



Small Sided Games Coaches Guide 2008 - 2009

DYSA provides this guide to Coaches in age groups U6 through U12 to clarify questions and/or concerns. Copies are given to Club Representatives before the commencement of league play. Should there be a question/concern that is not addressed in this Guide, please contact your Club coordinator.

The guide may be downloaded from the DYSA website located at www.deltayouthsoccer.com

***Fair Play:
For the good of the game!***

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Welcome to Small Sided Games

The Delta Youth Soccer Association would like to thank you for volunteering to coach within your soccer community!

The Delta Youth Soccer Association (DYSA) oversees, administers and assists member clubs within the Delta District. The District board is the liaison between the clubs and B.C. Soccer, the governing body of soccer within B.C.

DYSA Member Clubs are: Ladner Boys Soccer Club, North Delta Youth Soccer Club, Peace Arch Soccer Club and Tsawwassen Soccer Club.

Please take the time to read through this informative coaching manual, it has been assembled by the DYSA as a helpful guide for coaches within the Delta District. The DYSA recognizes that individual clubs may vary from the direction of this manual, however, it is hoped that it will provide U6 to U12 coaches with a baseline understanding of what is required to be a successful coach within the Delta District.

The game of soccer is constantly changing. If all of the coaches in your club can have the most current and up to date support and information, then every athlete will have the opportunity to have maximum enjoyment of the game of soccer. For further details of the Small Sided Games Soccer Plan in your Club, or opportunities for children to play Small Sided Games visit your local soccer Club websites at:

- www.ladnerboysoccer.com
- www.northdeltasoccer.com
- www.peacearchsoccer.com
- www.tsasoccerclub.com

What are Small Sided Games?

Small Sided Games Soccer embraces the concept of fun and enjoyment, which is vital if children are to develop a lifelong love for soccer.

The principles and rules of Small Sided Games are similar to those in 11 aside Soccer, except that the pitches are smaller and there are fewer players on each team. Depending on the age group, number of players, size of pitch, and goal size the game can vary from 3v3 for the youngest to 8v8 for the oldest groups at the age of 12.

The following charts illustrate the Small Sided Games structure within the DYSA:

Game Format:

Age Group	Tiering	# Players
U6	None	3 aside
U7	None	3 aside (*+GK)
**U8	None	4 aside (*+GK)
U9	None	7 aside (includes goalkeeper)
U10	None	7 aside (includes goalkeeper)
U11	Yes	8 aside (includes goalkeeper)
U12	Yes	8 aside (includes goalkeeper)

(*+GK) - Goalkeeper is optional, if no goalkeeper then smaller goal is recommended – for specific guidelines consult bcsoccer.net, under the "Grassroots Development" tab view [Official Small Side Rules](#).

**Note - At the U8 age group the DYSA was granted a variance from BC Soccer "Official Small Side Rules" to allow 4 aside plus an optional goalkeeper.

Squad Sizes:

Age Group	U6	U7/U8	U9/U10	U11/U12
Minimum	8	8	11	12
Maximum	12	12	14	16

Field sizes should conform to the table as set out below:

Age Group	Min Width	Max Width	Min Length	Max Length
U6	18 meters	22 meters	25 meters	30 meters
U7/U8	20 meters	25 meters	30 meters	36 meters
U9/U10	30 meters	36 meters	40 meters	55 meters
U11/U12	42 meters	55 meters	60 meters	75 meters

Goal sizes should conform to the table as set out below:

Age Group	Goal Length	Goal Height	Option
U6	8 ft / 2.438m	5 ft / 1.524m	Anything smaller
U7/U8	8 ft / 2.438m	5 ft / 1.524m	Anything smaller
U9/U10	12 ft / 3.657m	6 ft / 1.83m	none
U11/U12	18 ft / 5.486m	6 ft / 1.83m	none

Ball sizes must conform to the table as set out below:

Age Group	U6	U7/U8	U9/U10	U11/U12
Ball Size	3	3	3 or 4	4

The duration of the games must conform to the table as set out below:

Age Group	U6	U7/U8	U9/U10	U11/U12
Duration	2 x 15 minutes	2 x 15 minutes	2 x 25 minutes	2 x 30 minutes
Half Time	5 minutes	5 minutes	5 minutes	5 minutes

Benefits of Small-Sided Soccer

- More touches of the ball to increase participation and enjoyment.
- Fewer players on the pitch meaning simpler decisions and better understanding.
- Smaller fields meaning greater concentration and interest among participants.
- More individual success leads to more children playing. In the long term, this leads to sustained participation levels beyond this age group.

Organization

- All youth districts shall administer Small Sided Games Soccer leagues and programs under the BCSA regulations.
- Districts and clubs are expected to form teams from all registrants each year in a manner that is "non-selective". No teams should retain all players from the previous year, thereby making a select team.
- In all Small Sided Games soccer divisions emphasis shall be placed on fun, sportsmanship, education, skill development, and respect for teammates, opponents and referees.

Coaching Small Sided Games

Keeping Small Sided Games Soccer Simple

Small Sided Games Soccer provides the best environment for youth players to develop soccer skills and techniques. When coaching remember to keep the game simple, over-complicating things can lose the flow of the game which can in turn inhibit a player's development. Encourage the players to discover the love of the game through the game.

Getting Started

You should become familiar with your clubs method of team structuring, clubs are expected to form teams from all registrants each year in a manner which is "non-selective". No teams should retain all players from the previous year, thereby making a select team. The DYSA has prepared a recommended team structuring process, this is shown on page 9 of this manual.

OK, I have a team, now what do I do?

The first thing you should do is to read pages 10 through 11 of this manual to review the characteristics of the children in the age group that you will be coaching and your role as a coach. You should then contact your team as soon as possible. This first phone call is a good time to let the parents know that you will need some help in the way of assistant coaches, a team manager, a phone person or two, a first aid person, someone to help put up and take down nets and someone to bring refreshments to the games etc.... (and anything else you can think of!)

Don't try to do all these tasks yourself – the season will be much more enjoyable if you can concentrate on coaching the kids. You'll find that most parents love to be involved in their children's team in some capacity. Your club contact is also a good source of information for anything that you are not sure of. His/her name and contact information can be found on your soccer club's website.

Risk Management

Due to the number of incidents involving adults and youth under their direct supervision, the BCSA has devised a procedure under the risk management policy whereby all volunteers are required to complete the VOLUNTEER DISCLOSURE STATEMENT also known as the RISK MANAGEMENT FORM. The intent of this procedure is to ensure protection of our volunteers and our youth. RISK MANAGEMENT FORMS can be completed online at www.deltayouthsoccer.com. Please be assured that maximum confidentiality will be maintained. ***You are not authorized to coach until you have completed a Risk Management Form.***

Equipment

Before your first practice you will be supplied with soccer balls and cones, you may want to purchase a whistle and at least six color pinnies. Jerseys, shorts and socks will be available from your equipment manager, your club contact will let you know when you can go to pick them up.

NOTE: Most Clubs **WILL NOT** issue equipment to coaches until they have completed a Risk Management Form.

Inform parents that **it is mandatory to wear cleats and shin pads to all practices and games**. For insurance reasons, **you cannot allow a child to play or practice without them**. Before games, a referee will check to make sure that cleats are in good condition (no jagged studs) and that shin pads are being worn. If you have a spare pair of shin pads, keep them in your car (you can bet on it that someone will forget their shin pads at some point in the season.)

Team Meeting

At your first practice let all parents know that you are going to have a team meeting (some people do this at their house with hot dogs and snacks for the kids, and a few pops for the parents too). Make sure you introduce yourself and tell them a little bit about yourself (soccer or coaching background, game philosophies, etc...). If you haven't done so already, now is the time to get volunteers for assistant coaches, manager, phone persons, etc...

Handout copies of **Fair Play Code for Players** (page 14), **Fair Play Code for Parents** (page 15) and **Athlete – Coach Agreements** (page 16 and 17) to each player and parent. Go over each point in these and ask for parents help to teach their kids these values.

Let them know how you plan to coach their children – stressing the importance of Fair Play, Good Sportsmanship, equal playing time, fun before winning, etc...

You can talk a little about your goals for the season. Keep it simple; teaching the rules of the game, teaching and improving basic soccer skills and teaching values of Fair Play and Good Sportsmanship are examples.

Talk about your expectations of the children's behavior (respect for teammates, coaches, opponents, officials and abiding by the rules of the game) and what to do if problems occur. Getting some input from parents is a good idea- let them offer suggestions for disciplinary action and make sure everybody agrees.

It is important that you talk to them about attendance and lateness. Ask the parents for a quick phone call or e-mail to let you know if their child will not attend the game or practice. Let your parents know that your practice will start on time and the kids are expected to be there and ready to go at that time. It is best to ask them to be there 5 to 10 minutes early – even then many will still be late. Also, ask them to be there 15 minutes before practice ends or you may end up waiting for them to show up long after practice is over.

Your best means of communication will be through e-mail, have a list ready and collect all of the contact info. Tell the parents that most of your correspondence will be through e-mail, and that they will be required to check for messages before practices and games for last minute updates.

Practices

Your soccer club will let you know when and where you can practice with your team. The children are in your care while at the park, you cannot leave the park until **all** the children are picked up by their parents or guardian. It is handy to have a cell phone for the times when a child's parents do not show up on time!

Volunteers

Assistant coaches help run the team in practices and games and fill in when the coach cannot make it.

The manager helps with the paperwork – getting the Team Directory (page 18) completed and a copy to each family. The Medical Emergency forms (page 19) need to be completed and copies given back to the coach. Practice and game schedules need to be printed and distributed. The manager also helps with getting the uniforms to the kids.

The communication person (usually the coach) e-mails the team for changes in the practice or game schedule and last minute cancellations.

Net persons will help to put the nets up or in some cases to put the mini-goals up and take them down.

Be sure to remind parents that volunteering is required – some clubs require parents to volunteer time if they wish to have their Volunteer deposit returned.

Games

The games will start in September and continue to mid March. There will be a one month break around the Christmas holidays. Your club contact will give you your schedule sometime before your first game.

Small Sided soccer is played on smaller sized fields with smaller nets and with fewer players on the field (three aside in U6 to eight aside in U12). The coaches are allowed on the field to help guide the children up to, but not including, the U9 level. The first teams to play in the morning are responsible for putting the nets up and the last teams to play have to take the nets down.

Be sure to familiarize yourself thoroughly with the Rules and Regulations specific to your age group. From time to time Rules and Regulations are updated so please check on the DYSA website regularly for the latest version.

Small Sided Games Team Structuring Process - U6 to U10

Clubs are expected to form teams from all registrants each year in a manner that is "non-selective". Structuring the teams with the intent to create balance among the teams is a difficult process. The DYSA recognizes that methods of team structuring will vary among the clubs within the Delta District. The following schedule below has been prepared by the DYSA for Club consideration:

- **Pre-season starting in mid August** - kids and coaches get August field time once or twice per week to have optional and informal jamboree style practice sessions (experienced coaches to run these sessions).
- **Labor Day Weekend** - no soccer.
- **One night during week** – Initial player assessment; attended by Club Technical Director, Coordinator, Coaches and Players. Jamboree style training sessions, players are assessed on a scale from 1 to 5.
- **2nd Sat and Sunday** - Coaches certification course (CCY and CCS), no soccer.
- **One night during week** – Second player assessment; attended by Club Technical Director, Coordinator, Coaches and Players. Jamboree style training sessions, players are assessed on a scale from 1 to 5. Coaches debriefing afterwards to discuss progress.
- **3rd Sat** – Third and final player assessment; attended by Club Technical Director, Coordinator, Coaches and Players. Jamboree style training sessions, players are assessed on a scale from 1 to 5. After session coordinator and all coaches adjourn to field house to create balanced teams as per club Policy and Guidelines.
- Coach's contact newly created teams **before Sunday night**, teams to practice during the week. Team lists are submitted to club Registrar **before Wednesday night**, this allows time for final changes due to parent and coach special requests.
- Team lists submitted to DYSA on **Friday afternoon**.
- **4th Sat** - Season schedule begins.

Small Sided Games Team Structuring Process – U11 to U12

The DYSA recognizes that methods of team structuring will vary among the clubs within the Delta District. For BC Soccer Guidelines please consult the **“Player Selections Via an Evaluation Process Under 11 and Under 12”** – this can be located by visiting www.bcsoccer.net , under the **Grassroots Development** tab click on ***Player Selection Via an Evaluation Process***.

Mini Stages of Development

U6 to U8

Characteristics of Development:

- ◆ Coordination difficulties.
- ◆ Like to move.
- ◆ Short attention span.
- ◆ Sensitive to criticism.
- ◆ Egocentric – seeks individual attention.
- ◆ Enjoys being successful and being praised for it.
- ◆ work well in small groups

Training Recommendations:

- ◆ All sessions should have lots of activity and movement.
- ◆ General coordination activities (running, tumbling and fun games).
- ◆ Familiarity with the ball (running, turning, changing direction with the ball).

U8 to U10

Characteristics of Development:

- ◆ improved coordination
- ◆ displays strength
- ◆ enjoys physical contact
- ◆ increased attention span
- ◆ capable of problem solving
- ◆ sensitive to criticism
- ◆ enjoys team sports
- ◆ like to be recognized for their sports ability

Training Recommendations:

- ◆ running with the ball
- ◆ dribbling (feinting)
- ◆ ball control
- ◆ passing
- ◆ shooting

Note :All the above should be practiced in motivational exercises/games and small sided games.

U11 to U12

- ◆ Consult your soccer club's Head Coach for most current information.

Roles and Responsibilities For Coaches

The intent of this document is to give the coaches an awareness of what is required to be a successful coach. Aside from the basic coaching of the players, there are many items that your club asks you to be aware of and to commit to before taking on the job as coach. To be a successful soccer coach you will:

- Have read and understand the *Coaches Code of Conduct*.
- Have read and understand your clubs *Policy and Procedures*.
- Have read and understand the *Rules and Regulations* specific to the age group you are coaching.
- Have the ability to communicate (or have a designated parent) with team players via e-mail.
- Have a team manager to assist with league and parent communications.
- Have equipment, as provided by your club, in good condition (i.e., soccer balls, cones) at all practices and games.
- Thoroughly read and be prepared to reply to all club correspondence within 48 hours of receiving.
- Carry to games (or have a designated parent) a cellular phone to communicate last second changes.
- Know the field closure phone number for your district; check field status and advise players before 6 pm Friday.
- Support and follow the direction of the *Player and Coach Development Program*.
- Attend, or have a team representative attend all coaches meetings.
- Attend, or have a team representative attend your clubs Annual General Meeting.
- Ensure that each player is given an awareness of, and exposure to development programs that are available to their teams' age group.
- Abide by the clubs allotted practice times and locations.

Fair Play Code for Coaches

- I will be reasonable when scheduling games and practices remembering that my players may have other interests and obligations.
- I will direct my players to play fairly and to respect the rules, officials and opponents.
- I will ensure that all my players get equal instruction and support. They will get equal playing time at the house and micro/mini levels and get fair playing time at the rep level, all in accordance with established Club policies.
- I will not ridicule or yell at my players for making mistakes or for performing poorly. I will remember that soccer players play to have fun and must be encouraged to have confidence in themselves.
- I will make sure that equipment and facilities are safe and match the players' ages and abilities.
- I will remember that players need a coach they can respect. I will be generous with praise and set a good example.
- I will obtain proper training and continue to upgrade my coaching skills.
- I will treat players, parents, officials and other Club members fairly regardless of gender, ethnic background, color, sexual orientation, religion, political belief or economic status.
- I will refrain from the use of profane, insulting, harassing or otherwise offensive language while coaching. I will refrain from public criticism of fellow coaches, parents, officials and Club members.
- At or prior to the beginning of the season, I will hold a meeting with the players' parents to provide information on the season including (but not limited to) as to how I intend to conduct team training, what my expectations are of the players, team activities, tournaments and the like.
- I will ensure that Club equipment provided to my team is satisfactorily looked after and that I will promptly advise the Club's Equipment Manager of any problems or deficiencies with this equipment. I will also promptly return this equipment at the Equipment Manager's request.
- I will ensure that the activity being undertaken is suitable for the age, experience, ability and fitness level of the players and educate them on their responsibilities in contributing to a safe environment.
- I will work in the best interests of my Soccer Club and will put the Club's interests ahead of any personal or team interest. I will ensure I support the Club and its activities.
- I will ensure that at least one (1) representative from my team attends the Club's Annual General Meeting and I will ensure that I read and understand the Club's Bylaws and Policies and Procedures.
- I will at no time become intimately and/or sexually involved with my players. This includes requests for sexual favours or threat of reprisal for the rejection of such requests made to players or their parents. Verbal or physical behaviours that constitute harassment or abuse to players or parents are unacceptable.

I agree to abide by this Code of Conduct. Should I not comply with this Code of Conduct, I understand that the Peace Arch Soccer Club may take disciplinary action against me in accordance with the Club's Policies and Procedures.

Signature

Name

Date: _____, 200__

***Fair Play –Please!
Fair Play:
For the good of the game!***

Fair Play Code for Players

- ⚽ I will participate because I want to, not just because my parents or coaches want me to.
- ⚽ I will play by the rules, and in the spirit of the game.
- ⚽ I will control my temper – fighting and “mouthing off” can spoil the activity for everybody.
- ⚽ I will respect my opponents.
- ⚽ I will do my best to be a true team player.
- ⚽ I will remember that winning isn't everything – that having fun, improving skills, making friends and doing my best are also important.
- ⚽ I will acknowledge all good plays/performances – those of my team and of my opponents.
- ⚽ I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

***Fair Play –Please!
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Fair Play Code for Parents

- ⚽ I will not force my child to participate in sports.
- ⚽ I will remember that my child plays sport for his or her enjoyment and not for mine.
- ⚽ I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- ⚽ I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
- ⚽ I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- ⚽ I will never ridicule or yell at my child for making a mistake or losing a competition.
- ⚽ I will remember that children learn best by example. I will applaud good plays/performance by both my child's team and their opponents.
- ⚽ I will never question the officials' judgment or honesty in public.
- ⚽ I will support all efforts to remove verbal and physical abuse from children's sporting activities.
- ⚽ I will respect and show appreciation for the volunteer coaches who give their time to provide sport activities for my child.

***Fair Play –Please!
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For the good of the game!***

Athlete – Coach Agreement

Athlete

I agree to:

- ⚽ Always play by the rules.
- ⚽ Never argue with an official. When a call is disputed I'll let the coach or team captain handle it.
- ⚽ Remember that I'm playing because I enjoy the sport. Winning is fun but so are many other things about the sport.
- ⚽ Work at achieving my personal best and to not get discouraged if it's not my best.
- ⚽ Show appreciation for good plays/performances, even by opponents.
- ⚽ Control my temper and not be a show-off.
- ⚽ Play fairly at all times.

.....
Signature

.....
Date

***Fair Play –Please!
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Athlete – Coach Agreement

Coach

I agree to:

- ⚽ Remind my athletes that winning a game or trophy isn't the only measure of success.
- ⚽ Encourage my athletes and offer constructive criticism.
- ⚽ Instruct my athletes to follow both the letter and the spirit of the rules.
- ⚽ Teach my athletes that officials are an important part of the game. They should be respected at all times as should their decisions.
- ⚽ Encourage my athletes to be good sports.
- ⚽ Give every participant a chance to play and learn the skills.
- ⚽ Remember that my actions speak louder than my words.

.....
Signature

.....
Date

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Player Pre-Existing Medical Condition

If a player is injured and needs to be transported to hospital it would be useful in certain cases if knowledge of pre-existing medical conditions is available to hospital staff. An example would be in the case of a head injury where the player is not able to give information regarding pre-existing medical conditions.

Below is a suggested medical emergency card that can easily be completed by the player at the start of the season.

The coach should have a card for each player and they should be with the team at all games and practices.

PLAYER EMERGENCY INFORMATION CARD	
Name:	Date of Birth:
Address:	
Telephone:	Health Ins. #:
Contact person in case of emergency	
Parent/Guardian's name:	
Address:	
Home Tel.:	Work Tel.:
Relationship to Player:	
Family Dr.:	Tel.:
<i>Important:</i>	
Drug allergies?	
Other allergies?(i.e. bee sting, dust)	
Do you suffer from any serious illness? (please check)	
1. Asthma_____ 2. Diabetes_____ 3.Epilepsy_____ 4. Other_____	
Are you on any regular meds? If so what?	
Medications:_____	
Do you wear contact lenses? Yes:_____ No:_____	
Other relevant information.	
Signature:	Date: