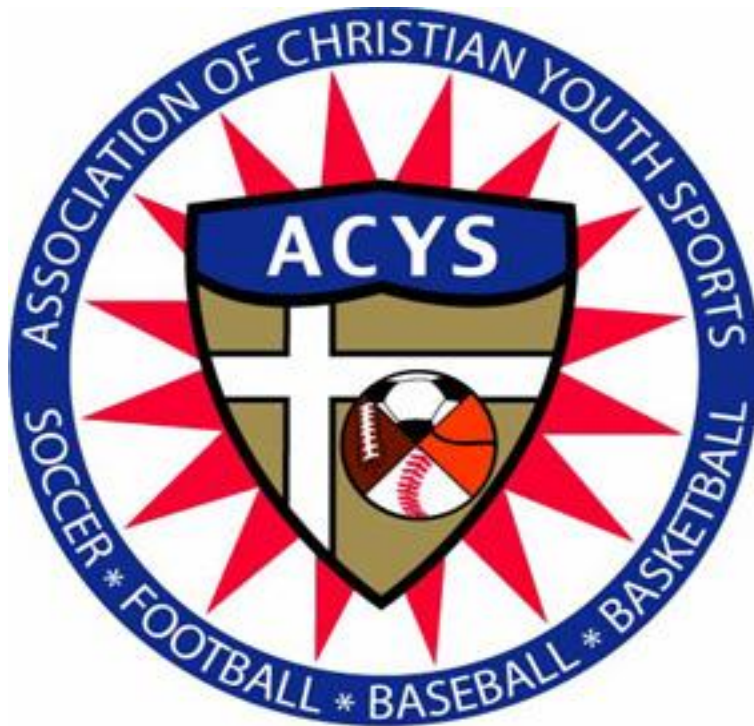


ACYS Soccer



COACH HANDBOOK

Phone: 407-521-2243

Fax 407-386-3356

Emergency mobile number 407-617-4521

Email: acys@cfl.rr.com

Web Site: www.acys.org

Address:

ACYS,

3804 N. Orange Blossom Trail, Unit A9

Orlando, FL 32804

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SPECIAL NOTE:

The **official 2009-2010 FIFA Laws of the Game** are available for free in a PDF file format at the following link which you can also find on the soccer page of the ACYS website at www.acys.org.

<http://www.fifa.com/mm/document/affederation/federation/81/42/36/lawsofthegameen.pdf>

Coaches Game-day Procedures

Pre Game-Day:

Recruit Team mom or parent to help you do the following:

- Call players with practice & game information, carpool inf., reminders or photo day information.
- Provide or organize drinks/orange slices for each half time.
- Help with uniforms & equipment when needed. (i.e. *Goalkeeper Jersey, not a mesh tank-top*)
- Help you remember to pick-up your line-up sheet prior to the game.

Game-Day:

- Arrive at the field at least **15 minutes** prior to your game.
- Check-in at main tent and get your Line-up sheet for your game and any other information we may have for you.
- Gather your players near the field you will be playing on at least 10 minutes prior to your game for warm-up.
- Fill in the player's # section of your line-up and consider your substitution schedule for the game.
- The referee will notify you when to bring your team to the middle of the field for an equipment check and to pray.
- Fill out your substitutions as the game progresses or allow an assistant or team mom to do so. The referee will check line-ups at half time and again at the end of the game.
- Line-up players for hand shake at end of game.
- Referees will collect line-ups at the end of the game and complete the coach evaluation section, along with the final score.
- Thank the referee for a job well done. We want them to be encouraged and to come back next week.
- Thank God for another fun day of soccer!

Referee Game Day Procedures

- Be on time means being at the field 15 minutes early or earlier!
- Go to the tent, get a ball, linesman flags (if needed) and check the Referee schedule to verify your time(s). (They can change)
- You are the official as soon as you step on the field of play.
- Before game starts ask any parents on bench side of field to please relocate to opposite side of field. Be polite, but insist they do. Those allowed on Bench side: 1coach, 1assist. & 1team mom.
- Do not delay meeting coaches. Say hello, introduce yourself. They are just regular Christian people like you.
- Politely ask coaches 5 minutes prior to the start of the game to get teams ready with line-up sheet & invite them to gather at the center circle. Teams should stand facing each other 3 yards off the center in a single fill line.
- Check the player's shoes, shin guards, no jewelry, no hats or metal hair clips. (PLEASE, SHIRTS TUCKED-IN)
- Goalies must have different color shirt than teammates & other team. ACYS will not provide this shirt (pennies are only acceptable in emergencies).
- If teams have same color jerseys, get colored pennies from tent.
- Check each player's names, checking him or her off the line-up as you go.
- Give line-up back to coach when done.
- Pray > you or ask for volunteer. Encourage clean play and what you think is important for the kids to know. Have Fun!
- Ask coaches for team captains – pick visitor to call the toss - toss coin. The winner gets to choose to start the play or what side of the field they want.
- Write down time of game and who kicked-off first on your line-up.
- Play must start no later than 5 minutes after stated starting time.
- A team must have the minimum number of players required as listed on page 3. Late players will sub at the 1st quarter unless the team is playing with less than full roster.
- Substitutions are at the quarters and at half time. You should check the Line-up at the end of half time to make sure the coach is keeping track of his/her substitutions accurately.
- At the end of the game, thank the coaches & Linesman, collect the Line-ups, the ball, and linesmen flags and bring them to the tent. Make sure to complete your Line-up sheet with all the Final Scores and team names (even if a tie) along with the name of all the referees/linemen. Sign the form at the bottom. No Sign. No Pay.

Association of Christian Youth Sports Official Lineup Form

The First Academy

Team: TFA U12B

Coach Chip Lumpkins

Division: 241

League: ACY

#	Player Name	Phone	Score		Quarters Played			
			1	2	1	2	3	4
6	Caleb DeArmas	282-9291			X	X	X	
	Seth DeArmas	282-9291				X	X	X
14	Kelly Eayrs	282-9537			X		X	
9	David Good	438-929			X	X		X
	Christian Gotcher	354-0793			_____			
11	Bryan Guillot	363-5771			X		X	X
31	Sage Hirschy	295-8635			X	X		X
14	Ian Hunt	876-1636			X		X	X
1	Joshua Knox	851-5999				X	X	X
15	James Lumpkins	894-556			X	X	X	
10	Steven Lumpkins	894-563				X	X	X
2	Stewart Neilson	876-3164			X	_____		
1	Frank Orchins	654-0407			X	X		X
6	Ricky Rodriguez	363-5731			X	X		X
2	Parker Runion	351-3203			X		X	X
3	Carson Snipes	656-1410				X	X	X
	John Sterchi	894-2035				X	X	

Sick

was hurt

* Sample *
* * * * *

ALL PLAYERS MUST BE LISTED ON THIS ROSTER

Totals

I will instruct you and teach you in the way you should go; I will counsel you and watch over you. Ps 32:8

Referee's Report: (Must be signed by referee)

Date 3-13-98 Time 10:30 Field Lee

Half-time 2-1 In favor of TFA

Final Score 4-4 Tie

Team _____ Team _____

Winning TFA/MCS Losing *****

Referee's Name: _____ Referee signs

Coach's Conduct: (completed by Referee)

PUNCTUAL	1	2	3	4	5 (5=Best)
FAIR	1	2	3	4	5
RESPECTFUL	1	2	3	4	5
CONTROLLED	1	2	3	4	5
POSITIVE	1	2	3	4	5

Coach Comments: _____ Coaches thoughts

The Ten Commandments of spectator behavior at sporting events

1) Talk about the other kids on the team – indeed, on both teams – in the same manner you would want other parents to talk about your child. This is the golden rule applied to sports. Watching kids' sports tends to be a social affair. When you're making conversation on the sideline with your friends and neighbors, think about what you're saying before you actually say it. To always be on the safe side, only voice praise for the other children.

2) It's nice to give the coach a pat on the back when he or she wins. It's even nicer when you give the coach a pat on the back after a loss. Remember that the vast majority of coaches are volunteers who are sacrificing their own time to help kids. So give them a well-deserved salute, especially when their team hasn't fared well that day.

3) Don't hesitate to give the ref, umpire or official a pat on the back, either. As you might have guessed, refs and umps are people, too. They like when parents and fans acknowledge their on-field efforts as well. Why don't you lead the way?

4) Remind your child that it's the effort that counts. We know all the kids want to win. That's a given. But we also know that for every winning team, there's also a loser. Be prepared to cushion your child's disappointment after a loss by pointing out that he or she played hard and put forth a tremendous effort.

5) Avoid the P.G.A., the Post Game Analysis. When the game is over and your child climbs back into your car, avoid, at all cost, the detailed, excruciating post game analysis of everything she did right and wrong. Just let her chill out, savor the fun of having played, and relax. The absolute worst time for "friendly criticism" is immediately after the game.

6) Smile☺. Do it a frequently. Kids' sports are about having fun, and because kids take their behavioral cues from you, try at least to look like you're enjoying yourself.

7) If you aren't a "good sport" at games, the kids won't be either. This should be self-evident. If you have set a pattern of being a sideline loudmouth who likes to yell and scream at the ref, coach, or opposing team, don't be surprised when your kids start copying your behavior. You will have only yourself to blame.

8) Take the time to learn the rules of the game. A lot of kids these days are playing sports you may not be familiar with. So, if you don't know the rules of the game, why don't you and your child learn them together? Besides, it's a good idea to read the rulebook. It might just help decide a dispute.

9) If you must make noise at the games, shout only praise and encouragement. If you're a screamer and yeller, make certain that when you open your mouth, you're only pouring forth cheerful encouragement for your child's team. There's never any place for derogatory, snide, or sarcastic comments at kids' games.

10) Above all, be there for your children. Support them, praise them and let them know you can always be counted on for unconditional love, regardless of the final score.

ACYS Soccer Rule Exceptions for small-sided games

Games are played within FIFA rules except for the following exceptions

1. **At the point a team reaches a five goal advantage over their opponent, their opponent will be allowed to add an additional player to the field for the remainder of that quarter.** The player may remain on the field as long as the five-goal deficit remains for that quarter. At a point when the game reaches a ten-goal deficit the game is considered over.
2. Referees will check players in from the lineup by calling out their name instead of using player passes. Absent players should be marked clearly in the margin next to the player's name.
3. A player receiving a **yellow card** must sit out the remainder of the quarter and may be substituted. A player receiving a **red card** will sit out the remainder of the game and no less than 1 additional game and perhaps more based on the severity of the foul.
4. If a team taking a goal kick will have two chances to get it out of the goal area. If they are unable the opposing team will be given an indirect free kick at the point nearest the infraction outside the penalty area. The same will be awarded to defending team for a team encroachment of the penalty box before the ball leaves the area, if it is done more than twice.
5. A player cannot score a goal directly on his own team from a goalkeeper punt, goal kick, free kick or throw-in.
6. **U5 through U8 age group.** All fouls will result in an indirect free kick. Opposing players must stand 5 yards from the kicker. There are no direct free kicks or penalty kicks in this age group.
7. **U5 through U8 Coaches must remain on the sideline and on their half of the field during the game.**
8. Slide tackles are not permitted in the **U5-U8 age group**. Infractions will result in an in-direct free kick from the point of the foul.
9. A slide tackle from behind, which endangers the safety of an opponent, must be sanctioned as serious foul play. Repeated fouls will result in a yellow card.
10. The only time coaches are permitted on the field is when a serious injury occurs or when filling-in as a referee.
11. Teams failing to field a minimum team within five minutes after their scheduled time will automatically forfeit the game. Used to be 10 minutes.
12. A **goalkeeper now has 6 seconds to release the ball** into play after taking possession during play. The 4-step rule will no longer apply. The keeper may run any where in the penalty with the ball as long as he releases the ball within 6 seconds.

Frequently Misunderstood / Forgotten Rules

1. **Every player must play two quarters of each game.** If they don't play two quarters the reason must be noted to the right of the player's name. **No explanation next to the name will result in a forfeit for the team.**
2. Parents or coaches may not stand or coach from the end of the field or near the goal at any time. Coaches should inform parents who are in violation of this rule.
3. **Off-sides involvement clause:** A player shall only be penalized for being in an off-side position if, at the moment the ball touches, or is played by one of his team, he is, in the opinion of the referee, involved in active play by:
 - Interfering with play
 - Interfering with an opponent, or
 - Gaining an advantage by being in that position
4. **Parents must sit on the opposite side of the field from the bench. Coaches should let their parents know in advance of the start of the game. Only the coach, asst. coach and team mom are allowed on the bench side of the field.**
5. In a youth setting handling the ball requires intent. A ball hitting the player's hand incidentally does not require a call of handball. If the player intentionally uses his hand to control the ball during regular play, at times not requiring himself/herself to protect themselves, (i.e. point-blank shot at their face) it is considered handball, whether it be defensively or offensively.
6. An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following five offenses:
 - Takes more than six seconds while controlling the ball with his hands before releasing it from possession.
 - Touches the ball again with his hands after it has been released from his possession and has not touched any other player.
 - Touches the ball with his hands after he been deliberately kicked to him by a teammate.
 - Touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate.
 - Waste time.
7. There is no offside offense if a player receives the ball directly from:
 - A goal kick
 - A throw-in
 - A corner kick
8. The goalkeeper is considered to be in control of the ball by touching it with any part of his hand or arms. Possession of the ball includes the goalkeeper deliberately parrying the ball, but does not include the circumstances where, in the opinion of the referee, the ball rebounds accidentally from the goalkeeper, for example after a save.
9. See General Team information as well.

Format & Rules for U5 & U6 Age Group

Field:	20 x 35 yards (At end of game coaches help remove goals from field)
Players on Field:	4 players (ABSOLUTLY NO GOALKEEPERS!!!)
Length of game:	2 @ 20 minutes halves broken into 4 @ 10 minute quarters. Half time is 5 minutes.
Time Keeping:	Kept by ACYS official on field. The referee will sound air horn at each start and stop of play. One minute for each break at the quarter. Have your start team on the field and ready to pray with the other team 5 minutes before horn sounds. The timekeeper will not wait.
Coaches: <u>NEW</u>	<i>Coaches may only go on the field of play during goal kicks or during restart of play. Coach and spectators may only stand on side of field. Standing at either end of the field during the game is not permitted.</i>
Refereeing:	<u>Coaches are the referees for the game.</u> The coach should have a whistle and blow it when a foul is committed. Blowing the whistle is not mean act; it helps teach the children the correct way to play. All fouls are awarded an indirect free kick only (no direct free kicks). This means that when a free kick is taken another player must touch the ball before it enters the goal. Players should stand at least ten feet from the player taking the free kick.
Common fouls:	Handling the ball - is when a player touches the ball with their hands on purpose. Pushing/Holding another player - players may lean on each other shoulder to shoulder, but they may not straighten their arms out to their side to hold or push another player. Kicking another player - a player kicks another player instead of the ball, either intentional or unintentional. High Kicking: is when a player lifts his/her foot above their thigh in playing distance of another player. (Is dangerous) Incorrect throw-in: - are when players either lift their feet when throwing, throw with one arm/hand, don't throw straight over their head coming from behind their head, or are standing on the field of play when they throw. Players should be shown the correct way and given a second chance to attempt the throw. *U5 & U6 doesn't play off-sides; all the other rules are the same.
Line-up Sheets:	Must be picked up from the information tent or at the referee table by the field before the game by the coach <u>only</u> . This is very important! Each coach should mark next to each player what quarters they played and write out any absent players and the reason they were absent. Every player must lay a minimum of two quarters of each game.

ACYS General Team Information

Age Group	Players On Field	Min. Needed	Min. Roster	Max. Roster	Special Rules	Ball Size	Field Size (Min.)	Goal Size	Game Duration	Half Time
U5 Coed	4	3	5	8	No goalies No offside	3	20yd x 30yd	4' x 6'	20 min. half	5 Min.
U6 Boys	4	3	5	8	No goalies No offside	3	20yd x 30yd	4' x 6'	20 min. half	5 Min.
U6 Girls	4	3	5	8	No goalies No offside	3	20yd x 30yd	4' x 6'	20 min. half	5 Min.
U7 Boys	5	4	7	10	No goalies No offside	3	20yd x 40yd	6' x 12'	20 min. half	5 Min.
U7 Girls	5	4	7	10	No goalies No offside	3	20yd x 40yd	6' x 12'	20 min. half	5 Min.
U 8 Boys	5	4	7	10	No goalies No offside	3	20yd x 40yd	6' x 12'	20 min. half	5 Min.
U 8 Girls	5	4	7	10	No goalies No offside	3	20yd x 40yd	6' x 12'	20 min. half	5 Min.
U9 Boys	6	5	8	11	Offside Rule	4	36yd x 65yd	6' x 18'	24 min. half	5 Min.
U9 Girls	6	5	8	11	Offside Rule	4	36yd x 65yd	6' x 18'	24 min. half	5 Min.
U10 Boys	6	5	8	11	Offside Rule	4	36yd x 65yd	6' x 18'	24 min. half	5 Min.
U10 Girls	6	5	8	11	Offside Rule	4	36yd x 65yd	6' x 18'	24 min. half	5 Min.
U11 Boys	8	7	10	13	Offside Rule	4	36yd x 70yd	7' x 21'	30 min. half	5 Min.
U11 Girls	8	7	10	13	Offside Rule	4	36yd x 70yd	7' x 21'	30 min. half	5 Min.
U12 Boy	8	7	10	13	Offside Rule	4	36yd x 70yd	7' x 21'	30 min. half	5 Min.
U12 Girls	8	7	10	13	Offside Rule	4	36yd x 70yd	7' x 21'	30 min. half	5 Min.

Special Note: One referee is provided for age groups U7 – U8 for the safety and convenience of players, coaches and teams. These individuals are usually at the beginning of their referee career and deserve the utmost respect and understanding as they learn to develop their refereeing skills. Please remember these individuals represent the future referees of tomorrow. We need them and want them to stay involved in soccer. The alternative is for coaches to referee their own games.

Player Equipment

- Every player must have a uniform provided for by the school or team in order to participate.
- The goalie must have a different color jersey, *provided by the team that distinguishes him from his /her* team members. Colored practice vest are No longer acceptable.
- Each player should have a standard or uniform color pair of shorts and socks
- Each jersey should have a standard 6 inch size number(s) or larger on the back, and preferably a size 4 inch number (optional) on the front.
- Shin guards **must** be worn in all games or practices. They must be made of hard plastic.
- Regulation soccer shoes or turf shoes with soft rubber cleats are required for all .

NOT HAVING PROPER EQUIPMENT WILL NOT BE ALLOWED TO PLAY UNTIL THE EQUIPEMENT HAS BEEN CORRECTED.

The following are **unacceptable and considered unsafe:**

Jean shorts or shorts with belt loops.
with metal buttons or clips.
cover the shin guard completely.

Metal baseball cleats or cleats with sharp edges.
Belts or shorts
Soft fabric wrapped foam shin guards.
Socks that are too short to
Jewelry (i.e. watches, bracelets, necklaces, earrings, etc.)

Team Practice at Trotters Park:

Teams wishing to practice at Trotters Park must first submit a request to ACYS via email at acys@cfl.rr.com or by phone at 407-521-2243. Space is limited and assignments will be given on an availability basis. Teams practicing without permission will be asked to leave and could be fined.

Trotter's Park

1905 Lee Road ·

Orlando, FL 32810

Accessible from Lee Road via Orange Blossom Trail (US441),
John Young Parkway or Edgewater Drive



The Master's Academy

1500 Lukas Lane

Oviedo, FL 32765

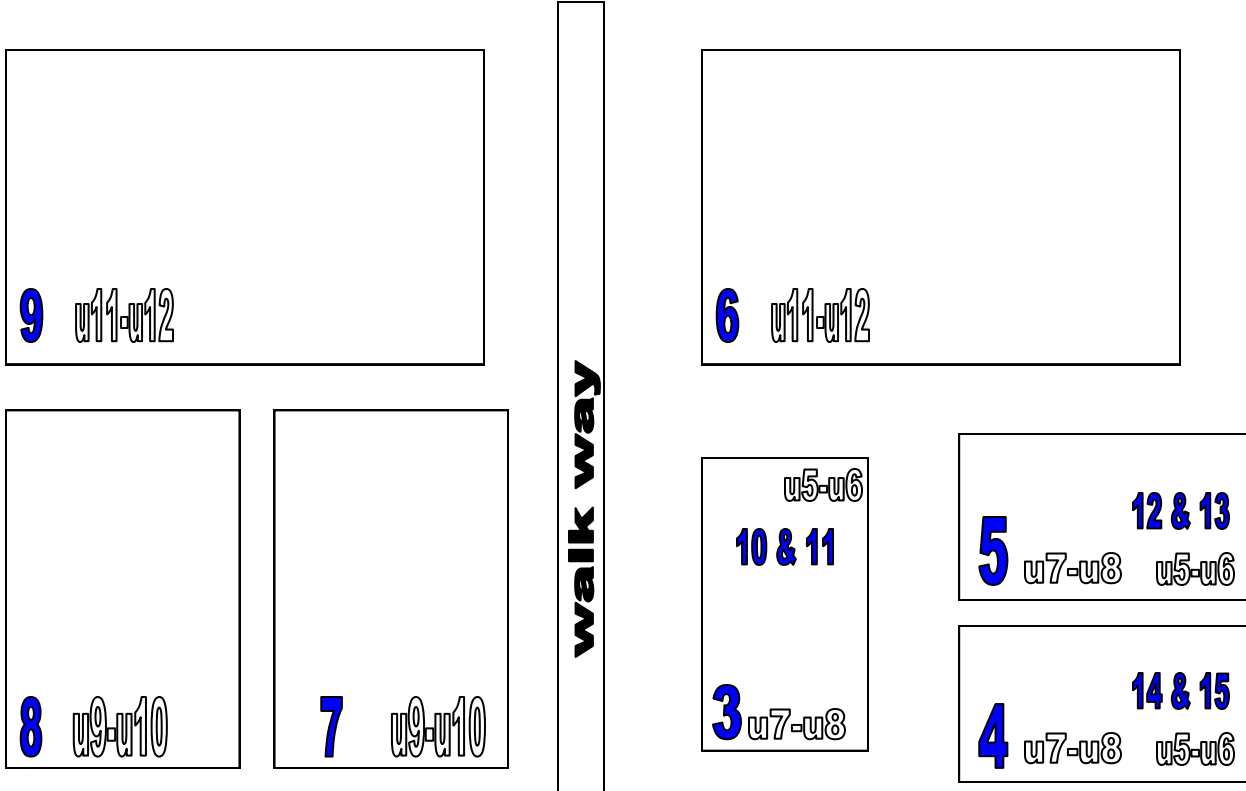
Located next to Lukas Nursery on Slavia Rd. between Redbug Lake Rd. and SR 426 (Aloma)
adjacent to the Greene Way



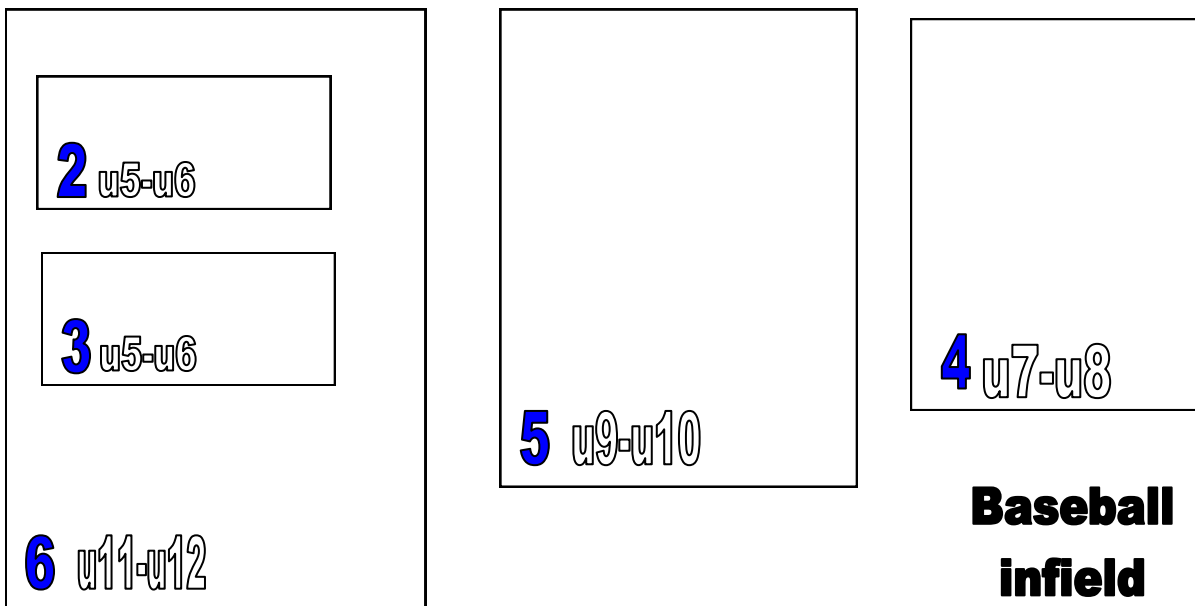
Trotters Park Field Layout

1 & 1a

2 & 2a



The Master's Academy Field Layout



**Baseball
infield**

