.

I will do my very best to provide a safe playing situation for my players.

I will do my best to organize practices that are fun and challenging for all my players.

I will lead, by example, in demonstrating fair play and sportsmanship to all my players.

I will insure that I am knowledgeable in the rules of each sport that I coach, and that I will teach these rules to my players.

I will use those coaching techniques appropriate for each of the skills that I teach.

I will remember that I am a youth coach, and that the game is for children and not adults.

Date: _____ Name: _____
(Please Print)

Signature: _____

Team Name/Sponsor: _____

MOUNT PLEASANT RECREATION DEPARTMENT

TOWN FUNdamental SOCCER FACILITIES

Cheryll Woods Flowers Soccer Complex (Formally known as Patriots Point)

85 Patriots Point, Mount Pleasant

Mount Pleasant Recreation Complex at Park West

1251 Park West Boulevard, Mount Pleasant

Carolina Park Soccer Complex

767 Faison Rd., Mount Pleasant

***PLEASE NOTE:** Due to scheduling circumstances, there may be times when league games will be played at facilities other than those designated above.

WE ASK THAT ONCE YOUR GAME HAS ENDED PLEASE MOVE OFF OF THE FIELDS SO THE GAME FOLLOWING MAY BEGIN PROMPTLY!!!

MOUNT PLEASANT RECREATION DEPARTMENT

CRITICAL DATES

January 3-19	Registration
January 20	Waitlist begins
March 1	Practices begin
Photo dates and times	TBD

**WE ASK THAT ONCE YOUR GAME HAS ENDED
PLEASE MOVE OFF OF THE FIELDS SO THE GAME
FOLLOWING MAY BEGIN PROMPTLY!!!**

MOUNT PLEASANT RECREATION DEPARTMENT

TEAM REQUIREMENTS

There will be a maximum of ten players for U5 and U6 teams.

There will be a maximum of twelve players for U8 teams.

League age will be determined by how old the child is on **September 1, 2020**.

- No 3 year old will be permitted to waiver into the league.

PLAYER ELIGIBILITY

All players must fill out a registration form and pay a fee in order to participate in the Soccer program.

Scholarships are available on an individual basis. Contact the front desk staff for assistance concerning the scholarship program at least 10 days prior to registration.

First time participants must show a copy of their original birth certificate, or other acceptable document proving date of birth upon registration.

No accident insurance is provided by the Recreation Department. Any injuries that result from playing Soccer are the responsibility of the participants/parents.

PLACEMENT OF PLAYERS ON TEAMS

The method used to divide these teams is as follows:

1. The head coaches' child (ren) will be allowed to be on the same team that their parents coach.
2. Two coaches per team requested during registration period
3. Every effort will be made to place children by side of town and school.
4. Please note; special requests to be placed on a particular team, coach or teammate are not honored.
5. Siblings will play on the same team unless parents request that they play on separate teams.

Please note; no special requests to be placed with a particular team, coach or teammate will be honored.

All deletions and additions to the team roster will be made by the Athletic Division, not by coaches. NO TRADES WILL BE ALLOWED. Players can not participate unless registered with the Mount Pleasant Recreation Department. Any coach who adds or removes players will be suspended from coaching until a meeting is held with the Athletic Division Chief. Sponsors may wish to sponsor the team which their child is placed on.

MOUNT PLEASANT RECREATION DEPARTMENT

GENERAL GAME RULES

Number of Players:

- A. U5/U6 – 5v5 NO GOALIE; U8 -6v6 included goalie
- B. Use of hands in goal area only
- C. Substitutions: Injuries and Restarts (1 minute – not a coaching time)
- D. Playing Time: Each player shall play a minimum of (3) four-minute intervals.
- E. Only one (1) coach per team allowed on field.

Player Equipment

- A. Footwear: Tennis shoe or soft cleated shoe
- B. Shin-guards: Mandatory
- C. Soccer Ball: Size 3

Referee

- A. Coaches of both teams on the field will be the official “referees.”
- B. All rule infractions shall be briefly explained to the offending player

Duration

- A. The first twenty (20) minutes will be warm-up/practice time
- B. The game shall be divided into four (4) equal eight (8) minute quarters
- C. There shall be a one (1) minute break between quarter one (1) and quarter two (2), and another break between quarter three (3) and quarter four (4)
- D. There shall be a half-time of five (5) minutes between quarter two (2) and three (3)
- E. Team shall switch sides of field at half time

Start of Play

- A. A Place kick at the center of the field shall be used to start the game and after a goal is scored
- B. The ball shall move forward upon the initial touch
- C. Opponents must be three (3) yards away from the ball while kick-off is in progress
- D. Kick off will be INDIRECT

Throw In

When the ball goes out of play over the side-line, restart the game with a throw-in. The throw-in must be delivered by both hands from behind and over the head with each foot either on the side-line or on the ground behind it. A goal cannot be scored directly from a throw-in. *A 2nd chance should be given for a correct throw-in.*

Fouls

- A. Coaches should explain ALL infringements to offending player
- B. All fouls shall result in an indirect free kick with the opponents three (3) yards away.
- C. Infractions include: Pushing, Tripping, Sliding from behind, Handling and Holding
- D. No penalty kicks are to be taken during these games.
- E. There is **NO SLIDE TACKLING** in the MPRD program.

Goal Keeper Rules: NO Punting. Players cannot create opposition when goalkeeper has the ball in the goal. When goalkeeper has possession of ball in hands he has two (2) options:

- A. Roll the ball or throw out with hands to team
- B. Put on ground and kick

Free Kicks

- A. Opponents are at least three (3) yards from the ball until it is in play.
- B. Shall be classified under one (1) heading: INDIRECT
- C. A goal cannot be scored until the ball has been played or touched by a second player of either team

Goal Kick

When the ball goes out of play over the end-line and the attacking team last touched the ball, restart the game with a goal kick. The ball is placed on the ground from the goal box outer line and must be stationary when kicked. Opposing players must stand at least three (3) yards from the ball. The ball must exit the goal box before it can be played by another player.

Corner Kick

When the ball goes out of play over the end-line and the defending team last touched the ball, restart the game with a corner kick by the offending team. The ball is placed with the corner arc closest to where the ball went out of play. Opposing players must stand at least five yards from the ball. A goal can be scored directly from a corner kick.

A coach may hold a player out of the game for only the following reasons: injury, sickness or disciplinary actions. The coach must notify the opposing coach before the game begins and notify the coordinator if any players that are dressed out to play will not be playing or not meeting the minimum playing requirements. **All players should be allowed and encouraged to play all positions. Please keep in mind that this age group is more about learning the game than competition, so if a player approaches a coach and request to play a certain position, please allow the player that opportunity.**

VIOLATION OF THE PARTICIPATION RULE WILL BE A ONE GAME SUSPENSION FOR THE COACH. TWO (2) VIOLATIONS OF THE PLAYING REQUIREMENT WILL RESULT IN DISMISSAL OF THE COACH FROM THE PROGRAM.

MOUNT PLEASANT RECREATION DEPARTMENT

EQUIPMENT AND UNIFORMS

The complete uniform consists of game jersey, shorts, shin guards, socks, and shoes. The Recreation Department will provide game jerseys for all participants. Shorts, socks, shin guards, and shoes are the responsibility of the participant,

Only those game jerseys that are issued by the Recreation Department will be allowed to be worn in the games. All players must have on a uniform or will not be allowed to play in the game.

Shin guards are MANDATORY.

Shorts, which have pockets or zippers, are NOT permitted. Absolutely no pockets! Players will be asked to change their shorts if they come to participate in a game. (Shorts will not be provided by the Recreation Department). Otherwise, they will not participate.

No Jewelry is to be worn during practices or games, with the exception of medical alert bracelets.

SCHEDULES

All games must be played at the time, day, and location outlined in the schedule.

There will be ten (10) scheduled game dates, guaranteed eight (8) game dates. If more than two (2) game dates are cancelled, MPRD will reschedule.

The official team name is the sponsor's name. That name will appear on the game schedule.

AWARDS

All players will receive participation trophies. Trophies will be distributed to the coach before the last game. The coach will be responsible for handing out the trophies.

RAINEDOUT.COM INFORMATION

For snow, ice, fog or weather issues register on Rainedout.com by visiting www.tompsc.com and clicking the link. Notifications will be sent via rainedout.com no sooner than 4:30pm on the playing status of games. However, "when in doubt, dress out."

MOUNT PLEASANT RECREATION DEPARTMENT

TRAINING SESSIONS

No players are to be left unattended after training sessions have ended. An adult must stay until the last player has left the premises.

Training sessions will be 20 minutes practice and 40 minutes scrimmage. Please **NO** scrimmaging during the first 20 minutes.

All training session schedules must be strictly followed. In the event a coach cannot make a scheduled session, the coach must notify all players and the Recreation Department.

More than one team will be scheduled to train on a field at one time. All coaches must share the space in an amicable manner.

Training sessions will be scheduled in one-hour increments. After the allotted time is up, the session must end immediately. Courtesy and consideration are paramount to satisfying everyone's requirements.

Teams are **not allowed** to practice or play when it is raining or when lightning is prevalent. Refer to the MPRD Athletic Division Policy, AO-400.01, **Lighting Safety Procedures**, for further information regarding lightning safety. This policy is located in front of the manual right after Infectious Disease Guidelines.

MOUNT PLEASANT RECREATION DEPARTMENT

CONDUCT

All players must remain on the sidelines during the game except when substituting and time-outs.

One coach per team will be permitted on field.

At no time during or after a game may a coach or player argue a call.

At no time before, during, or after a game shall a coach or player yell or raise his or her voice at a coach or Recreation Department personnel.

Absolutely no fighting will be permitted by any coach or player. Violators will automatically be suspended from further league participation until a meeting is held with the Athletic Division Chief.

Any coach who pulls his or her team from the field before the contest has ended will be suspended for the rest of the season.

All coaches will conduct themselves according to socially accepted standards and the Coaches Code of Ethics Pledge. Violators may be suspended by the Recreation Department.

Do not contact the sponsors for additional money.

Any coach, player and/or parent using inappropriate language will be removed from the game. Multiple violations will result in the removal from the league. The Recreation Department reserves the right to dismiss any coach who does not conduct themselves according to any of the above policies.

Any coach/manager allowing an illegal player to participate will receive no less than a one year ban from participating in any Mount Pleasant Recreation Department League.

There shall be **NO SMOKING** on the fields by players, coaches, managers, or parents. Violators will be asked to leave or removed from the facility.

Players ordered off the field by the coach shall obey. The ejected player must leave the premises. Failure to comply will result in the player being given a minimum of a three (3) game suspension.

Players suspended for flagrant violation of rules cannot play again until reinstated by the Athletic Division Chief. A player will not be reinstated until **AFTER** a meeting with the Athletic Division Chief.

Switching jerseys during the game is not allowed and will result in **ALL** players switching jerseys being removed from the game and suspended for the next game.

All persons that are on the sideline area of a team shall be considered as part of the team and treated as such. **Only players on the official team roster are allowed on the sideline team area.**

Any player ejected from a game will automatically be suspended for the next game, regular season or post season game.

Additional disciplinary action for players, coaches, managers, and fans will be as follows:

OFFENSE	1ST OFFENSE	2ND OFFENSE
1. Abusive/offensive language said out loud, but not directed at anyone	Current game plus 1 week suspension.	Current season suspension.*
2. Abusive/offensive language directed at coaches, staff, players or spectators	Current game plus 3 additional game suspension.	Current season suspension.*
3. Threat of physical abuse directed at coaches, staff players or spectators.	Suspension for current season plus 1 year probation.	During probation period suspension for remainder of probation period plus 2 years probation.
4. Fighting with teammates, from fans, officials, staff, or opposing team.	Suspension for current and next season plus 2 year probation.	Permanent suspension all adult sports.
5. Defacing, damaging, or suspension destroying Town property or equipment.	1 game suspension up to permanent suspension	Current season depending on circumstances and repair/replacement costs

*If suspension occurs at last game of regular season, suspension will carry over into the next regular season that player participates in.

****3RD OFFENSE** or more, disciplinary action will be at the discretion of the Athletic Division Chief.

Additional disciplinary action for any violation or offense not specified will be at the discretion of the Athletic Division Chief. There are no further appeals to the Athletic Division Chief's decisions.

FACILITY SUPERVISORS

There will be a Facility Supervisor at each gym identifiable by a purple T-Shirt or sweatshirt. They are Recreation Department employees, and as such, represent the final authority for each situation.

Please familiarize yourself with these people. If you have any concerns, suggestions, or information, please tell one of our Facility Supervisors. They have a Game Summary Form that they are required to complete at the conclusion of the contests at a particular site. This form is used to pass information on to the Athletic Division Chief on a daily basis.

RELEASE OF CONFIDENTIAL INFORMATION

The rosters that are provided to each coach contain important, yet confidential information. Each and every coach has the responsibility to insure that this information remains confidential. The MPRD has taken steps to abide by the wishes of many parents in keeping this information confidential.

Do not just randomly make copies of your roster to give to every parent on the team. Some parents do not want their phone numbers or child's birth date to be given out. Please respect everyone's wishes in this matter. If you want to form a phone tree or have a team mom/pop, ask the parents for their phone number/address. This way, if they do not want to participate in this manner, they have the option to say no.

Do not make multiple copies of the roster for convenience. The chance of leaving a copy somewhere on the field becomes greater with the more copies that you have.

If anyone approaches you at the field requesting such information for a promotion, tell them no. Request their name and phone number and have them get in touch with the MPRD. Notify the Facility Supervisor or any MPRD personnel at the site. Call and notify the MPRD as soon as possible.

When requesting a roster to be faxed to your office, make sure that you get the fax promptly and that no other copies are available or thrown in the trash.

Please take the extra time and steps to help insure that this information does not accidentally fall into the hands of people who do not need it. All of our children are precious to us. It's worth the extra effort to help keep them out of harms way.

THE COACH

He is called “coach”. It is a difficult job, and there is no clear way to succeed in it. One cannot copy another who is a winner, for there seems to be some subtle, secret chemistry of personality that enables a person to lead successfully and no one really knows what it is. Those who have succeeded and those who have failed represent all kinds – young and old, inexperienced and experienced, hard and soft, tough and gentle, good-natured and foul-tempered, proud and profane, articulate and inarticulate, even dedicated and casual. Most are dedicated, some more than others, but intelligence is not enough. All want to win, but some want to win more than others, and just wanting to win is not enough in any event. Even winning is often not enough. Losers almost always get fired, but winners get fired, too.

He is out in the open being judged publicly almost every day or night for six, seven, or eight months a year by those who may or may not be qualified to judge him. And every victory and every defeat is recorded constantly in print or on the air and periodically totaled up.

The coach has no place to hide. He cannot just let the job go for a while or do a bad job and assume no one will notice as most of us can. He cannot satisfy everyone. Seldom can he even satisfy very many. Rarely can he even satisfy himself. If he wins once, he must win the next time, too.

They plot victories, suffer defeats, and endure criticism from within and without. They neglect their families, travel endlessly, and live alone in a spotlight surrounded by others. Theirs may be the worst profession – **unreasonably demanding and insecure and full of unrelenting pressures. Why do they put up with it? Why do they do it? Having seen them hired and hailed as geniuses at gaudy party-like press conferences and having seen them fired with pat phrases such as “fool” or “incompetent”, I have wondered about them. Having seen them exultant in victory and depressed by defeat, I have sympathized with them. Having seen some broken by the job and others die from it, one is moved to admire them and to hope that someday the world will learn to understand them.**

ORGANIZING GOOD PRACTICES WITH LIMITED TIME AND SPACE

1. Be organized.
2. Have a well thought out plan.
3. **If you have assistant coaches, try to include them in the planning stages. Use assistants in practice. Make sure you teach them ahead of time. They should know what you expect.**
4. If you are teaching something new, be sure to work it out on the field before going to practice. It is easy to get confused.
5. Use your time and space wisely. Give good explanation and correction. Avoid too much standing. If you have players on the sideline, either give them something to work on or make sure they are paying attention.
6. Stick to the basics. Remember, fundamentals are important. The best offensive plays in the world will not help you be successful if your players do not know how to execute the fundamentals.
7. Evaluate each practice as soon as you finish. Include your assistant coaches. Determine what worked. What did not work. What you will need to do next.
8. Refer to your pre-season calendar whenever you make changes in practice plans. Try to stay on track as much as possible.
9. Be a good communicator. Find the easiest, most effective way to get your points and concepts across to players.

Communication – Including Parents as a Part of the Plan

1. **Meet with Parents at the beginning of the season.**
2. Communicate to them those things which are important:
 - a. **Player expectations and team rules.**
 - b. League rules.
 - c. Practice and game schedules.
 - d. Injuries – procedures, etc.
 - e. Your philosophy of coaching the team.
 - f. Role of the parent.
 - g. Transportation problems and organization.
 - h. Parents Code of Conduct
3. **Some general tips:**
 - a. **Be congenial, courteous, and communicative.**
 - b. Let them know you are the one who is in the position to make team decisions.
 - c. Whenever problems or questions arise, talk to them only about their own child. Do not talk to them about other players on the team.
 - d. Make parents your supporters, not your adversaries.

Practice Drills

Our philosophy of FUNdamental Soccer is to ensure that each child participating is having fun. If a drill is not working, move on.

- Introduction
 - U5 & U6 is coed, maximum of 10 players, and play 5v5 format with NO goalie
 - U8 is coed, maximum of 10 players, and play 5v5 WITH a goalie
- Teaching Skills
 - Receiving
 - First touch is very important. The easiest way to receive a ball is with the inside of the foot.
 - Pass the ball to players, instructing them to stop the ball with the INSIDE of their foot.
 - Train the player to open up the foot, and raise the foot when receiving the ball.
 - Key words: Slow down, relax, and concentrate.
 - Dribbling
 - To help develop touch and control of the ball, the player dribbles forward using the top of the foot along the outside of the laces.
 - Point the toe down toward the ground.
 - Keep the ball close, within one yard from the body.
 - Have players dribble in a large grid at first, then set up a line of cones and have the players dribble in and out of them.
 - Passing
 - Always begin teaching passing with the side of the foot first.
 - Make eye contact with the intended receiver. This is the starting point for successful passing.
 - Go through the technique with an imaginary ball first to correct the action.
 - Ask player to bend their knee when passing.
 - Place the player's foot on the ball, so they know what part of the foot to contact the ball with.
 - Shooting
 - Key points to instruct players:
 - Approach the ball slightly from the side, not straight on. This allows the foot to make a more natural and effective strike on the ball.
 - Place the nonkicking foot at the side of the ball.
 - Swing the kicking foot backward with a bent knee.

- Keep your eye on the ball and head still.
- Kicking foot follows the ball as the knee straightens.

Red Light, Green Light

This drill will focus on dribbling with the ball close in order to stop quickly.

Setup: Create a starting line for each of the players, and the coach should move 15-20 yards away.

Instructions: With the coaches back to the players, he yells GREEN LIGHT and the players try to dribble to the coach. When the coach yells RED LIGHT, he waits a moment and then turns to face the players. Anyone who is not stopped has to go back to the farthest person from the coach.

Variations: * Have the players dribble with only the right or left foot.

Coaching Points:* Make sure the players keep the ball close so they can stop quickly.

Ouch!

To introduce dribbling, looking up and properly striking the ball at a target. AND IT'S FUN!

Setup: Build a grid 20X30 (may adjust if too large or small). Every player must be in the grid with a ball.

Instructions: The coach jogs around in the grid and players try to kick their balls and hit the coach. The players get a point each time they hit the coach. The coach should yell OUCH each time they are hit. MAKE IT FUN!

* Make sure the players are striking the ball with the proper part of the foot.

Variations: If the players are struggling to hit the coach, the coach should stop for a couple seconds to give players a chance.

* Use different parts of the foot: Inside, Instep, Right and Left foot.

Coaching Points: Have Fun

Simon Says

This drill focuses on dribbling and keeping close control for quick instructions. Also works on listening skills for the younger player.

Setup: Outline a 20X30 grid with cones. Adjust size as needed. Each of the players needs a ball.

Instructions: Play Simon Says with the team as the players dribble in the grid. If a player does something they are not supposed to, issue them a GOTCHA. See who gets the least number of GOTCHA's.

Examples of commands could be: Change direction, stop the ball, stop the ball and put your belly on the ball...etc. Also, try to throw in a trick or two like: kick the ball as far away as you can.

Variations: * Without ball * With ball in hand * With ball

Coaching Points: * Have players do actions like clapping in between their legs and skipping to increase body awareness.

* Focus on dribbling skills and keeping the ball close and under control.

* Focus on players listening skills.

Body Parts Warm-up Game

This soccer drill focuses on the younger player's dribbling skills and the ability to think quickly on their feet while holding the ball close.

Setup: Create a grid about 15X15 yards. All the players should be inside the grid with a ball of their own.

Instructions: The coach shouts a part of the body that the player uses to stop the ball. For example right foot, left foot, knee, etc.

Coaching Points: * Encourage players to constantly move and zig-zag while dribbling.

* Keep Close possession.

* Head up to avoid collisions.

Sharks and Minnows

This drill focuses on their ability to dribble out of pressure. This drill can be used to focus on the player using their body to protect the ball by placing their body in between the ball and the defender.

Setup: Build a grid approximately 20X25 yards this field should be adjusted based on the skill level and number of players participating. Each player should have a ball except for 2 sharks.

Instructions: The players with balls (the minnows) attempt to protect their ball from the two "Sharks". The Sharks attempt to gain possession and knock the minnows (ball) out of the grid. Once this happens, the minnow can run around the grid once and return to the game. Each minnow has two chances, and the last 2 minnows remaining become the sharks in the next round.

Variations: Players only use left foot to dribble. Players use outside of feet to dribble. Players use sole of feet to dribble.

Coaching Points: Keep the dribblers under control and not panicked once the sharks get near them.

- Inform players to keep the ball close within playing distance.

Head/Catch Game

This soccer game is more of a fun activity. When players need a break from the normal drills, need a reward from hard work, or if you just want to let the players goof around. It focuses on listening and reaction skills.

Setup: Have the team form a circle around the coach, facing the coach. Only the coach needs a ball.

Instructions: The coach will always throw the ball towards the players head as if the player is going to head the ball. The coach yells "HEAD" or "CATCH" to the player he is tossing the ball to. The player must quickly react to the coaches' command and perform the event the coach yells. If the coach yells "HEAD" the player must head the ball back to the coach. If the coach yells "CATCH" the player must catch the ball and return it to the coach. If the player performs the wrong action, that player sits and only standing players are active. The last player standing wins the round.

Variations: To really get interesting, have the players do the opposite as this adds an interesting twist to this soccer game

- Use other body party (keep it simple)

Coaching Points: Just HAVE FUN!

The Soccer Gauntlet

The primary focus of THE SOCCER GAUNTLET is centered around good dribbling technique in traffic which requires vision and awareness.

Drill Info: This is for ages U6, U8, U10, U12. Run this soccer drill with at least 4 players but no more than 16. This soccer drill should last approximately 20 minutes on a small field. Make sure you have the following equipment: cones

Setup: Make a grid approximately 20x15 yard. Instruct one defender to stand inside the grid without a ball. The remaining players will start on the end line with a ball.

Instructions: On the coach's command, all of the attacking players dribble at speed to the other side line avoiding the defender. If the defender wins the ball and kicks the ball out of the grid, that attacker becomes an additional defender (without a ball) on the next series. The last player to make it through the gauntlet wins the game.

Variations: * Limit the foot the attacker can dribble with

Coaching Points:

- * Keep the ball close to the dribbler
- * Stay in control of your body and ball
- * Keep your eyes up to avoid pressure
- * Dribble into space avoiding pressure
- * Dribble with speed when in open space

Focus:

Technical Dribbling

1v1 Competition

This drill is great to focus on 1v1 play. It is flexible and can be used to work on the offensive side or the defensive side. On the offensive side you can get attackers to attack the defenders with speed, quick change of pace with an explosive touch to get away, getting behind the defensive players and shooting at half chances. On the defensive side, you can focus on closing down quickly, forcing the attacker to the side and closing down the attack.

Setup: Split the team into 2 groups with each group wearing alternate jerseys with a keeper in the goal. Place a cone about 25 yards from the goal. 1 team defends by the goal and the other team attacks by starting at the cone 25 yards from goal.

Instructions: The 1st defender plays a ball into the 1st attacker and steps out to defend. The attacker attempts to beat the defender and a point is awarded to the attackers team for each goal that is scored. After a goal is scored, or the defensive player wins the ball, the next defender plays a ball into the next attacker and play continues. Each team attacks for 5 minutes and defends for 5 minutes. The team with the highest goal count wins. Play 2 games awarding a winner after each match. If each team wins a match, play another round to break the tie.

Variations: * Play 2v2 * make players "beat" the defender before shooting (no 25 yard bombs)

Coaching Points:

Offensive: Attack defender with speed, quick explosion to get away, try to get behind the defender, and shoot at any half chance.

Defensive: Close down quickly, force the attacker to the weak side, break down, and close the attacker down. Remember Fast, Slow, Outside, Low. Fast - approach the attacker with speed. Slow - when the defender gets close to the attacker, the defender must slow their run and start stepping back with the attacker. Outside - force the attacker to the outside. Low – low center of gravity and get player low.

Soccer Tag

This soccer drill is good for younger players ages under 5 through under 8. This is a fun soccer drill that allows players to gain confidence on the ball while getting a lot of touches.

Soccer Drill contributed by: Chris Johnson

Drill Info: This is for ages U6, U8. Run this soccer drill with at least 4 players but no more than 20. This soccer drill should last approximately 15 minutes on a small field. Make sure you have the following equipment: cones

Setup: Build a grid that is approximately 20X20 (or larger depending on the number of players involved). Each player should have a ball and position them inside the grid.

Instructions: Instruct the players to tag (touch) other players within the grid. Once the player gets tagged they must hold that area of the body that was tagged while still dribbling while avoiding other tags and attempting to tag others. If players are tagged a 2nd time they must hold both tagged areas while dribbling. If the player is tagged a 3rd time, the player must move to the outside of the grid and perform an exercise such as 25 toe touches, 4 juggles, 25 foundation touches, or push-ups before rejoining the game.

Coaching Points:

- * Keeping the ball close to the player.
- * Head up where they can see ball and players.
- * Use all parts of the foot while dribbling (inside, outside, bottom, heel, top)

Focus:

Technical Dribbling

Across-Field Warm-Up

This drill is mainly focused on technical skills during warm up.

Setup: Players are divided into two equal groups. Group 1 stands along the touchline with Group 2 about 5 yards away facing their partner. Players in Group 2 should have a ball.

Instructions: The player in Group 2 holds the ball in their hands and jogs backwards across the field making tosses to their partner. The player in Group 1 jogs forward and receives the ball in the air and returns the ball to their partner. When the players reach the other touchline, the roles should be switched and return to the other touchline. The players should work on one of the following skills each time across the field.

1. Receive the ball with the inside of the foot alternating right and left.
2. Receiving the ball with the instep alternating right and left.
3. Trapping the ball with the thigh and returning it to the thrower.
4. Trapping with the chest and returning it to the thrower.
5. Heading back to the thrower – should make the receiver do jumping headers as well.

Variations: * Reverse the direction of the thrower and the receiver where the thrower jogs forward and the receiver jogs backwards.

Coaching Points:

- * Good body positioning behind the ball.
- * Controlled touches before playing the ball back.
- * Getting a good warm-up.

Knock Out

This drill is a great warm-up drill for dribbling sessions. It emphasizes on dribbling and ball control (keeping head up, change of direction and change of pace).

Drill Info: This is for ages U6, U8, U10, U12. Run this soccer drill with at least 4 players but no more than 20. This soccer drill should last approximately 20 minutes on a small field. Make sure you have the following equipment: cones

Setup: Create a grid depending on the number of players and have each player with a ball inside the grid.

Instructions: Instruct the players to protect their own ball while trying to "knock out" the other player's balls out of the grid. Players must stay with their ball and cannot leave the ball for long periods of time. Players can only be "knocked out" 2 times where they do 5-10 pushups and get back in the game. On the 3rd time, they are out.

Variations: * Make players dribble with certain parts of their foot. * If player dribbles out of bounds their self they are considered "knocked out".

Coaching Points: * Instruct players to keep the ball close and touch the ball often * Players heads should be up looking for other players and be aware of their surroundings *

Focus: Technical Dribbling, Technical Shielding, Technical Deceptive Moves

Frogger

This drill will assist the younger player with dribbling under minimal pressure.

Setup: Build a grid 20X30 (may adjust if too large or small). Every player must be in the grid with a ball except for 2 players who will be the FROGS.

Instructions: All of the players will start on one side of the grid and try to make it to the other side. The two FROGS must hop and try to tag the other players as they try to get to the other side. When a player is tagged, they both become a frog. Play continues until only 2 players are left, who become the frogs for the next game.

Coaching Points: * Start getting the players dribbling to get their heads up to avoid the frogs.

Focus: Technical Dribbling

Partner Pass and Move Warm-up

This soccer passing drill will help you focus and teach young kid how to pass with the correct surface on the foot, how to receive a ball, and move after receiving the pass.

Setup: Create a 20X20 yard grid (you can change the size of the grid based on the number of players). Organize the players into groups of two with only one ball per group.

Instructions: Each group of two should only pass to their partner while moving around the grid. Each player should be instructed to pass and receive with the inside of the foot.

Variations: Restrict the number of touches.

Coaching Points: * Make sure the players are using the inside of the foot for both trapping and passing

* Make sure the receiving player moves his body behind the path of the ball when receiving.

* Make sure the players move after making the pass to their partner.

* Make sure the players are putting the right amount of weight and pace on each pass.

Focus: Technical Passing, Technical Receiving, Technical Turning

5v2 Rotating Defenders

This drill will focus on keeping possession by making good passes as well as good passing decisions, moving to open space, and good communication.

Setup: Start by setting up a 12X12 grid. 5 attackers wear Alternate jerseys, and the remaining players should pair up as defenders behind one cone with the supply of balls.

Instructions: The first pair of defenders play a ball into the 5 attackers, and step into the grid and become defenders. The attackers should continue passing until the defenders win the ball, or the ball is knocked out of play. Once the play is dead, the next pair of defenders play into the same 5 attackers, and play resumes.

Variations: * Adjust grid (larger = easier; smaller = harder)

* Introduce splits (split defenders, defenders do 10 pushups every split)

* Adjust the number of attackers (4 attackers vs 2 defenders)

Coaching Points: * Vision

* Changes in the direction and speed of play

* Appropriate use of 1st touch

* Appropriate use of short or long passing

* Good passes to feet

* Good first touch

* Good decision making (make play easy)

* Speed of play/decisions

Focus: Technical Dribbling, Technical Passing, Technical Receiving, Technical Shielding, Tactical Defending, Tactical Possession, Tactical Communication, Tactical Combination Play

➤ Drills and Games

- Do a variety of drills, in short times, since this age of players have short attention spans!
- In all the games, start first without a ball. After the players understand the objective and the rules of the game, introduce the ball.

- “Foot Taps”- the player has the ball in front of his feet, tap the ball with right foot, then left, then right, left, etc. Once the player feels comfortable doing this, try putting a hop in before tapping the ball with each foot.
- Body Part Dribbling- Each player has a ball in an area such as a 20 x 20 circle or square. Players dribble their ball in the space and avoid touching other players. While they dribble, the coach calls out a body part, such as “forehead,” “elbow,” “chin,” “knee,” etc. After the player has touched the body part to the ball, the player should then immediately continue to dribble. This activity promotes listening skills and reinforces the knowledge of body parts.
- “Cone Gates”- Make a large grid (20 x 20). Place cones in pairs about three feet apart. Upon command, players dribble a ball through as many “cone gates” in the time specified by the coach, about 60 seconds. Each player gets a chance to repeat the exercise to try and beat their own score.
- The Number Game- Assign each player a number. Form a straight line at midfield. The coach yells out a number, in which the player who is assigned to that number, runs after the ball, tries to control it, and dribble back to the coach. When players are comfortable with dribbling, they can take a shot on goal instead. (Then retrieve their ball!) Eventually call out 2 numbers at a time, in which the two players will race to get to the ball first.

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