



**Milton Youth Soccer Clubs's
Indoor House League Coaches Manual**

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**Welcome New and Returning Coaches to Milton Magic's Indoor House
League Season!**

Volunteer coaches are vital to the success of our house league programs. We are very thankful for your commitment in coaching. Coaching is a challenging, yet, rewarding process. We, as a club, created this document for you to use as a reference and general guide throughout your coaching journey. If you have any questions, comments, concerns, or clarification on topics within the document or those that are unaccounted for in this manual, please feel free to contact us at info@miltonmagic.com. We appreciate your time and effort taking on a critical role for our house league teams. We hope you enjoy your coaching experience to the fullest throughout the 2022/20223 indoor house league season.

Age Group Descriptions

U4- U7 Mixed

- 3v3 game format
- Size 3 balls are used
- Sessions will be 55 minutes long
- Players develop a basic understanding of the rules of the game and begin to develop simple skills
- Players dribble in or pass in when the ball is out
- Game is under control by a game leader not a referee; game leaders are put in place to encourage and guide the players on the field
- Coaches should focus on ensuring players have a positive soccer experience and trying to get each player on the field to play

U8/U9 Mixed

- 5v5 game format
- Size 4 balls are used
- Players start to participate in full 55 minute games with two 25 minute halves and a 5 minute half time break
- Continue to develop a deeper understanding of the game and the rules
- Players are able to dribble in or pass in when the ball is out

- Coaches should encourage basic tactics (passing the ball to ahead of them, keeping the ball away from their net, etc.)

U10/U11 Mixed

- 7v7 game format
- Size 4 balls are used
- Strictly kick-ins- Players are not able to dribble the ball into play when the ball is out
- Coaches should continue to encourage players to make basic tactical decisions
- Players demonstrate more technical ability and growth
- Now having 6 outfield players, we suggest a formation which includes 2-3 defenders, 1-2 midfielders and 2-3 forward players, with one person in net

U12

- 7v7 game format
- Size 4 balls are used
- By this age, players should have a reasonably strong understanding of how the game is played and the rules
- Coaches should start to encourage players to attempt slightly more difficult skills (taking on a defender 1v1, maintaining possession as a team for several passes, etc.)
- For this age group the retreat line is at $\frac{1}{3}$ of the field rather than being at $\frac{1}{2}$ for the previous age groups

U13/U14 Mixed - U15+ Mixed

- 7v7 Game format
- Size 5 balls are used
- Players have an understanding of the rules and regulations of the game
- Players are able to play at an effective level using tactical and technical skills on the field during game play
- Games are competitive and at a high level performance standard
- Retreat line is not used

Rules and Responsibilities

Coaches Responsibilities

- Provide filled out game sheets to league officials
- Attend all games if possible (please inform parents of your team and league officials if you are unable to attend a game)
- Create a positive and inclusive environment for all, and continue to be encouraging for all players (on your team and other teams)
- Refrain from negative encounters with the referees/match officials
- TeamSnap and Scheduling will be handled by the Club

Player Equipment

- Players shall not wear anything which is a danger to themselves or others
- Basic equipment of each player consists of; numbered jersey, shorts, socks, shin guards, and appropriate footwear (cleats or turf boots)
- Shin guards must be covered entirely by socks
- Goalkeepers should be wearing to easily distinguish them from other players and the referee
- Players should not wear jewelry of any kind, unless medically or religiously permitted

Start of Play

- The start of play comes from a kick-off
- A kick-off is the way of starting or restarting the play at the center of the field
- Kick-off and a new start of play can come from the following;
 - At the start of the game
 - After a goal has been scored
 - At the start of the second half
- A goal cannot be scored directly from a kick-off
- Kick-off procedure is as follows
 - The referee having given a signal to start, the game starts by a player taking a stationary kick at the center of the field of play in any direction (forwards, sideways, or backwards) on the field of play. All players must be on their own designated sides of the half. The ball is officially in play and live when the ball

moves. The kicker shall not play the ball a second time until it has been touched or played by another player

The Ball In and Out of Play

- The ball is out of play when the ball has crossed the line, whether in the air or on the ground or when the play is stopped by the match official
- Whichever team was last to touch the ball before it went out of the play, the ball then goes to the other team for a kick-in
- A kick-in is when the ball goes out of the field from the touch-lines (outside lines) and the ball is now to be played in from the touch-line by the team that did not play the ball out of bounds

Fouls and Misconduct

- A player who commits any of the following offences in a manner considered by the referee as careless, reckless, and using excessive force
 - Kicks or attempts to kick an opponent
 - Trips or attempts to trip an opponent
 - Jumps at an opponent
 - Charges an opponent
 - Strikes or attempts to strike an opponent
 - Pushes an opponent
- Or commits any of the following 9 offences
- When tackling an opponent making contact with the opponent before making contact with the ball
 - Spits at an opponent
 - Holds an opponent
 - Handles the ball deliberately (except the goalkeeper within his own penalty area)
 - Plays in a dangerous manner
 - Impedes the progress of an opponent
 - Prevents the opposing goalkeeper from releasing the ball
 - Plays or touches the ball a second time prior to the ball being touched by any other player after the ball is in play from a kick-off, free kick, corner kick, goal kick, or penalty kick

Shall be penalized by the award of an indirect free kick to the opposing team from the place where the offence occurred. If the offence has been committed by a defender within the penalty area, a penalty kick shall be awarded to the opposing team.

- If the goalkeeper playing within their own penalty area commits any of the following offences
 - Takes more than six seconds to release the ball when controlling it with his/her hands
 - Touches the ball again with his/her hands after it has been released from his/her possession and has not been touched by any other player
 - Touches the ball with his/her hands after it has been deliberately kicked to him/her by a teammate
 - Wastes time

Shall be penalized by the award of an indirect free kick to the opposing team at a spot on the green penalty area arc closest to where the infringement had occurred.

- A player in the 13+ divisions shall be cautioned and shown the yellow card if, in the opinion of the referee, the player
 - Is guilty of unsporting behavior
 - Shows dissent by word or action
 - Persistently infringes the Playing Rules of Indoor Soccer
 - Delays the restart of play
 - Fails to respect the required distance when play is restarted with a corner kick or free kick
 - Enters the field of play without the referee's permission other than in the act of substitution
 - Deliberately leaves the field of play without the referee's permission other than in the act of a substitution or directly returning to the team bench after serving a penalty
 - Slide tackles or attempts to slide tackle. Sliding without attempt to contact the opposing player shall not be considered a slide tackle
- If the referee stops play to administer the caution, a free kick shall be awarded to the opposing team where the offence has occurred
- A player shall be sent off the field of play and shown the red card if, in the opinion of the referee, the player
 - Is guilty of a serious foul play

- Is guilty of violent conduct
- Spits at an opponent or any other person
- Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to a goalkeeper within her-his own penalty area)
- Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or penalty kick
- Abuses offensive, insulting, or abusive language and/or gestures
- Receives a second caution in the same match
- If play is stopped by reason being ordered from the field of play for an offence without a separate breach of the playing rule having been committed, the game shall be resumed by a free kick awarded to the opposing team from where the offence has occurred

Free Kicks

- All free kicks are "indirect"
- An indirect kick means that a goal cannot be scored unless the ball has been played or touched by any other player than the kicker prior to passing through the goal
- When a player is taking a free kick within the player's own penalty area, all opposing players must be at least 10 yards from the ball and outside the penalty area until the ball has been kicked out of the area.
- The ball must be stationary when any free kick is taken and the kicker cannot play the ball a second time until it has been touched or played by any other player

Retreat Line

- To allow our younger players to learn and gain confidence on how to play the ball out from the back and build an attack.
- When the goalkeeper has the ball for a goal kick or after making a save, the opposing team would "retreat" back to the halfway line for U4-U10 and for U11-U12 the opposing team retreat back to 1/3 of the field.
- U13+ have no retreat line
- Once the players have retreated the goalkeeper can successfully play the ball
- Once a teammate has received the ball, the opposing players can start to apply pressure

- This gives the player on the ball time and space required to make a decision without being under immediate pressure or marked

Offsides

- There are no offsides in the indoor soccer season

Overview of Rules

<u>Age Group</u> (all ages are mixed)	<u>Game Format</u>	<u>Substitution Format</u>	<u>Offsides</u>	<u>Ball Size</u>	<u>Retreat Line</u>	<u>Kick ins/ Dribble ins/</u>	<u>Corner Kicks</u>	<u>Scores/ Standings</u>
U4/U5	3v3	On the fly	No	3	Retreat to Half	Both are allowed	No	Not recorded
U6/U7	3v3	On the fly	No	3	Retreat to Half	Both are allowed	No	Not recorded
U8/U9	5v5	On the fly	No	3	Retreat to Half	Both are allowed	No	Not recorded
U10/U11	7v7	Stoppage	No	4	Retreat to Half	Kick Ins Only	Yes	Not recorded
U12	7v7	Stoppage	No	4	Retreat 1/3	Kick Ins Only	Yes	Not recorded
U13/U14	7v7	Stoppage	No	5	No Retreat	Kick Ins Only	Yes	Recorded
U15+	7v7	Stoppage	No	5	No Retreat	Kick Ins Only	Yes	Recorded

Most Commonly Asked Questions

1. How many players should be on the field at one time?

- Parent & Tot; Academy Style/ Skills
- U4-U7; 3v3 (no goalie)
- U8/U9; 5v5 (including goalie)
- U10-U15+; 7v7 (including goalie)

2. What do I do if I don't have enough players on game day?

If you are short players on game day, players can be borrowed from the other team or the coaches could decide to play smaller sided games. For example, instead of playing 7v7 they play 5v5.

3. What do we do if the referee doesn't show up to a game?

Allow the referee a 5 to 10 minute grace period and if after that time they are a no show, please start your game. Ask the assistant coach or a parent (one for each half) to volunteer to referee the game. Please report the ref no-shows to our House League Coordinator at info@miltonmagic.com and include the date and time of the game as well as the field name.

4. Jewelry:

No earrings (even if they are freshly pierced and tape is placed over them), no necklaces or bracelets of any kind. Failure to remove jewelry will result in the child not being able to play. Please remind your players' parents of this at practices and before games. We are following the Ontario Soccer Association's rules. If the parent has any concerns regarding this rule they can contact OSA at (905)-264-9390.

5. What do I do when I get to the field?

Coaches are to check the field prior to any game or practice for any possible safety hazards (ie. Broken glass, sharp objects, etc.). If a hazard is spotted, please let the referee know prior to the start of the game or if it is found before a practice session, please contact the MYSC Office so we can make the Town and its field maintenance staff aware of the hazard. Once everything is cleared, prepare your team for game start. Ensure you give the game sheet to the referee before the game.

6. How do I create a rotation schedule?

Coaches are to rotate players throughout the game to ensure equal playing time. A coach can have a parent volunteer or assistant coach keep track of time. Using clothes pegs with player names on them is also a good way to keep track of who is next to go on the field.

7. What is a Game Sheet, how do I fill it out and what do I do with it?

The game sheets can be found on the club website at www.miltonmagic.com under Coaches–Policies and Documents. Both coaches on both teams are responsible for supplying the game sheet to the referee prior to the start of the game. The referee will hand the completed sheet in to the MYSC office. All players who are participating in the game need to be listed on the game sheet. If a player is missing, please ensure they are either not listed on the game sheet or their name is crossed out.

8. What if I, the Coach, can't make it to a game?

If you are unable to make it to a game, please make arrangements with your assistant coach or another parent to take your place. It is important to find someone to come in and coach the team.

9. Where should the parents of the players sit?

All parents and spectators are to sit on the opposite side of the field from the players. This will prevent children from going back and forth to their parents and give you greater control of keeping everyone focused and together for rotations. Please encourage the parents to sit at least 5 feet away from the field markings – this is for the safety of both the players and the spectators.

10. What do I do if I'm having difficulties with a parent?

Contact the club and discuss the issue. If it is happening during a game you may talk to the referee or team official. If there are MYSC employees present contact one of them and inform them of the issue.

11. What is the role of the referee?

If at any time during the game you are not sure of the call, please ask. The referees are there to help. Remember to deal with our referees with respect and courtesy. They may make a few mistakes along the way, just as players and coaches do. Please accept their decisions. Arguing

with a referee does not provide a good example of sportsmanship for our kids, nor does it do any good. A referee's decision is final as per OSA rules.

Please keep in mind that MYSC is providing the opportunity for our youth to have jobs as referees. They have all been trained, but they are still learning. We have implemented a referee mentoring program, so there will be opportunity to observe access and improve. If you noticed a referee who needs some guidance regarding their calls please email ref@miltonmagic.com. Do not approach the referee directly with feedback. For some of them, this may be their first year refereeing, please be patient and courteous. Some of them may be refereeing in more than one division. (ie. U8, U9, etc.) where the rules are slightly different between these age groups.

Important Documents

- [Coaches Code of Conduct](#)
- [Code of Conduct for Parents/Gaurdians/Spectators](#)
- [Concussion Code of Conduct for Coaches and Trainers](#)
- [Emergency Action](#)