



### First Training Lesson:

Introduce yourself to the kids as their 'Coach' and/or your actual name. Mention your Assistant Coach's name if you have one (if not, you'll soon get dads who regularly help out, so appoint one as a main helper).

You'll soon be able to split up the team into manageable groups for other dads to train drills. Remember, the more touches a player gets with the ball, the more their skill improves.

### First lesson:

Pick a drill that eases everyone into know each other, simple passing exercises, where they face each other into pairs, and move a row up one after a few minutes. By getting them to call each other's name before they pass, will easily get them familiar with their teammates. You could even try having them all in a circle and passing the ball around to learn their names.

### Basics:

With their first game approaching, now's the time to spend on making sure they know the basics, remembering that some players might be first-timers. Spend the first half of your training session doing drills, make sure they know how to kick the ball hard, dribble, pass and throw-in. The next half of the training session is usually a scratch match. Split the players in two teams with one team wearing bibs.

### The rules of Soccer:

Following are some basic rules of soccer that every youth player and their parents should be aware of:

**The players should always play the ball, and never the player.** Every action should be directed towards controlling the ball or taking away possession, but never to stop a player or tackle him.

### Ball Contact

Arms and hands are not allowed to control the ball.

**Offside** (only in Senior League): When the ball is played by the teammate, if you are in front or even with the second to last defender (goalkeeper is the last defender), you are guilty of offside. It is not a foul to be in offside position but if you become involved in the play, offside will be called.

This can be a hard rule to understand. Don't get too hung up on it. Trust the referees.

**Yellow Card** (only in Senior League) typically signifies a caution and main reason for a player to receive a yellow card could be: persistent infringement, failure to ask referee for entering or leaving the field, dissent, unsporting behaviour or failure to respect required distance on a restart.

**Red Card** (only in Senior League) signifies a send-off. If a player has received a red card that means that he/she would have to immediately leave the field and the surrounding area. His/her team will have to now play with 1 less player. The reasons for red card could be receiving two yellow cards in a match, a serious foul play, committing a foul so that the opposing team was unable to score a goal from a very easy opportunity, spitting or violent behaviour.

**Only goalkeepers are allowed to use their hands or arms to control the ball.** There is only one condition when the goalkeeper is not allowed to use their hands, when the ball is kicked back to them intentionally by any of his/her teammates. Youth leagues under 10's don't really enforce this rule as most of the time it isn't an intentional pass back.

**Direct and Indirect Free Kicks:** On a direct kick you can score by kicking the ball directly into the goal. On an indirect kick you cannot score. An indirect kick must be touched by another player before it can go into the goal – that is the kicker and a second person.

For an indirect kick, the referee will hold one arm straight up in the air until the second person touches the ball. No arm up, it's a direct kick.

There are many soccer rules around what causes a direct or indirect kick.

In general, a direct kick comes from a contact foul or hand ball. Everything else is indirect.

**Throw in:** When the ball goes out of bounds on the sidelines, it's a throw in. You're only allowed to throw over your head and your feet must be remaining on the ground at the time the ball is released.

**Corner kick:** When a player on the opposing team shoots and comes off your own players and goes behind the goal, it is a corner kick.

**Goal kick:** When a player on the opposing team shoots and comes off your own players and goes behind the goal, it is a corner kick.