

LOGANSPORT SOCCER CLUB



COACHES' HANDBOOK

Updated: August 2023

TABLE OF CONTENTS

1. Contact List
2. Facility Map
3. Facility Rules
4. League Rules
5. Age Group Descriptions
6. Resources
7. Top 10 Tips for a Successful Season

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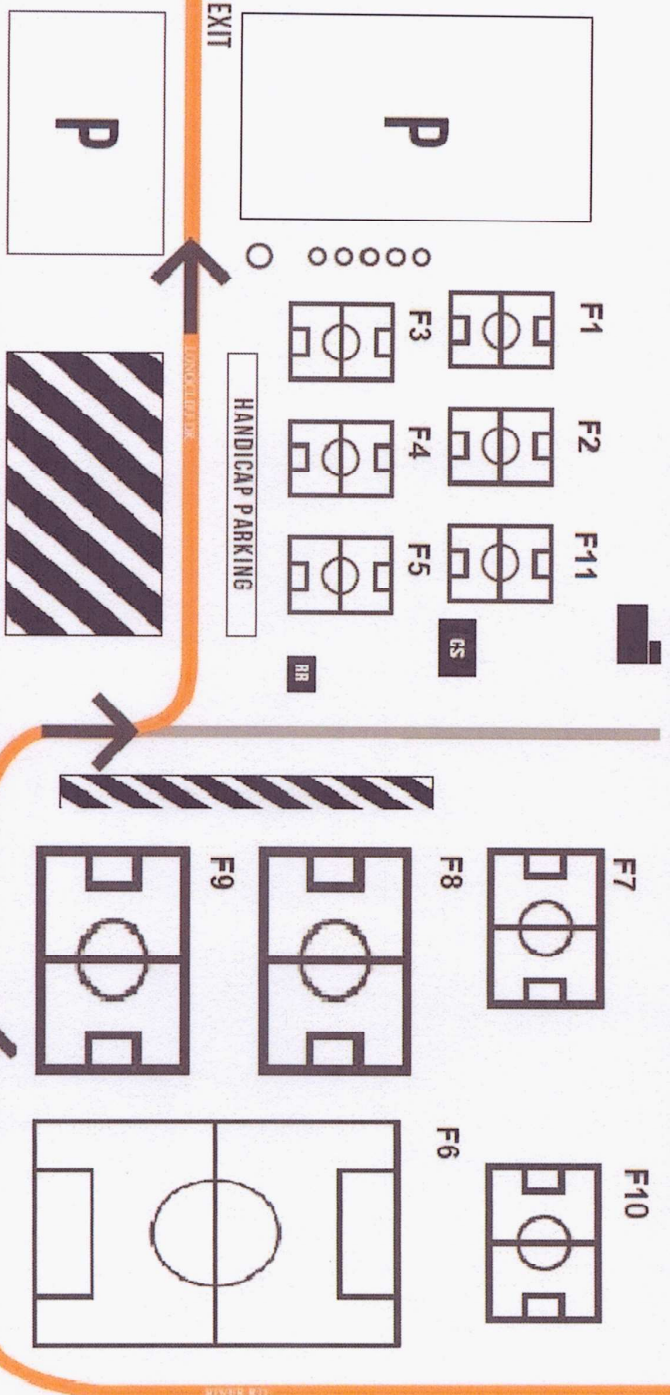
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MAP OF LOGANSPORT SOCCER CLUB FIELDS



ENTER

FACILITY MAP



RULES AND REGULATIONS

By stepping onto these facilities you agree to abide by the following:

- NO SMOKING
- NO DRUGS
- NO PETS
- NO ALCOHOL
- NO SIDELINE COACHING
- NO FOUL LANGUAGE

FACILITY RULES

The State Hospital allows us to use their fields at no charge, and they only impose modest rules on us. We must obey their rules or risk losing our facility.

1. Parking is permitted only in the gravel lot. When the lot is full, we may park west of the tall pine trees. Parking in handicap spots is permitted only with a handicap permit. Parking is not permitted behind the Concession Stand or along any roads.
2. Smoking is not permitted anywhere on the State Hospital grounds.
3. No pets are permitted on the State Hospital grounds except service animals. Service animals must have papers.
4. All trash must be placed into trash receptacles.
5. Only registered players may participate in training and games.
6. All children must be supervised at all times while at the facility.
7. During games, only players and coaches may be on the bench side of the field. All parents and spectators must be on the opposite side of the field and not behind either goal.

8. Weather: The Club's Board of Directors will close the fields if warranted. If the fields are not closed, coaches are responsible for ensuring the safety of their players.

9. The State Hospital is home to many residents. We must be respectful of them and avoid interfering with them. Everyone should be cognizant of their surroundings at all times.

LEAGUE RULES

Preface: The rules of soccer are called the “**Laws of the Game**” (LOTG). There are 17 Laws, and they can be found easily online. **You should know the laws.** We play with modified LOTG as prescribed by US Soccer and Indiana Soccer. The modifications are designed to give younger players a better chance to develop their skills than they would have if we played 11v11 on full-sized fields. **We give young players smaller fields and fewer teammates so each player gets the ball more often and more chances to experiment with using the ball.**

Rules for each specific division follow.

LOGANSPORT SOCCER CLUB
6U REC LEAGUE RULES
UPDATED 2/4/2020

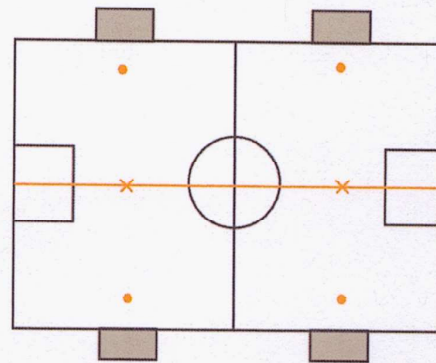


We have decided to switch our 6U division from playing 4v4 on the full 8U field to playing 2v2 across half of an 8U field. The idea is to get two balls on the field so each player has more chances with the ball. Hopefully, players score more goals and have more fun. This will also give our coaches the opportunity to better balance the competition so players are more likely to play against players of a similar skill level and reduce the number of lopsided games.

Modifications to ISL 8U Playing Rules

Rule 1 – The Field

Dimensions: 20 yards x 15 yards (Half of 8U field)
Center Circle: None (Center mark for kickoffs)
Buildout Line: Runs down the middle of the field.



Rule 3 – The Number of Players

2v2

Rule 5 – The Referee

Team coaches will continue to referee our 6U games. Each team coach will run a 2v2 game on one half of the 8U field. Coaches should attempt to match up teams of equal skill to the extent possible.

Rule 7 – Duration of the match

Team coaches will play 8 5-minute periods of the game, rotating players at the end of each period so players get to play against different pairs of opponent players throughout the match. Coaches should allow for 5-minute breaks between every 2 periods.

Rule 9 – The Ball In and Out of Play

The ball is out of play when it has completely crossed the sideline or endline. A ball out of play is restarted by one of the team coaches rolling in a new ball. The ball should be rolled into an open space on the field. Coaches should have an extra ball in their hands at all times.

Rule 10 – The Method of Scoring

Players may only score from their attacking half of the field. A shot from within the player's defending half that goes into the goal results in a goal kick.

Rules 15 & 16 – Throw-ins and Goal kicks

Due to the modification described under Rule 9, there are no throw-ins or goal kicks in this group (with the exception being mentioned in Rule 10).



Modified ISL Playing Rules

Although all FIFA Laws of the games will be applied during the games, below are specific laws that have been modified for use in youth league games. To differentiate between the FIFA laws of the games and the below modifications, the changes will be referred to as "Rules". These Rules apply to ALL youth games played at US Youth Sanctioned Indiana Soccer League games in Indiana.

Rule 1 – The Field

🏠 Dimensions:

Age	Length	Width
8U	25-35 yards	15-25 yards
10U	45-60 yards	30-40 yards
11U and 12U	65-80 yards	45-55 yards
13U – 19/20U	100-120 yards	55-80 yards
15 & Over 7v7	65-80 yards	45-55 yards

🏠 Center Circle

Age	Radius
8U	5 yards
10U	8 yards
11U and 12U	8 yards
13U – 19/20U	10 yards
15 & Over 7v7	8 yards

🏠 Goal Area

Age	Length	Width
8U	NA	NA
10U	NA	NA
11U and 12U	5 yards	16 yards
13U - 19/20U	6 yards	20 yards
15 & Over 7v7	5 yards	16 yards

🏆 Goal

Age	Height	Width
8U	4 feet	6 feet
10U	6-6 ½ Feet	12-18 ½ Feet
11U and 12U	6-6 ½ Feet	18 ½ -21 Feet
13U – 19/20U	8 Feet	24 Feet
15U & Over 7v7	Ideally full size	2 nd Opt 12U size

🏆 Penalty Area

Age	Length	Width
8U	NA	NA
10U	12 Yards	24 Yards
11U and 12U	14 Yards	36 yards
13U through 19U	18 Yards	44 Yards
15U & Over 7v7	14 yards	36 yards

🏆 Penalty Sport/Mark: 8 yards from the goal line

Age	Distance from Goal Line
10U	8 yards
11U and 12U	10 yards
13U through 19U	12 yards
15 & Over 7v7	12 yards

🏆 Build Out Line

- This line is only on the 10U (7v7) fields.
- The build out line is halfway between the top of the penalty area and the midline, parallel to the midline.
- When there is a goal kick or the goalkeeper has possession in their hands, the opponents must drop behind the build out line until the ball is distributed into play.
- The build out line is also used for the offside area. Only players between the build out line and their attacking goal may be in an offside position.

Rule 2 – The Ball

Age	Ball Size
8U	3
10U - 12U	4
13U – 19/20U	5
15 & Over 7v7	5

Rule 3 – The Number of Players

👤 On the Field

Age	Maximum	Minimum
8U	4	3
10U	7	4
11U and 12U	9	6
13U through 19U	11	7
15 & Over 7v7	7	5

- One player from each team must be designated as a keeper

👤 Game Roster Size

Age	Maximum
8U	8
10U	12
11U and 12U	16
13U through 19U	18
15 & Over 7v7	12

👤 Substitutions – Unlimited for all age groups

👤 Substitutions shall be with the consent of the referee at the following times:

- Prior to our team's throw-in
- Prior to a goal kick by either team
- After any goal
- At half-time (overtime period if applicable)
- If both teams have a substitute ready, both teams may substitute
- Anyone who is being substituted needs to leave at the closest point of the touchline/goal line. If the halfway point is the closest point, please go off there. If you are injured or the safest point to exit the field is not the nearest, then the referee will indicate so and you can leave at the halfway point. This change is trying to eliminate the practice of wasting time by substituting a player who is on the opposite side of the field.

Rule 4 – The Players' Equipment

- 👤 The Home team must wear a white/light color jersey and the visiting team must wear a dark color jersey. If the referee determines the uniforms are too similar and may cause confusion, the offending team must change their jersey to comply with the color requirements.
- 👤 A jersey or shirt with sleeves – if undergarments are worn, they may be a different color as the sleeve of the jersey or shirt.
- 👤 A short – if undershorts or tights are worn, they may be a different color from the shorts.
- 👤 Stockings – if tape or a similar material is applied externally, if the referee can determine the color of the stocking, it does not have to be the same color of the stocking.
- 👤 Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.

Rule 5 – The Referee

- 👤 USSF certified referee, as assigned by Indiana Soccer.
- 👤 Three referees must officiate the game. One official must be the center referee and the other two are the assistant referees.

- 👤 If three referees are not available, a USSF certified referee must be in the center. A Club Linesperson may be used. At no time will a “two referee system” be permitted to referee a game.
- 👤 For 10U games, one USSF certified referee may be used.
- 👤 For the 10U games, all rule infringements shall be briefly explained to the offending player when needed.
- 👤 There may be up to three Indiana Soccer carded adults (coaches, managers, trainers, etc...) on the bench. All adults must present their Indiana Soccer card to the referee prior to the game. No additional adults, carded or not, will be permitted on the players’ side if there are already three Indiana Soccer carded adults. If one of the three carded adults arrives late, they must show their Indiana Soccer card to the assistant referee at the next stoppage.
- 👤 If there are no Indiana Soccer carded adults at the players’ side, the game will not start. The referee must allow for 15-minute delay before abandoning the game. If there are no Indiana Soccer carded adults at the players’ side due to a send-off, the referee must terminate the game immediately.
- 👤 11U and older, each team must provide **both** of the following for player check-in:
 - A copy of the game card from getsoccer with all the participating players’ names typed on the card.
 - An official pass (hard copy or virtual) for each player and adult on the bench.
- 👤 10U and younger, each team must provide **one** of following for player check-in:
 - A copy of their State Roster
 - A copy of the game card from getsoccer with all the participating players’ names typed on the card.
 - An official pass (hard copy or virtual) for each player and adult on the bench.
- 👤 With 10U teams, players from within a club may move from one field to another for the purpose of creating more equitable play at each game.
- 👤 If the referee observes lightning during the game, the game must be suspended until the danger has passed. The referee must wait 30 minutes after lightning was last observed prior to restarting the game.
- 👤 Coaches must remain in their technical area. If a technical is not lined, the coaches must stay at least two yards away from the touch line, five yards from the half-way line and extend a maximum of fifteen yards down the touch line. All players, managers and coaches are to remain in the technical area unless they are a player warming up or when the referee beckons team personnel to the field. The referee will be the sole judge of the proper distances.
- 👤 Referee Pay Chart for 2017-2018 – Each team is to bring ½ of the fee in cash to each game in denominations that do not require the referees to make change. Referees are to be paid prior to kickoff.

Great Lakes & Midwest	17, 18, 19/20 & Under	\$180 (80/50/50)
Great Lakes & Midwest	15, 16 & Under	\$160 (70/45/45)
Great Lakes & Midwest	13, 14 & Under	\$140 (60/40/40)
ISL – All Divisions	17, 18, 19/20 & Under	\$140 (60/40/40)
ISL – All Divisions	15, 16 & Under	\$132 (56/38/38)
ISL – All Divisions	13, 14 & Under	\$122 (50/36/36)
ISL – All Divisions	11, 12 & Under	\$ 92 (40/26/26)
ISL – Levels 1, 2, 3, 4	10 & Under	\$ 30 (center only)
ISL – Level 5	8 & Under	No referee, no fee
ISL – 15 & Over (7v7)	15 & Over	\$ 40 (center only)

👤 Referees will only be paid for their position. If an assistant referee is not present and a club linesperson is used, the referee and assistant referee will only be paid his/her fee. No additional fee will be paid to the referee or assistant referee just because a member of the referee team did not show up.

👤 Game Report

- The referee will log on to their GotSoccer Account to complete and submit the Referee Game Report. You MUST have/know the league and game number to complete the game report
- Only the referee reports yellow or red cards on their game report. The teams should not report cards on their game reports.
- A USSF game report MUST be completed for any red card issued by the referee.

👤 Send Offs

- A player shown a red card (send-off) from a game must always remain seated at the coach's side during the remainder of the game. The coach will be responsible for the action(s) of the sent-off player.
- If a sent-off player seated on the bench causes a disturbance, the player may be ejected from the site.

Rule 6 – The Assistant Referees

👤 Refer to Rule 5

Rule 7 – Duration of the Match

8U	10U	11U & 12U	13U & 14U	15U* & 16U	17U & Above	15 & Over 7v7
4 x 10 minutes Quarters	2 x 25 Minute Halves	2 x 30 Minute Halves	2 x 35 Minute Halves	2 x 40 Minute Halves	2 x 45 Minute Halves	2 x 35 Minute Halves

👤 * Beginning Fall 2020, 15U games in the **fall only** will be 2 x 35-minute halves

👤 5 Minute between quarters for 8U; 10-minute half time for all other ages

Rule 8 – The Start and Restart of Play

👤 Conform to FIFA except

👤 8U and 10U games that all opponents are at least 8 yards from the ball until it is in play.

Rule 9 – The Ball In and Out of Play:

👤 Conform to FIFA.

Rule 10 – The Method of Scoring

👤 Conform to FIFA.

Rule 11 – Off-Side

👤 Conform to FIFA except

👤 In 10U games, the attacking team can only be offside between the build out line and the goal.

👤 No offside in 8U games

Rule 12 – Fouls and Misconducts

👤 Conform to FIFA except:

👤 Team Officials

If any coach, assistant coach, athletic trainer, or representative of the team on the sidelines is found to be guilty of misconduct but the referee cannot distinguish who committed the infraction, the highest-ranking team official will receive the Yellow/Red Card.

👤 10U games

- Restricted Goalkeeper Distribution: Punting or Drop Kicks are not allowed. In the case of an infraction, the referee reminds the goalkeeper of the No Punt Rule and restarts the game with the ball in the hands of the goalkeeper. There is no violation of the rules if the goalkeeper: throws, rolls the ball, or plays it with their feet.
- When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must move behind the build out line.

👤 Rationale: Develop the concept of building out of the back, understanding that the goalkeeper passes the ball to a teammate.

👤 8U, 10U, 11U & 12U games

- If a player deliberately heads the ball, the referee will award an indirect free kick (IFK) to the opposing team from the spot of the infringement.
- An indirect free kick awarded inside the penalty area for the attacking team must be taken on the penalty area line parallel to the goal line at the point nearest to where the infringement occurred.

👤 13U games

- If a 12U player is club passed to a 13U team, that player may intentionally head the ball in the 13U game. The player is still restricted from intentionally heading the ball when they play in their 12U (9v9) game.

Rule 13 – Free Kicks

👤 Conform to FIFA except

👤 8U - 12U games that all opponents are at least 8 yards from the ball until it is in play.

Rule 14 – The Penalty Kick

👤 Conform to FIFA except

👤 The penalty mark as stated in Rule 1 – Penalty Sport/Mark

Rule 15 – The Throw-In

👤 Conform to FIFA.

Rule 16 – The Goal Kick

👤 Conform to FIFA except

👤 10U games - May be taken from anywhere inside the penalty area. Opponents are **required** to drop behind the build out line until the ball is put back into play.

👤 Rationale: Developmentally, the goalkeeper should be the player taking the goal kick. This should allow for a completed pass from the goal kick. Too often, the opposing team would surround the penalty area on a goal kick, creating an immediate scoring opportunity off a restart that should not but the team taking the goal kick at a disadvantage.

👤 In the past, the team taking the goal kick could not touch the ball until it had left the penalty area. Now, a player from the team in possession may reside in or enter the penalty area and touch the ball as soon as it is in play. For the ball to be considered in play it must have been kicked and clearly moved. This change is meant to speed up the play of the game.

Does this change affect the buildout line?

No, the spirit of the build-out line is still in effect in that players on the team not in possession must move behind the buildout line until the ball is considered in play. The ball is considered in play when it has been kicked and has clearly moved. Players for the team in possession of the goal kick may choose

to position themselves inside the penalty area. If a team chooses to take a goal kick or free kick quickly, they are doing so at their own risk as the normal build out line rules still apply.

Rule 17 – The Corner Kick

- 👤 Conform to FIFA except the opponents need to be the distance away from the ball as described in Rule 1.

Clarifications

Dropped ball

If the ball touches the referee or another match official and goes into the goal, team possession changes or an attack for the opponents begins, a dropped ball is awarded.

If play is stopped inside the penalty area, the ball will be dropped for the goalkeeper (no other player participates).

If play is stopped outside the penalty area, the ball will be dropped for one player of the team that last touched the ball at the point of the last touch of the ball.

In all cases, all the other players of both teams must be 4.5 yards away from the dropped ball.

Free Kicks

When there is a 'wall' of three or more defenders, attackers are not allowed within 1 yard of the wall. If an attacker is inside that 1-yard area when the kick is taken, the defending team is given an Indirect Free Kick from the spot of the infraction.

Indirect Free Kicks

Once the kick has been taken and it is clear that a goal will not be scored from the kick, there is no more need for a signal.

Quick Free Kicks and Red/Yellow Cards

If a free kick is taken quickly, before an official has the chance to issue a Yellow or Red Card, and a goal-scoring opportunity is created, the referee can award the Yellow Card/Red Card at the next convenient point.

Kicking Objects

If you kick an object at the ball, an opponent, or a match official the other team will receive a Direct Free Kick from the spot of the infraction.

Goal Celebrations

If a goal is disallowed, any Yellow Card given for an 'illegal' goal celebration still stands.

Handball

The following 'handball' situations, **even accidental**, will be a free kick

- o The ball goes hits a player's hand or arm and goes into the goal off an attacker.
- o A player gains control/possession after the ball has touched their hand/arm and scores, or creates a goal-scoring opportunity
- o The ball touches a player's hand/arm where the player has tried to block the ball by extending their arms away from their body.
- o The ball touches a player's hand/arm when it is above their shoulder (unless the player has deliberately played the ball which then touches their hand/arm)

The following 'handball' situations will not usually be a free kick:

- o The ball touches a player's hand/arm directly from:
 - § Their own head/body/foot, if the player has not made themselves unnaturally bigger
 - § The head/body/foot of another player who is close/near, if the player has not made themselves unnaturally bigger
- o The ball touches a player's hand/arm which is close to their body and has not made their body unnaturally bigger
- o If a player is falling and the ball touches their hand/arm which is between their body and the ground to support the body (not extended to make the body bigger)

The goalkeeper cannot score by throwing the ball into the opponent's goal.

If a goalkeeper attempts to play the ball by legal means on a throw-in or a deliberate pass from a teammate (heading, kicking) but the attempt is misplayed, the goalkeeper can play the ball with his/her hands.

Penalty Kick

If an attacking team's player is injured on the play, they may have a quick treatment/assessment and then take the kick.

The goalkeeper cannot be touching the goalposts, crossbar or nets and cannot move until the ball is in play.

The goalkeeper only needs to have one part of one foot on the goal line when the kick is taken.

If an offense occurs between when the penalty is declared and before the kick is taken, the offender may receive a Yellow Card/Red Card, but the penalty kick will still be taken.

Player's Equipment

Players may wear multi-colored or patterned undershirts if the undershirts are the same pattern or color as the main shirt.

Verbal Offenses

All verbal offenses will be penalized with at least an Indirect Free Kick.

AGE GROUP DESCRIPTIONS

6U – Introducing the Game

Skills: Receiving, Dribbling, Shooting

Tactics: Get the ball. Keep the ball. Score the ball. Get it back quickly when you lose it.

Formation: None

8U – Developing Love of the Game

Skills: Receiving, Passing, Dribbling, Shooting, 1v1 Attacking

Tactics: Get it. Keep it. Share the ball. Score it. Get it back quickly when you lose it.

Formation: 121 Diamond (#6, #11, #7, #10)

10U – Learning How to Train

Skills: Receiving, Passing, Running with the Ball, Turning, Shooting, Ball Control, 1v1 Attacking

Tactics: Possession of the ball, combination play with teammates, compactness in defense

Formation: 1231 (#1, #5, #4, #11, #8, #7, #9)

12U – Training to Improve

Skills: Receiving, Passing, Turning, Shooting, Ball Control, 1v1 Attacking, 1v1 Defending

Tactics: Possession, Combination play, playing out from the back, compactness

Formation: 1323 (#1, #3, #5, #2, #8, #8, #11, #9, #7)

14U – Training to Compete

Skills: Receiving, Passing, Turning, Shooting, Ball Control, Heading, 1v1 Attacking, 1v1 Defending

Tactics: Possession, Combination play, transition between phases, compactness, defensive recovery

Formation: 1433 (#1, #3, #5, #4, #2, #6, #8, #8, #11, #9, #7)

RESOURCES

Our club website has a resources page with training plans and other materials to help you: www.logansoccer.com/resources

You may be interested in the following as well:

1. Indiana Soccer Association

www.soccerindiana.org

The ISA is our state organization. On their website, under the Education tab, there are several session plans and resources available.

2. USSF Digital Coaching Center

www.dcc.ussoccer.com

The DCC is where you register to take the USSF coaching courses. They also have training plans and other resources available for a fee.

3. United Soccer Coaches

www.unitedsoccercoaches.com

The USC is the largest soccer coaches organization in the country. They offer educational courses as well as training plans and other resources.

10 TIPS FOR A SUCCESSFUL SEASON

1. **EARLY COMMUNICATION:** Communicate early and clearly with your players and their parents so they know when and where they need to be.
2. **PARENTS MEETING:** Talk to your players' parents before the start of your first practice. Explain the club's rules at the facility. Set your expectations at the very start.
3. **RULES:** Know the rules of the game. Know the rules for your division. Explain them to your players and parents at your parents meeting.
4. **PREPARATION:** Prepare for your training sessions and games before you get to the field. Think about what you want to do. Know how you want to do it. Write it down.
5. **BE POSITIVE:** Give positive reinforcement, and praise successes. Address the negatives as learning opportunities.
6. **TONE:** Be mindful of not only what you say but also how you say it. Kids hear your words and your tone. Negative tone can turn positive comments bad.

7. **ASK FOR HELP:** If you need ideas for training sessions or help during games, ask. Use the resources on the website. That's why they're here.
8. **IMPROVEMENT > WINNING:** Put your players' improvement ahead of winning games. This is recreational soccer. We're not playing for the World Cup. The results don't matter. Learning how to play the game properly does matter.
9. **SAFETY:** Soccer is no fun if you get hurt. Minimize risk, and be proactive to avoid injuries. Be aware of the weather and environmental risks.
10. **MAKE IT FUN:** If our players don't enjoy themselves, they won't come back. We play to have fun so make that your priority. Fun comes first. Development comes second. Winning comes as a result of fun and development.