

BARC

Ballston Area Recreation Commission



SOCCER MANUAL



#LetsRecIt!

Soccer Coaches General Info

BARC's Philosophy

BARC is a **recreational** program where kids come to learn the fundamentals of the sport and have fun. There's a no tolerance policy for parents or coaches yelling at or insulting players or refs. Anyone seen doing this, will be asked to leave. Please remember that our refs are also kids, and are learning. They will make mistakes. Use these times as teachable moments for them.

Pictures

- Pictures are the 2nd Saturday of the program (5/11/19).
- Your picture time will be on the envelopes that are given out the weekday before the picture day. Please arrive 10 minutes early.
- Parents must wait outside during pictures.
- ***You will receive your team shirts on picture day.***
- Pictures are a fundraiser for BARC. Team pictures are also given to all of the sponsors. Please encourage all players to attend.

Injuries

- 1st aid kits are in the cabinet under the soccer board.
- Please complete an injury report for any injury. Injury reports are tacked to soccer board.
- If your kits are running low on supplies, extra ice packs, Band-Aids & gauze are in the kitchen next to refs cabinet.
- Please remember to grab your 1st aid kit prior to the start of practice/game.

Equipment

- Soccer ball, pinnies, and cones are in the sheds. It will be unlocked and opened 15 minutes prior to the start of the practice/game. There is an air pump there too.

Cancellations

- ***Cancellations are decided by BARC.*** An email blast will go out from either the Soccer Commissioner (Joel Glastetter), the Field Coordinator (Gary Sweeney), or the Executive Director (Nora Osuchowski). ***Coaches cannot cancel games.*** In general BARC only cancels games if the school notifies us that the fields are not usable (typically due to flooding). We also cancel for **active** thunderstorms, and for a high heat index. In general we go by the school's guidelines for cancelling athletic activities. We do not cancel for rain.
- If as a coach you have a schedule conflict & the assistant can't cover, please ask your team parents to cover. **Do not cancel.** We have numerous parents contact us every season asking to help out. They just don't have the time to coach weekly, but they want to be involved. To date, we've never to cancel when team parents have been asked. If you don't have parents willing to step up, then contact Joel and we will see what we can do.
- Rescheduling- In general, BARC does not reschedule cancelled games unless we cancel two Saturdays in a season. The Eastern Ave fields that BARC uses are the school district's, and other organizations use them as well. This makes last minute changes very difficult.

SI Play

- We use SI Play as our registration site. All of your team roster info is there. (Names, parents' names, email, phone, medical info, etc.) Please use this as your primary way of monitoring and contacting your team. It is the most up to date info. We don't have anything different than what you have. If you have questions on this program, please contact Joel.

Practices

- There are occasional practices throughout the season, even after games have started. They are noted on the master schedule with a (P) next to the teams playing. Please don't use this entire time to scrimmage. Maybe only the last 15 minutes.
- We have drills that we can email to you if needed. Please just email Joel to request a copy. We also will be having a coaches clinic on **Tuesday, 4/30/19 at 6pm for Junior, Intermediate, & Senior Coaches/More advanced levels, and Thursday, 5/2/19 at 6pm for Beginners/Younger Divisions. Both clinics are here at the Eastern Ave fields.** Drills will be reviewed then.

Calling or emailing parents before the start of the season

- Call or email all families on your team **by Monday, 4/29/19.** *Your team rosters & the master schedule will be emailing to you by Wednesday, 4/24/19.
- Introduce yourself. **It is your option** to give your phone number for them to call if they aren't going to make a practice or game.
- Tell them the **DIVISION, NAME & NUMBER OF THE TEAM.** Some businesses are sponsoring more than one team so the division is important.
- Tell them where the practice is and that the divisions are on each of the goals. Give them a way to find you. Wearing a red hat, green shirt, etc.
- Tell them the day and time of your first practice. (After that they can follow the schedule online or through SI Play).
- Suggest that they bring a lawn chair because the **BENCHES ARE FOR THE PLAYERS.** In addition, make sure that they know that the parents sit on the opposite side of the field from the players.
- Tell them that the complete schedule is on the BARC website as of 4/29/19 (**ballstonarearec.org**), and extra paper copies are here in the building at the first practice.

Important Numbers

*For coaches and assistants. PLEASE ONLY GIVE PARENTS THE OFFICE NUMBER.

Joel Glastetter (Soccer Commissioner)

Cell: 772-7290

Email: jglastetter@ballstonarearec.org

Nora Osuchowski (Executive Director)

Office: 885-1634

Cell: 879-3613

Email: ballstonarearec@gmail.com

Kinder Kickers (5v5)

For Spring Soccer, must be eligible for Kindergarten in fall of the upcoming school year.
For Fall Soccer, must be eligible for Kindergarten in September.

1. Each team shall consist of up to 10 players.
2. **5v5** games. Coaches may agree to play with fewer, but teams must be even.
3. Use **Size 3** ball.
4. Games consists of four 8-10 minute quarters with 10 minutes of warm-up.
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. **Teach offense and defense.** Players should be equally distributed across the field and should have the same distribution on both sides. Try to keep 2 players back on their half for defense. On corner kicks a defender can be sent forward.
7. Players should be equally distributed across the field and should have the same distribution on both sides.
8. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
9. **Sneakers only** – NO Cleats and NO turf shoes. Improper footwear will result in removal from play until proper footwear is obtained
10. **Shin guards** and soccer socks (over shin guards) are mandatory.
11. No necklaces, bracelets, or hats. Earrings must be removed or taped.
12. Coaches shall act as officials in this division. Use a whistle.
Make calls instructional in nature. (“Off Blue, Red throw in.”)
13. Each player must play 2 periods. No player is allowed to play 4 periods until ALL players have played 3 periods (with the exception of injured, cautioned, disqualified, or late arriving players)
14. Teams may substitute players at the coaches’ discretion.
15. There are **no goalies** in this division. There is **no heading**.
16. Teams will alternate kick-off each quarter. Changing sides at half time is **not** required.
17. Do not allow parents to put the ball back in play. Blow your whistle and let the player throw it in so he/she learns the proper way.
18. There are no slide tackles. No player will play the ball from a lying down position. This is a foul and the other team will be granted a free kick from the location of the infraction
19. **Build-Out Line:** During goal kicks the opposing team must return to their half. The other team may enter the half *after the first pass reaches the field player.*

First Grade Dribblers (5v5)

For Spring Soccer, must be eligible for 1st Grade in fall of the upcoming school year.

For Fall Soccer, must be registered for 1st Grade in September.

1. Each team shall consist of up to 10 players.
2. **5v5** games. Coaches may agree to play with fewer, but teams must be even.
3. Use **Size 3** ball.
4. Games consists of four 8-10 minute quarters with 10 minutes of warm-up.
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. **Teach offense and defense.** Players should be equally distributed across the field and should have the same distribution on both sides. Try to keep 2 players back on their half for defense. On corner kicks a defender can be sent forward.
7. Players should be equally distributed across the field and should have the same distribution on both sides.
8. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
9. **Sneakers only** – NO Cleats and NO turf shoes. Improper footwear will result in removal from play until proper footwear is obtained
10. **Shin guards** and soccer socks (over shin guards) are mandatory.
11. No necklaces, bracelets, or hats. Earrings must be removed or taped.
12. Coaches shall act as officials in this division. Use a whistle.
Make calls instructional in nature. (“Off Blue, Red throw in.”)
13. Each player must play 2 periods. No player is allowed to play 4 periods until ALL players have played 3 periods (with the exception of injured, cautioned, disqualified, or late arriving players)
14. Teams may substitute players at the coaches’ discretion.
15. There are **no goalies** in this division. There is **no heading**.
16. Teams will alternate kick-off each quarter. Changing sides at half time is **not** required.
17. Do not allow parents to put the ball back in play. Blow your whistle and let the player throw it in so he/she learns the proper way.
18. There are no slide tackles. No player will play the ball from a lying down position. This is a foul and the other team will be granted a free kick from the location of the infraction
19. **Build-Out Line:** During goal kicks the opposing team must return to their half. The other team may enter the half *after the first pass reaches the field player.*

Second Grade Strikers (5v5)

For Spring Soccer, must be eligible for 1st Grade in fall of the upcoming school year.

For Fall Soccer, must be registered for 1st Grade in September.

1. Each team shall consist of up to 10 players.
2. **5v5** games. Coaches may agree to play with fewer, but teams must be even.
3. Use **Size 3** ball.
4. Games consists of four 8-10 minute quarters with 10 minutes of warm-up.
5. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
6. **Teach offense and defense.** Players should be equally distributed across the field and should have the same distribution on both sides. Try to keep 2 players back on their half for defense. On corner kicks a defender can be sent forward.
7. Players should be equally distributed across the field and should have the same distribution on both sides.
8. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
9. **Soccer cleats are recommended but not mandatory.** Improper footwear such as baseball or football cleats will result in removal from play until proper footwear is obtained.
10. **Shin guards** and soccer socks (over shin guards) are mandatory.
11. No necklaces, bracelets, or hats. Earrings must be removed or taped.
12. **Coaches shall act as officials in this division. Use a whistle.**
Make calls instructional in nature. (“Off Blue, Red throw in.”)
13. Each player must play 2 periods. No player is allowed to play 4 periods until ALL players have played 3 periods (with the exception of injured, cautioned, disqualified, or late arriving players)
14. Teams may substitute players at the coaches’ discretion on all restarts.
15. There are **no goalies** in this division. There is **no heading**. (It is ok to introduce goal keeping skills in practices but not in full head to head play.)
16. Teams will alternate kick-off each quarter and exchange sides at halftime.
17. Do not allow parents to put the ball back in play. Blow your whistle and let the player throw it in so he/she learns the proper overhead throw-in.
18. There are no **slide tackles**. No player will play the ball from a lying down position. This is a foul and the other team will be granted an indirect free kick from the location of the infraction
19. **Build-Out Line:** During goal kicks the opposing team must return to their half. The other team may enter the half *after the first pass reaches the field player.*

Junior Division (7v7)

For Spring Soccer, must be entering 3rd Grade in fall of the upcoming school year.
For Fall Soccer, must be registered 3rd Grade in September.

1. Each team shall consist of up to 14 players.
2. Games consists of **four 10-12 minute quarters** with 10 minutes of warm-up and stretching etc. prior to games. Referees can discuss times of quarters with coaches and decide.
3. **7v7** games. Coaches may agree to play with fewer players, but teams must be even. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
4. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
5. Use **Size 4 ball**.
6. **Soccer cleats are highly recommended** but are not mandatory. Baseball, football or any type of metallic cleat is strictly prohibited. Improper footwear will result in removal from play until proper footwear is obtained.
7. **Shin guards** and soccer socks (over shin guards) are mandatory.
8. No necklaces, bracelets, or hats. Earrings must be removed or taped.
9. **In this division, referees begin to officiate games.** *Have players acknowledge and thank referee at end of game.*
10. **On-Field Coaching:** At the Junior Division: *One coach from each team can coach from the field on weekday games. On Saturday games, coaching will be from the bench.* When coaching from the field, instruction/direction should not inhibit the flow of the game.
11. Each player must play 2 periods. No player is allowed to play 4 periods until ALL players have played 3 periods (with the exception of injured, cautioned, disqualified, or late arriving players).
12. Teams may substitute players at the coaches' discretion on either team's restart.
13. A goalkeeper may not exchange positions with another player during a quarter unless he/she is injured or the coach believes that it is in the child's best interest.
14. Teams will alternate kicking off each quarter, and exchange sides at the

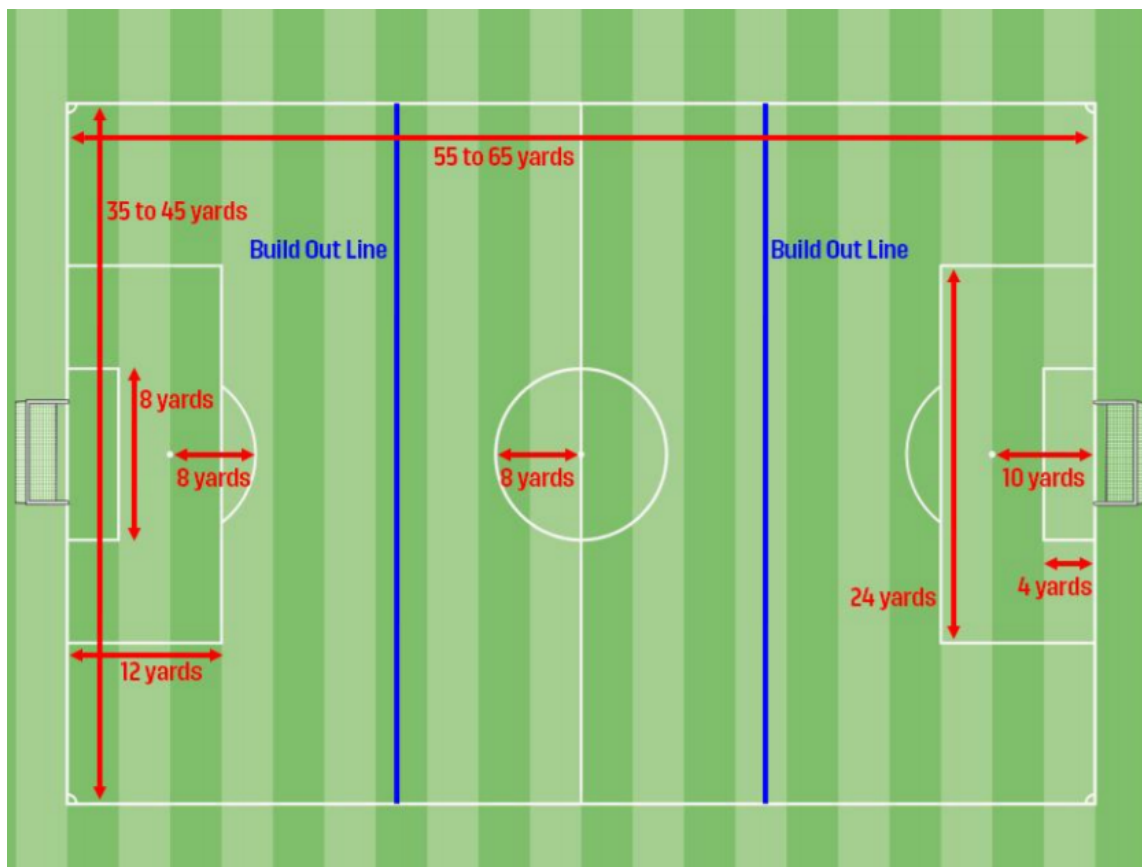
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15. Punting and heading are **NOT** allowed at the Junior Level.

16. There is **no slide tackling from the side or from behind**. It is an immediate foul and a warning to the player.

17. Call of **“Dangerous Play”** will be made if a player if a player’s foot is raised near shoulders or head of another player. No player should play the ball from a lying down position. Referee will stop play if these things occur near other players and award an **indirect kick** to the opposing team.

18. **Build-Out Line:** *A build out line will be used for all goal kicks and whenever the goalie has possession of the ball. The officials will instruct the team without the ball to move behind the build out line. The opposing team should not cross the line until the first pass is completed. The goalie may start the play before players are behind the line if they choose or wait.*



Intermediate Division (7v7)

For Spring Soccer, must be entering 4th or 5th Grades in fall of the upcoming school year.

For Fall Soccer, must be registered for 4th or 5th Grades in September.

1. Each team shall consist of up to 15 players.
2. Games consists of **four 10-12 minute quarters** with 10 minutes of warm-up and stretching etc. prior to games. Referees can discuss times of quarters with coaches and decide.
3. **7v7** games. Coaches may agree to play with fewer players, but teams must be even. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
4. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
5. Use **Size 4 ball**.
6. **Soccer cleats are highly recommended** but are not mandatory. Baseball, football or any type of metallic cleat is strictly prohibited. Improper footwear will result in removal from play until proper footwear is obtained.
7. **Shin guards** and soccer socks (over shin guards) are mandatory.
8. No necklaces, bracelets, or hats. Earrings must be removed or taped.
9. **Referees officiate games.** *Have players acknowledge and thank referee at end of game.*
9. Coaches may position themselves on the playing field to provide instruction for the **first three games** and should then coach from the sidelines near their bench for the remainder of the season.
10. Each player must play 2 periods. No player is allowed to play 4 periods until ALL players have played 3 periods (with the exception of injured, cautioned, disqualified, or late arriving players).
11. Teams may substitute players at the coaches' discretion on either team's restart.
12. A goalkeeper may not exchange positions with another player during a quarter unless he/she is injured or the coach believes that it is in the child's best interest.
13. Teams will alternate kicking off each quarter, and exchange sides at the

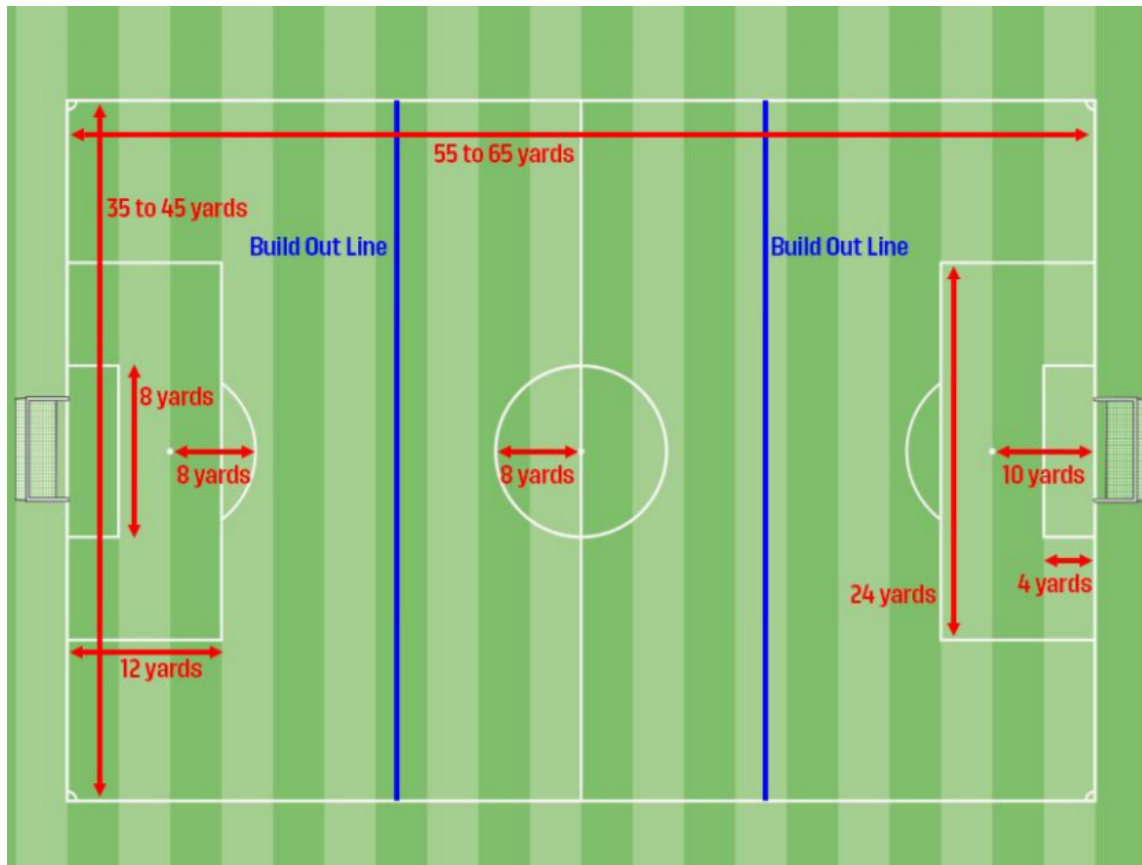
half.

14. Punting and heading are allowed at the Intermediate Division.

15. There is **no slide tackling from the side or from behind**. It is an immediate foul and a warning to the player.

16. Call of **“Dangerous Play”** will be made if a player if a player’s foot is raised near shoulders or head of another player. No player should play the ball from a lying down position. Referee will stop play if these things occur near other players and award an **indirect kick** to the opposing team.

17. **Build-Out Line:** A build out line will be used for all goal kicks and whenever the goalie has possession of the ball. The officials will instruct the team without the ball to move behind the build out line. The goalie may start the play before players are behind the line if they choose or wait.



Senior Division (11v11)

For Spring Soccer, must be entering 6th through 10th grade in fall of the upcoming school year.
For Fall Soccer, must be registered for 6th through 9th grade in September.

1. Each team shall consist of up to 22 players.
2. Games consists of **four 12-15 minute quarters** with 10 minutes of warm-up and stretching etc. prior to games. Referees can discuss times of quarters with coaches and decide.
3. **11v11** games. Coaches may agree to play with fewer players, but teams must be even. No player is allowed to specialize or remain at any one position or line. No player may play at one position for more than two quarters. Move your players around.
4. **Breaks:** Between quarters, a maximum of 3 minutes; Halftime: 5 minutes.
5. Use **Size 5 ball**.
6. **Soccer cleats are highly recommended** but are not mandatory. Baseball, football or any type of metallic cleat is strictly prohibited. Improper footwear will result in removal from play until proper footwear is obtained.
7. **Shin guards** and soccer socks (over shin guards) are mandatory.
8. No necklaces, bracelets, or hats. Earrings must be removed or taped.
9. **Referees officiate games.** *Have players acknowledge and thank referee at end of game.*
10. Coaching happens from the sideline/bench.
11. Each player must play 2 periods. No player is allowed to play 4 periods until ALL players have played 3 periods (with the exception of injured, cautioned, disqualified, or late arriving players).
12. Substitutions may be made any time the ball goes out of play, at the official's discretion. Have players report to the center line when making subs unless it is an injury.
13. A goalkeeper may not exchange positions with another player during a quarter unless he/she is injured or the coach believes that it is in the child's best interest.
14. Teams will alternate kicking off each quarter, and exchange sides at the half.
15. There is **no slide tackling from the side or from behind**. It is an immediate foul and a warning to the player and an indirect kick.