

Little River Elementary Soccer – Handbook



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Coach's Handbook

Thank you!!! For volunteering and showing your passion for the game of soccer and your willingness to pass along your knowledge to another generation, as an LRE Soccer Coach. Without our coaches, we would not have teams and our kids could not play.

Coaches, parents and referees together have an enormous impact on the lives of the children who play soccer. While parents must teach their children to be accountable for their actions, coaches must reinforce positive actions and behaviors on the field.

As coaches –

- You have the responsibility of being a positive role model and mentor to your players
- You will show the kids how to cooperate and play as a team. A lifelong lesson they can take beyond the field.
- You teach them how to respect one another and the game of soccer.
- And you impart on them a maturity level in all aspects of soccer play.

Little River Elementary Soccer expects that only the best sportsmanship will be taught at every practice and reinforced at every game.

This “Coaches” portion of the handbook has information and helpful hints to make your job as a coach more successful and fun. Please take this advice seriously. We all want Little River Soccer to be a fun, positive influence in our children’s lives.

Coaching Expectations

LRE Soccer wishes to project a positive image. An attitude of cooperation, respect, maturity, and positive support for the players, coaches and referees is essential to maintain this image. The following information from the US Youth Soccer should be used as guidelines for behavior.

Coach's Code

- Soccer should be fun for everyone.
- Be accepting of the referee’s decisions.
- Do not make loud offensive remarks.
- Concentrate on coaching, rather than on the accuracy of the referee’s decisions.
- Be positive. Avoid confrontation with any official.
- Be a role model of fair play.
- During games, leave the decisions to the players.
- Set high standards.
- Teach skills and fair tactics.
- Discourage unfair gamesmanship.
- Be firm with parents at games.
- Give good guidelines to parent
- Communicate with parents often.
- Play the game and encourage parents to play.

Again, we thank you for volunteering to coach LRE Soccer. We know that it is not always easy, but we hope it will always be fun. Please read the “Parents Handbook” section and encourage your team parents to read it, as well. If we work together, we will have a successful, smooth running season with happy players, coaches and parents.

Coaching Preparation

- Make sure you have given a lot of thought to what you’re trying to accomplish with the drills you plan to run.
- Coming out unprepared makes it difficult for you to control the flow of practice and this in turn makes the players harder to control during practice.
- Make sure you are giving the kids a baseline of skills to build from for the rest of their soccer playing days. (ex. You cannot teach a child to do addition before they know their 123’s, and if they cannot add, how can the next teacher show them multiplication.)

At your 1st practice

- Take time to introduce yourself to your players and then let them introduce themselves to everyone.
- Express to them a passion for the game, by sharing a story about when you played or how you came to be a coach.
- Making sure they get to know each other is important. Not only because all the teams are made up of two grade levels and they probably don’t know or interact with each other regularly, but also to make them more comfortable and therefore able to work together.
- Practice can be the most fun part of a season for the players, so ensure you make it fun for them.
- Create games, invite their parents to play in a scrimmage at the end of the season, use the resources on the website for practice drills, etc.
- Special Note Regarding Parent Participation. Be sure to speak with the parents prior to their participation. Use the parents as opponents but emphasize what you want the “kids” to learn during the drill/exercise. This is not meant for parents to try to recapture or relive their past. It’s an opportunity for them to interact with their kids in play mode, get a little exercise but more importantly to assist the coaches to teach specific lessons or skills. Parents should be mindful during their participation - no running over kids, no kicking hard shots that end up hitting kids, no over-aggressive tackling.

Keep the following points in mind as your practice:

- If the players aren’t having fun, you won’t have fun. Make practice interesting.
- Avoid lectures, give short instruction, and let the activity be the teacher
- End practice with a scrimmage. It is the favorite part of practice for most players.

Player Development

K&1st Coaches

- By the end of the year, your players should no longer be constantly moving in a pack, chasing the ball. You should focus on the fundamentals of soccer (Dribbling/Passing, Proper use of the foot to strike the ball {no more toe kicks}, Scoring, Defense and Offense).
- They should know how to properly throw in a ball.
- They should be doing better at not using their hands, unless playing goalie.

2nd&3rd Coaches

- Your players should understand how to properly line up; including what the basic responsibility of Offense, Mid-fielders and Defenders.
- They should be better able to; pass longer distances, and dribble through traffic.
- They should have a better understanding of when to pass and when not to pass.
- They should no longer be using the toe to kick the ball, but using the inside, outside, and laces kicking techniques.

4th&5th Coaches

- Your players need to take all the above and apply it every practice and game.
- You should also be building on these basics to adding more advanced techniques such as tackling, shoulder blocks/tackling, advanced kicks with the heel, using knees and their chest to stop the ball, etc.
- All players should begin to progress to intermediate ball fakes and ball control. Although fundamental soccer is essential, the ability to creatively dribble by an opposing player while maintaining control or prior to passing is equally as vital.

Game Day Guidelines

Arrive at least 15 minutes early and instruct your players to do the same

- Do your warm ups and stretches prior to game start time.
- If an open field is open, you can use it to conduct last minute drills but be courteous to others on the field of play.
- Give final instructions if needed.
- Make sure your team is ready to play when the referee's come by to check them in, etc.
 - Correct uniform
 - Shin guards are on
 - Mouth guards for those need them (typically goal keeper)
 - No earrings, watches or bracelets

Start the game on time

- There are a lot of games to complete each weekend and we cannot wait on one coach or one team to start a game.
- Just like practices, coaches need to be organized and ready to play.
- The game time on the schedule is the start time not the time for players and coaches to start arriving.
- The LRE Soccer Board will be working with the Referees to ensure every game starts on time, whether you are ready or not. So be prepared!

- Remember if you are acting flustered or confused because you're not ready, it will cause confusion in the kids....

End of Game Practice

- Opposing coaches, players and parents should shake hands after each match.
- LRE Soccer challenges all coaches, players and parents to shake the hands of the referees after your games. Take the time to thank them for their effort.

Take care of the fields

- You as Coaches and Assistant Coaches are responsible for ensuring the field is cleaned up after each game.
- Please clean up all snack trash after the games.
- Ensure that the spectators are cleaning up their side of the field.
- Last game of the day on each field. You and your team are responsible for: making sure both sides and the field is cleaned up, that you collect the 4 corner flags and take down your tents, and that you then bring the flags and tents to the Concession Tent.

Sportsmanship

- Be the example and, if necessary, the enforcer of good sportsmanship.
- All players, spectators, referees, and coaches should show the utmost respect at all times.
- Please encourage parents and players to make only positive comments to the other team and officials.
- Keep soccer positive on all accounts

Referees

#1 Rule - You don't coach the referees

Facts about the referee

- The referee is not an opponent.
- The referee works best if he/she is not distracted by outside elements.
- Referees make fewer mistakes in a game than your best player.
- These young ladies and gentlemen are bravely taking on a mostly thankless job. Please remember that they are trying to be the best they can be.
- **Although referees are expected to start out perfect and get better with experience, they are only human.**

How concentrating on the referee's performance affects our ability to coach

- Miss opportunities to coach your players during the game.
- Miss seeing things that your players need to work on in the next practice.
- Makes you look like a fool and spoils your reputation.

How you negatively affect players

- Cause players to get cautioned for dissent for following your lead.
- You teach them to take no responsibility for their actions "It was just a bad call by the referee!"
- You teach players that it is OK to disrespect authority.

Positive actions get results

- Support the referee's decisions for or against you.
- Discipline your players before the referee has to.
- Assume responsibility for the outcome of the game.
- Be a positive role model.
- Report commendable performance to league officials.

How to deal with a deficient referee

- If you have questions or concerns with anything during a game, get a Board member. Do not try to correct the referees yourself either during or after a game. They may miss a call, or make an incorrect call, but it is all part of the learning process.
- Make notes during the game on the referee's deficiencies (not decisions)
- Never confront the referee during or after the game.
- Report your complaint to league officials

How to deal with Parents and Referee Interaction

- Ensure that your players and spectators know it is unacceptable to criticize the referees before, during or after games.

Again, we thank you for volunteering to coach LRE Soccer. We know that it is not always easy, but we hope it will always be fun. **Please encourage your team parents and players to read the "Parent-Player Handbook"**. If we work together, we will have a successful, smooth running season with happy players, coaches and parents.

Parent's Handbook

Thank you for your support of Little River Elementary Soccer. Dedicated parents and players keep the association running.

Parents, coaches and referees together have an enormous impact on the lives of the children who play soccer. Parents must teach their children to be accountable for their actions and coaches must reinforce positive actions and behaviors.

As parents, you have the responsibility of modeling fair play, conflict resolution and the "golden rule". Little River Soccer Association expects that only the best sportsmanship will be displayed at every game by parents, players and coaches.

We want you to have a full understanding of Little River Soccer policies and procedures. This handbook should answer all of your questions; please take the time to read all areas. We all want Little River Soccer to be a fun, positive influence on our children's lives; let's work to make this happen.

Parent Expectations

LRE Soccer wishes to project a positive image. An attitude of cooperation, respect, maturity, and positive support for the players, coaches and referees is essential to maintain this image. The following information from the US Youth Soccer should be used as guidelines for behavior.

Parents' Code

- Be knowledgeable of the games.
- Encourage fair play at home.
- Be supportive.
- Watch practices; focus on new strategies.
- Attend games.
- Be positive or quiet at games.
- Do not make loud offensive remarks.
- Concentrate on praising other people's children during games.
- Support the coach and referee's decisions.
- Encourage communication between coach and parent.
- Encourage your children to play the game of soccer.
- No artificial Noise Makers or the use of aerial drones are allowed during practices and games.

Again, we thank you for allowing your child to play with Little River Soccer. We hope the experience will be a positive and enjoyable one for you and your player. If we work together, we will have a successful, smooth running season with happy players, coaches and parents.

Practice Schedules

- Your child's coach will contact you to let you know the day and time of all practices.
- Any notification that practices are to be cancelled due to the weather will come directly from your coach.
- Players should arrive on the practice field ready to play and on time.
- Always remember shin guards are mandatory.
- Please make sure you bring a water bottle and a soccer ball to both practices and games.

- Please be available during practices and games. Coaches are not expected to baby-sit and coach.

Game Schedules

Games are generally played on Saturdays. Although, due to weather conditions, there may be makeup games scheduled on other days. The fields are at Little River Elementary.

Game schedules, indicating game times and field number, are prepared by LRE Soccer. These schedules have been sent to coaches and will be posted online at www.lresoccer.com.

Game Day Guidelines

Please consider these important guidelines as you prepare for the soccer season:

Please arrive at your games at least 15 minutes early

- Your coach will conduct warm up exercises before the game start time.

Games need to begin on time

- There are a lot of games to complete each weekend. The game time on the schedule is the start time not the time for players to start arriving.

Sportsmanship

- All parents, players, spectators, referees, and coaches should show the utmost respect at all times.
- Be the example of good sportsmanship for your child.
- Please provide only positive comments to your child, his teammates, the other team, coaches and referees.
- Keep soccer positive on all accounts.

Referees

- These young ladies and gentlemen are bravely taking on a mostly thankless job. Please remember that they are trying to be the best they can be.
- If you have a question or concern with anything during a game, get a Board member. Do not try to correct the referees yourself either during or after a game. They may miss a call, or make an incorrect call, but it is all part of the learning process.
- Ensure that your child and your spectator group know it is unacceptable to criticize the referees before, during or after games.

Let the coach – coach

- Your child's coach is a volunteer giving of his/her time to develop and encourage your player.
- Please treat them with respect and kindness.
- At games, let your coach do their job, do not coach your child from the sideline; this creates confusion and lack of respect for the coach's direction. Only positive, uplifting comments should be made. Please encourage other parents to do the same. Cheer don't Steer.

Player's Handbook

Little River Elementary Soccer welcomes you! We are excited to have you here to play soccer this year. We hope you have a fun and positive experience.

Please consider these important guidelines as you prepare for the soccer season. Help your parents and coaches remember also.

Player Expectations

LRE Soccer wishes to project a positive image. An attitude of cooperation, respect, maturity, and positive support for the players, coaches and referees is essential to maintain this image. The following information from the US Youth Soccer should be used as guidelines for behavior.

Player's Code

- Play the game for the game's sake.
- Work for the good of your team. Don't just play for yourself.
- Be generous when you win.
- Be gracious when you lose.
- Be fair always, no matter what the cost.
- Obey the laws of the game.
- Accept the decisions of the officials with good grace.
- Follow the school rules on NO bullying.
- Conduct yourself with honor and dignity.
- Never use language or gestures on the field that you are not allowed to use at school or home.

Player Uniform Information

The uniform is required and has been provided to all players

- The uniform consists of a jersey (tucked-in), shorts and socks.
- The official jersey and ALL black shorts must be worn for every game. Socks MUST cover the entire shin guard.
- In case of cold or inclement weather, the uniform can be worn over a jacket or sweats.

Shin guards are mandatory

- Required at all practices and games.
- THERE ARE NO EXCEPTIONS!
- Socks should be pulled over shin guards.

Shoes

- Soccer shoes with cleats are required for all games and practices for 2nd-5th grade players.
- Soccer shoes with cleats are highly recommended for all games and practices for K/1st grade players. However, athletic shoes are allowed for this level.
- Shoes with metal cleats and toe cleats (such as on baseball cleats) are not allowed.

Jewelry

- All items of jewelry are potentially dangerous on the soccer field.
- Rings, ear rings, leather or rubber bands (silly bands), and necklaces are not necessary to play and the only thing they can bring about is injury.

- It is mandatory for all jewelry to be removed before a game.

Game Day Guidelines

Please consider these important guidelines as you prepare for the soccer season:

Please arrive at your games at least 15 minutes early

- Your coach will conduct warm up exercises before the game start time.

Sportsmanship

- Be an example of Good Sportsmanship.
- You are responsible for your own actions.
- All players should show the utmost respect to each other at all times – on the field of play and even when you return to class at school.
- Please make only positive comments to your teammates, coach, the other team and officials.
- Cheer for both sides. Everyone will have more fun.

Coaches

- Listen to your coach.
- Your coach is a volunteer giving of his/her time to develop and encourage you.
- Please treat them with respect and kindness.
- Please listen to their direction and give them the respect they deserve.
- If your coach is talking either at practice or a game, you should not be talking or playing. If you miss what the coach says, you could get hurt, or be missing out on important instructions. Both of these things can hurt your team.

Referees

- It is not acceptable to yell at or show disrespect to the referees at any time – before, during or after a game.
- If you feel the referees are not seeing particular actions by other players or if you disagree with a call, please speak directly with your coach and allow them speak for the team.
- Please make sure your parent or spectator group know it is unacceptable to criticize the referees before, during or after games.

Game Play Rules

- K – 1st: No slide tackles or headers are allowed in this age group.
- 2nd – 3rd: No slide tackles or headers are allowed in this age group.
- 4th – 5th: No slide tackles or headers are allowed in this age group – foul issued.
At these age groups, the ability to consistently and safely perform a slide tackle without injuring the opposing player is very difficult to achieve. We understand this is a vital component of soccer, but believe players can still enjoy the sport now and save themselves trips to the knee doctor.
- All ages No grabbing of jerseys and pulling the opponents to the ground.
- All ages No pushing players to the ground.

*** The goalkeeper must be given the opportunity to play in each game as a field player unless that player and that player's parents voluntarily agree to play the goalkeeper position only.

LRE Soccer - Laws of the Game

These modifications for LRE Soccer are based on the US Youth Soccer Association recommendations for our player's skill and age groups.

Law 1 – Field of Play

LRE Soccer complies with USYSA recommendations regarding field dimensions where possible but reserves the right to determine which field dimensions are most appropriate for the league's divisions and field availability.

Law 2 – The Ball

K-1st: Size 3 ball

2nd-3rd & 4th-5th: Size 4 ball

Law 3 – Number of Players

K – 1st 6 players, one of whom is a goalkeeper. A match may not start if either team consists of fewer than four (5) players. One coach per team is allowed on the field for the first 2 games of the season. After the first 2 games only the players and referees will be allowed on the field. Coaches can go up and down the touch line, and along the goal line.

2nd - 3rd 9 players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than six (7) players. Coaches are not allowed on the field in this age group.

4th – 5th 11 players, one of whom is the goalkeeper. A match may not start if either team consists of fewer than nine (9) players. Coaches are not allowed on the field in this age group.

Substitutions:

- Only when a stoppage of play is in your teams favor and you have unlimited number of substitutions.
- Stoppage of play is ONLY a goal kick, corner kick, or throw-in.
- One exception, you can substitute players if the stoppage is in the other team favor and they are also substituting players, but only on throw-ins.

Playing time: Each player shall play a minimum of 50% of the total playing time IF the player is exhibiting a reasonable amount of effort and attention for the game. If not, the player may be removed from the game and other players who do give the effort will get more playing time.

Law 4 - Player's Equipment

- Players are REQUIRED to wear the uniform provided: Team Colored Jersey, with number (tucked in), black shorts of the correct length (as ordered by LRE Soccer for you) and soccer socks.
- Non-uniform clothing is allowed based on weather conditions only; however the Team Colored Jersey must be worn on the outside/over other clothing to distinguish teams on the field.
- Shin guards must be worn at all times for practice and game play, and are to be worn under your socks, not over them.
- Shoes with metal cleats and toe cleats are not allowed.

- Water or Sports Drink and Soccer ball should be considered part of your equipment and brought to every practice and game as instructed by their coach for game days.

Law 5 - Duration of The Game

K-1st: 4 - 10 minute quarters.

- Halves of 20 minutes' total play. There shall be a 2-minute break between quarters 1 and 2 and another 2-minute break between quarters 3 and 4.
- There shall be a half-time break of 5 minutes.

2nd-3rd: 4 – 12 ½ minute quarters.

- Halves of 25 minutes' total play. There shall be a 2-minute break between quarters 1 and 2 and another 2-minute break between quarters 3 and 4.
- There shall be a half-time break of 5 minutes.

4th-5th: 4 – 15 minute quarters.

- Halves of 30 minutes' total play. There shall be a 2-minute break between quarters 1 and 2 and another 2-minute break between quarters 3 and 4.
- There shall be a half-time break of 5 minutes.

After Regulation Time: 2nd – 3rd and 4th – 5th:

Regular Season: If score is tied at the end of regulation, 5 minutes of extra time will occur. (Substitutions are allowed). If at the end of extra time, score is still tied, game will end in a tie.

Playoffs: If score is tied at the end of regulation, 5 minutes of extra time will occur (Substitutions are allowed). If at the end of extra time, score is still tied, teams will go into a Penalty Kick Shootout – 5 shots per team in the first round. The first round of penalty kicks must be taken from 5 players on the field at the end of extra time. The goalkeeper can be one of the five. The goalkeeper you ended the extra time with must be the goalkeeper you use to defend your goal during penalty kicks for the duration of the penalty kicks. Only the 5 kickers per team, 1 goalkeeper per team, referees, and at least one board member (must be a co-president or co-vice president - which ever are available) are allowed on the field. If after the first 5 shots per team there is still a tie, the same goalkeeper must be used and the coaches may select any player(s) for the next penalty shots. Each team will get one shot per round until one team has scored and the other has not (“Golden Goal”). This will determine the winner. For these rounds, the coach must select 5 kickers at a time but can select any players they choose (those that have already kicked, those on the sidelines, goalkeeper, etc.)

Penalty Re-Kick - If the Player's foot touches the ball in any way there will be no re-kick.

Positioning the ball prior to kick – The sequence will occur as follows: The referee will place the ball on the ground at the point of the kick. The player may pick the ball up with their hands to reposition the ball as long as it is not advanced past the point the referee has indicated.

Law 6 – Off-Side

- K-1st:** None to be given a penalty. A warning can be given by the referee to the player and their coach as a reminder of the rule only.
- 2nd -3rd:** Offside will be called only when the infraction is blatant and considered to be deliberate, or it is repetitious and continually gives an unfair advantage.
- 4th – 5th:** Offside is called as normal.

A player is in an offside position if:

1. the player is in the opponent's half of the field, and
2. is ahead of the ball, and
3. there are fewer than two opponents ahead of the player.

The offside position is judged **at the moment** the ball touches or is played by a teammate. If, in the opinion of the referee, a player in an offside position touches the ball, interferes with an opponent, or plays a ball that rebounds from the goalkeeper or the cross bar, then an indirect free kick is awarded the opposing team.

There is no off-sides on the offense if a player receives the ball **directly** from a throw-in, corner kick or goal kick.

Law 7 – Fouls and Misconduct

- At the youth level, most fouls are due to pushing, holding, tripping, or spitting and result in a free kick. Other ones to watch out for are handballs and charging, of course. (Note: Some charging is legal, i.e. shoulder tackling, but it must be done properly.)
- It is recommended that the game official explain ALL infractions to the offending player.
- No caution or send off shall be issued to players at the K – 1 level.
- 2nd – 3rd will only receive Cautions (Yellow Cards), however if 2 Yellow Cards are given in a game to a single player, that player will be asked to leave the game. They may sit on their sideline and watch only, and at the end of the game the Coach, Referee and a Board Member will speak to the child about the activity or activities that caused them to receive both Cautions. (Board Member needs to be either one of the Presidents or Vice Presidents only, whoever is available).
- 4th – 5th will receive both Cautions (Yellow Cards) and Send Off (Red Cards) – 2 Yellow Cards result in a send-off.
- If a child is being too rambunctious then the game official will ask the coach to make a substitution of that player to give the child a chance to calm down before returning to play.

Advantage - Any penalty which might in the opinion of the referee give an advantage to the team committing the foul shall not be called.

Warning - A verbal warning from the referee to a player, coach or spectator.

Caution (Yellow Card)

A player is cautioned if he commits any of the following seven offenses:

1. unsporting behavior
2. dissent by word or action
3. persistent infringement of the laws of the game
4. delaying a restart of play

5. failing to respect required distance when play is restarted with a corner kick, free kick or throw-in
6. entering or re-entering the field of play without the referee's permission
7. deliberately leaving the field of play without the referee's permission

Send Off (Red Card)

A player or substitute is sent-off if he commits any of the following seven offenses:

1. serious foul play
2. violent conduct
3. spitting at an opponent or any other person
4. denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this does not apply to the goalkeeper within his own penalty area)
5. denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or penalty kick
6. using offensive, insulting or abusive language and/or gestures
7. receiving a second caution in the same match

An ejected player, coach or spectator must immediately leave the field and surrounding area. An ejected player may not be replaced during the current match. While team officials can be sanctioned, only a player or substitute may be shown the red or yellow card.

Law 8 - Free Kick-- (Direct and Indirect)

K-1st: All free kicks will be direct.

All Others: All opponents are at least 6 yards (18 feet) from the ball.

There are two types. A direct and indirect, with most free kicks being classified as indirect. (This means a goal may not be scored until the ball has been played or touched by a second player of either team.)

Indirect Free Kick (IFK) - An IFK is taken from the location of the offense. A goal cannot be scored directly, i.e. the ball must be touched by another player before a goal can be scored. If an indirect kick is kicked directly into the opponents' goal, a goal kick is awarded. If, for some weird reason, an indirect kick is kicked directly into your team's own goal, a corner kick is awarded to the opposing team.

An IFK is awarded for various infractions as well as the following fouls:

1. plays in a dangerous manner
2. impedes the progress of an opponent
3. prevents the goalkeeper from releasing the ball from his hands
4. The following apply to the goalkeeper within his/her own penalty area:
 - controls the ball with his hands after he has released it from his possession and before it has touched another player
 - touches the ball with his hands after he has received it directly from a throw-in taken by a teammate
 - touches the ball with his hands after it has been deliberately kicked to him by a teammate
 - touches the ball with his hands after he has released it from his possession and before it has touched another player

Direct Free Kick (DFK) - A DFK is taken from the location of the foul and is awarded for the following offenses when committed by a player while the ball is in play (except when committed inside the

offender's own penalty area). The ball must be stationary when the kick is taken and the kicker must not touch the ball again until it has touched another player.

If a direct kick is kicked directly into the opponent's goal, a goal is awarded. If, for some weird reason, a direct kick is kicked directly into your team's own goal, a corner kick is awarded to the opposing team:

1. kicks or attempts to kick an opponent
2. trips or attempts to trip an opponent
3. jumps at an opponent
4. charges an opponent
5. strikes or attempts to strike an opponent
6. pushes an opponent
7. tackles an opponent
8. holds an opponent
9. handles the ball deliberately (except for the goalkeeper within his own penalty area)
10. spits at an opponent

Law 9 - Penalty Kick

K-1st: No penalty kicks are to be taken during games.

All Others: If a player commits a foul in their own penalty area a Penalty Kick will be awarded.

Penalty Kick (PK) is awarded for a direct free kick foul committed inside a team's penalty area. The kick is taken from the penalty spot.

The ball:

- must be placed on the penalty mark

The player taking the penalty kick:

- must be properly identified

The defending goalkeeper:

- must remain on his/her goal line, facing the kicker, between the goalposts and cannot move until the ball has been kicked

The players other than the kicker must be located:

- inside the field of play
- outside the penalty area (penalty box)
- behind the penalty mark

An infraction of the above stated rules are as follows:

- a team-mate of the player taking the kick infringes the Laws of the Game
 - the referee allows the kick to be taken
 - if the ball enters the goal, the kick is retaken
 - if the ball does not enter the goal, the referee stops play and the match is restarted with an indirect free kick to the defending team from the place where the infringement occurred
- a team-mate of the goalkeeper infringes the Laws of the Game:
 - the referee allows the kick to be taken
 - if the ball enters the goal, a goal is awarded
 - if the ball does not enter the goal, the kick is retaken
- a player of both the defending team and the attacking team infringe the Laws of the Game:

- the kick is retaken

The kick:

- After the players have taken positions in accordance with this Law, the referee signals for the penalty kick to be taken
- The player taking the penalty kick must kick the ball forward
- He must not play the ball again until it has touched another player
- The ball is in play when it is kicked and moves forward

Penalty Re-Kick - If the Player's foot touches the ball in any way there will be no re-kick.

Positioning the ball prior to kick – The sequence will occur as follows: The referee will place the ball on the ground at the point of the penalty kick. The player may pick the ball up with their hands to reposition the ball as long as it is not advanced past the point the referee has indicated as the penalty mark.

Law 10 - Throw In

K – 1st and 2nd – 3rd:

A second throw-in must be allowed if the player makes an improper throw-in on the initial attempt (for 2nd/3rd level, this only applies for first two games – remainder of season they only get one attempt, see 4th/5th rule below). The second throw-in takes place after the game official explains the proper method.

4th – 5th: One attempt Only -

If improper throw-in is made, ball is given to opposing team for throw-in.

A throw-in is the restart after the ball has gone over the touch line. The ball is thrown in at the spot it left the field of play.

Players **MUST** have both feet / toes on the ground or can drag toes of shoes, have two hands on the ball, and the throw **MUST** come from behind the player's head.

- The thrower may not be the first person to touch the ball after returning it to play.
- A Goal cannot be scored directly from a throw-in.
 - If the ball is thrown into one's own goal, a corner kick is awarded.
 - If the ball is thrown into the opponent's goal, no point is awarded and it is a goal kick.

Law 11 – Goal Kick

A goal kick is granted after the ball has gone out over the goal line having last been touched by the offensive team. The ball is kicked by a defensive player from anywhere inside the goal area. The ball is in play on first touch (it does not have to leave the penalty area).

K- 1st: The kick is from the penalty box and the opponents must be at least 5 yards past the penalty box.

All Others: The kick is taken from the penalty box and the opponents must be outside the penalty box.

Goal Kick taken by a player other than the Goalkeeper -

- If, after the ball is in play, the kicker touches the ball again (except with his/her hands) before it has touched another player:
 - An indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred.

- If, after the ball is in play, the kicker deliberately handles the ball before it has touched another player:
 - a direct free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred
 - a penalty kick is awarded if the infringement occurred inside the kicker's penalty area

Goal Kick taken by the goalkeeper –

- If, after the ball is in play, the goalkeeper touches the ball again (except with his hands) before it has touched another player:
 - An indirect free kick is awarded to the opposing team, the kick to be taken from the place where the infringement occurred
- If, after the ball is in play, the goalkeeper deliberately handles the ball before it has touched another player:
 - A direct free kick is awarded to the opposing team if the infringement occurred outside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred
 - An indirect free kick is awarded to the opposing team if the infringement occurred inside the goalkeeper's penalty area, the kick to be taken from the place where the infringement occurred
- In the event of any other infringement of this Law:
 - the kick is retaken

Law 12 - Corner Kick

All Groups: A corner kick is awarded when the defending team kicks the ball over their own goal line. A goal may be scored directly from a corner kick.

Law 13 – Goalkeeper

All Groups: The goalkeeper may play the ball with his or her hands, but only inside their own penalty area. The goalkeeper may not waste time putting the ball into play. The goalkeeper wears something to distinguish them from his or her teammates.

Law 14 – Ball out of touch

All Groups: All of the ball must go completely past the outside edge of the touch line or goal line either on the ground or in the air.

Law 15 – Goal

All Groups: All of the ball must go completely past all of the goal line into the goal.

Law 16 – Injured Players

All Groups: If play is stopped for an injury to a player (the player is laying on the field and doesn't get up) that player must leave the game until a time he/she can legally reenter the game. See Law 3 – Substitutions. If the injured player is the goalie, it is up to the Referee's discretion if he/she must leave the game.

Law 17 – Read the Handbook

The Handbook is available at <http://www.lresoccer.com>.

Volunteer Opportunities

Coaches

All our Coaches are parents who volunteer each year to coach soccer. They are dedicated and excited about the game of soccer and about working with the children. Working directly with the players is a challenging but rewarding experience. We are very lucky to have them volunteer, as we would not have a program without them.

Team Parent

Communicate between the coach and parents by making phone calls. Set up snack schedules.

Field Cleanup

The Board is responsible for the fields but is not responsible for your trash. We all need to help clean up after every game and at the end of the day's practice and games.

End of Year Party

Help with the end of the year banquet. Contact a Board Member to learn more.

Additional Information

2019-2020 LRE Soccer Board:

- | | |
|--------------------------------|-------------------------------|
| ➤ Co - Presidents | Daniel Bessada, Chris Buckley |
| ➤ Co – Vice Presidents | Aldo Palafox, Matt Colbeck |
| ➤ Secretary | Tish Simard |
| ➤ Treasurer | Alexa McLelland |
| ➤ Volunteer Coordinator | Shavon Jones-Deal |
| ➤ Member At Large | Scott McLelland |

How to stay in touch:

- | | |
|----------------------|--|
| ➤ Board Email | lresoccer@gmail.com |
| ➤ Website | www.lresoccer.com |
| ➤ Facebook | LRE Soccer |