

# CLUB HANDBOOK

4th EDITION

## FRAMINGHAM UNITED SOCCER CLUB

FRAMINGHAM, MASSACHUSETTS 01701 / 01702

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With acknowledgments to the Club Committee  
and others who contributed information, time and  
assistance in completing this handbook.

1st Edition - Spring 1993

2nd Edition - Summer 1994

3rd Edition - Spring 1998

4th Edition - Spring 2008

## TABLE OF CONTENTS

INTRODUCTION.....	Page 4
HISTORY .....	Page 4
CLUB ORGANIZATION ...	Page 7
M.Y.S.A.....	Page 7
STOCKHOLDERS.....	Page 7
THE CLUB COMMITTEE.....	Page 7
President.....	Page 8
Secretary.....	Page 8
Treasurer .....	Page 9
Registrar .....	Page 9
Boys Division Director .....	Page 9
Girls Division Director... ..	Page 9
Field Director.....	Page 10
Tournament and Publicity Director .....	Page 10
Referee Director.....	Page 10
Education Director... ..	Page 10
Equipment Director ... ..	Page 11
Boosters Club President.....	Page 11
Stockholders Representative ... ..	Page 11
PLAYING AGE DIVISION DIRECTORS ... ..	Page 11
COACHES ... ..	Page 12
PLAYERS.....	Page 12
PARENTS ... ..	Page 12
LEAGUE ORGANIZATION ... ..	Page 13
B.A.Y.S.....	Page 13
INTRAMURAL.....	Page 14
TOURNAMENTS.....	Page 15
MEMORIAL DAY TOURNAMENT .....	Page 15
SOCCER FAIR ... ..	Page 15
IN-STATE TOURNAMENTS .....	Page 15
OUT-OF-STATE TOURNAMENTS ... ..	Page 15
SUPPLEMENTARY NOTES .....	Page 16
Medical and Liability Release Forms.....	Page 16
Rosters and Pass Cards .....	Page 16
Patches ... ..	Page 16
Tournament Listings.....	Page 16
THE COACH.....	Page 16
M.Y.S.A. COACHES CODE OF CONDUCT .....	Page 16
ROLES AND DUTIES ... ..	Page 16
REFEREE RELATIONSHIP .....	Page 17
LICENSING .....	Page 17
EDUCATIONAL RESOURCES ... ..	Page 18

Booklets .....	Page 18
Books .....	Page 18
Magazines.....	Page 18
Video Library.....	Page 18
Licensing Courses.....	Page 19
M.Y.S.A. Resources.....	Page 19
THE PLAYER.....	Page 19
PRACTICE.....	Page 19
MATCHES.....	Page 19
REFEREE RELATIONSHIP .....	Page 20
ABSENCES.....	Page 20
INJURY .....	Page 20
OTHER SPORTS.....	Page 20
PLAYERS MOTTO.....	Page 20
TRAVEL TEAMS.....	Page 21
SELECTION OF COACHES .....	Page 21
SELECTION OF PLAYERS .....	Page 21
Travel Team Tryouts .....	Page 21
Roster Changes .....	Page 22
WINTER INDOOR SOCCER .....	Page 22
BOOSTERS CLUB.....	Page 22
CANDY SALE .....	Page 22
PICTURE DAY.....	Page 23
SOCCER FAIR.....	Page 23
CLUB GEAR .....	Page 23
REFEREES.....	Page 23
INSURANCE.....	Page 24
MEDICAL INSURANCE .....	Page 24
LIABILITY INSURANCE.....	Page 25
PLAYER DEVELOPMENT CURRICULUM .....	Page 25
INTRODUCTION.....	Page 25
UNDER-6.....	Page 26
UNDER-8 .....	Page 27
UNDER-10 .....	Page 28
UNDER-12 .....	Page 29
UNDER-14 .....	Page 30
UNDER-16 .....	Page 32
UNDER-19 .....	Page 33
FORMAT FOR A PRACTICE SESSION .....	Page 34
LAWS OF THE GAME .....	Page 35
M.Y.S.A. COACHES CODE OF CONDUCT.....	Page 37
GLOSSARY .....	Page 38

## **INTRODUCTION**

This Handbook has been developed to provide coaches, players and players' parents, with a working knowledge of the Framingham United Soccer Club (F.U.S.C.), its internal organization and its affiliated organizations. Further, it identifies the responsibilities and Club expectations of Club officers, coaches, players and the parents.

The Club is organized and run on a voluntary basis by people who have an interest in soccer, wish to promote the development of the sport, and want to provide a structured but enjoyable activity for its member players.

A Player Education Curriculum is included as an important part of this handbook. This has been developed in order to provide guidance for players, parents, and coaches. For players and parents, the Curriculum provides an understanding of what the players will be taught at each age level, and an idea of the rate at which players are typically capable of developing. For coaches, it provides a basis for the structuring of their practice sessions. By following this curriculum, it is hoped that players will learn the game of soccer at an age appropriate level. In addition, the curriculum will provide continuity for players as they progress through the Club and come in contact with a number of coaches.

It should be noted that this handbook has been produced to provide Club members with a guide to the operation of the Club. It includes a number of Club policies which are correctly stated as of the time of publication. The handbook is not, however, intended to be a comprehensive policy manual. The Club's operating policy is set by the Club committee and is subject to change. The current Club policy on any particular issue may be obtained from the Club Secretary.

## **HISTORY**

Framingham United Soccer Club was established as a Massachusetts non-profit corporation on May 1st, 1975. To pay for the corporate seal, the founders who signed the original Club charter contributed \$10 each and became the "Stockholders".

Under the charter, the Club is a non-profit, non-partisan and non-sectarian organization whose purpose is "to foster and assist the development of soccer and to promote and encourage social, civic, educational and athletic activities."

Before the Club was formed, a boys' team played in Framingham starting in 1969. This was a collection of boys of various ages, who played as an Under-16 team coached by Alan Lyons. The team played in black and white uniforms and was known as the Black Knights. Around 1971 an Under-14 team was organized. This team played using the name and uniforms of the original team, while the older team adopted the name The Chaparrals and played in maroon and gold uniforms. In both, cases the uniforms were donated.

The formal Club grew out of a 1974 advertisement, run by Alan Lyons, throughout the school system, announcing a soccer clinic and exhibition game to be held at the North High School. The response far exceeded expectation. Many people attended this clinic which led to the first Club meeting. This first meeting of F.U.S.C. was held at the house of Alan And Mary Lyons in 1974. As a result of this meeting, it was agreed to formally form F.U.S.C.

The Club was eventually formally incorporated on May 1st, 1975 when the ten founding members paid \$10 each to the Club to become the original stockholders. Today, newly elected stockholders continue to pay the \$10 fee to the Club. The ten original founding persons were:

Bobby Hawes	John Poles
Bill Holt	Al Reid
Brian Johnson	Andre Rodriguez
Alan Lyons	Alan Thompson
Steve Paradisio	George Wheeler

The first President was Andre Rodriguez with John Poles as Secretary. Andre Rodriguez was succeeded by Bob Reiter and then John Poles. John Poles held the President position for a number of years. At that time there were no term limits, whereas today the president is limited to two consecutive years in office.

The name selected for the Club was Framingham United Soccer Club. The name United, was chosen by the stockholders, many of whom were of English descent, as United is a common name for soccer clubs in that country. The Club name was not derived from the name of any particular team in England, or any other country.

The Club colors of red and white were selected because these were the only colors available in the store at that time. As the soccer program expanded, the now traditional red and white colors were adopted as the exclusive uniform colors of the Club's teams.

Prior to the Club being founded B.A.Y.S. (Boston Area Youth Soccer) was already in existence. Initially the Club entered teams in the B.A.Y.S. league in the spring season and in the fall season the Club played exclusively an in-town (intramural) program. A number of years later teams were entered into the Metro West league in the fall.

Girls were introduced to the Club program in 1975. The first team was coached by Alan Lyons with assistance from Joyce Furia and Elizabeth Fideler. This team played in the B.A.Y.S. U-19 division but was actually a collection of players ranging in age from around 14 and older.

The following year, 1976, the Club travel teams were:

Boys  
U-10 The Royals  
U-12 The Athletics

U-14 The Black Knights

U-16 The Chaparrals

Girls

U-16The Wild Cats

U-14 Red Devils

Initially, all the intramural and travel team games were played at Mary Dennison Field on Beaver Street in Framingham.

In the earlier years of the Club, all the travel teams played using an 11 v 11 format. This included players as young as U-8. The intramural program used a smaller side format. Typically, the format was 8 v 8.

In 1992, 3 v 3 micro soccer was introduced for the first year, U-7 age group, players. It is believed that F.U.S.C. was the first Club in the state to adopt such a format. In 1994, the BAYS league adopted a 6 v 6 format for the U-10 age group with F.U.S.C. following suit in the intramural program. That same year F.U.S.C. introduced the 4 v 4 playing format for the U-8 intramural program. In more recent years, F.U.S.C. has been a leader and strong supporter of small sided play for the development of children in soccer. Club players develop by progressing, in an age appropriate manner, from the 3 v 3 through 6 v 6, 8 v 8, and finally to an 11 v 11 playing format.

The objective of the Club has always been that the players have fun while developing as soccer players. Further, the focus has been to achieve these two aims while providing benefit to the maximum number of players. It has not been the Club's intent to orientate the Club program towards the gifted few, but to provide opportunity to the majority of the membership. To this end, the Club has continued to support a strong intramural program whenever the enrollment in an age group permits.

#### Past Club Presidents:

1975	Andre Rodriguez
1976	Bob Reiter
1977-1981	John Poles
1982-1983	Dennis Gambon
1984-1985	Thomas Sawyer
1986-1987	Michael Allan
1988-1989	Bob Ganley
1990-1991	John Snooks
1992-1993	Ed Bloomstein
1994-1995	Mark Goldman
1996-1997	Nancy Purpura
1998-1999	Joe McDonald
2000-2001	Tom Goulet
2002-2003	Lester Schindel
2004-2005	Joe McMahan

## **CLUB ORGANIZATION**

### M.Y.S.A.

The Massachusetts Youth Soccer Association (M.Y.S.A.) is the governing body for youth soccer in the state. In turn, the M.Y.S.A. is affiliated with the U.S. Youth Soccer Association. F.U.S.C. is affiliated with the M.Y.S.A.

A major objective of the M.Y.S.A. is to promote soccer in the state. This is accomplished in part by organizing the state championships and by providing educational resources for coaches and players. The M.Y.S.A. publishes a DVD to assist the Club's coaches. These are available to coaches at minimal or no cost. Additionally, the M.Y.S.A. is a source of video instructional tapes and books that will also provide assistance to a Club coach. The M.Y.S.A. frequently sponsors player and coaching clinics. It also administers, and employs coaches to implement, the state coaching license program under the direction of the state head coach.

A major service the M.Y.S.A. provides, through dues received from all affiliated youth soccer clubs, is group medical insurance for the treatment of soccer related injuries, and liability insurance for coaches, referees and club administrators.

### STOCKHOLDERS

The stockholders meet on an annual basis to elect the Club Committee, which runs the Club on a daily basis, and to approve any changes to the charter. In addition, the shareholders elect new shareholders who, upon election, are required to contribute the traditional \$10 to the Club. There are no formal criteria for being selected as a shareholder; however, those that are elected are generally those people who have been involved with the Club for a number of years and who have contributed services that are "above and beyond" that which may usually be expected. There are typically around forty shareholders.

### THE CLUB COMMITTEE

The Club Committee is the administrative body of F.U.S.C. The Committee, under the direction of the President, runs the day-to-day activities of the Club. Among the Committee's responsibilities are establishing or changing the policies by which the Club operates, approving coach selections, setting fee amounts, and operating the Club in a fiscally responsible manner.

The Club Committee has thirteen permanent members, which includes three Club officers, the President, Secretary and Treasurer. The other members, who

make up the Board of Directors, are the Registrar, the Directors responsible for the Boys Division, Girls Division, Fields, Equipment, Tournaments, Referees, and Education, as well as the President of the Boosters Club, the immediate past Club Committee President (for one year only), and the Stockholders Representative.

The Club Committee is elected by the stockholders at an annual meeting, which is generally held in December. A formal list of nominations for all officers and directors is prepared by a five person Nominating Committee and sent to each shareholder prior to the meeting. Nominations may also be made by stockholders from the "floor" at the stockholders' meeting. The Nominating Committee is made up of one Club Committee member, who acts as chairperson, and four at-large members. Each Club Committee member is appointed by the stockholders for a one year term only, but may seek reappointment to the same or an alternative position. Club officers are elected for one year, but are limited to two consecutive one-year terms in that position.

The functions of the various Club Committee members are as follow:

#### President

- Oversees the daily running of the Club
- Makes an annual report to the Stockholders on the state of the Club
- Chairs the monthly Club Committee meetings
- Acts as the Club's representative to the general public as required

#### Secretary

- Documents the minutes of each Club Committee meeting
- Maintains the file of copies of sub-committee meeting minutes
- Maintains the file of copies of coaches' licenses, as well as a list of coaches and their level of certification
- Prepares a seasonal Coaching Guide
- Responsible for publicity about the Club to the media
- Maintains a policy manual of all Club decisions
- Fulfills other administrative duties as necessary
- Chairs the Scholarship and the Sportsmanship Review committees

#### Treasurer

- Maintains the daily bookkeeping function of the Club Pays all bills in a timely



manner

- Presents a current statement of accounts to the Club Committee on a quarterly basis
- Oversees the investment of Club funds
- Files the annual tax returns

#### Registrar

- Maintains a database of all active players, and a file of copies of certification of birth
- Maintains a database of adult volunteers
- Registers the Club, its teams, players, and volunteers with the M.Y.S.A.
- Prepares player sign-up forms, has them duplicated and distributed, and coordinates the seasonal registration process for players
- Verifies data on player pass cards before they are validated; this may be done by actually preparing the cards from the database, or by reviewing cards prepared by the coaches
- Prepares labels, reports, etc. from the computer database, as requested
- Prepares and confirms official team rosters, as required by B.A.Y.S., M.Y.S.A., etc.

#### Boys Division Director

- Appoints, as required, each Playing Age Division Director
- Coordinates the activities of all Playing Age Division Directors
- Acts as chairperson of the Nominating Committee for the slate of travel team coaches
- Keeps all Playing Age Division Directors aware of Club Committee policies, policy changes, and directives as necessary

#### Girls Division Director

- Same functions as Boys Division Director

#### Field Director

- Acts as the SOLE coordinator for the Club with the town Department of Parks and Recreation

- Oversees the maintenance of current fields through the town or through a contracted staff

#### Tournament and Publicity Director

- Publicizes the Club's tournaments, league play and sponsored activities
- Provides coaches with information about in-state and out-of-state tournaments
- Provides coaches with applicable forms required for tournament registrations
- Obtains permission to host F.U.S.C. tournaments from the M.Y.S.A.
- Ensures that all Club sponsored tournaments have a Director and/or Registrar
- Assists the respective tournament Directors in planning and running tournaments
- Review and approve all requests for teams to enter tournaments to insure that the tournaments meet Club and M.Y.S.A. requirements

#### Referee Director

- Oversees the assignment of referees for all travel team home games and all intramural games
- Schedules and coordinates the instruction and certification of referees in the Club
- Handles all referred complaints regarding referees
- Coordinates the payment of fees to game officials

#### Education Director

- Charged with the responsibility of raising the level of play through the development of Club players
- Generally promotes the further education and development of coaches
- Organizes in-house state coaching license courses, seminars, etc.
- Keeps coaches aware of external coaching license courses, seminars, etc.
- Maintains and expands, as perceived appropriate, the Club's video library, including the operation of the video "rental" program
- Maintains a Club library of coaching aid materials and ensures that new

coaches receive available free booklets and brochures

- Coordinates winter indoor gym time for clinics

#### Uniform/Equipment Director

- Oversees the distribution of player uniforms to players from The Natick Outdoor Store
- Oversees the maintenance and replacement of field equipment as needed
- Maintains, in conjunction with the coaches, an inventory of soccer balls, pinnies, and nets, and orders replacements as needed

#### Boosters Club President

- Presides over the activities of the Board of Directors of the Boosters Club
- Oversees fund-raising activities
- Oversees the fall soccer fair
- Coordinates social and other civic related activities

#### Stockholders Representative

- Monitors the daily operation of the Club on behalf of the Stockholders
- Represents the Stockholders at the monthly Club Committee meetings
- Provides an historical perspective to the daily operation of the Club
- Provides liaison between the Club Committee and the stockholders

#### PLAYING AGE DIVISION DIRECTORS

Playing Age Division Directors are appointed by the respective Boys or Girls Director. They are appointed for one year (fall and spring seasons), and are responsible for the activities of their divisions. The responsibilities include:

- Recommending the appointment of coaches for each intramural team in their division to the Division Director.
- Selectively assigns division players to intramural teams to create competitively balanced teams within the division.
- Coordinates the subcommittee that selects and recommends a slate of travel team coaches to the Club Committee for their division.
- Organizes travel team tryouts and oversees travel team player selection for their division.

- Collects team rating forms from each coach in their division so that they may be used to aid in the selection of travel team players, and to appropriately assign intramural players to teams.
- Coordinates all division activities
- Provides each division coach with timely information on Club policies and policy changes, Club activities, coaches' and players' clinics, etc.
- In conjunction with the Equipment Director, ensure that the Division's coaches have the appropriate equipment for practice. Coordinate the distribution and collection of this equipment at the end of each season.

## COACHES

The functions, responsibilities and duties of the coach are numerous, but the primary function is to develop each of the team players in an organized and enjoyable manner. For further information on the functions of the coach, see the section of this Handbook entitled "The Coach".

## PLAYERS

Membership in the Club is open to all children who are residents of Framingham or who live in a town where no soccer program at their ability level exists. Upon registration, held in late spring for the following fall season and late fall for the following spring season, a player is assigned to a playing division based on age. Players stay in a playing age group through the fall and spring season. The cut-off date for each age group is based on age as of August 1. The age groups for the Club program are as follow: 4 years old, but Under-6, Under-8, Under-10, Under-12, under-14, under-16 and under-18.

Players of exceptional playing ability, or with specific social reasons, may elect to play at a higher age level. To do so, the player MUST annually consult with the Playing Age Division Director for the division in which the player wishes to play. Having "moved" to a higher age playing division, a player may NOT move back to their standard age group until the fall season of the following year. The Club generally discourages "playing up".

It is a Club policy that all players who attend practices are to play a minimum of half of each team's game. This policy covers travel team as well as intramural team players.

For further information on the role of the player, see the section entitled "The Player".

## PARENTS

Team supporters (typically players' parents) play an important part in the Club. All players' parents (supporters) are automatically members of the Club and are

encouraged to participate, not just as spectators at games and as a "taxi service", but by joining the Boosters Club. In addition, parents of players on Club teams that participate in tournaments run by Framingham United are expected to assist in the running of these tournaments.

Each year the Club holds an open Club Committee meeting at the start of the spring soccer season. All Club coaches, players and supporters are encouraged to attend this meeting to share their ideas, concerns, opinions, etc. with the Club Committee. Any club member may request copies of any of the Club Committee meeting minutes or copies of the Club by-laws from the Club Secretary. Supporters are always welcome at matches and at practices. The Club expects spectators to provide positive support and encouragement. Criticism of Club players, opposition players or the referee is not condoned. It is a Club rule, and typically a league rule, that at matches the team coach is held responsible for the behavior of the team supporters. Supporters are, therefore, requested to cooperate fully with the team coach in such matters. The Club Committee expects both the team coach and the supporters (parents) to provide positive role models for the players to follow.

## **LEAGUE ORGANIZATION**

Depending on skill level, players may be involved in one of the following leagues.

### **B.A.Y.S.**

Currently the primary league in which F.U.S.C. travel teams compete is organized by the Boston Area Youth Soccer Association (B.A.Y.S.). The league is made up of town travel teams from the greater Boston area.

The teams that enter B.A.Y.S. are organized into groups based on age categories. Within each age group, the teams are assigned to a Division and a section within the division based on the general playing ability of the team as a whole. Assignment for the fall playing season, when teams typically have not played together before and no relevant team record is available, is based on the historical strength of a particular town's program and the requests of the teams entering the league. The Division and section to which a team is assigned for the Spring season is determined after considering the team's playing record during the prior fall season, if applicable.

The Club may enter several teams in each age division of the B.A.Y.S. league. The number of teams entered will vary from season to season depending on the number of players participating in the F.U.S.C. program at that playing age level. Usually the Club enters at least one or two teams in the B.A.Y.S. league in each playing age division each season.

The fall season runs from early September through mid November and consists of ten league games. This season is considered an instructional season. The spring season also consists of ten league games and runs from early April through mid June. The Spring season is typically more competitive. The top teams in Divisions 1 and 2 of each age group are eligible for an end of season State Tournament of Champions.

B.A.Y.S. games are regularly scheduled for Saturdays (through Under-14) and

Sundays (for Under-16, Under-18 and Under-19). In the event that a game is canceled due to the weather or other reason, a make-up game is played. The scheduling of make-up games is at the discretion of the coaches of the two teams involved, but must comply with the time limitations set by the B.A.Y.S. rules. When the coach of an F.U.S.C. team schedules a make-up "home" game, it must be done in conjunction with the Referee Director, who will determine the availability of a field and game officials. All teams playing in B.A.Y.S. are required to have an approved M.Y.S.A. roster, two copies of which must be taken to each league game. Coaches should also be aware that certain B.A.Y.S. age groups and divisions require that each team player and coach have a pass card. Information on these requirements, player pass cards, and M.Y.S.A. roster forms may be obtained from the Club Registrar.

## INTRAMURAL

The Intramural program is for all players that sign up to play who are not on a travel team. This includes all Under 6 and Under 8 players, at which age level travel teams do not operate. The program is an "in town" program and is organized and run solely by F.U.S.C. Players are assigned to a team within their respective age categories by the Playing Age Division Director. At the Under 6 age level, players will play 3 vs 3 "Micro" soccer matches. At the Under 8 and Under 10 age level play is 6 v 6. U-12 use an 8 vs 8 playing structure. Teams at age levels above Under 12 typically play 11 vs 11 matches. These team formats have been established to develop the players' technical and tactical skills on an age appropriate level. The smaller sided format provides each player maximum opportunities to develop ball skills through touching the ball. As tactical awareness develops with age, the size of the team is increased accordingly. For additional information on this, see the section of the Handbook titled "Player Development Curriculum".

New players entering the program are assigned to teams on a random basis. It is always the intent of the Playing Age Division Director to assign players in such a way that all teams will be balanced and competitive. If the competitive balance of teams will not be affected, special requests by players for team assignments are taken into consideration. Coaches always have the prerogative to have their own child(ren) on the team they coach.

One week prior to the start of the season, players should have been contacted by the coach of their assigned teams. In the event a player has not been reached by the coach, the player should contact the appropriate Playing Age Division Director.

The Intramural program plays two distinctively separate seasons, fall and spring. Players are re-assigned to new teams for each season. The fall season extends from early September through mid November. The spring season begins in early April and runs through mid June. Intramural games are normally scheduled for Saturdays. In the event that a game is canceled due to weather or other reasons, a make-up game is played. The scheduling of a make-up game is at the discretion of the coaches of the teams involved, and is scheduled in conjunction with the Referee Director.

## **TOURNAMENTS**

### Memorial Day Tournament

The Memorial Day tournament has historically been open to all boys and girls town travel teams, typically of Division 1 or 2 calibers. The tournament is held over the Memorial Day weekend, with the preliminary rounds and semi-finals being played on Saturday and Sunday, and the finals played on Monday.

### Soccer Fair

All soccer fair games are played on Sunday. The tournament is a "friendly" one and provides the opportunity for intramural teams to experience a tournament atmosphere.

## IN-STATE TOURNAMENTS

Many towns and other organizations in the state of Massachusetts hold tournaments. Any F.U.S.C. Club team may, of their, choosing and expense, enter any of the tournaments provided they meet the tournament requirements. However, the entry of an F.U.S.C. team into a tournament must be pre-approved by the Club's Tournament Director. (See Tournament Directors responsibilities).

The coach of an F.U.S.C. team entering a tournament must ensure that the tournament has been approved by the M.Y.S.A., as evidenced by an officially approved "Application to Host Tournaments or Games" form. This form should be part of any application material provided by the host club to coaches interested in attending a tournament. F.U.S.C. allows teams to enter only approved tournaments for insurance liability reasons.

## OUT-OF-STATE TOURNAMENTS

Many towns and clubs outside of Massachusetts hold tournaments. Any F.U.S.C. team may, at their choosing and expense, enter any such tournament provided they meet the tournament entry requirements. However, the F.U.S.C. coach must ensure that the tournament has been approved by the hosting club's state youth soccer association. In addition the coach must obtain the approval of the Club's Tournament Director before entering the tournament. (See Tournament Directors responsibilities).

The Out-of-State tournament entry requirements are similar to in-state tournaments. In addition, a team must complete and submit a "Permission to Travel Out of State" form with the required fee and information, such as roster and a copy of the host tournament's approved Application To Host Tournaments or Games, a designated M.Y.S.A. official for approval prior to actual travel. These forms and instructions can be obtained from the M.Y.S.A., or the Club's Tournament Director. Due to liability insurance requirements, an approved "Permission to Travel Out of State" form must be received by the host tournament and the team coach prior to the first game played in the tournament.

## SUPPLEMENTARY NOTES

Medical and Liability Release Forms - All tournaments require that medical and liability release forms be completed. The release forms are typically sent by the host club Tournament Director to the coach of a team entering a tournament, and have to be completed and submitted to the host organization prior to the actual tournament play. When playing in an F.U.S.C. hosted tournament, special medical and liability release forms are not required for F.U.S.C. teams as the standard seasonal player sign-up form covers this requirement.

Rosters and Pass Cards - In the majority of cases, tournaments require participating teams to have an officially approved (stamped) M.Y.S.A. roster and/or stamped player pass cards. M.Y.S.A. roster forms and player pass card blanks may be obtained from the Club Registrar.

Patches - Many tournaments are patch tournaments. This means that at the end of each game in the tournament the competing team's exchange Club patches. F.U.S.C. Club patches may be purchased through the Boosters Club.

Tournament Listings - Listings of scheduled tournaments may be found in Soccer America, "Soccer New England", online or may be obtained from the Club's Tournament Director.

## THE COACH

### M.Y.S.A. COACHES CODE OF CONDUCT

All coaches are expected to abide by the M.Y.S.A. Coaches Code of Conduct. This has been reproduced and can be found at the end of this handbook.

### ROLES AND DUTIES

The function of the coach is to promote the physical and intellectual growth of the Club players, through participation in the game of soccer. As a member and representative of the Club, the coach is expected to support Framingham United Soccer Club decisions, policies, and regulations. To perform the duties of a coach, it is necessary for a coach to know and thoroughly understand the laws of the game of soccer. The coach must attempt to follow both the spirit and the letter of these laws. In this regard, a coach is to respect and support the authority of the game referee. Each coach is expected to hold well-organized practice sessions which include the relevant portions of the F.U.S.C. soccer education curriculum. It should be remembered that players come to play, not to listen to the coach talk. The game, not the coach, is the best teacher. Each coach is expected to make every effort to attend and participate in soccer clinics organized by the Club. Coaches are also encouraged to broaden their knowledge and proficiency through participation in state and national coaching license programs. An F.U.S.C. coach is expected to provide a role model for the players and parents to emulate, and to be a positive representative of the Club. This is particularly significant during matches when coaches are accountable for not only their behavior, but that of the players, their families and friends.



Each coach should encourage open communication with the players' families. The players' parents/guardians should be kept well informed of the team's activities, and the coach should be open to comments and constructive criticism. At the conclusion of each season, the coach is required to fill out a brief player evaluation form. This is provided to the coach by the Playing Age Division Director and is to be returned, completed, to the same. The main objective of a coach, over the course of a season, should be to achieve an enjoyable and competitive experience for ALL participants. A coach's success is not measured by wins and losses, but by the improvement in play achieved by each team member during the season. Both travel team and intramural coaches are to ensure that the Club's playing time policy is followed. The policy states that all players who attend practices are to play a minimum of half of each team's game. All coaches must be registered with the M.Y.S.A. and have completed and filed a Kids Safe questionnaire (CORI).

### REFEREE RELATIONSHIP

Coaches, players, supporters and Club officials have to realize that it takes time and experience to become a good referee, just as it takes time and experience to develop into a competent soccer player. All game officials make mistakes. This is particularly true with new referees starting out in the Under-10 and Under-8 level intramural games. Whatever the level of game, the referee is there to make the decisions. The referee's call is considered correct, even when it may appear that technically the decision is wrong. It is unacceptable for an F.U.S.C. coach to attempt to change a referee's decision by yelling and disputing a call. For the young referee, confronted by an adult coach, this can be an intimidating experience, which may result in the individual's decision to stop officiating. If this happens, both the individual and the Club lose.

In the event it appears that a referee is making decision errors, the coach should discuss these with the Referee Director. The Referee Director will use the coach's report for discussion with a particular referee as part of the education and development process. The Club expects all coaches to support and encourage referees. Without them, no match is possible!

### LICENSING POLICY

The United States Soccer Federation (U.S.S.F.) and the M.Y.S.A. operate a progressive education system for coaches. The M.Y.S.A. coordinates the "G" (introductory) through "D" licenses at the state level. The "C" through "A" license program is administered by the U.S.S.F. at the national level. The Club does not require a coach to be licensed before being eligible to coach a Club team; however, in order to promote the education of coaches and to encourage them to obtain coaching licenses, the player sign-up fee will be refunded for the child(ren) of head coaches that meet the Club's coaching license policy requirements. The Club's policy requires that a head coach must be actively coaching in the Club and hold a license appropriate to the age group being coached in order to obtain a refund. All coaches are required to pay the player sign-up fees at registration. The sign-up fee refunds, for eligible coaches, will be issued after the season begins.

Uniform fees are not included in this policy. In order to obtain a refund of the player sign-up fees, the license required for specific age levels is as follows:

Playing Level Minimum Coaching License Required

Under-6	G
Under-8	G
Under-10	F
Under-12	E
Under-14 and above	D

The course fee for the state "D", "E", "F" or "G" coaching license course will be paid by the Club upon successful completion of the course by a coach. Coaches completing a national "C", "B" or "A" coaching license course will be reimbursed 50 percent of the course fee upon completion of the course. The remaining 50 percent of the course fee will be reimbursed upon completion of one year of coaching service to the Club. In order to be reimbursed, and to be eligible for the refund of sign-up fees for the future, a copy of the coaching license is to be provided to the Club Secretary. Coaches already holding a license are to provide a copy of their highest level license to the Club Secretary. Without this license information in the Club records, no refunds will be issued. It should be noted that a coach holding a license will be given greater consideration when applications for travel team coaching positions are being evaluated. Information on coaching license courses may be obtained from the Club's Education Director.

EDUCATIONAL RESOURCES

Many resources are available through the Club's Education Director to help parents, coaches and players increase their knowledge of the game. These resources include:

Booklets - Those available include M.Y.S.A. publications that are individual booklets specifically directed towards "The Coach", "The Assistant Coach" and "A Guide for Parents".

Books - The Club does not maintain a library; however, the Education Director can provide recommendations to a coach on books that a coach may obtain that meet the coach's requirements.

Magazines - The Club does not purchase magazines on a regular basis. The Education Director can provide information to a coach on how to obtain and subscribe to soccer magazines. Video Library - The Education Director maintains a small video library. Part of the library consists of videos that will assist the development of the coach and help the coach prepare practice sessions.

Licensing Courses - Coaches may expand their knowledge of the game and improve their coaching skills by taking licensing courses. Information on these courses can be obtained from the Education Director.

M.Y.S.A. Resources - The M.Y.S.A. maintains an extensive book and video library. The books and videos are available for rental. The Education Director has a listing of all such books and videos. Coaches should contact the M.Y.S.A. directly to obtain these.

## THE PLAYER

As members of F.U.S.C., players have responsibilities not only to the Club, but also to the coach and to their teammates.

## PRACTICE

The coach, who is a volunteer, is expected to be at practice promptly. The same is expected of all players. Practices are as important as games. This is the time when existing techniques are enhanced and new ones introduced and developed. It is also the time that is used by the coach to teach and practice team tactics.

Players are expected to attend practice with a positive, enthusiastic attitude and a willingness to learn from the coach. It is important that players attend as many practices as possible since frequent absence limits the individual player's development and may inhibit team performance. It should be remembered that challenging practices, taken seriously by the players, lead to success in actual matches. If a player consistently misses practice, this issue is to be discussed by the coach, the player and parent(s) and could result in reduced match playing time. When attending practice, players are required to be dressed appropriately; i.e. soccer shoes, shin pads, etc. In addition, each player should bring water or alternative liquid refreshment and a clearly labeled ball which is the correct size for the player's age.

## MATCHES

It is the player's responsibility to know the place and time of scheduled games. If the player does not have the information by the day before the game, the player should contact the coach. Players are required to dress in the uniform provided through the Club. Soccer shoes are required, and a player must wear shin pads or they will not be allowed to play. Due to the risk of self injury, and the potential for injury to other players, the wearing of earrings and other jewelry is not allowed. The Club expects players to dress in a neat manner; i.e. shirts tucked in and socks covering shin pads, both of which are B.A.Y.S. league rules.

## REFEREE RELATIONSHIP

Players must realize that, during games, the referee is the authority. Referee calls and decisions are to be accepted as right, even when they are technically wrong. Players should concentrate on what is going to happen next in the game, rather than give the advantage to the opposition by disputing a referee's decision and not focusing on play. In addition, players are expected to abide by the spirit as

well as the laws of the game.

### ABSENCES

Most coaches will spend time preparing for practices and for matches. If a player is unable to attend either, the coach should be notified as soon as it is known that the player will be absent.

### INJURY

Should a player be injured during a game or practice, the coach should be notified immediately. Players should not continue to play or practice if doing so will aggravate the injury. Except for cases of emergency care on the field, treatment of injuries is not the responsibility of the coach. Outside of emergency situations, treatment of injuries is the responsibility of the player/parent(s) and should be implemented under the direction of a physician.

### OTHER SPORTS

The Club recognizes and encourages players to participate in other sports. However, by joining F.U.S.C., the player is making a commitment to the Club. It is expected that the player will make soccer matches a priority over other sports commitments, and will give soccer practices priority over practices of other sports as often as possible.

### PLAYERS MOTTO

The Club expects each player, irrespective of playing ability, to adopt the following motto as their own for both games and practices - "Play Hard, Play Fair".

### **TRAVEL TEAMS**

A "travel team" is a team of select players who represent F.U.S.C. and play against teams of other towns.

### SELECTION OF COACHES

The coach of a travel team is elected by, and is responsible to, the Club

Committee. All Club coaches, if they wish, may submit an application for a travel team coaching position. Application forms may be obtained from the Boys and Girls Division Directors. Once completed, the application is to be submitted to the Boys or Girls Division Director, as appropriate. After all applications have been received, the Division Director will meet with the Playing Age Division Directors, e.g. Under 12 Division Director, Under 10 Division Director, etc., and will prepare a recommended list of names of coaches for each of the travel team coaching positions that are to be filled. This list of recommendations is then submitted to the Club Committee by the respective Division Director for approval. The Club Committee selects and appoints coaches for the following playing year seasons at a spring Club Committee meeting for the Division 1, and Division 2 and, if required, Division 3 travel teams, and at a winter Club Committee meeting for the spring season only travel teams. The election of Division 1, and Division 2 and 3 if required, travel team coaches is for one year for teams that compete in both the fall and spring seasons.

At the end of the year, or season, all coaching positions automatically become vacant. A current travel team coach may re-apply for the same, or a different, travel team coaching position for the following year.

The Playing Age Division Directors and the Club Committee attempt to appoint the most qualified applicant to each travel team coach position. Factors that are taken into consideration when making these appointments include the level of coaching license attained, prior coaching experience with the Club, historical service to the Club, participation at coaching development programs, personal playing experience, exemplary conduct and demonstrations of good sportsmanship. The responsibilities of the travel team coach include participation in team selection, all necessary paper administration (e.g. obtaining league rosters, pass cards, etc.), scheduling regular organized practices, organizing an indoor winter team, and entering the team into appropriate tournaments.

## SELECTION OF PLAYERS

### Travel Team Tryouts

Open tryouts are held for all Division 1, and Division 2 and Division 3 teams that will stay together for both the fall and spring season. U-19, U-18, U-16 teams only play in the spring and will be selected by the coach. All Club players are eligible for travel team tryouts, provided they meet the specified age requirements.

All U10, U12 and U14 players who wish to be considered for a travel team must attend the tryouts. In the event that this is not possible, the respective Playing Age Division Director must be informed before the tryouts take place. The Playing Age Division Director will inform all the coaches involved in the tryout selection process of the interested player's absence. The time and place of tryouts are coordinated by the Playing Age Division Director. Tryouts are usually held in May/June on three evenings. The first evening will consist of skills testing. The second evening will be comprised of small-sided play. A third tryout session may be held at the discretion of the selection committee.

Team selection is made by a committee which includes the Playing Age Division Director, a Club Committee representative and Club coaches. Player selections will be announced no later than immediately following the conclusion of the state Tournament of Champions, which is typically played around mid-June.

### ROSTER CHANGES

Roster changes are permitted; however, the selection of players for a team is to be made on the basis that they will all stay together for the duration of the team - i.e. typically for two seasons for Division 1 and 2 teams. No player may be dropped from a roster without prior approval of the Club Committee. Once the team roster has been submitted at the beginning of a season, all additions or deletions to the roster must be officially forwarded to the league by the Club's Registrar. These changes must be submitted prior to a player's participation in a league game.

### WINTER INDOOR SOCCER

All travel teams are encouraged to play during the winter at a local indoor facility. The cost of the indoor soccer is the responsibility of the team, not F.U.S.C. Indoor soccer is not affiliated with F.U.S.C.

### **BOOSTERS CLUB**

The Boosters Club is the social and fund-raising organization within F.U.S.C. Parents of all players, and other townspeople, are encouraged to join. There is no membership fee. The Boosters Club is an organization with a Board of Directors and Directors at Large. The President of the Boosters Club is an automatic member of the F.U.S.C. Club Committee. The Directors at Large typically head a subcommittee of the Boosters Club, often related to a fund-raising event. The main events of the year are as follow.

### CANDY SALE

The annual candy sale is the event that usually raises the largest amount of money for the Club and is therefore the most important fund-raising occasion. The sale is held for several weeks during the fall season. The candy is sold by the players of all divisions except Under 16, Under 18 and Under 19. All players are expected to do their share in contributing to the success of the sale.

### PICTURE DAY

All Club teams are scheduled to have a team photograph taken. All players are asked to participate in this event to ensure that a representative photograph of each team may be taken. The purchase of a team and/or individual photographs is

at the option of each individual player. This event provides the opportunity for each team player to purchase photographs at a reasonable price, and also provides a nominal profit to the Boosters Club.

### SOCCKER FAIR

This event, when it is held, is generally held towards the end of the fall season. The fair has many aspects that include:

- games for the younger players and other children
- a sale of baked goods, primarily donated by Booster Club members
- barbeque lunch for all participants
- player appearances
- tournament format games

### CLUB GEAR

Official club gear such as warm-up jackets, sweat tops, coaches shirts, and T shirts are available. The sale of these items provides the opportunity for players, coaches and parents to purchase Club embroidered clothing at a competitive price and raises funds for the Club. The money raised by the Boosters is used to support the Club and its players. Donations to the Club from the Boosters help subsidize the Club's costs for individual players (e.g. uniform costs, registration fees, financial aid, etc.), and for all players (equipment for fields and coaches, referee fees, maintenance of fields, contributions to the Field Fund, etc.), and provides funds for scholarship awards to Club players.

### **REFEREES**

There are two grades of referees in F.U.S.C. - U.S.S.F. certified and Intramural. The Club operates a program for the training and development of referees for Intramural games. This program is open to any Framingham resident who is at least 12 years of age. The sign-up for this program is held in conjunction with the spring season players sign-up, which is usually held in mid-November.

The Club program consists of two parts - classroom theory, including a written test, and development through practical experience. Intramural referees are initially assigned to U-10 6 vs 6 games and U-8 4 vs 4 games in order to gain match experience. More experienced referees may be given assignments of higher level games.

Referees who wish to pursue their interest and officiate higher level games may do so by obtaining a United States Soccer Federation (U.S.S.F.) license. This program is run by the Massachusetts Referees Association (M.R.A.). There is a fee

to take the licensing courses which will be reimbursed by the Club upon successful completion. Information on the U.S.S.F. program may be obtained from the Referee Director. By progressing through the U.S.S.F. referee licensing program, a person could progress to the level where they may referee international and World Cup games. There is an annual fee, payable to the M.R.A., for registration and participation in the U.S.S.F. Referee program. This is not reimbursed by the Club.

Game officials who progress and obtain a U.S.S.F. license are provided assignments for games of older playing ages. Typically, first- and second-year U.S.S.F. licensed officials are assigned to referee for Under-12 and Under-14 intramural games, and as assistant referees for Under-12 and Under-14 level travel team games. Assignments to games at a higher level are based upon officiating proficiency and experience. All officiating assignments are made by the Club Referee Director or an assistant. Game officials are paid a fee for their services. The fee paid is dependent on the level of game being officiated, and whether the duties are that of referee, or assistant referee. Since the fee structure is open to change, it has not been included in this Handbook. Specific information may be obtained from the Referee Director.

It must be remembered by all referees, coaches, players, supporters and Club officials that it takes time and experience to become a good referee, just as it takes time and experience to develop into a competent soccer player. All officials make mistakes. This is particularly true with new referees starting out in the Under-10 and Under-8 level intramural games. Whatever the level of the game, the referee is there to make the decisions. The referee's call is considered correct, even when it may appear that technically the decision is wrong.

## **INSURANCE**

In today's climate of active litigation, it is vital that coaches and players understand the insurance situation.

### **MEDICAL INSURANCE**

Players, not F.U.S.C., are responsible for any costs associated with the medical treatment of injuries incurred while participating in an F.U.S.C. program. In the event that a player does not have personal medical insurance, limited coverage is automatically provided through the M.Y.S.A. for registered F.U.S.C. players. This medical insurance policy has a standard deductible payment to be made by the player receiving treatment, and is implemented on a per claim basis. For players with personal medical insurance, the M.Y.S.A. policy will reimburse a player, who receives treatment for a soccer related injury incurred while participating in an F.U.S.C. program, the cost of any deductible payment required by the player's insurance carrier.

It should be noted that the medical insurance coverage provided through the M.Y.S.A. does not extend to the treatment of injuries incurred when playing or practicing with F.U.S.C. in a for-profit facility. The coach (or person in charge of the



team in the coach's absence), must carry the medical treatment release forms to every game and practice. These forms are part of the sign-up form which is signed by the player's parent(s) when a player registers for a season. In the event of an injury and the absence of a medical treatment release form, a player may be denied the required immediate professional treatment of an injury until direct parent or guardian permission can be obtained.

## LIABILITY INSURANCE

Through the M.Y.S.A., all registered coaches, assistant coaches, referees and Club officials are covered by liability insurance. This liability insurance covers all affiliated Club members to a maximum of \$2 million per occurrence. A parent substituting for a coach without the prior knowledge of the Club Registrar is not covered by liability insurance and could be exposed to personal financial liability.

To preserve the insurance coverage, the M.Y.S.A. insurance requires that the Club teams, and its individual member players, play with and against only other affiliated organizations. This covers league play, all tournaments, practice scrimmages and any other play. Ignoring this requirement exposes the person responsible for the team or player to possible personal financial liability.

## **PLAYER DEVELOPMENT CURRICULUM**

### INTRODUCTION

Part of playing the game of soccer is learning and mastering technical and tactical skills. Technical skills refer to physical control of the ball; tactical skills relate to decision-making, such as a decision to pass or shoot, tackle or delay, etc.

The ability to master technical and tactical skills has been determined to be largely age related. The soccer learning capabilities of children are generalized and shown in the table below. When reviewing the table, it should be remembered that the learning capabilities of specific children may fall outside the age range indicated. It will occasionally be possible for some 9 year olds to comprehend or execute a more advanced skill that the table shows is suited to an 11 year old; alternatively, some 11 year olds may experience difficulty in comprehending or executing a skill shown in the 9 year old capability category.

This section of the Handbook is not intended as a coaching manual. More detailed information on coaching methods and items mentioned in this section is available from the Club's Education Director.

The curriculum that has been developed for the teaching of technical and tactical skills to the Club's players is age appropriate, based on the typical mental and physical capabilities of the playing ages. A specific purpose of the curriculum is to ensure that the basic skills of the game are taught at an appropriate time by the coaches. It also ensures that when a player progresses from one age level to the next, the new coach at the older playing age level can continue the learning experience with a minimum of time wasted in teaching skills that should have been taught at an earlier age.

## PLAYER DEVELOPMENT CURRICULUM FOR UNDER-6

Game played: Micro-Soccer (3 vs 3) played on a field that is approximately 20 x 30 yards. The game played in two halves of 25 minutes duration, with substitutions approximately every three minutes.

### Technical Skills

#### (A) Field Play

1. Inside of the foot dribbling, using either foot
2. Outside of the foot dribbling, using either foot
3. Receiving (trapping) ground balls, using either foot
4. Shooting ground balls with the instep (top of the foot or "laces") using either foot
5. Throw-ins

#### (B) Goalkeeping Play

1. The ready (starting) position
2. Gathering ground balls
3. Introduction to diving (rolling to either side to gather the ball)
4. Volley kick (punting) for ball distribution

### Tactical Skills

#### (A) Field Play

1. Get involved
2. Shoot whenever possible
3. Defend between the ball and the goal

### NOTE

3 vs 3 play results in each player on the field receiving multiple opportunities to touch the ball, thereby developing their technical skills. Further, the small number of players requires each player to be actively involved in the game.

At each substitution, the players are required to rotate playing positions which ensures that each player develops all-around skills. Playing a specific position at an early age is not appropriate. Goalkeeping technique should be introduced at practice sessions even though the games are played without formal goalkeepers.

## PLAYER DEVELOPMENT CURRICULUM FOR UNDER-8

Game played: 6 vs 6, played on a field that is approximately 30 yards by 50

yards. Game played in two halves of 25 minutes duration. Substitutions at the discretion of the coach, but recommended at approximately 5-minute intervals.

### Technical Skills

Further development of skills taught at lower level, PLUS

#### (A) Field Play

1. Receiving air balls with either foot or either thigh
2. Inside of the foot passing of the ball over short distances (up to 15 yards) using either foot
3. Outside of the foot passing of the ball over short distances (up to 15 yards) using either foot
4. Special moves
  - (a) 180 degree turn with the inside of the foot, using either foot
  - (b) 180 degree turn with the outside of the foot, using either foot

#### (B) Goalkeeping Play

1. Catching balls below waist level
2. Diving from the ready position
3. Over-hand throw for ball distribution

### Tactical Skills

#### (A) Field Play

1. Role of the first defender (immediate pressure)
2. Shooting to the far post

#### (B) Goalkeeping Play

1. Look for an unmarked player for distribution of the ball.
2. Distributing balls to the side of the field away from immediate play
3. Advance to collect through-balls without pressure from an attacking player

### NOTE

6 vs 6 play is a logical progression of 3 vs 3 play, with the added complication of additional players. The emphasis is still overwhelmingly on technical improvement with tactics only a side issue. Again, at each substitution the players are required to rotate playing positions, including goalkeeper, which ensures that each player develops all-around skills. Playing a specific position at an early age is not appropriate.

## PLAYER DEVELOPMENT CURRICULUM FOR UNDER-10

Game Played: 6 vs 6, played on a field that is approximately 40 yards by 60 yards. The game played in two halves of 30 minutes duration. Substitutions at the discretion of the coach, but recommended at approximately 5-minute intervals.

### Technical Skills

Further development of skills taught at lower levels, PLUS

#### (A) Field Play

1. Receiving air balls with the chest
2. Basic heading
3. "Block" tackle
4. Shooting of falling (bouncing) balls
5. Dribbling for speed
6. Passing chipped balls and cross balls
7. Special moves
  - (a) 180 degree drag back turn played with either foot
  - (b) single scissors feint executed to the left or right

#### (B) Goalkeeping Play

1. Catching high balls
2. Collecting balls from the attacking player's feet
3. Kicking dead balls (goal kicks)

### Tactical Skills

Further development of skills taught at lower levels, PLUS

#### (A) Field Play

1. Wall pass (also known as "give and go" or "1-2" pass)
2. Importance of first touch
3. Immediate transition from defense to offense or vice versa
4. Role of the second defender (cover)
5. Width in attack
6. Player movement at throw-ins
7. Penalty kicks

#### (B) Goalkeeping Play

1. Calling for the ball when receiving a ball with a defending player near

#### NOTE

At substitutions, the players continue to rotate playing positions, including goalkeeper.

### PLAYER DEVELOPMENT CURRICULUM FOR UNDER-12

Game played: 8 vs 8, on a field that is approximately 50 yards by 70 yards. The game played in two halves of 30 minutes duration. Substitutions at the coach's discretion, but recommended at approximately 5-minute intervals.

#### Technical Skills

Further development of skills taught at lower levels, PLUS

##### (A) Field Play

1. Defensive heading
2. Heading in attack
3. Long range shooting
4. "Slide" tackle
5. Special moves
  - (a) Cruyff turn, using either foot
  - (b) the "Matthews" move, using either foot
  - (c) Stop and go with the ball, continuing in the same direction

##### (B) Goalkeeping Play

1. Underarm roll for ball distribution
2. Jumping to collect high balls under pressure

#### Tactical Skills

Further development of skills taught at lower levels, PLUS

##### (A) Field Play

1. Through passes
2. Take-overs
3. Overlapping runs
4. 2 vs 1 in attack and defense.

5. 3 vs 2 in attack and defense
6. Crosses to the Primary Target Area
7. The role of the midfield player.
8. Offside.

#### Goalkeeping Play

1. Narrowing the angle

#### Other

1. Teaching players as individuals WHY and HOW to warm up.
2. Instructing players on how to chose the end of the field to defend if the team wins the "toss of the coin"

### PLAYER DEVELOPMENT CURRICULUM FOR UNDER-14

Game played: 11 vs 11, on a field that is approximately 60 yards by 100 yards. The game played in two halves of 35 minutes duration. Substitutions are at the discretion of the coach, but it is recommended that most players play no longer than 25 continuous minutes.

#### Technical Skills

Further development of skills taught at lower levels, PLUS

##### (A) Field Play

1. Playing balls to curve with either foot
2. Shooting balls downward that have been crossed in the air. (Side volley)

##### (B) Goalkeeping Play

1. Half volley kick for ball distribution
2. Fisting (punching) high balls

#### Tactical Skills

Further development of skills taught at lower levels, PLUS

##### (A) Field Play

1. Blindside runs
2. 5 vs 2 play
3. 4 vs 3 in attack (width, depth, mobility, improvisation)

4. 4 vs 3 in defense (pressure, cover, balance)
5. Principles of creating space
6. Crosses to the "Primary Target Area"
7. Restarts
  - (a) Corner kicks in attack
  - (b) Defending corner kicks
  - (c) Free kicks in attack
  - (d) Defending free kicks
8. Role of the midfield player
9. Zone defense
10. Man to man defense

(B) Goalkeeping Play

1. 1 vs 1 with an attacker
2. Restarts
  - (a) Defending free kicks
  - (b) Defending corner kicks

Other

Instruct the players in the self treatment of minor injuries (e.g. cuts, bruises, scrapes, strains, sprains), primarily through the principles of R.I.C.E. (rest, ice, compression, elevation)

PLAYER DEVELOPMENT CURRICULUM FOR UNDER-16

Game played: 11 vs 11 on a field that is approximately 70 yards by 110 yards. The game played in two halves of 40 minutes duration. Substitutions at the discretion of the coach. At this level, most players should be capable of playing both entire halves of the game.

Technical Skills

(A) Field Play

Refinement of skills taught at lower levels through increased pressure; i.e. reduced time, less space, more players

(B) Goalkeeping Play

1. Functional technical training by position

## Tactical Skills

Further development of skills taught at lower levels, PLUS

### (A) Field Play

1. Assessment of risk in specific areas of the field. Attacking third, midfield third, defensive third
2. Tactical functional training by position
3. Tactical functional training of the team by area
  - (a) defense
  - (b) midfield
  - (c) attackers
4. Shadow play: 11 v 0 and offense vs defense etc.
5. High pressure and low pressure defense

### (B) Goalkeeping Play

1. Tactical functional training in
  - (a) Collecting crossed balls
  - (b) Directing the defense
  - (c) Ball distribution for immediate attack
    - (i) direction
    - (ii) speed

## Other

How to prepare for a match, rest, what to eat, when to eat, etc.

## PLAYER DEVELOPMENT CURRICULUM FOR UNDER-19

Game played: 11 vs 11 on a field of full size, that is approximately 75 yards by 115 yards. Substitutions are at the discretion of the coach. At this level all players should be capable of playing the entire game.

## Technical Skills

### (A) Field Play

Refinement of skills taught at lower levels through increased pressure; i.e. reduced time, less space, more players



## (B) Goalkeeping Play

Refinement of skills taught at lower levels through increased pressure; i.e. reduced time, less space, more players

### Tactical Skills

Further development of skills taught at lower levels, PLUS

#### (A) Field Play

1. Alternative systems of play; i.e.
  - (a) 4 - 3 - 3
  - (b) 4 - 2 - 4
  - (c) 4 - 4 - 2
  - (d) 3 - 6 - 1
  - (e) 3 - 5 - 2
  - (f) etc.
2. Special set plays in attack and defense
3. Tactical functional training of the team as a whole

#### (B) Goalkeeping Play

1. Alternative systems of play (see Field Play)
2. Special set plays in attack and defense
3. Tactical functional training of the team as a whole

### Other

Diet and physical and mental preparation for a game.

### FORMAT FOR A PRACTICE SESSION

The method used to coach (teach) the curriculum and to expand upon it is the decision of the individual coach. The ability to develop the players depends in part on the knowledge of the coach. The Club's coaches licensing policy is designed to encourage coaches to further their knowledge of the game.

Coaching takes place during the practice sessions - not during games! A typical practice session should emphasize a single particular major topic, with coaching related almost exclusively to that topic.

The format of a practice session should, in general, be comprised of the following components:

### Warm-Up

Including elements of the practice session topic if possible.

### Fundamental Stage

Introduction of practice session topic, be it technical or tactical, in a setting using minimal pressure.

### Game Related

The addition of light pressure, through the introduction of additional players, education in time or reduction in space, to make the practice more like a game.

### Game Conditions

Incorporating the coaching session topic in a game situation; typically a small sided game or restricted game setting. A "scrimmage"!

### Warm-down

Stretching exercises designed to aid the body's recovery from the physical activities of the practice.

At the Under-6 and Under-8 level, the practice format is typically less rigid and would incorporate more playing of "fun" soccer-related games.

The recommended frequency and duration of practices for specific playing ages is as follows:

UNDER-6 One practice a week of about 45 minutes in duration

UNDER-8 One practice a week of about 45 minutes to 1 hour duration

UNDER-10 Two practices a week of about 1 to 1 1/4 hours duration

UNDER-12 Two practices a week of about 1 to 1 1/2 hours duration

UNDER-14 Two practices a week of about 1 1/2 to a maximum of two hours duration

UNDER-16 and above At the discretion of the coach; however, individual practice session should not exceed two hours in duration

## **LAWS OF THE GAME**

The following summary of each of the seventeen laws is condensed from the laws that govern the game of soccer. Some modifications of these laws (size of the field, size of the ball, etc.) are made for younger players. (See \*\*)

Law 1 FIELD OF PLAY for 11 vs 11 (see diagram)

Law 2 THE BALL Circumference is 27" - 28"; weight is 14 oz. - 16 oz. (full size 5 ball)

Law 3 NUMBER OF PLAYERS - Each team consists of 11 players, one of whom must be the goalkeeper.

Law 4 PLAYER EQUIPMENT - Consists of a shirt, shorts, shin guards, stockings and shoes.

Goalkeeper must wear colors which distinguish them from the other players.

Law 5 REFEREES - One referee is appointed for each match. They are responsible for control of the game and their decisions are final.

Law 6 ASSISTANT REFEREES - Two Assistant Referees assist the referee by indicating off side, when the ball is out of play, which team is entitled to the throw in, and whether a goal kick or corner kick is required.

Law 7 DURATION OF THE GAME - Shall be two equal periods of 45 minutes unless otherwise agreed upon.

Law 8 THE START OF PLAY - A toss of a coin decides which team will kick off. Each team must start in its own half of the field and the defending players must be at least 10 yards from the ball until it is kicked.

After a goal, the team scored upon will kick off. After halftime, the teams change ends and the kickoff will be taken by the opposite team to that which started the game. A goal can be scored directly from a kickoff.

Law 9 BALL IN AND OUT OF PLAY - The ball is out of play when (a) it has wholly crossed the goal line or touchline, whether on the ground or in the air, or (b) when the game has been stopped by the referee.

Law 10 METHOD OF SCORING - A goal is scored when the whole of the ball has passed over the goal line, between the goalposts and under the crossbar.

Law 11 OFF SIDE - A player is in an off side position if they are nearer to the opponents' goal line than the ball, unless:

- (a) the player is in their own half of the field of play, or
- (b) there are at least two of the opponents level with, or nearer their own goal line than the player. A player shall only be declared off side and penalized for being in an off side position, if, at the moment the ball touches, or is played by, one of their own team, they are, in the opinion of the Referee:
  - (i) interfering with play or with an opponent, or
  - (ii) seeking to gain an advantage by being in that position.

A player shall not be declared off side by the Referee:

- (a) merely because of their being in an off side position, or
- (b) if the player receives the ball directly from a goal-kick, a corner kick, a throw-in, or when it has been dropped by the referee.

If a player is declared off side, the Referee shall award an indirect free kick, which shall be taken by a player of the opposing team from the place where the

infringement occurred, unless the offense is committed by a player in the opponent's goal area. In that case, the free kick shall be taken from a point anywhere within that area.

**Law 12 FOULS AND MISCONDUCT** - A player who intentionally attempts to or actually (a) kicks, (b) trips, (c) jumps at, (d) charges violently, (e) charges from behind, (f) strikes or spits at, (g) holds, or (h) pushes an opponent, or (i) intentionally handles the ball shall be penalized by a direct free kick. Any one of these nine offenses committed in the penalty area by a defender will result in the awarding of a penalty kick to the offensive team.

**Law 13 FREE KICKS** - Are classified into two categories: "Direct" (from which a goal can be scored directly against the side that committed the foul) and "Indirect" (from which a goal cannot be scored unless the ball has been touched by a player other than the kicker before entering the goal.) For all free kicks, the offending team must be at least 10 yards from the ball, unless an indirect free kick is awarded within 10 yards of the offending teams goal, until it is kicked.

**Law 14 PENALTY KICK** - A direct kick taken from the penalty mark. All players, except the player taking the kick and the goalkeeper, must remain outside the penalty area and at least 10 yards from and behind the ball until the ball is kicked (hence the arc at the edge of the penalty area).

**Law 15 THROW IN** - When the ball has wholly crossed the touchline, it is put back into play by a throw in from the spot where it went out and by a player from the opposite team that last touched it. A goal cannot be scored directly from a throw in.

**Law 16 GOAL KICK** - When the ball has wholly crossed the goal line, having last been touched by a player from the attacking team, it is put back into play by the defending team by a kick taken from within the goal area.

**Law 17 CORNER KICK** - When the ball has wholly crossed the goal line, having last been touched by a player from the defending team, it is put back into play by the attacking team by a kick taken from the corner of the field on the side of the field on which the ball went out.

## M.Y.S.A. COACHES= CODE OF CONDUCT

The board of Directors of Massachusetts Youth Soccer Association and the leaders of the affiliated leagues are concerned about the conduct of all coaches and referees during games at all levels, from recreational, to premier, to Olympic Development Program.

We want to ensure that games are fair, positive and enjoyable experiences for all the children and adults involved. A soccer game should be friendly and unifying - a spirited social and athletic occasion for players coaches, referees and spectators.

To clarify the expectations of coaches, conduct, we jointly expect all coaches to conform to this code of conduct.

- Before, during and after the game, be an example of dignity, patience, and

positive spirit.

- Before a game, introduce yourself to the opposing coach and to the referee.
- During the game, you are responsible for the sportsmanship of your players. If one of your players is disrespectful, irresponsible or overly aggressive, take the player out of the game for at least long enough for the player to calm down.
- During the game, you are also responsible for the conduct of the parents of your players. It is imperative to explain acceptable player and parent behavior in a preseason meeting. Encourage them to applaud and cheer for good plays by either team. Discourage them from yelling at the players and the referee.
- During the game, you are also responsible for the conduct of the spectators supporting your team.
- During the game, do not address the referee at all. In the event you have a small issue, discuss it with the referee calmly and patiently after the game.
- In the event you have a major complaint, or if you think the referee was unfair, biased, unfit, or incompetent, report your opinion to your league. Your reactions will be taken seriously if they are presented objectively and formally.
- After the game, thank the referee and ask your players to do the same. We stress two points:

Referees -- especially young and inexperienced ones -- are like your players and yourself, in that they need time to develop. You can play an important role in helping them improve by letting them concentrate on the game. You can help by encouraging them, by accepting their inevitable, occasional mistakes and by offering constructive, post-game, comments. Alternatively, you could discourage and demoralize the referees by criticizing their decisions, by verbally abusing them and inciting - or even accepting - your own player's overly aggressive behavior.

Your example is powerful, for better or for worse. If you insist on fair play, if you concentrate on your players' enjoyment of the game and their overall, long term development, and you support the referee, your players and their parents will notice. If you encourage (or allow) your players to play outside of the laws, if you're overly concerned about results, and if you criticize the referee harshly, your players and their parents will also notice.

Think about what you are doing during a game! Uphold the Spirit of the Game! If you follow the expectations described above, the spirit of the game will be alive and well in Massachusetts and will grow, along with the enjoyment of all.

Coaches who do not follow the expectations described above will be disciplined, or removed. Reproduced with permission of the M.Y.S.A.

## **GLOSSARY**

**Attack:** The combined efforts of a team's players to move the ball to the opponent's end of the field in order to score a goal.

**Assistant Referee:** The match official who patrols the touchline. For the functions of the assistant referee see law 6 in the section "Laws of the Game".

**Bicycle kick:** A kick in which a player literally throws themselves into the air horizontally and strikes the ball by using a scissor action of the legs.

**Center:** A pass from either side of the field in toward the penalty area.

**Charge:** A legal way to push an opponent off balance by shoulder-to-shoulder contact, provided both players are within playing distance of the ball.

**Chip:** A short pass or shot in which the ball travels through the air.

**Clearance:** A throw or kick by the goalkeeper, or a kick by a defender, with the purpose of getting the ball out of a dangerous attacking area.

**Cross:** The same as a Center.

**Dead Ball:** Those situations when play is stopped and the ball still. All free kicks, including penalty kicks, are taken from a dead ball.

**Defender:** A player whose duties are primarily defensive and who helps the goalkeeper defend the goal.

**Dribble:** The way a player advances the ball, moving it with a series of nudges and taps with one or both feet.

**Forward:** A player whose duties are primarily offensive - to create and score goals.

**Foul:** A violation of proper playing conduct by a player, as defined in Law 12. e.g. kicking, tripping, handling the ball, etc.

**Fullback:** A player whose duties are primarily defensive - to prevent the opposition from scoring. **Goalkeeper:** The final defender, typically the last person able to prevent the ball from entering the goal. This is the only player who can use their hands to play the ball, but only within the penalty area.

**Goal Line:** The playing area boundary lines on either of the short sides of the field. **Half-volley:** Kicking the ball just as it rebounds off the ground.

**Handling the ball:** The illegal act of intentionally touching the ball with the hands or arms while the ball is in play. (Does not apply to the goalkeeper within their own penalty area.)

**Heading:** One method of scoring, passing or controlling the ball, by striking it with the head. A shot or pass of this kind is called a Header.

**Lob:** A soft, high kick that travels over the heads of the opponents, used either as a

pass or attempt to score.

**Marking:** The act of defending a player by positioning your self closely to specific attacking player.

**Midfielder:** A player whose duties are both offensive and defensive, who is usually responsible for creating the offensive thrust. Their play occupies an area between the forwards and defenders, where many balls are contested and strategies developed.

**Obstruction:** When not within playing distance of the ball, preventing an opponent from reaching the ball by standing in their path.

**Off Side:** See Law 11 for an explanation of Off Side.

**Overlap:** The attacking play of typically a defender or midfield player running from behind the player with the ball to a position ahead of the ball.

**Own Goal:** A goal inadvertently scored by a player against their own team, usually the result of a mix-up or unintentional deflection.

**Penalty:** The word applies only to the award of a penalty kick - a direct free kick taken from the penalty spot, against which only the goalkeeper can defend the goal. A penalty is awarded subsequent to the most serious infractions of the law that are committed by the defending team inside the penalty area.

**Pitch:** Another name for the field of play.

**Punt:** The long, high kick goalkeepers use to put the ball back in play.

**Referee:** The senior official responsible for officiating the match. For the functions of the referee see law 5 in the section "Laws of the Game".

**Save:** The act by which a goalkeeper stops an attempted goal by catching or deflecting the ball away from the goal.

**Shield:** The use of the body as a protective screen between an opponent and the ball.

**Sliding tackle:** The attempt,, using the feet, to gain possession of the ball from an opponent by sliding on the ground.

**Striker:** A player who plays a forward position, whose function is primarily the scoring of goals. **Stopper:** A slang term used in some areas of the country to refer to the center fullback position. **Sweeper:** A defender who patrols the area either directly behind or in front of the last line of defenders, whose job it is to intercept passes, cover other defenders or engineer offensive movements.

**Tackle:** The attempt to take the ball from an opponent when both players are playing the ball with their feet.

**Touchlines:** The playing area boundary lines on either of the long sides of the field.

**Trap:** The attempt to control a ball with the feet, thighs or chest, when receiving a ball that has just been passed or deflected to a player.

**Volley:** Kicking the ball while it is in flight.

**Wall:** Literally, a wall formed by defending players, often linking arms, to protect the goal when the opposition has a free kick from a dangerous area of the field.

**Wall Pass:** A pass to a teammate, followed by a one-touch return pass to the original passer of the ball, who has moved past and on to the other side of the opponent.

**Wing:** The area of the field near the Touchlines.

**Winger:** The player who plays to the right or left of the center forward or forwards, and occupies the wing area of the field; also sometimes called the Outside Forward.