



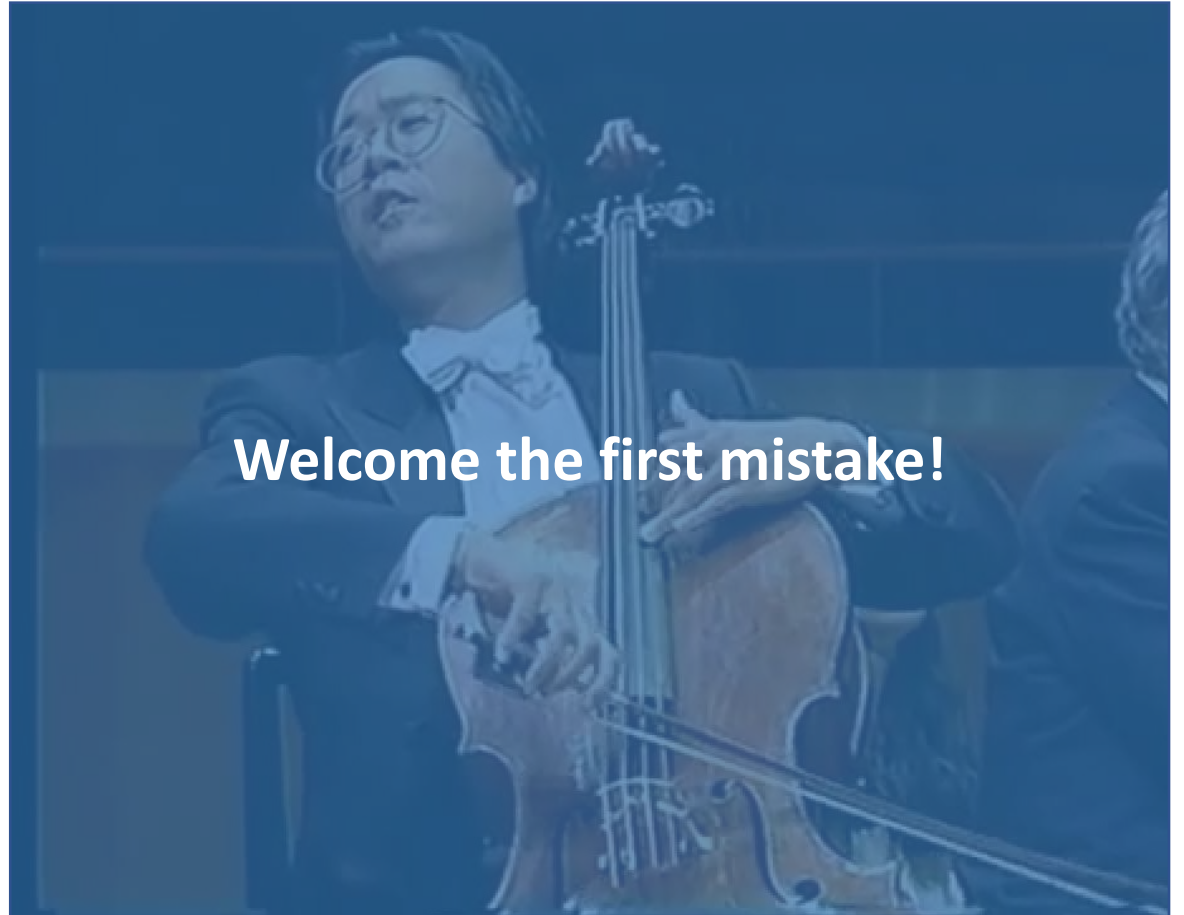
7v7 (3rd and 4th Grade) Soccer Rules of the Game

**Presented by
Brendan Donahue**



Opening Thought- Coach Growth

***"Ever Tried. Ever Failed. No Matter.
Try Again. Fail Again. Fail Better."***
-Samuel Beckett





7v7





Why Delay Travel Until the Spring?





Rules of The Game

Introduction of the Referee, Captains & Coin Flip





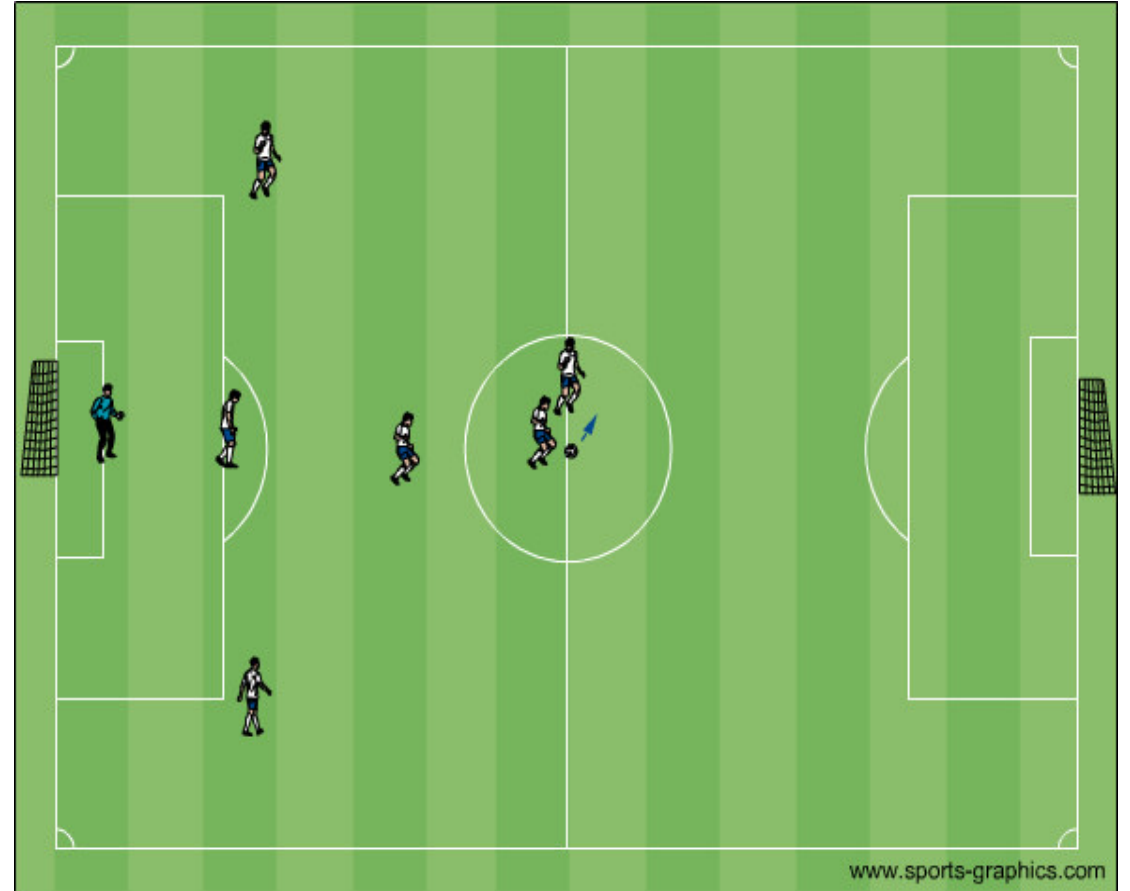
The Kick Off

When?

- To start each half
- After a goal is scored

Basic Rules

- Cannot be touched by the same player before touching someone else
- All opponents must be 10 yards from the ball





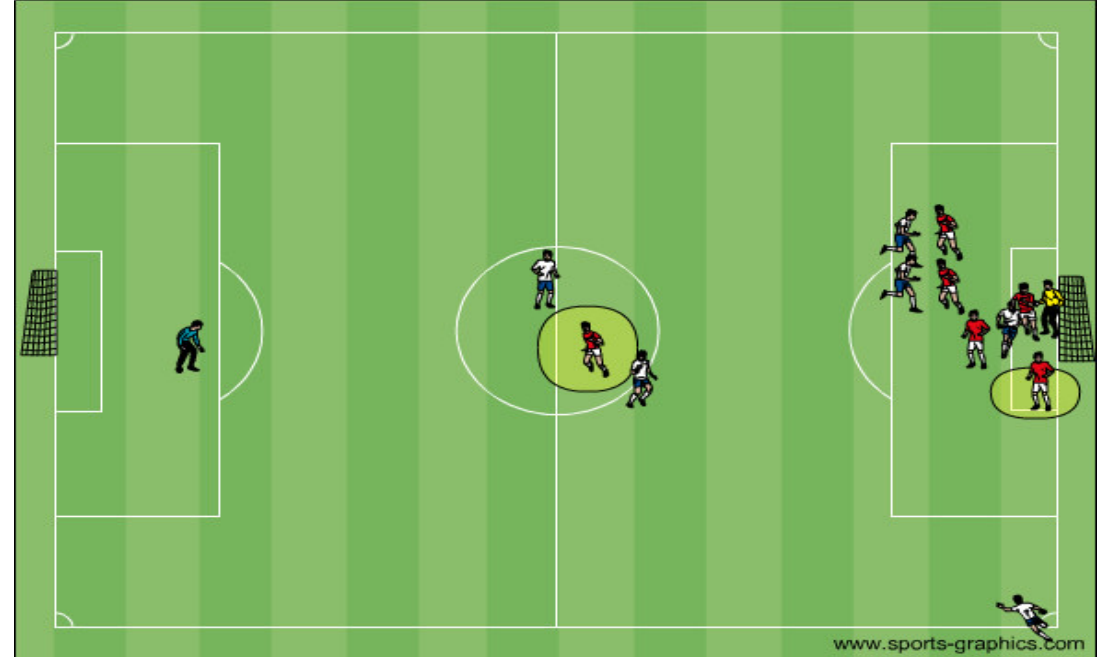
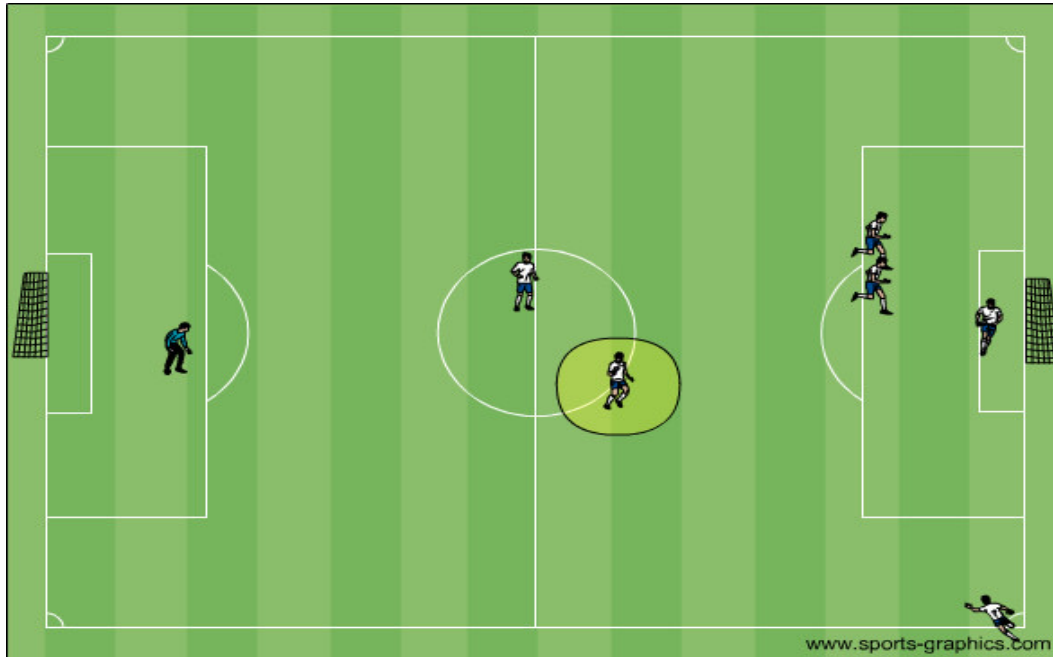
The Corner Kick

When do they take place?

The ball goes out of bounds over the end-line and was last touched by the defensive team

Basic Rule:

- Direct Free Kick
- Taken from the corner of the field where the side-line meets the end-line





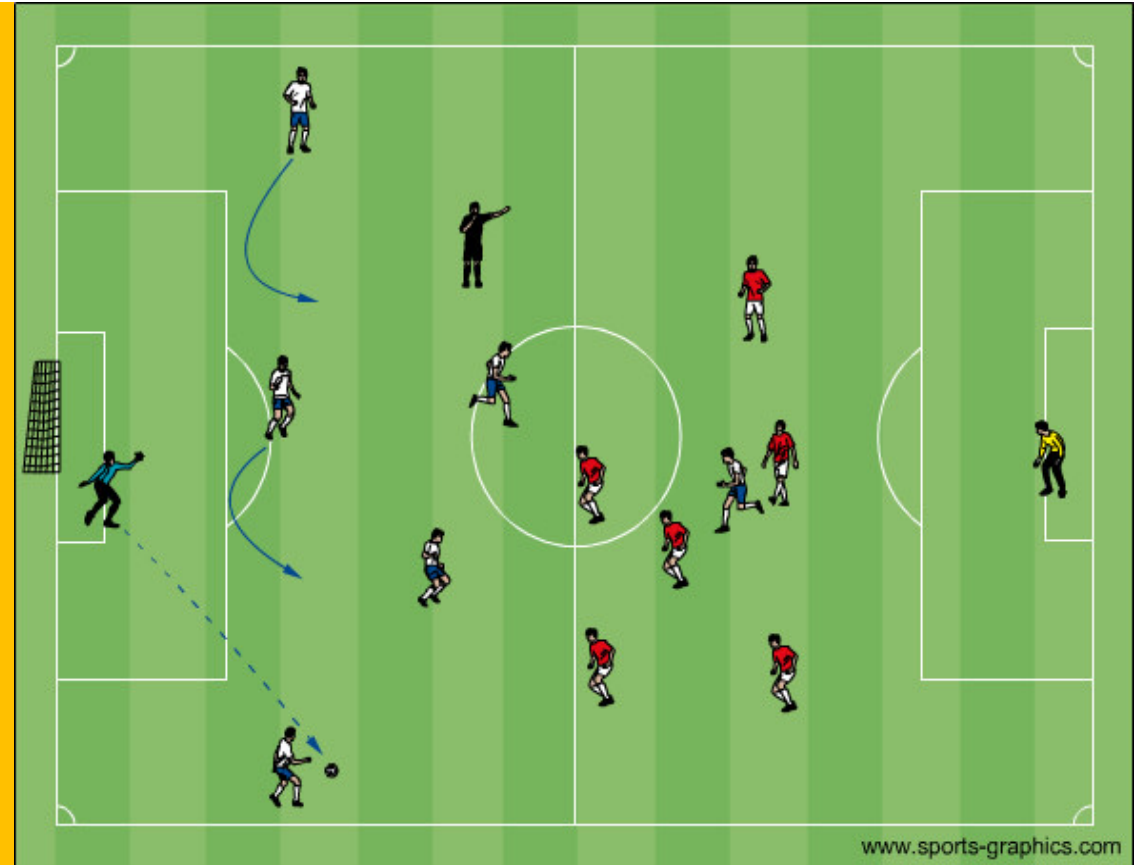
The Goal Kick

When?

The ball goes out of bounds over the end-line and was last touched by the attacking team

Basic Rules

- All opponents must return to their half of the field.
- The ball must be played from the 6 yard box.





Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following ten offences in a manner considered by the referee to be careless, reckless or using excessive force:

- kicks or attempts to kick an opponent
- trips or attempts to trip an opponent
- jumps at an opponent
- charges an opponent
- strikes or attempts to strike an opponent
- pushes an opponent
- tackles an opponent
- holds an opponent
- spits at an opponent
- handles the ball deliberately (except for the goalkeeper within his own penalty area)

A direct free kick is taken from the place where the offence occurred



Indirect Free Kick

An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offence, not previously mentioned in Law 12

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:

- controls the ball with his hands for more than six seconds before releasing it from his possession
- touches the ball again with his hands after he has released it from his possession and before it has touched another player
- touches the ball with his hands after it has been deliberately kicked to him by a team-mate
- touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate

The indirect free kick is taken from the place where the offence occurred



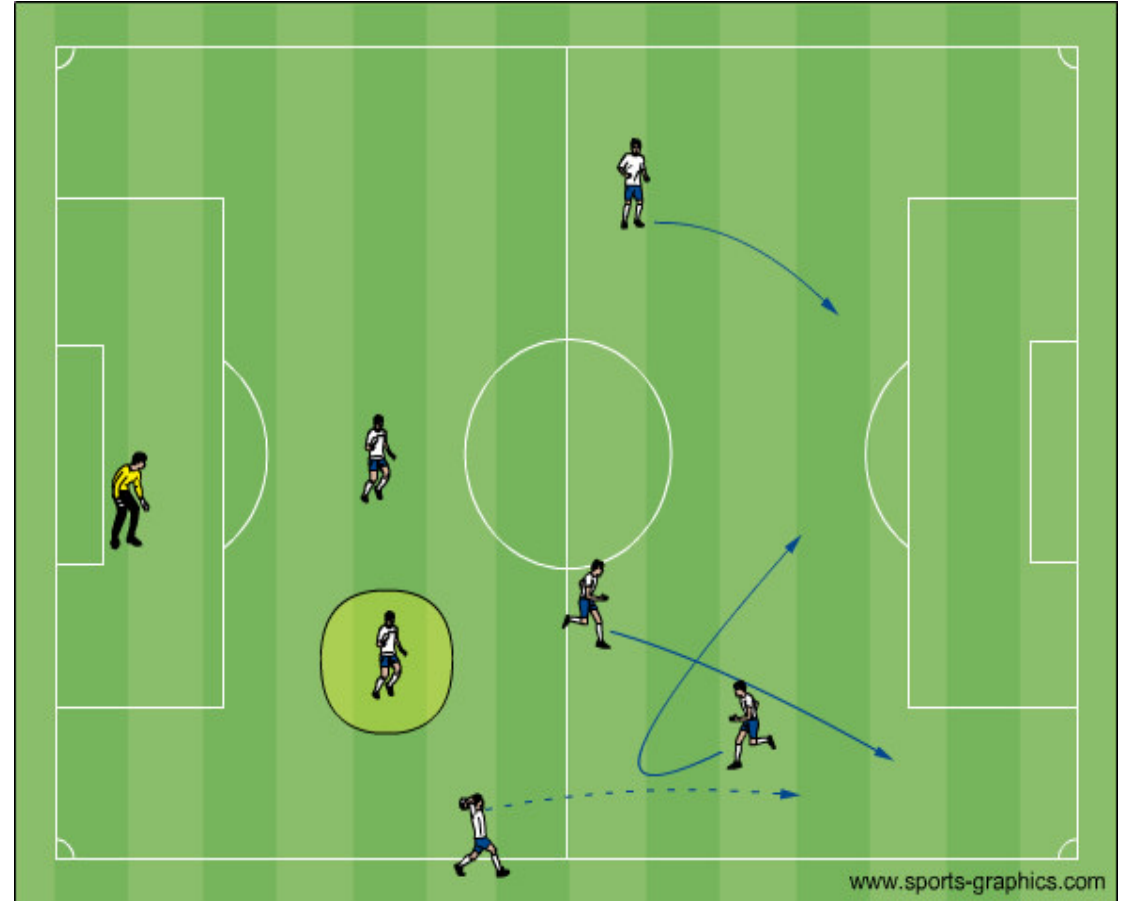
The Throw-In

When?

When the ball goes entirely out of play along the sideline

Basic Rules

- Taken by the team that did not touch the ball last
- Throw **MUST** be taken from outside the field of play
- Both feet **MUST** remain on the ground
- Ball **MUST** go directly over the head





The Goalkeeper

Goalkeeper Positional Description:

- Allowed to use their hands inside their own penalty box
- Must be clearly identifiable from all other positional players

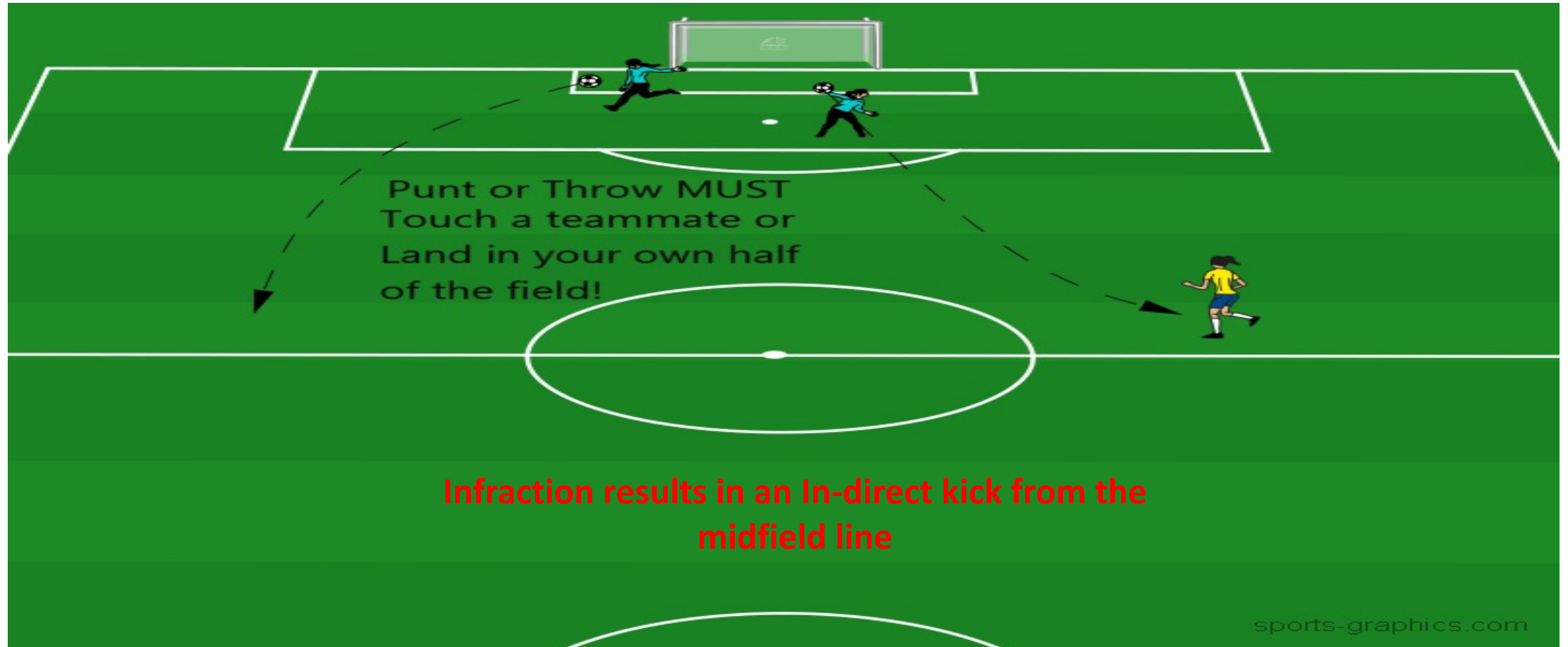
Goalkeeper Positional Demands

- Able to control the space between the backline and herself.
- Be clear and concise in their communication.
- Need to be capable with their feet and serve as a sweeper on through balls and an outlet for defenders that are under pressure.
- Keeper should remain focused and connected to teammates in relation to the location of the ball.
- Make all the saves you should make and an occasional spectacular save. Good hands!
- Recognize when to outlet quickly “begin the counter-attack” when to be patient.





Goalie Distribution





No Heading! and No Off-sides!



FIFA Law 11 is Not Enforced!





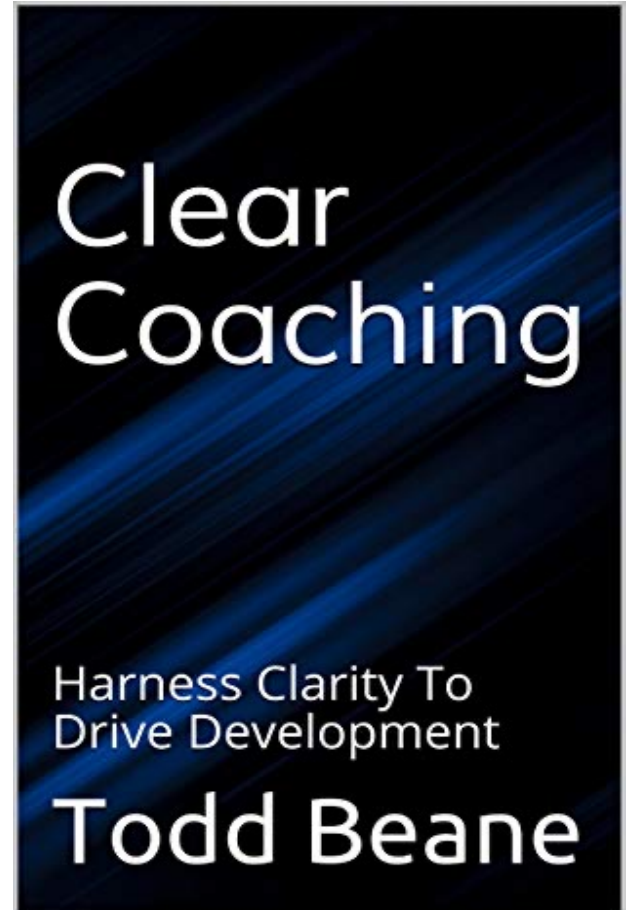
Baseline to Better

Understand the athlete before you today!

1. You begin with the baseline
2. You set the ideal (A vision for what it should like)
3. Then you bridge the gap

A baseline represents an athlete's current ability. It is your departure point.

*"I saw the angel in the marble
and carved until I set him free."
- Michelangelo*

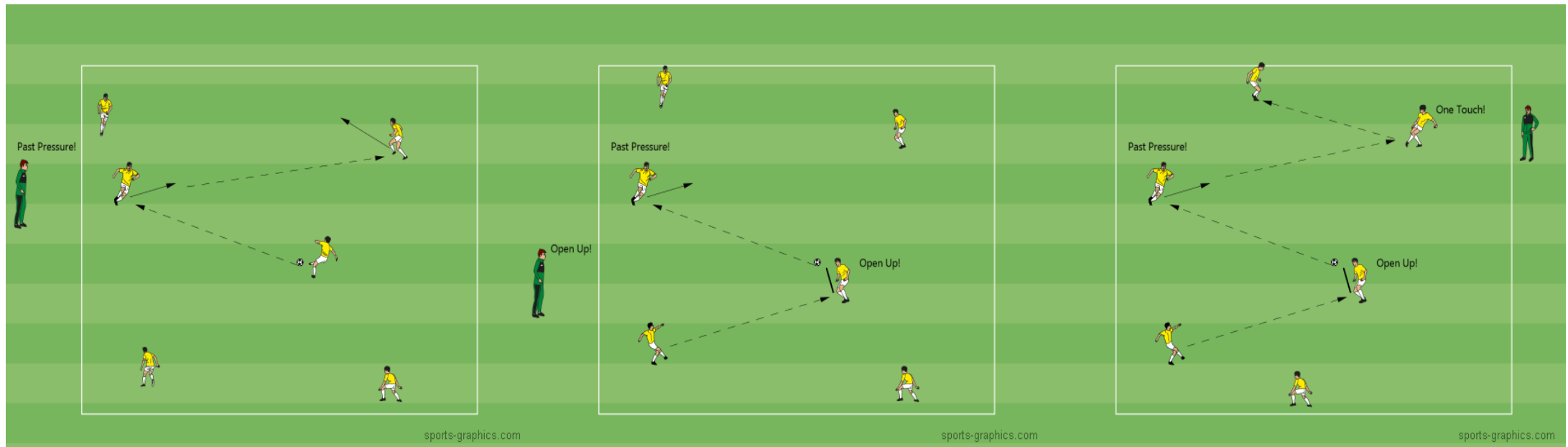




Layering

- Training exercises should phase in complexity and learning in stages
- Introduces players to one idea, let them apply it, then add another
- Keep challenges at a level that engage the players, where they enjoy the learning, but avoid asking them to do too many things at once

The Game's the
greatest teacher?





Retrieval

The Game

Focus on Performance not outcomes

Two questions to consider

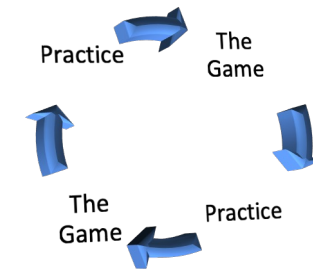
1. What has taken place?
2. What do we need to work on?

Team Practice Goals

- Improve overall performance through extended directional play
- Set Priorities!



The Loop



Pro Practice Goals

- Long Term Development
- Establish Age-Appropriate Foundational Skills
- 3 Week Block Curriculum

The science of memory suggests that what appears to be improvements after a week of training are likely to fade quickly unless athletes retrieve and apply the concepts involved periodically over the coming weeks. Match driven week to week planning is insufficient for long term development.



Planning a Practice

Practice Preparation and Routine

- Keep it Consistent
- Simple to Complex
- Layer in Information
- Topic Related
- **Work Backwards**





Coaches Controllables

Choosing Size and Shape

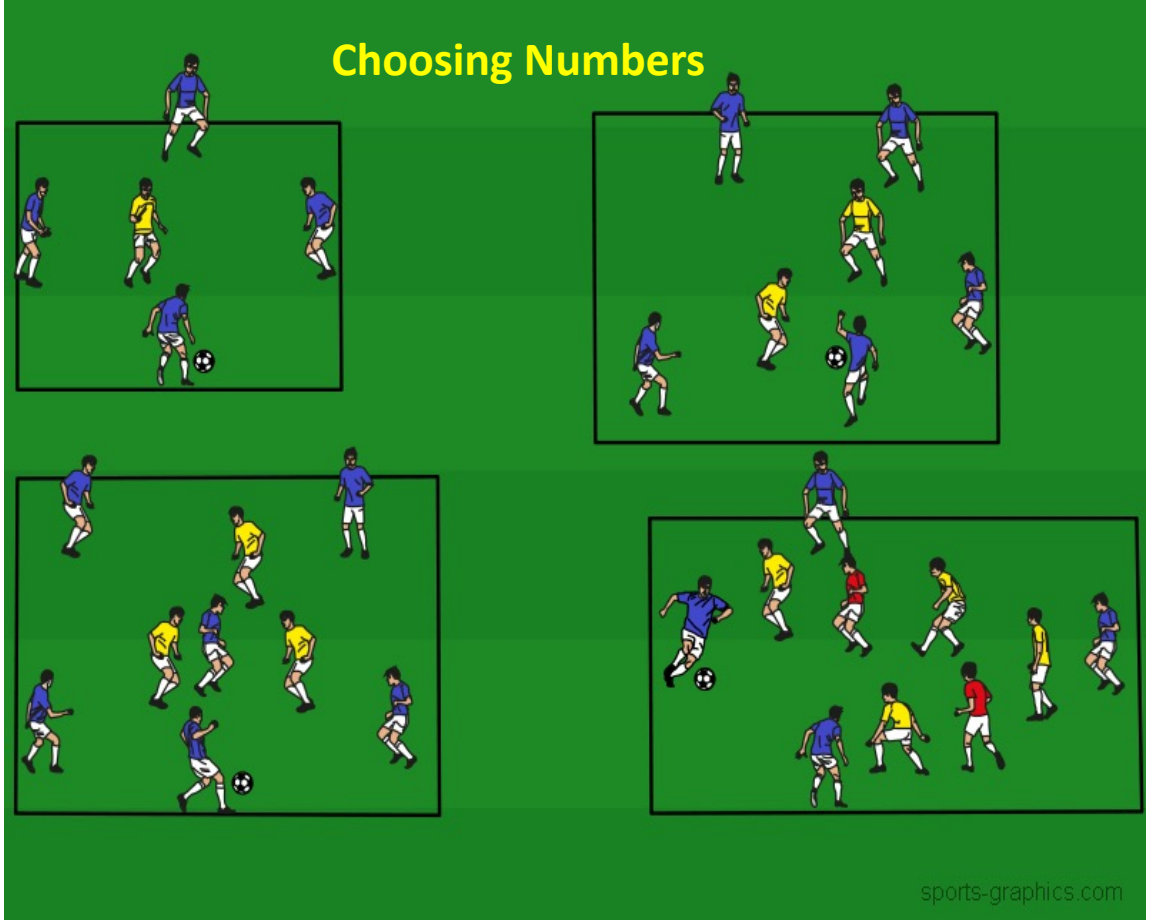
Long &
Narrow

Short & Wide

WHY?

sports-graphics.com

Choosing Numbers





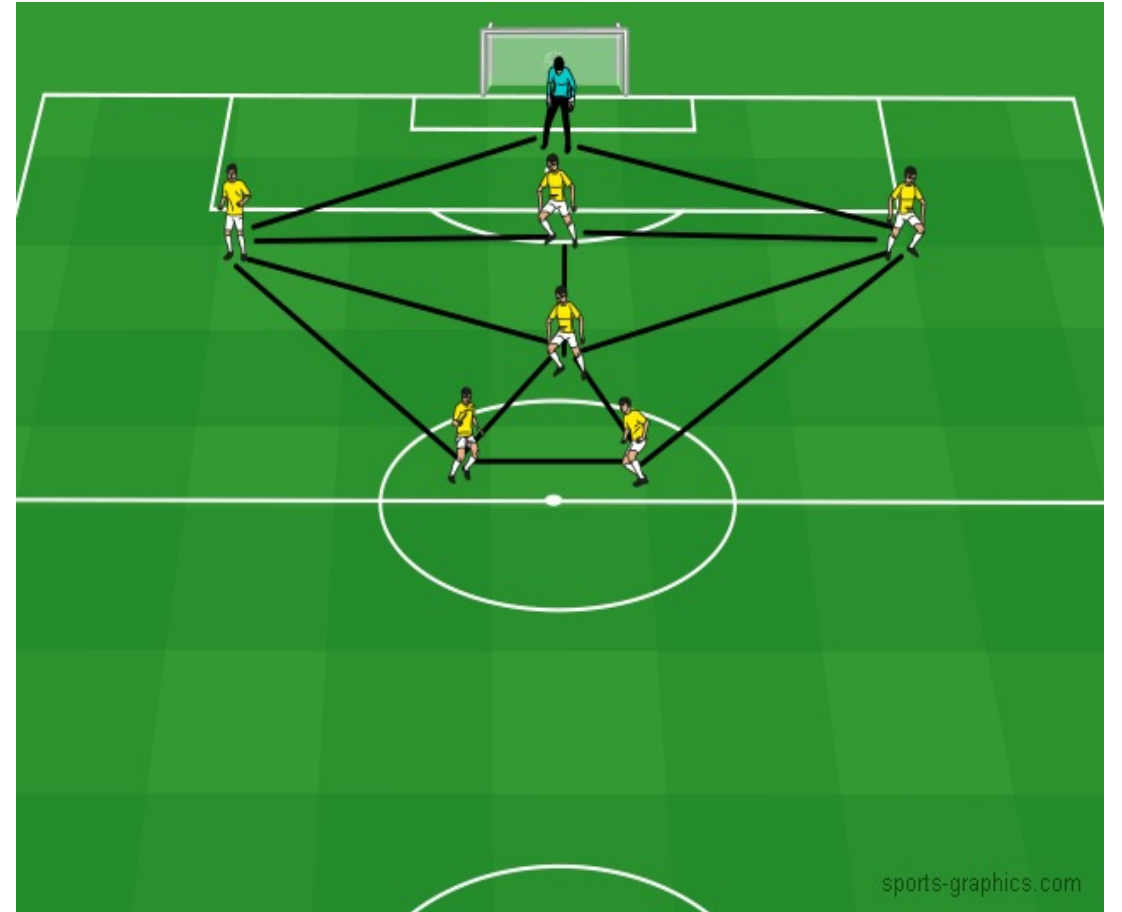
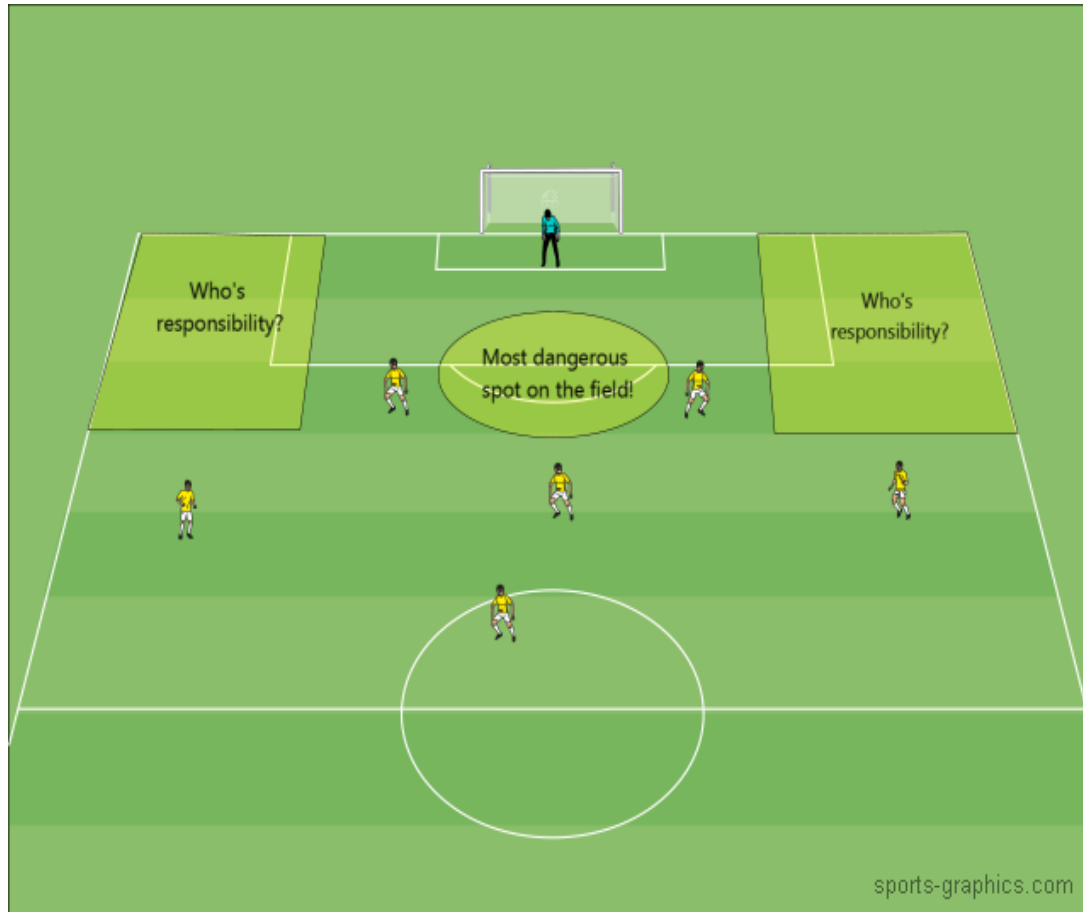
Game Day



“The health of the team is reflected in the face of the coach”

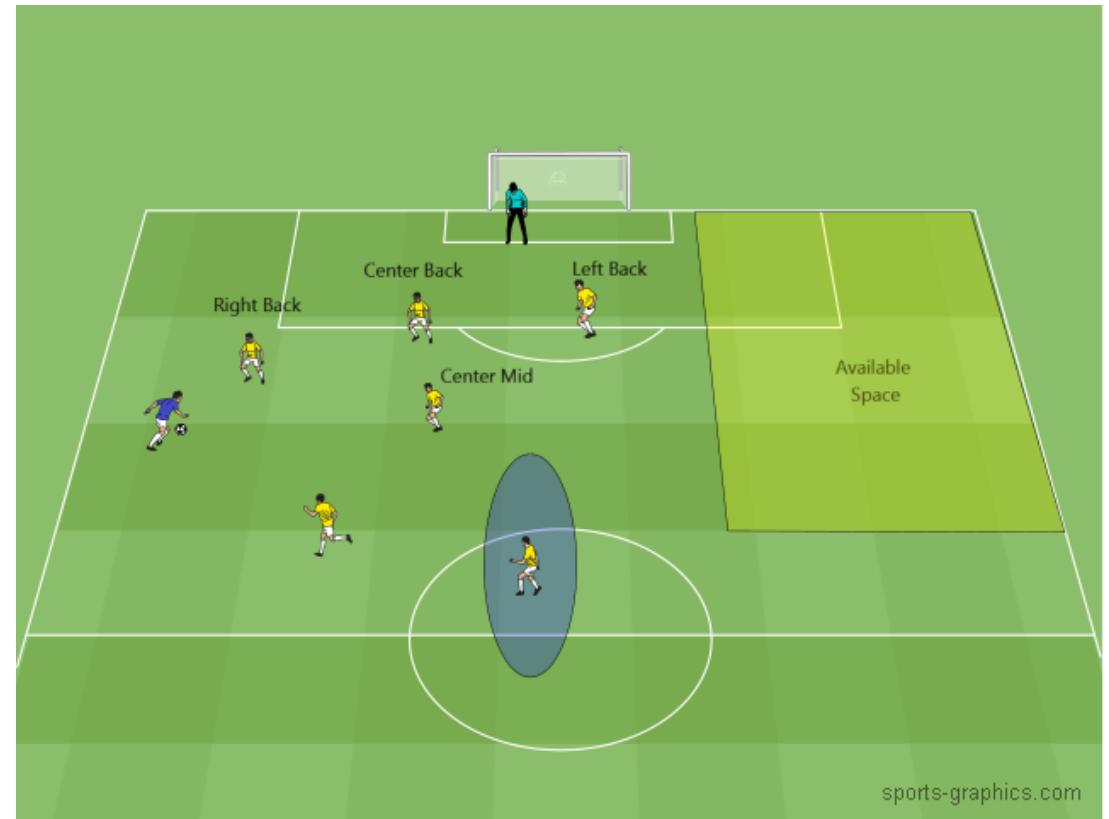
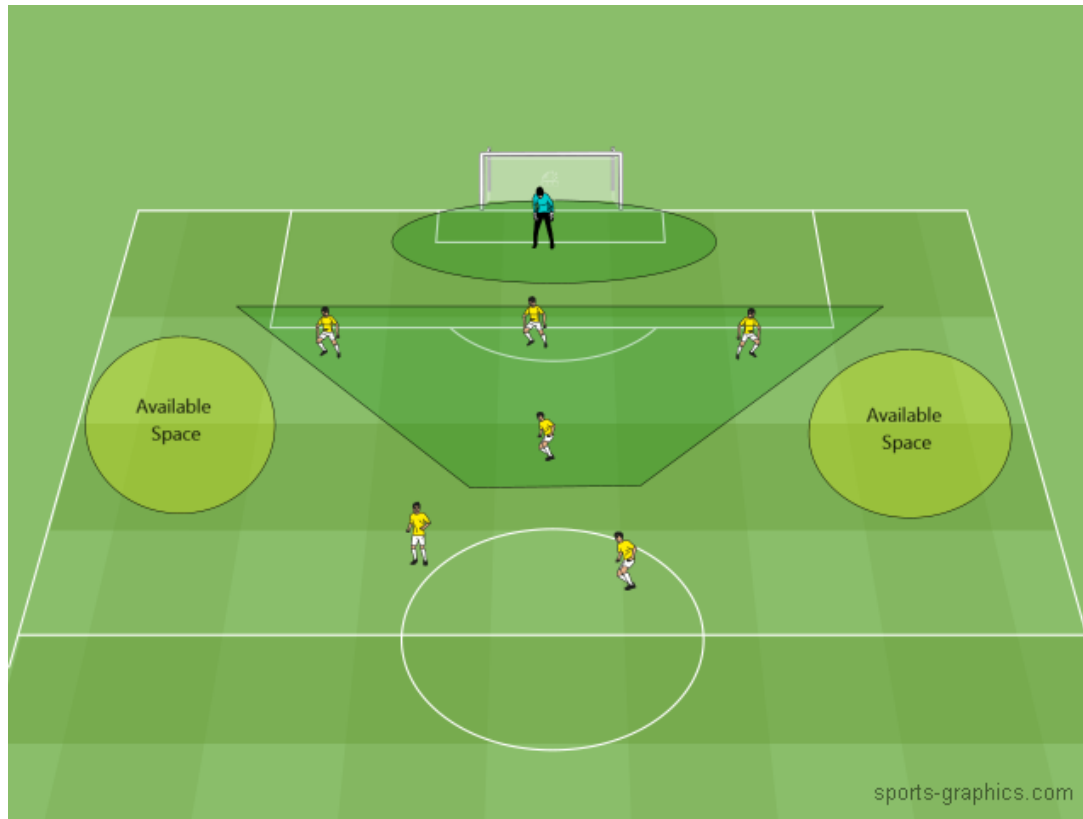


2 at the Back? K-3-1-2 Preferred System





K-3-1-2





Moments of the Game

- When we have the Ball
- When we lose the Ball
- When our opponent has the Ball
- When we regain the Ball

Can you observe one phase ahead?

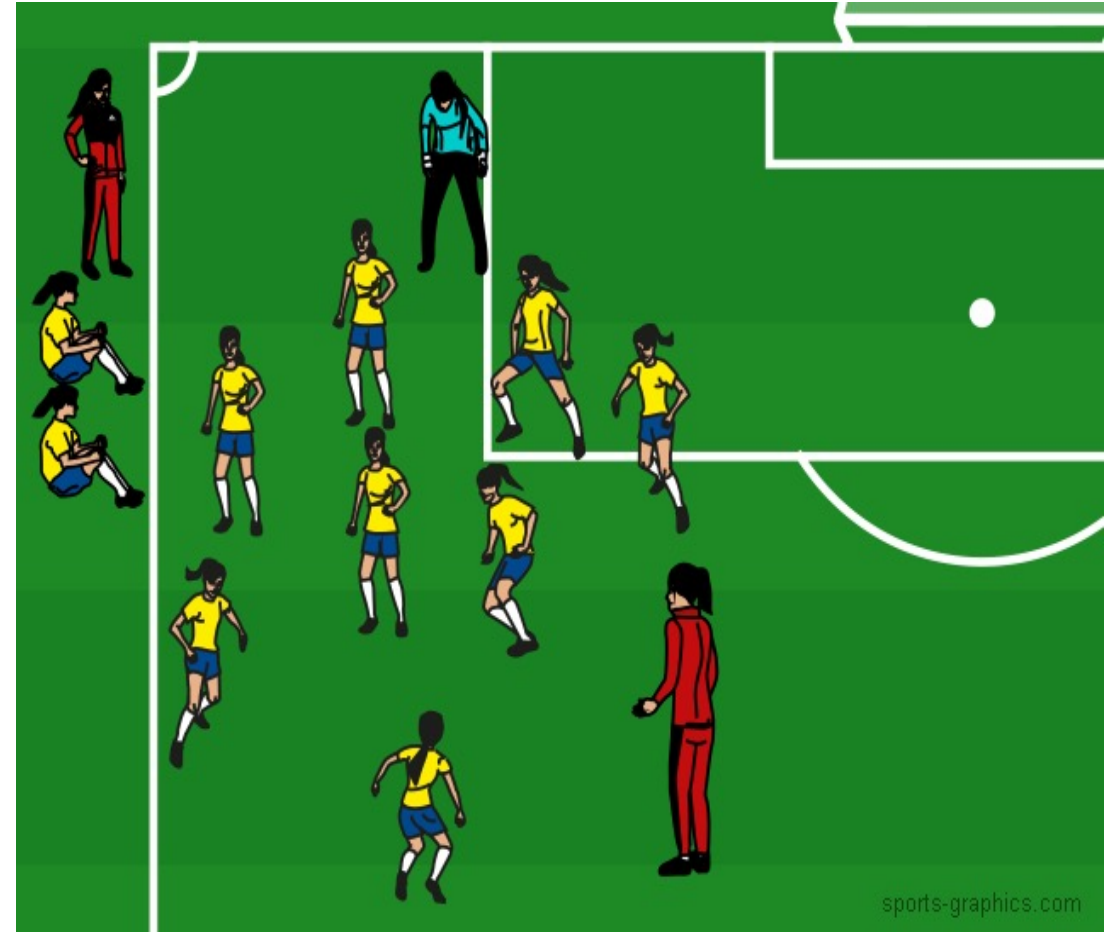




Pregame

Logistics to Consider:

- **Establish a standard arrival time**
- Know who is or isn't available prior to showing up at the field
- Know your starting line-up in advance of arriving at the field
- **Don't wait until the last minute to announce the team**
- Emphasize 2 or 3 goals for the match when you announce the team
- Make sure you have any necessary equipment and paperwork on hand (whose responsibility? HC, AC, Manager?)





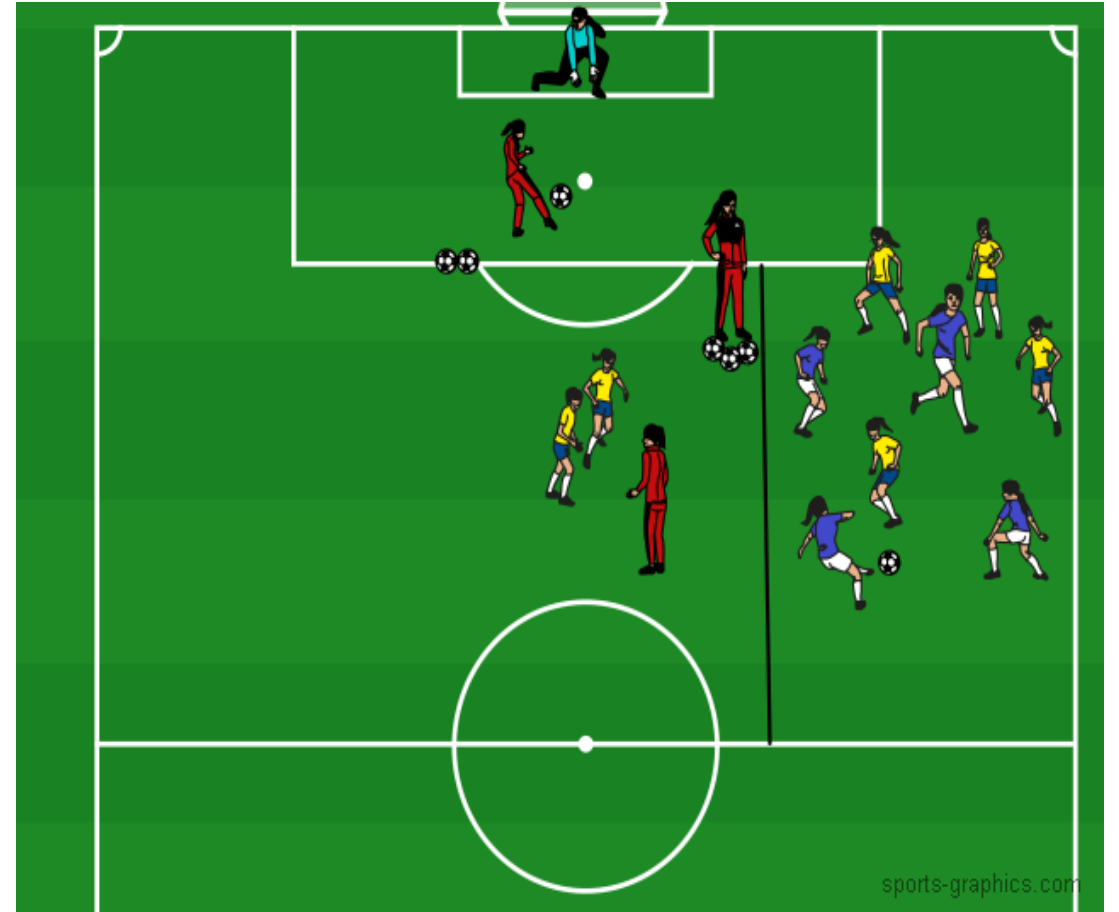
Pregame Coaching Roles

The Warm-up:

- Create a consistent routine
- Choose two or three activities that maximize touches and movement
- Attempt to engage the players both physically and mentally (have a brief word with each player individually)
- Utilize your assistant to warm-up the Goalkeeper

BE CONSISTENT!

DO NOT try new things. This often creates confusion with the players and frustration for the coach.





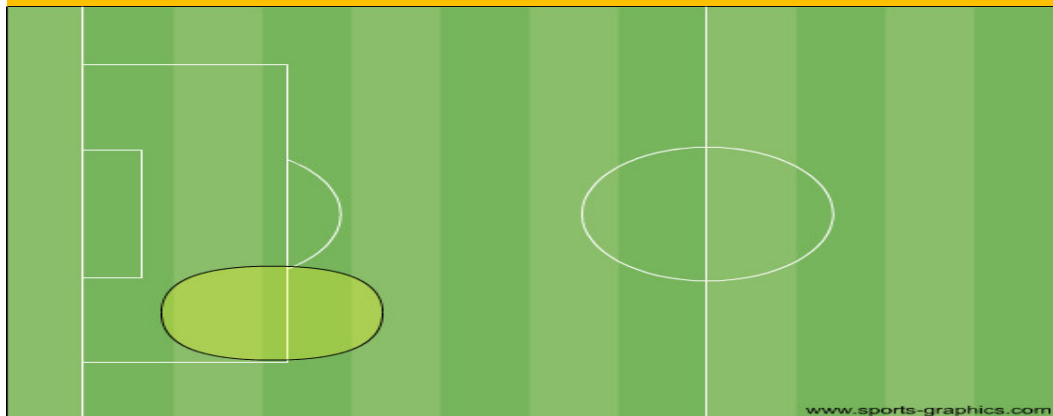
Halftime

Stage 1:

- Allow players a moment to rest and recover
- Connect with your staff to get on the same page

Stage 2:

- Limit your commentary with the team to 2 or 3 major points
- Be honest
- Refocus/re-energize the team for the 2nd half





Postgame



Doug Lemov's 3 Tips for Youth Sports Postgame 3 minute maximum!

1. Steady the Player's Emotions
2. Offer 1 or 2 Insights for reflection
3. Give the players a question or topic to discuss at the start of the next practice





Player Rotation

Player Rotation Consideration

Reasons to Rotate	Playing at the Back, Dealing with “Talented” Players, Appreciation for Teammates and Roles within a Team
Potential Pitfalls of Player Rotation	Flow of the Game, Learning to Play While Fatigued, Reinforcing Coach’s Feedback
Recommendations	Reduce Number of Substitutions, Rotate at Half, Rotate Game to Game



Simple Exercise to Teach Shape



Rule: All players (excluding the keepers) must be over half field for a goal to count!

Focus:

- Stay “connected as a team”. By remaining “connected” you provide better supporting options for the player in possession.
- Taking space when team is on the attack also reduces the space between the lines (gaps within the team).
- Immediate defending as a group when you lose possession “pressing”

Coaching point(s):

1. If players are needing to sprint forward at the last minute to get over half field, they are not “stepping up/taking space” properly. They should be moving forward in an effort to support the play in a natural manner.
2. Another real benefit to “taking space” & “staying connected” with your team is that upon loss of possessions you should have a far better chance to apply immediate pressure to the ball and win it back early.



Setting Boundaries

Hold a preseason meeting

- Define your goals/hopes for the coming season
 - Kids have fun
 - Kids improve
 - Kids give 100%
- Provide families with best times and ways to communicate with you
 - **I highly recommend making post game an off-limits zone**
- **Explain Zero Tolerance and LUSC's expectations on parental behavior**
- **Reinforce that there will be no coaching from the parents side-line.**
- Attempt to secure a team manager to handle logistics for the coming year





Final Thought- The Bus Driver

The Sport Psych Show

Professor Kristoffer
Henriksen

W/
DAN ABRAHAMS



Thank You



Developing lifelong soccer players among Lexington youth