



# Information from the Director of Coaching

## 10U-11U Soccer Guidelines

**Ages:** 8, 9 and 10 Year Olds  
**Teams:** Boys and Girls Separate Divisions  
**Fields:** 6, 7 and 8 – These fields are the ones closest to Holdsworth.

**Basics:** ~25 Minute Half      Size 4 Ball  
 12 & 1/2 Min Quarters      Shin Guards  
 4 Quarters      9 on Field  
 Throw Ins      Goalie & Build Out Line

**Number 1 Rule as we introduce soccer to players and their families.**

**We are here to have soccer fun!!!!**

### Before the game:

<input type="checkbox"/>	First Game of the day? Grab two corner flags from equipment room.
<input type="checkbox"/>	Pickup game card from porch and hand to referee at the field.
<input type="checkbox"/>	Inspect the field for defects, ants, trash, etc.
<input type="checkbox"/>	PARENTS ON SPECTATOR SIDE..... PLAYERS W/ COACH ON OPPOSITE SIDE.
<input type="checkbox"/>	Line the kids up and introduce everyone.
<input type="checkbox"/>	Inspect players for shin guards, no jewelry, no splints, nothing dangerous to self or others.
<input type="checkbox"/>	Mini Practice Session for 15-20 minutes
<input type="checkbox"/>	Toss a coin.... winner picks end to defend .... the other kicks off.

### During the game:

<input type="checkbox"/>	The maximum number of players on the field at any time will be eight (8) per team. <ul style="list-style-type: none"> <li>We play even sided always</li> <li>1 coach per team on the sideline</li> <li>Referee to assist in safe play. If no referee is available both coaches are allowed on the field to assist.</li> <li>No parents or extra coaches behind the goal</li> <li>Substitutions at the quarter or injury (Approx 12 ½ Minutes).</li> </ul>	
<input type="checkbox"/>	We now have goalkeepers. We are introducing the concept of goalkeepers in this division. Give yourself 15 minutes every practice to work with everyone on basic goalie concepts.	
<input type="checkbox"/>	Games will consist of two 25-minute halves with a 5-minute halftime. Running clock ONLY.	
<input type="checkbox"/>	Offside will be called. Referee will call this, and it depends on when the ball is kicked and where the attacking players are.	
<input type="checkbox"/>	No change in regular start of play (kickoff) rules, other than opposing players will be at least five yards away from the spot of the free kick.	
<input type="checkbox"/>	Touchline - ball out, thrown in from the area that it went out. Please follow the proper rules here, ball completely over the head, both feet maintain contact with the ground, and ball goes in.	
<input type="checkbox"/>	Build Out Line (BOL) – This line is a dotted line in white across the field. This is to allow our new goalkeepers to understand how to distribute the ball. Attacking players must be behind this line to give the goalie the opportunity to learn how to distribute the ball.	
<input type="checkbox"/>	Balls kicked out over the goal line (not into the goal) will be set for either scenario...	Goal Kick – It goes over the goal line from the other team. Corner Kick – It goes over the goal line from the defending team or goalie.
<input type="checkbox"/>	No change in regular scoring rules. DISCOURAGE RUNAWAY SCORES!!! (substitute positions on the field)	
<input type="checkbox"/>	Direct free kicks will be awarded for all fouls, with the opponents eight yards away.	
<input type="checkbox"/>	If a player shows reckless/dangerous play, uses foul language, or dissents against the ref they will be issued a Yellow or Red Card based on the Referees decision. <ul style="list-style-type: none"> <li>1 Yellow – Sent off the field for cool off period.</li> <li>2 Yellows = Red Card – Sent off the field immediately and will not be able to play the next game.</li> <li>Red - Sent off the field immediately and will not be able to play the next game.</li> </ul>	

### After the game:

<input type="checkbox"/>	This is the part they will remember the most!!!
<input type="checkbox"/>	Get a Tunnel setup with parents and spectators.
<input type="checkbox"/>	Clap, Holler, and Encourage as they all run through it in the same direction!!
<input type="checkbox"/>	Popsicle at the Concession Stand.
<input type="checkbox"/>	Make sure you review Game Card and Sign it.
<input type="checkbox"/>	Last game of the day? Grab corner flags and turn them in.

**PIE: Positive Instruction and Encouragement**

**Soccer: SAFE FAIR FUN !!!!!**