

Spring Recreation Program – Coach Handout

Thank you for volunteering your time to coach in the LCSC spring recreation program. The Spring Recreation program has a format of training and playing that will encourage both player and coach development. The intent is to introduce ALL players and coaches to the same set of skills in a week-by-week manner to promote continuity in development. After the skills development portion, the remainder of the time slot will be devoted to short-sided games between pre-determined teams.

Skills/Practice Portion

Each coach will run a practice/skills session before their game with their team. Generally this is about 20-30 minutes—decide with the coach of the team you are playing how long you want to practice. There are no weekday practices during the spring, we do not have permission to use the North Colonie School Districts fields like in the fall. You can get practice/drill/skill ideas from our coaches resource page. We will also be holding a Coaches Clinic before the start of the season—this is a great opportunity to get ideas and ask questions.

Games Portion

Short-sided games will fill the remaining time in each division time slot (after skills development).

- Each team will be supplied with a team shirt, each team will have a different color shirt. Players also need shinguards; cleats are highly recommended (required for grades 3-6).
- Game schedule (What teams play on which field) and field map will be posted on the bulletin board at the Pavilion. Individual team schedules will also be uploaded to the registration system.
- Games are played on smaller size fields that are based on the width of the larger full-size fields. There will be diagrams on the bulletin board to direct you to the field you're assigned each week.
- Game format
 - SHORT-SIDED games (4 v 4 or 5 v 5, depending on attendance) for USA, NA, and SA divisions. Euro division will play 7 v 7 or 8 v 8, including goalies, on smaller-sized fields with full goals.
 - Goals: Pop-up PUGG goals for USA and NA; flat-frame "kickback"-style goals for SA (or U10 goals should teams prefer)
 - NO GOALIES for USA and NA, optional for SA depending on goal choice. For these games, there are no penalty box lines to support goalies. Our program is designed to develop players based on ball touches, passing, and movement.
 - There are no standings kept, and therefore no scores kept (the kids will know, anyway...).
 - Coaches are asked to referee the games (see modified rules below) and coordinate substitutions.
 - Coaches can decide whether or not to include a halftime break, keeping in mind that the games are short, and the kids want to get out there and play!
 - Games should end by/before the end of the division time slot - other teams may need to use the fields shortly after.
- Rules/exceptions
 - Overall objective: keep the ball moving.
 - Ball out of bounds - sidelines: opposite team places ball on line where it exited the field and kicks in to resume play (non-kicking team should make space for adequate kick). SA division MAY incorporate throw-ins after a couple weeks (Please do not allow until you're given the OK).

- Ball out of bounds - end lines: restart like sidelines (above), but do not place ball too close to goal (no closer than halfway between goal and corner). SA division MAY incorporate corner kicks after a couple of weeks.
- After goal - opposite team restarts at the middle of the field. Play is started with a successful side or rearward pass to a teammate. Opposite team must allow space (fields may not have a center circle).
- No slide tackling - players must stay on feet (unless, of course, if they trip and fall...)
- Maximum number of goals by any one player = 3. Player must then play back on defense for the remainder of the game.
- Foul/stoppage of play: Use your best judgment. If play should stop for rough play, handball (intentional use of arms or hands), etc., stop the game and the opposite team can start with a free kick. Offending team must give 5-10 yards of space. ALL restarts in this manner are INDIRECT FREE KICKS: kicker cannot score a goal directly, and must successfully pass to a teammate.
- **EURO DIVISION ONLY:** Follow standard rules of play for soccer, except there will be no offside rule in effect. Throw-ins and corner kicks are allowed. NO Penalty Kicks, for any reason. Free kicks must be indirect.
- Substitutions
 - Substitute players in and out often. ALL players should have equal playtime opportunity, and should be encouraged to try all positions.

If possible:

- For NA and USA divisions: After your game is complete, please pull up the stakes on the goals and carry/drag them to the garage at the pavilion (or ask for assistance from a parent). This small gesture is a great help to our coordinators.

Additional Skills Sessions—the Club is planning to host skills sessions (in addition to the skills time before the game) that will be optional for children/families with an interest to practice a little more. These will be held on Saturdays, not during the Division time slot and conducted by the LCSC Saints FC travel coaches and maybe others. That schedule will be forthcoming as the season approaches.