



# Information for U9-12 Coaches

## Basic Information and Tips

### Rules

Soccer rules are published annually by FIFA, the world soccer governing body, but we have a few exceptions.

### Player Equipment

1. All players must wear shin guards to every practice and every game. Hard surfaces of shin guards must be covered with socks (referees will check this).
2. No shoes with front cleats may be worn (ie. No baseball or football shoes if they have the front cleat, unless you cut it off). Only rubber cleats are allowed, metal cleats are not allowed (referees will check).
3. No jewelry, metal devices, or hazardous equipment may be worn. No casts.
4. Each player should bring a plastic water bottle to games and practices. Coaches should allow adequate water breaks during practice and bring extra water (some player will always forget to bring water).
5. Soccer balls come in three sizes: 3, 4, and 5. The ball size is marked on the ball. U5-U8 use a size 3, U10-U12 use a size 4, and U13+ use a size 5 ball.
6. Goalkeepers must wear colours that distinguish them from the other players and from the referees.

### U9-U12 Games and Formations

Start times: Arrive between 6:00pm-6:30pm. Referees will arrive at 6:30pm.

#### U9-U10

- Warm up
- 2 x 30 minutes halves
- In extreme heat, coaches and refs may elect to have additional water breaks
- 10 minute break at halftime
- 7 players on the field including the goalie
  - U10: 1 goalkeeper, 2 defenders, 3 midfielders, 1 forward
- Kick ins: opposition stays 3 yards away
- KUSC referee on the field only
- Handball rule in effect
- U10: no offsides called

#### U11-U12

- Warm up
- 2 x 30 minute halves
- In extreme heat, coaches and refs may elect to have additional water breaks
- 10 minute break at halftime
- 9 players on the field including the goalie – 1 goalkeeper, 3 defenders, 3 midfielders, 2 forwards
- U12 use throw ins
- No slide tackle rule in effect
- Handball rule in effect
- U12: offsides called using only the referee

### Team equipment

You should have:

- Complete uniform for each player

- Ball bag
- 10 size 4 balls
- Cones
- Ball pump
- Basic first aid kit including cold pack

### Playing time

Make every attempt to ensure that each child plays at least 50% of every game they attend.

### Attendance

You can't punish a child for not coming to practice because it's usually the fault of the parent(s). However, soccer is a team sport. Try to motivate players to come by making practices and games fun. Also explain that soccer is a team sport and the team will play better and have more fun if everyone comes.

### Practice Time

KUSC encourages players at this level to participate in weekly practices. Select a night that suits you and your team. Contact the field assignor at [registrar@kingstonsoccer.ca](mailto:registrar@kingstonsoccer.ca) to determine what fields are available for practice use on the requested night.

Note: practice times/fields cannot be exclusive and should be shared with another team.

### When you can Substitute (aka "subbing")

- After a goal kick is called for either team
- After a goal by either team
- After a throw-in is called for your team
- At halftime
- At an injury

You usually cannot sub on corners or free kicks. Players entering and leaving the field should only do so at the halfway line.

### Goalkeepers (aka goalie, keeper, or GK)

You should encourage everyone to take a try at playing as goalkeeper. You will be surprised who is good and you really cannot tell until they actually play the position. At the very least, it will give all the players respect for how tough the position is, thereby making them less likely to blame the goalkeeper when goals are scored. However, do not make a child play goalkeeper if they don't want to. U9/U10 rotate the goalkeeper position.

### Injuries

Go immediately to any child injured on the field. A basic First Aid Kit is supplied for minor cuts, scrapes, and bruises. Encourage parents to attend to their child.

### Things you are not Allowed to do

- Coaches may not come on the field or step on the lines during the game except with the referee's permission
- Coaches and spectators must stand on the sidelines and cannot stand behind the end lines

## Things you Should/Shouldn't do

Don't run up the score. It's not good for either team if the game is a mismatch, but it sometimes happens. If your team gets 5 goals ahead, you should be a good sport and do one of the following:

- Tell your players they must complete 5 consecutive passes before shooting
- Tell them they can only take shots from outside the Penalty Box

## Keeping Children and Parents under Control

1. Everyone must follow all directions given by the coaches and assistant coaches
2. "When I talk you must be still and listen"
3. Expect everyone to be a good sport whether they win or lose – this includes parents
4. No cursing or name calling allowed
5. Disruptive or disrespectful behaviour will not be tolerated.

## Be a Good Role Model

To a large degree, your players and parents will follow your lead. Be a good sport. After the game, seek out the other coaches and the referee to shake their hands and thank them.