

## Guidelines for Shadow Creek Soccer – AKA – SoccerKick.org

Shadow Creek Soccer is a nonprofit volunteer organization open to all of the greater Houston area. Corporate and personal contributions are tax deductible.

The Club's focus is on excellence of play and good character. Having fun and learning the game of soccer is more important than winning. In fact, youth ages 4-10 are only concerned about winning when parents make winning the focus. Most kids will keep score but don't really care who wins. Although soccer is a game with a winner and loser, the United States Soccer Federation officially promotes soccer at the younger ages to be small sided with no score keeping. Therefore, the Club does not keep official score at these young ages.

We want a simple, fast-paced game with few interruptions and maximum participation by everyone. Not keeping score has nothing to do with socialism and everything with keeping the game fun for kids—and just as important—keeping parents chilled. The best thing about Shadow Creek Soccer is the positive atmosphere parents promote from the sideline. The difference between Shadow Creek and other clubs is a breath of fresh air for 99% of participants.

The Club now has a competitive option for players age 8. Each new year will bring a new group of 8 year olds until the Club has competitive teams ages 8-18. While select soccer is more competitive and games keep score, the focus is still on excellence of play and character. Visit the website for more information.

All parents need to read the Club's Coach/Parent/Player Discipline policy, please read that here: [www.shadowcreeksoccer.org/discipline.html](http://www.shadowcreeksoccer.org/discipline.html)

### Primary Focus of Parents Should Be Fun.

All Parents should watch the DVD "Positive Parenting for Youth Soccer." Click blue "Coaching" tab on bottom and select "Positive Parenting" on the left. [www.usyouthsoccer.org/Multimedia/index.asp](http://www.usyouthsoccer.org/Multimedia/index.asp)

**Coaching info:** See page 3.

**Play format:** All players must play 50% of each game.

U6 = 3 v 3 Ball size: = #3

Kickins instead of throw ins

U8 = 4 v 4 Ball size: = #3

Throw ins OR Kickins

U10 = 6 v 6 Ball size: = #4

Throw ins & Offsides (> 5 yds)

U12 = 6 v 6 Ball size: = #4

Throw ins & Offsides (> 5 yds)

- [ U5-U8 there is no goalkeeper, score keeping, use of hands, or penalty kicks.
- [ Parents or coaches are not allowed on the field of play or behind goals.
- [ No "parking" players in front of goal.

U6	U8	U10	U11-U12 HYSA
3v3 play 6 Roster 20x30 field size 4, 8 minute quarters 5 minute half time	4v4 play 6-7 Roster 30x50 field size 4, 10 minute quarters 5 minute half time	6v6 play 9 Roster 40x60 field size 2, 25 minute halves 5 minute half time	8v8 play 12 Roster 50(60) x 80 (90) field size 2, 30 minute halves 5 minute half time

U10-U12: No player can play goalie for more than 50% of the game. Each player must play at least 50% as a non-goalie. This means a goalie that plays the entire 1st half should play on the field the entire 2<sup>nd</sup> half.

## Rainouts

Heavy rain Friday and/or Saturday morning “might” require a rainout.

If there is a rainout, an email will be sent to all by 7:30 am Saturday morning.

If there is a rainout, that week’s game will be scheduled for the 1<sup>st</sup> open rainout date.

Raining but no thunder?

If it’s light rain, games will be played.

If it’s medium rain with already two rainouts, games will be played.

Thunder & lightning? If you can see lightning and hear thunder after counting to 30, everyone must leave the field and seek protection. Play can resume 30 minutes after the last thunder. If thunder continues longer than 30 minutes during scheduled game time, games will be canceled.

Everyone must leave the field if there is thunder/lightning. Remaining on the field may result in death, which has recently happened to one Houston soccer parent.

## Parents & Referees

Parents and Parent coaches must refrain from complaining out load about referee calls. All referees will make some mistakes, and as the Club employs youth from the Shadow Creek area, they are likely to miss some calls. It is your responsibility to keep a positive speech environment.

If a Parent, Coach, or Player outburst involves abusive language to a referee, another player, or another parent or coach, games suspension will result with possible season or club ban. Please review at the end of this document the Houston Youth Soccer Association Coach & Parent Progressive Discipline System & Shadow Creek Soccer Club Discipline Rules.

**Referees who feel verbally threatened have been asked to warn the team's coach and inform Board members immediately. Parents or players who consistently harass a referee can be red carded and required to leave the fields and return to one's car.**

## Players' equipment

Uniforms: shirt, shorts, and socks are provided by the club.

Shin guards: all players are required to have shin guards. Socks must be worn on the outside and entirely cover the shin guard.

Shoes: cleats are definitely good for traction during wet days, although some kids find them uncomfortable. Turf sport shoes are like running shoes but with a deeper tread. No metal cleats. No sandals.

Ball: each player must bring their own ball to each practice.

Water: each player must bring a full water bottle to each practice and game.

Safety: no player may wear equipment dangerous to one's self or others. This includes casts, metal braces, and jewelry. Earrings are specifically prohibited, including posts for pierced ears. Prescription glasses are permitted.

## Practices & Coaching

Regardless of your soccer playing and coaching experience, each coach should

- 1) Watch the DVD “The Novice Coach” (US Youth Soccer)
- 2) Watch the DVD “Positive Parenting for Youth Soccer” (US Youth Soccer).
- 3) Attend an official coaching course as soon as possible for either U6/U8 module or U10/U12 module.

[www.stxsoccer.org/CoachingEducation/CoachingEducation/index\\_E.html](http://www.stxsoccer.org/CoachingEducation/CoachingEducation/index_E.html)

[www.nscaa.com/education/coaching-courses](http://www.nscaa.com/education/coaching-courses)

## U5 & U6 Coaching

30-40 minute practices should be simple with two parts:

- 1) Fun games: each player uses his or her own ball continuously (20-25 minutes).
- 3) Game: let them play, stopping only 1 time to make a point (10-15 minutes).

- fun activities where players learn by using their own ball.
- dribble dribble dribble dribble and shoot at the goal.
- No LINES and No LECTURES.
- Positive encouragement.
- 200 ball touches per player per practice. If < 200, then coaching is not correct.
- Game time management: see below.

### U5-U6 Games: Why does the Club have a “Toss-In” Rule?

#1 reason: to increase playing time. U5-U6 games are 32 minutes, with each player getting only 16 minutes of play. If 2 minutes are spent setting up corner kicks and another 3 minutes for goal kicks and kickins from the sideline each half, that gives each player only 9 minutes of play for the entire game! Referee toss-ins keeps the game moving. We have seen an extra 4 to 5 minutes of play per player with players (and referees!) more tired at games end. The toss-in rule was recommended by the Houston Dynamo Youth Coaches.

## U8 Coaching

- 30% of practice still one player one ball.
- Upgrade to fun games with 2 players 1 ball.
- Pass to your own team members while dribbling toward the goal.
- Shape, defense, head up to see teammates.
- 200 ball touches per player per practice. If < 100, then coaching is not correct.

## U8 Game Strategy

- Primary defensive player is fine, but
  - 1) Rotate players in the defensive role.
  - 2) While on offense, defender should play offense and not be behind midfield when ball is advanced.

[ Imagine a an NBA team playing 4 players up on offense and one player guards his own goal. That would be silly. Same concept applies to 4v4 soccer.

- If one player has scored 6 goals, rotate player back to defense to focus on passing ball up to teammates.

## U10 soccer coaching

- Increase skill training and strategy.
  - All players move up together on offense and back on defense (like in basketball).
  - No gap should exist between defenders and rest of the team.
  - Coaches please schedule to complete the U10-U12 license
- [www.stxsoccer.org/CoachingEducation/CoachingEducation/index\\_E.html](http://www.stxsoccer.org/CoachingEducation/CoachingEducation/index_E.html)

## Parents & Coach Comments During Games

Players who hear their name being called constantly while on the field will either 1) tune you out and play the game, or 2) look to the sidelines and stop playing the game. Games are for fun, so best to let them play. Congratulate your child after a great play.

Parents want to cheer for their children—do give praise but avoid CONSTANTLY calling your child's name first and then making a comment.

**Good:** After a good kick, stop, or shot, "Great shot Jamie!"

**Not Good:** "Jamie get the ball," "Jamie get the ball," "Jamie go, Jamie go, go"

Parents need to have fun too, so some cheers and praise is exciting and needed, but the more limited the better, especially during the game. This also includes the coach! It is the responsibility of the coach to ensure that all comments from the sidelines are positive (including from the coach).

The best attitude is for the coach to be the manager of fun. Instruction is limited (especially during game days) with 100% positive comments.

Parents: please remember that each player needs a water bottle and ball for games and practices.

### Games & Coaching

Three important points to remember for coaches:

- 1) Coaches and other parents are not allowed on the field or behind the goals.
- 2) All players must play at least **50% of each match**. Coaches need to keep track of playing time.
- 3) It is the responsibility of the coach to ensure that all comments from the sidelines are positive.

Substitute if a player gets too tired, has lost contact with the game, or is injured or too tired to continue.

Substitutions can occur at any break in play (out of bounds, goal, injury) by notifying the referee and calling the players first name. The referee will direct the player to the sideline.

U6 Game duration:	4 (8) minute quarters 2 minute breaks after quarter 1 & 3 5 minute half time
Example game:	9:00 kickoff 9:04 – Substitute 3 new players 9:08 1 <sup>st</sup> quarter break 9:10 2 <sup>nd</sup> quarter start Starting players return 9:14 – Substitute 3 new players 9:18 Half-time 9:23 kickoff 2 <sup>nd</sup> half 9:31 3rd quarter break 9:33 4 <sup>th</sup> quarter start 9:41 End

## Houston Youth Soccer Association (HYSA) Coach & Parent Progressive Discipline System

Referees have the authority and are expected to warn Coaches of coach or parent/spectator unacceptable behavior.

1. The coach is responsible for player and spectator behavior coming from the team's sideline.
2. Referee has the authority to end a game early.
3. Entering the field of play without the permission of the referee is not allowed.

Even in a recreation league, it is understandable that emotions and excitement may bring outbursts from players, coaches, or parents, and it may be tempting to complain from the sidelines to the referee.

Repeated complaints are not allowed. The Club encourages the referee to warn the coach.

Shadow Creek Soccer Club member at any in-house, HYSA, or STYSA event

If an outburst involves abusive language to a referee, another player, or another parent or coach, these rules will apply:

-Verbal abuse by a player is automatic minimum 2 game suspension.

-Continuous abusive language after a warning from the referee during a game by a coach/parent/player will result in a minimum 2 game and 2 practice suspension and review by board for possible entire season ban.

-2<sup>nd</sup> time offense for abusive language will result in automatic entire season ban and possible club ban.

-1<sup>st</sup> time offense of entering the field and refusal to leave the field will result in immediate end of game and a minimum 2 game suspension of coach/parent/player.

-1<sup>st</sup> time offense of entering the field and "physical assault" of players or other team parents will result in immediate end of game and entire season ban. Club ban may result at discretion of board.

Coaches, Parents, and Players will be given due process and have the right to appeal any board decision to HYSA and STYSA.

HYSA disciplinary procedures: <http://www.hysa.us/index.html> / Policies/Rules / HYSA D&P Policy

Coaches are required to maintain control of their players and the team's fans on the sideline.

A coach or an assistant coach may be cautioned and / or ejected by a referee for the misconduct of a fan of the team which he / she coaches.

Ejections resulting from violent conduct including but not limited to the aggression of a player towards an opponent with clearly no intent to play the ball; fighting, hitting or punching will result in a two (2) game suspension.

Team suspensions will be considered for situations including but not limited to any coach, player, substitute or spectator entering a fight in progress or committing an action resulting in law enforcement being called, or entering the field of play without the permission of the referee to participate in an altercation.