



Prescott & District
Soccer Association

2012
Coach's Handbook

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So We Lost...



But... Coach says we played a great game and we never quit

Coaches

Thank you for being a volunteer with Prescott & District Soccer Association! Without your dedication and assistance our soccer program would not be the success that it is. Please use this package and bring it with you to every game.

As our season opens, we hope you will have an enjoyable soccer season. Please feel free to make any comments on this year's season, as well as any suggestions for improvement for next year, to your convener or any executive member. Our program continues to grow and with growth comes new learning experiences and challenges.

The equipment given to you is your responsibilities, please take care of it.

Thank you again for your assistance.

President	Rob Carr	613-340-9290
Vice President	Laurence Carr	613-926-3204
Secretary	Megan Clifford	613-498-4237
Registrar	Leanne Burton	613-925-0782
Treasurer	Lesley Todd	613-925-4897
Referee in Chief	Rick Fraser	613-348-1047
U5 Convener	Megan Clifford	613-498-4237
U7 Convener	Megan Clifford	613-498-4237
U9 Convener	Tracy Moorhouse	613-925-2496
U11 Convener	Patricia Couperus	613-258-9794
U14 Convener	Tony Haystead	613-925-2802
U18 Convener	Tony Haystead	613-925-2802



South Grenville District High School

P.O. Box 670, 1000 Edward Street North
Prescott, Ontario K0E 1T0
Phone (613) 925-2855 FAX (613) 925-2864
<http://www.sgdhs.net>

Players, Coaches, Parents/Guardians Your Help Is Requested

There are a couple of issues that we would like to address and we are asking everyone's assistance on these matters.

Littering:

With the numbers being in the hundred's that attend soccer here at South Grenville we have seen an increase of garbage being left on the playing fields, around the bleachers and in the parking lot. There are many who take the time to clean up their own areas and coaches are very good at making attempts to clean up following their games. We are asking everyone to assist in this effort and we would ask that you speak to your children about the importance of leaving the school ground in a clean manner after each game.

Parking:

Each night at soccer there are many cars that fill our parking lot to at some points of over flowing. Under the Ontario Fire Code we are responsible to maintain a fire route for this building. We are asking for everyone's help by not parking in the areas designated as NO PARKING. At the back of the school in the bus load zones we have some areas marked on the pavement as NO Parking which is there to allow room for a Fire Truck to maneuver around the building necessary. Provincial Offence Act Tickets and or Towing may occur for violators on this school property. Another alternative that has been considered is to close the back area to traffic if we cannot control the parking in this area. We again thank- you in advance for your consideration and assistance with this important matter that we must now address and maintain for the safety of all who visit our school.

Thank you.

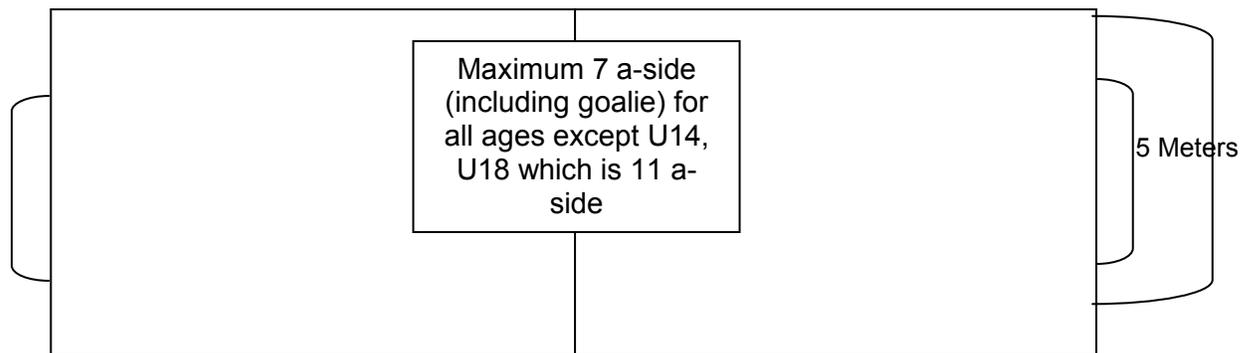
Coaches' Information

Positive reinforcement, this is a learning experience for the referees, as well as players and coaches.

Coaches and Team

Technical Area coaches & team One team each side

1. meter from side lines



Coaches and Team

Coaches and Assistant Coaches, along with players not playing, should be off the field at the centre line. One team should be on one side of the field, and the other team on the opposite side of the field, 1 meter from the sidelines and 5 meters from the goal area. The only exception to this should be on field two where both teams will have to be on the one side of the field due to the way the fields are located.

If one of your players gets injured on the field and the referee does not see, please try to notify the referee on the field first. The referee should then blow the whistle and motion the coach to take care of the player.

When a referee does a good job, let them know. If the referee is having problems with particular rulings, contact the Referee in Chief.

Remember, our Referees are young and still learning!

To win at all costs is not the true test of achievement there is nothing wrong with trying to win as long as you don't put the prize above the performance. There is no disgrace in defeat as long as you play to the best of your ability and give total commitment.

This code of conduct defines the standards for the relationship between players, parents and coaches associated with the Prescott & District Soccer Association. Conduct yourself accordingly when representing Prescott & District Soccer Association.

COACH'S CODE OF CONDUCT

1. I will give all players equal playing time and equal opportunity to play in all positions on the field.
2. I will remember that participants need a coach they can respect. I will be generous in the praise and set a good example.
3. I must respect the rights, dignity and worth of every person and treat everyone equally within the context of the sport.
4. I must place the well being and safety of each player above all other considerations, including the development of performance.
5. I will ensure that all players receive equal instructions and support.
6. I will adhere to **P.D.S.A.'S COACH'S CODE OF CONDUCT** at all times.
7. I must not exert undue influence to obtain personal benefits or rewards.
8. I must ensure the activities they direct or advocate are appropriate for the age, maturity, experience and ability of players.
9. I must encourage and guide players to accept responsibility for their own behaviour and performance.
10. I will ensure all players are properly equipped before going on the field.
11. I will obtain knowledge of the game and the rules of the game according to P.D.S.A. and the Ontario Soccer Association.
12. At all times I will respect parents, referees, players, coaches, and the opposing team.
13. I will work in cooperation with the referees for the benefit of the game.
14. I will dress appropriately at all games and practices, so that I represent a professional image for P.D.S.A.
15. I will ensure that my team, their parents, and fans understand that the team may be penalized for their inappropriate behaviour.
16. I will develop an appropriate working relationship with each player based on mutual trust and respect.
17. I will clarify with the players, and their parents exactly what is expected of them and also what they are entitled to expect from their coach.

18. I will be on time and prepared for games and practices.
19. I will teach my players to play fairly and to respect the rules, referees and our opponents.
20. I will be selective in the amount of instruction I give players during the game. I will let the players play.
21. I will not smoke on the fields while coaching for the P.D.SA.

**THANK YOU FOR BEING A VOLUNTEER FOR THIS YEAR'S SOCCER SEASON
HAVE FUN!!!!!!**

PLAYER'S CODE OF CONDUCT

1. The player must ensure they have the appropriate equipment for each occasion.
2. The player should give maximum effort and strive for their best performance during a game or practice session.
3. The player must not use inappropriate language, sportsmanship, or time wasting tactics. They shall set a positive example for others, particularly younger players and supporters.
4. The player must accept success and failure, victory and defeat equally. The player must treat opponents with due respect at all times irrespective of result of game.
5. The player must safeguard the physical fitness of opponents, avoid violence and rough play, and help injured players where possible.
6. The player must accept the decision of the game official without protest and show due respect towards all game officials and team officials of the opposition.
7. The player must abide with the instructions of his coach and team officials, provided they do not contradict the spirit of this code.
8. The player must arrive for practice and games on time or notify the coach in advance, of any reason for not being there.
9. The player must show respect for the facilities and equipment they use.
10. No player shall smoke on school property.

PARENT'S CODE OF CONDUCT

1. The parent must ensure the player has the required equipment for each occasion (e.g. game and practice.)
2. The parent must ensure the player arrives and is collected by the appointed times for practice sessions and games.
3. The parent must inform the coach, as far in advance as possible, if the player will not be available for a practice session or game
4. The parent must inform the coach of any illness or ailment that may affect the performance or the health of player
5. The parent must always encourage ALL players during the game regardless of the result of the game.
6. The parent should not give instructions to the players during the game or at half time interval. This is the responsibility of the coach.
7. The parent must respect the rights of the coach to make decisions regarding training methods and game tactics unless they contradict the spirit of the code.
8. The parent must be courteous and polite at all times towards opponents, coaches, managers, referees, and officials.
9. The parent should feel free to approach the coach to discuss any aspect of the player's soccer development.
10. Parents will not smoke on school property.

ALL GAMES ARE PLAYED AT SOUTH GRENVILLE DISTRICT HIGH SCHOOL

U5 SCHEDULE

TUESDAY

6:00 PM

FIELDS: 6N, 6S, 10

U7 SCHEDULE

TUESDAY

6:00 PM

FIELDS: 1, 2, 3 and 6

U9 SCHEDULE

TUESDAY & THURSDAY

7:00 PM

FIELDS: 1, 2, 3 and 6

U11 SCHEDULE

MONDAY & WEDNESDAY

6:00 PM

FIELDS: 1, 2, 3, and 6

U14 SCHEDULE

MONDAY & WEDNESDAY

6:00 PM or 7:00 PM

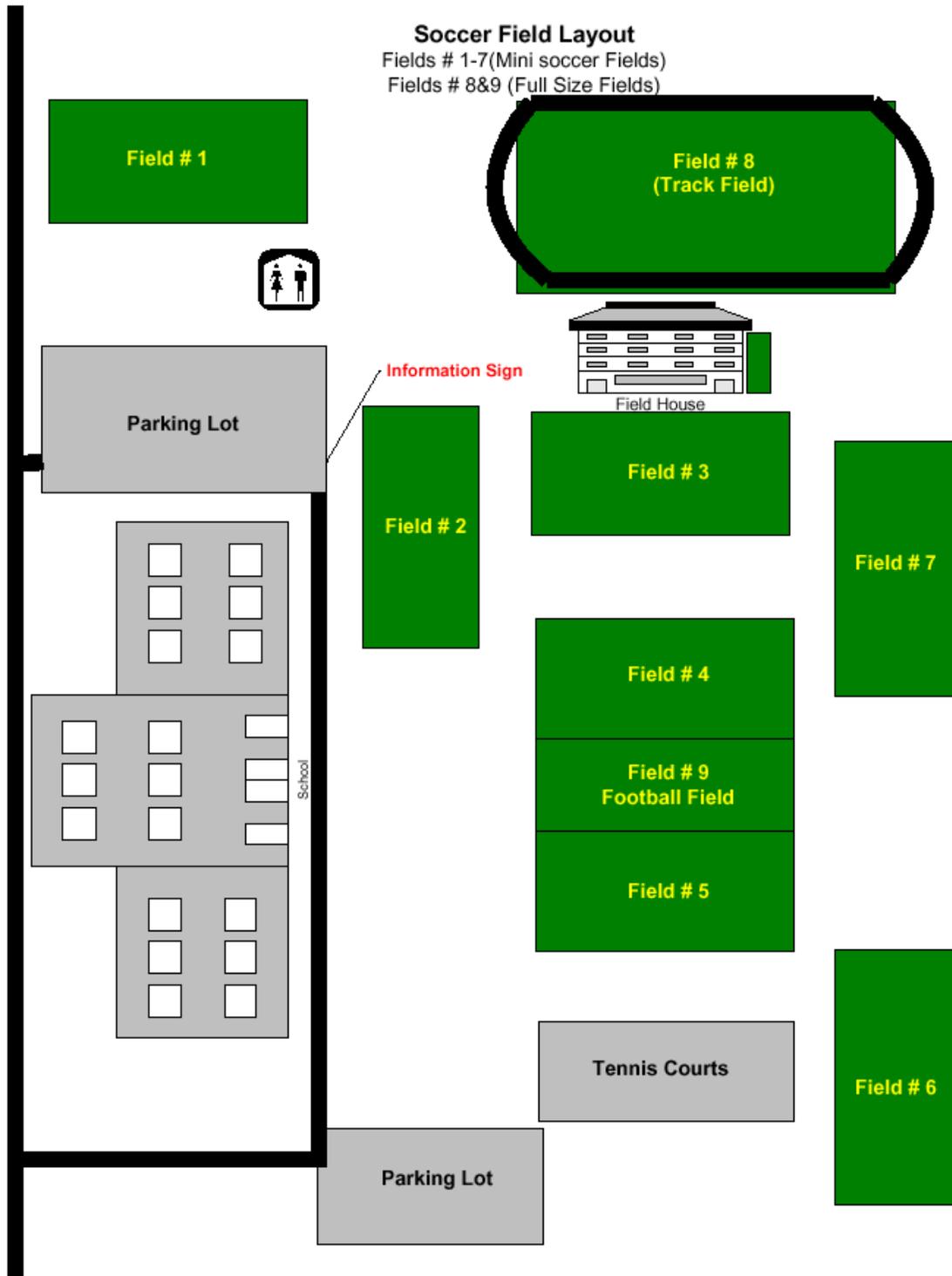
FIELD # 8, (Track Field) and FIELD 9 (Football Field)

U18 SCHEDULE

TUESDAY & THURSDAY

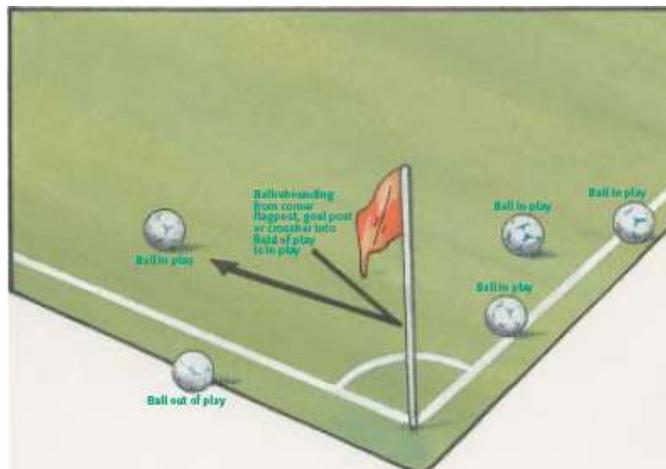
6:00 PM or 7:00 PM

FIELD # 8, (Track Field) and FIELD 9 (Football Field)

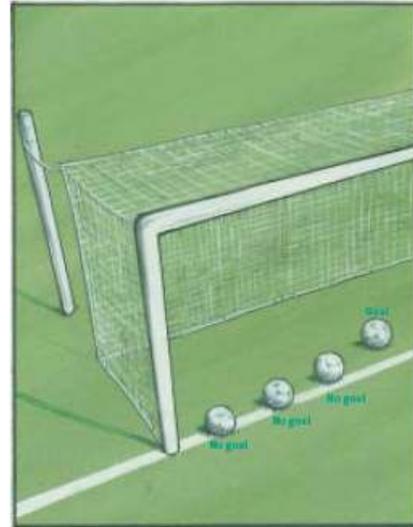


MINOR SOCCER GUIDELINES

1. Sliding tackles are allowed by the PDSA.
2. Referees are encouraged to call every foul.
3. All substitutions are to be made from the centre line of the field.
4. Teams should be on opposite sides of the field.
5. Physical and/or verbal abuse of any coach or referee will not be tolerated.
6. PARENTS/GUARDIANS ARE NOT TO LEAVE THEIR CHILDREN UNATTENDED.
7. Long hair should be tied back with a band. NO BARRETTES. ball caps, or jewellery of any kind is to be worn.
8. Absolutely no profanity on the fields.
9. Do not disrespect the referees.
10. All players will have equal playing time.
11. Mandatory equipment of a player should consist of:
 - ⚽ A Jersey
 - ⚽ Soccer Shorts / Track Pants (No snaps, zippers, buckles)
 - ⚽ Soccer socks covering shin pads
 - ⚽ Shin guards
 - ⚽ Footwear (No Metal cleats)
12. A referee will be appointed to officiate the game.
13. The time of play will be two 25 minute halves.
14. A linesperson's flag will be appointed for doing lines during the game.
15. Each team should consist of not more than 7 players, one of which is the goalkeeper.
16. The ball is out of play during the following circumstances;
 1. When it has completely crossed a boundary line (on the ground or in the air)
 2. When the game has been halted by the referee



17. A goal is scored when the whole of the ball passes over the goal line. The ball must cross the goal line between the goal posts and under the crossbar. A goal is not scored if the ball is intentionally thrown by hand, by a player of the opposite team.



18. **A player is considered off-side position if:**
- ⚽ He/she is nearer to his opponents goal line than both the ball and the second last opponent



A player is not in an offside position if:

- ⚽ He/she is in his/her own half of the field of play or
- ⚽ He/she is level with the second last opponent or
- ⚽ He/she is level with the last two opponents



Offence

A player in an offside position is only penalized if at the moment the ball touches or is played by one of his team, he/she in the opinion of the referee involved in active play by:

- ⚽ Interfering with player or
- ⚽ Interfering with an opponent or
- ⚽ Gaining an advantage by being in that position

No Offence

There is no offside offence if a player receives the ball directly from:

- ⚽ A goal kick
- ⚽ A throw in or
- ⚽ A corner kick

Infringements/Sanctions

For any offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred

19. Free kicks are either direct or indirect.

For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.

- ⚽ **Direct**- goal can be scored directly against the opposing team
- ⚽ **Direct**-if a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team
- ⚽ **Indirect** - goal cannot be scored unless the ball has been played or touched by a player other than the kicker before passing the goal line
- ⚽ **Indirect** - If an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded.
- ⚽ **Indirect** - if an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

Position of Free Kick

Free Kick Inside the Penalty Area

Direct or indirect free kick to the defending team:

- ⚽ all opponents are at least 9.15 m (10 yds) from the ball
- ⚽ all opponents remain outside the penalty area until the ball is in play
- ⚽ the ball is in play when it is kicked directly beyond the penalty area
- ⚽ a free kick awarded in the goal area is taken from any point inside that area
- ⚽ indirect free kick to the attacking team
- ⚽ all opponents are at least 9.15 m (10 yds) from the ball until it is in play, unless they are on their own goal line between the goalposts
- ⚽ the ball is in play when it is kicked and moves
- ⚽ an indirect free kick awarded inside the goal area is taken from that part of the goal area line which runs parallel to the goal line, at the point nearest to where the infringement occurred

Free Kick Outside the Penalty Area

- ⚽ all opponents are at least 9.15 m (10 yds) from the ball until it is in play
- ⚽ the ball is in play when it is kicked and moves

- ⚽ the free kick is taken from the place where the infringement occurred

Indirect Free Kick

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:

- ⚽ Takes more than six seconds while controlling the ball with his hands before releasing it from his possession
- ⚽ Touches the ball again with his hands after it has been released from his possession and has not touched any other 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

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

- ⚽ Plays in a dangerous manner
- ⚽ Impedes the progress of an opponent
- ⚽ Prevents the goalkeeper from releasing the ball from his hands

20. Any player who commits one of the following offences shall be penalized by the opposing team being awarded a direct free kick:
1. Kick or attempts to kick an opponent
 2. Trips an opponent
 3. Jumps at an opponent
 4. Charges an opponent
 5. Strikes an opponent
 6. Pushes an opponent
 7. Tackles an opponent (hits an opponent before the ball is touched)
 8. Holds an opponent
 9. Spits on an opponent
 10. Handles the ball deliberately (except for the goalkeeper within his own penalty area)
21. A penalty kick is taken from the penalty mark. A penalty kick is awarded if any of the above ten offences is committed by a player inside his/her own penalty area, irrespective of the position of the ball, provided it is in play.

Position of the Ball and the Players

The ball:

- ⚽ is placed on the penalty mark
(7 aside 8 meters from the goal line),
(11 aside, 11 meters from the goal line)

The player taking the penalty kick:

- ⚽ is properly identified

The defending goalkeeper:

- ⚽ remains on his goal line, facing the kicker, between the goalposts until the ball has been kicked

The players other than the kicker are located:

- ⚽ inside the field of play
- ⚽ outside the penalty area
- ⚽ behind the penalty mark
- ⚽ at least 9.15 m (10 yds) from the penalty mark

22. When the ball passes over a side line, it will be thrown in from the point it crossed over the line

Procedure

At the moment of delivering the ball, the thrower:

- ⚽ faces the field of play
- ⚽ has part of each foot either on the touch line or on the ground outside the touch line
- ⚽ uses both hands and deliver the ball from behind and over players head

The thrower may not touch the ball again until it has touched another player.

The ball is in play immediately after it enters the field of play.



23. A goal maybe scored directly from a goal kick, but only against the opposing team.

A goal kick is awarded when:

- ⚽ the whole of the ball, having last touched a player of the attacking team, passes over the goal line, either on the ground or in the air, and a goal is not scored

Procedure

- ⚽ the ball is kicked from any point within the goal area by a player of the defending team
 - ⚽ opponents remain outside the penalty area until the ball is in play
 - ⚽ the kicker does not play the ball a second time until it has touched another player
 - ⚽ the ball is in play when it is kicked directly beyond the penalty area
24. The attacking team is awarded a corner kick when the ball passes completely over the goal line outside of the goal area after last being played by a member of the defending team.

Disciplinary Sanctions

Only a player or substituted player may be shown the red or yellow card. Referees have the ability to ask coaches, assistant coaches or spectators to leave the field, the area around the field, or school property as they see fit. Games will be suspended until the person involved adheres to the referee's instructions.

Cautionable Offences

A player is cautioned and shown a yellow card, if any of the following seven offences are committed:

1. is guilty of unsporting behaviour
2. shows dissent by word or action
3. persistently infringes the Laws of the Game
4. delays the restart of play
5. fails to respect the required distance when play is restarted with a corner kick or free kick
6. enters or re-enters the field of play without the referee's permission
7. deliberately leaves the field of play without the referee's permission

Sending-Off Offences

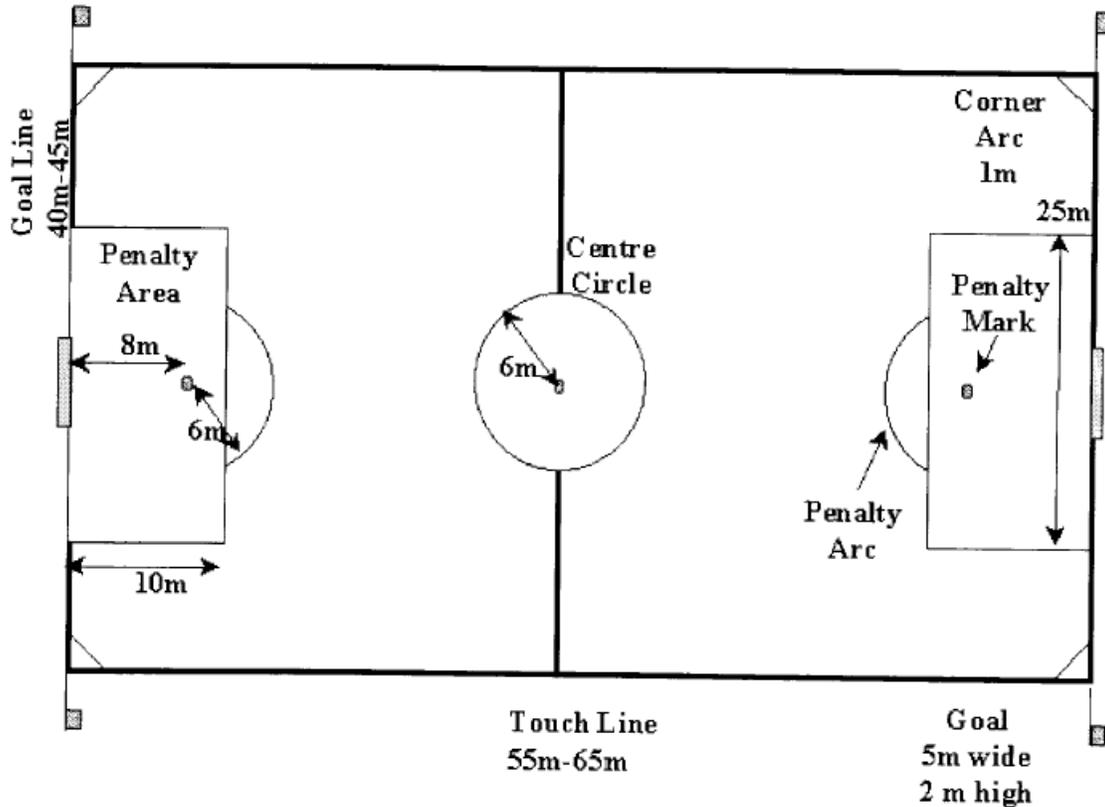
A player is sent off and shown the red card if he/she commits any of the following seven offences:

1. is guilty of serious foul play
2. is guilty of violent conduct
3. spits at an opponent or any other person
4. denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (this doesn't apply to a goalkeeper within his own penalty area)
5. denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offence punishable by a free kick or a penalty kick
6. Uses offensive, insulting, abusive language and/or gestures
7. Receives a second caution in the same match

A player who has been sent off must leave the vicinity of the field of play and the technical area.

Summary of Mini Soccer Rules

For those who have to deal with both mini-soccer and 11 aside soccer, reading two complete sets of rules and trying to remember the differences can lead to confusion. Here's a summary of the main differences for mini-soccer. We've left out some of the non referee items like the size of the fields, goal nets, and field markings, and concentrated on what referees really need to know.



Game, Ball and Distance

- ⚽ Two equal halves of 25 minutes each with 5 minute interval
- ⚽ Size 4 ball size for all ages up to U11 and size 5 U14 & U18
- ⚽ Penalty mark is 8m from the goal line
- ⚽ Distance for free kicks, goal kicks and kick off, all opponents shall be not less than 6 meters from the ball until it has been kicked.
- ⚽ Goal kicks are taken from anywhere inside the 10 meter penalty perimeter

Kicks

Note: All free kicks are INDIRECT

- ⚽ A goal may **NOT** be scored directly from a kick off.(allowed in 11 aside)
- ⚽ A goal may **NOT** be scored directly from a free kick (allowed for Direct Free Kick in 11 – aside)
- ⚽ A goal may **NOT** be scored directly from a goal kick (allowed for in 11 – aside)
- ⚽ Penalty kick awarded against a player for any of the ten offences (kicks, trips, jumps, charges, strikes, holds, spits, tackles, handles the ball) in his/her own penalty area

Players and Substitution

- ⚽ 7 players per team, one of whom must be the goalkeeper. Minimum of 5, maximum of 14
- ⚽ Any dismissed player may not take further part in the game; however he/she may be replaced by another team member
- ⚽ A team may substitute
 - ⚽ On their own corner kick.
 - ⚽ On their own through in
 - ⚽ On their own goal kick, (Note: 11 aside allows both teams to substitute on any goal kick)
 - ⚽ After a goal has been scored or
 - ⚽ When the opposition is substituting

Other

- ⚽ Offside is called (same as 11 – aside, PDSA referees will not call Offside in U7)
- ⚽ No Charging (fair or otherwise) allowed

Short Handed Teams

In the event a team is short-handed, players (properly equipped) may be brought up from the division immediately below, bringing the team compliment to a maximum field required + 2 for substitution to give player a chance to rest during game. If a player from the original roster shows up late, called up players will be allowed to play during the remainder of the game.

Game Conditions

All cancellation decisions will be made at game time at S.G.D.H.S. A game can start up to 10 minutes past the hour. If the conditions are still too bad to play, the games will be called at that time by the chief referee or delegate. If the conditions get bad during a game, referees will be instructed to call the games. All players will leave the fields at once.

Prescott & District Soccer Association will monitor extreme weather and take actions to reduce game times and allow additional water and rest breaks during extreme heat, as required. In the event of thunder and lightening in the immediate area, all games will be cancelled at the field.

Weather Conditions at Game Time							
<i>"Soccer is a Game that is played in the rain, parents bring your umbrellas"</i>							
Please show up at the High School at the normal game time to determine if the games are cancelled. (This is the only place games will be cancelled).							
Age	Rain (Drizzle)	Rain (Moderate)	Rain (Heavy)	Thunder (Rain)	Hail	Lightening	Extreme Heat & Humidity
U5	Play	Cancelled	Cancelled	Cancelled	Cancelled	Cancelled	Short games or Cancelled
U7	Play	Play	Referees discretion	Cancelled	Cancelled	Cancelled	Short games or Cancelled
U9	Play	Play	Referees discretion	Cancelled	Cancelled	Cancelled	Short games or Cancelled
U11	Play	Play	Referees discretion	Cancelled	Cancelled	Cancelled	Short games or Cancelled
U14	Play	Play	Referees discretion	Cancelled	Cancelled	Cancelled	Short games or Cancelled
U18	Play	Play	Referees discretion	Cancelled	Cancelled	Cancelled	Short games or Cancelled

Games may continue with heavy rain at the referee's discretion. Games will be stopped immediately if there is any lightening in the area.

What is Humidex?

Humidex is a measure of how hot we feel. It is an equivalent temperature intended for the general public to express the combined effects of warm temperature and humidity. It provides a number that describes how hot people feel, much in the same way the equivalent chill temperature, or "wind chill factor," describes how cold people feel. Humidex is used as a measure of perceived heat that results from the combined effects of excessive humidity and high temperature.

Humidex Range	Degree of Comfort
20 – 29 °C	Comfortable
30 – 39 °C	Some Discomfort
40 – 45 °C	Great Discomfort
Above 45 °C	Dangerous
Above 54 °C	Heat Stroke Imminent

At time of high humidex or temperature games may be shortened in length, or the referee may offer unlimited substitutions and water breaks.

Web Sites to Check:

www.theweathernetwork.com

www.intellicast.com

1. Basic Stretching

Stretching is almost universally advocated but there is considerable confusion about who should stretch, how long to stretch for, what muscles should be stretched, and how to perform a stretch. Rather than attempt to offer an exhaustive review of the subject here, this section will only offer suggestions and a review of frequently asked questions.

Stretching, like all physical activity, should be approached with an appropriate amount of care and understanding of the individual problems that a player may have. Some children have medical conditions or anatomic problems that prevent certain stretches. Additionally, some coaches like to stretch with the team prior to demonstrating activities. It is very important that the coaches warm-up and stretch properly since their risk of injury is greater, in general, than the youngsters they are coaching. As a rule of thumb, if there is marked pain associated with a stretch, you should back off and either try an alternate stretch or decrease the degree of stretch.

Who should stretch?

The easy answer is everyone but, of course, easy isn't always correct. Most young, pre-pubertal children have enough flexibility that it is debatable whether stretching is effective or useful. Indeed, if improper technique is used, there is a real risk of injury. However, it is important that young children develop good habits on the soccer field and it is for this reason that all age groups should perform some stretching routine.

When should I stretch?

To be most effective, the muscle should be warmed up prior to stretching. Most coaches will incorporate intermittent stretching during their warm-up activities (i.e. start an activity, stretch; begin a new phase of activity, stretch, and so on). In addition, studies suggest that stretching during the cool down after training helps in clearing lactic acid from the muscles and speeds muscle recovery.

What muscles should I stretch?

Again, the easy answer is all of them, but, realistically, this is not possible and may not be essential. Besides the general, large muscle groups, some coaches like to stretch muscles that will be specifically involved in that sport. For example, soccer coaches will often specifically stretch the calves, hamstrings, and quadriceps while not specifically working on arms or forearms. Most stretching programs begin with the back, then stretch the upper body, and finish with the legs starting with the buttocks and progressing down to the calves.

How do I stretch?

There are many different forms of stretching, each with advantages and disadvantages. It is generally agreed, however, that the old ballistic stretching that many of us did in physical education classes long ago is not useful. This type of stretching has the individual bouncing into a stretch (remember gently bouncing up and down in an effort to touch your toes?). Passive stretching is where the muscle is stretched and held by some other force (another body part, a partner, the floor, etc.). Isometric stretching is similar to passive stretching, but now the muscle is contracted against the other force (e.g. pushing against a wall while attempting to lower the heel). This form of stretching, while very effective, is only recommended when the contractions and stretches are performed in the submaximal, pain-free range of movement (pain during contractions is a precursor to damaged tendons and ligaments).

How long do I stretch?

There truly is no easy answer to this question. Little research has been done to investigate the time it takes to adequately stretch most muscle groups. It is known, however, that hamstrings take a minimum of 15 seconds to achieve benefit from stretching. Other muscle groups may take as long as 30 seconds. As a general rule of thumb, therefore, stretches should be held for between 15 and 30 seconds.

Should I stretch if I have been injured?

Most rehabilitation programs include some form of stretching. However the degree and frequency are best decided by your doctor and physical therapist, not your average youth soccer coach.

Are there stretches that I shouldn't do?

While most young children have no problem performing a variety of stretches, coaches who try to stretch with their team should be warned. Straight leg toe touches compresses the disc spaces in the back and can cause severe pain. Similarly, lying on the ground and trying to put your feet over your head compresses the discs. The 'hurdler's' stretch (sitting down with one or both legs bent so the foot is next to the hip while you lean back) can cause damage to the medial collateral ligaments (the ligaments on the inside of the knee), compress the medial meniscus (the cartilage that separates the bones that form the knee joint), and may cause dislocation of the patella (the knee cap).

In summary, stretching is an activity that should be done by all age groups after warming up and during the cool down after practice or games. Developing the habit and proper technique at an early age will pay great dividends later in life.

A Sample Stretching Routine

Stretches are most effective (and less likely to cause injury) when the muscles are already warmed-up. An increase in core body temperature increases the pliability of muscles and tendons. It takes about 5 minutes of moderate exercise to raise the core body temperature. Therefore, before you begin the stretching routine, let the players do a pass-and-move type exercise or some other soccer drill of moderate intensity involving continuous motion.

The reason to stretch pre-adolescent athletes is to begin good training habits. Therefore, emphasis should be placed upon developing a consistent routine, rather than which individual stretches are performed. Although the order of stretching is probably not very important, establishing a consistent routine (i.e., doing the same stretches in the same order each practice) is important.

Joint Rotations (3 minutes)

Begin the routine with some simple, slow joint rotations:

- **Ankles and Knees:** hands on knees; knees bent; rotate knees in a circle in one direction 5 times; repeat in the opposite direction
- **Hips:** stand straight; hands on hips; rotate hips in exaggerated fashion in a circle in one direction 5 times; repeat in the opposite direction
- **Torso:** stand straight; lock hands in front of body; bring hands forward so they touch the chest; use arms to twist body in one direction (try to look at

- something behind you and hold the position for 5 seconds); repeat in the opposite direction;
- **Shoulders:** stand straight; right arm extended straight up and Left arm at side; rotate arm in a circle in one direction 5 times; then repeat in the opposite direction; repeat for Left arm/shoulder
 - **Neck:** stand straight; rotate head in exaggerated fashion in a circle in one direction 5 times; then repeat in the opposite direction

Lower Extremities (5 minutes)

Since it is the muscles of the lower extremities that are more commonly injured in soccer, focus the remainder of the stretches on the following leg muscles: calf, thigh (quadriceps, adductors and hamstrings), and the hips. All of the muscles can be stretched while in a standing position (there is no need, therefore, for players to get on the ground). Players should be instructed to bend only to a point where they feel their muscle being stretched (if the stretch becomes painful, they have bent too far).

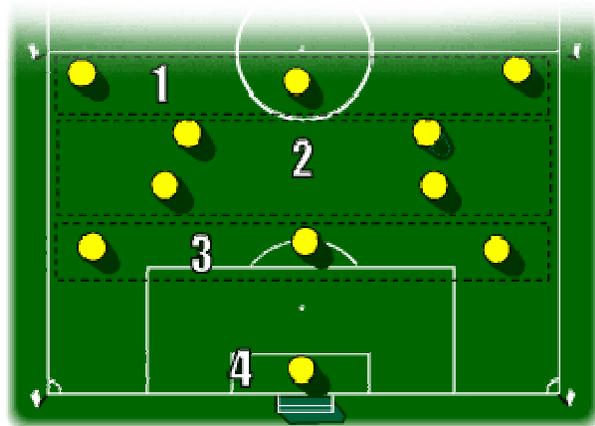
- **Lunge** (stretches calf muscles of the front leg and the quads of the rear leg)
Stand straight up and extend (lunge) the right foot forward as far as possible. The toes of both feet need to be pointed forward. Bend the right knee slightly while keeping the trunk upright. The left heel needs to stay on the ground. Hold for 15 seconds. Repeat with left foot extended.
- **Toe Touch** (stretches hamstrings)
Stand straight up with feet shoulder-width apart and the toes of both feet pointed forward. Bend forward and touch toes (if a player cannot touch her toes with the knees unbent, let her bend her knees first and then slowly straighten her legs as much as possible). Hold for 15 seconds.
Stand straight up with feet **double** shoulder-width apart and the toes of both feet pointed forward. Bend forward and touch the ground between the legs. Hold for 15 seconds.
Stand straight up with feet **double** shoulder-width apart and the toes of both feet pointed forward. Bend to the right and try to touch the right foot with both hands. Hold for 15 seconds. Straighten up. Repeat for left side.
- **Groin Stretch** (stretches adductors and quads)
Stand straight up with feet **double** shoulder-width apart and the toes of both feet pointed forward. Keeping the right leg straight, bend the left knee and try to sit on the left heel. Hold for 15 seconds. Straighten up. Repeat for left side.

- **Standing Quad Stretch** (stretches quads)
Stand straight up. Put left hand on a partner's shoulder. Grab the right ankle with the right hand (**NB:** many people prefer to teach players to use the **opposite** hand, which is more likely to keep the player's knees together and avoid stressing the knee joint) and pull upwards toward the buttock, keeping the knees together, the hips rotated forward, the trunk fully upright and the standing foot pointed forward. Hold for 15 seconds. Repeat for left side.

Field Positions

There are four different positions in soccer, and depending on your location in the world, they may be named slightly differently. Please do not make younger players play 'positions' beyond possibly having 1 or 2 Defenders (Fullbacks). This limits their contact with the ball and thus their enjoyment of the game. You can introduce the concept of positions at a young age, but they generally have no 'spatial awareness'. Said another way, "They don't know where the hell they are on the field". The ego of a 4 to 8 year old player is far too much 'me' oriented to expect them to pass the ball to another player. Anyway, the positions are:

1. **Forwards.** (1 to 3 per team)
They play near the other team's goal and are charged primarily with scoring goals. Forwards playing near the touchlines are called '*wings*' while those in the midst of the field are called '*strikers*'. Since their primary focus is scoring goals, power is more important than finesse.



They don't generally have to be concerned about another player '*trapping*' the ball. These players should be quick runners, with moderate to strong leg strength. Accuracy in shooting is a premium for these players.

2. **Midfielders**, also referred to as '*halfbacks*'. (Usually 3 to 6 per team). Their primary task is to steal the ball and redirect it to the forwards, and to take shots at the goal. As the name implies, you can tell where they play. These players should be quick on their feet and have excellent tackling abilities. Accurate passing is required.
3. **Defenders**, also called '*fullbacks*'. (Usually 3 to 5 per team). They play near their own teams' goal and are primarily assigned to prevent shots being taken on their goal by the opponent. They also take returns from the goalie and are directed to get the ball to the midfielders. They should have good leg strength and be able to kick the ball a fair distance when clearing the ball.
4. **Goalie, or goalkeeper**. (Always 1). Plays directly in front of the net and is the only player allowed to use their hands to control the ball. Should always wear a contrasting jersey so that they can be identified easily and quickly. They should have excellent hand-eye coordination and have excellent reactions. They should have strong legs and be able to clear the zone.

POLICIES

6 GOAL POLICY

The 6 Goal Policy has been created to ensure coaches and their teams show good sportsmanship during potential lopsided games.

The Prescott & District Soccer Association (PDSA) picks all teams in each division after registration is completed. Every effort is made to make all teams in each division as fair as possible; however, if teams are weaker though no fault of their own the policy encourages coaches to practice good sportsmanship during potential lopsided situations. Situations may be caused by any of the following reasons: either due to late registrations, player skill level, injury, vacation, lack of players, use of call-up players, etc.

During every game 3 points are given to the winning team, 1 point is given to a team that ties, and 0 points is given to a team that loses. In order to encourage good sportsmanship the PDSA has placed a 6 goal differential deterrent to prevent teams from running up scores against a team of lesser skill.

The 6 Goal Policy is administered as follows:

- As soon as there is a difference of 6 goals between 2 opposing teams (eg. 6-0, 7-1, 8-2, 9-3, 10-4) the 6 Goal Policy will take immediate effect.
- The team that is winning will no longer receives 3 points for a win, but receives 2 points for a win.
- If after the 6 goal difference has been reached and the team that is losing scores to make the game a 5 goal difference the points awarded to each team will remain unchanged.
- Points will only change under the following examples, if the losing team purposely attempts to score in their goal or allows a goal(s) in the opinion of the referee that take advantage of the ' 6 Goal Policy' in order to gain 1 point in the game.

If there are situations where potential lopsided games could, or are taking place, the PDSA Executive strongly encourages coaches to talk their team about one or more of the following options:

- The winning teams are encouraged to make changes to their team line ups (eg. moving players of higher skill level players to different positions - defense or goal rather, encourage more passing, give more opportunities to less skilled players).
- Losing teams are encouraged strengthen their team as well, eg. replace goalie, move stronger players into a defensive roll.

PDSA hopes all of their coaches provide good role models for all their players and lead by example while coaching their teams.

Cast Policy

PDSA's rules regarding wearing casts are as follows:

- A player may not play in games when wearing a hard cast, even if wrapped and/or given approval by a doctor.
- A player may not participate in scrimmages during practices.
- A player may participate in skills training during practice as long as there is no physical contact.

This rule was set in place for the safety of the OTHER players, not the player with the cast.

Criminal Background Check Policy

New Volunteer:

The Volunteer Screening Officer (VSO) is required to obtain a Criminal Background Check (CBC) from the person who wishes to volunteer prior to the individual commencing volunteering with the Prescott & District Soccer Association (PDSA). The CBC must be current or has been obtain within six months of the person commencing volunteering with PDSA. The VSO needs to confirm with the police service of the area regarding the procedures and

documentation that are required to obtain the CBC. Once the CBC has been received it must be maintained in a secure and confidential manner.

Returning Volunteer:

A volunteer who is returning the following soccer season is required to complete an Offence Declaration at time of sign up. This Offence Declaration must be maintained along with the individual's original CBC in a secure and confidential manner. If there is a gap of one or more seasons in which the individual does not volunteer for PDSA the individual must then obtain a new CBC in the same manner as a "New Volunteer".

If during the course of obtaining the CBC or OD, the SVO becomes aware of a criminal conviction or other relevant conviction, he/she must refer the matter to the PDSA Executive for adjudication.

PDSA reserves the right to request at CBC at any time.

Disciplinary Action Policy

Any **Player, Coach, Spectator, Game/Team or League Official** who impedes, harasses, or otherwise intimidates another player, coach, game/team or league official shall be subject to disciplinary action as determined by the Disciplinary Committee of the Prescott and District Soccer Association.

Any **Player, Coach, Spectator, Game/Team or League Official** who impedes or stops the progress of a match shall be subject to disciplinary action as determined by the Disciplinary Committee of the Prescott and District Soccer Association.

Any **Player, Coach, Spectator, Game/Team or League Official** who participates in any action or behavior deemed to be aggressive, discriminatory, harassing, threatening or abusive in nature shall be subject to disciplinary action as determined by the Disciplinary Committee of the Prescott and District Soccer Association.

Any **Player, Coach, Game/Team or League Official** who breaches the standards of the respective 'Code of Conduct' may be subject to disciplinary action as determined by the Disciplinary Committee of the Prescott and District Soccer Association.

Disciplinary Committee;

The Prescott and District Soccer Associations' Discipline Committee will be comprised of the Referee in Chief and any two of the following executive members;

Division Convener,
Association Vice President,
Any other active Director of the Prescott District Soccer Association.

Complaint/Concern Procedure;

Any individual(s) who feels concerned or aggrieved by the action/behavior of another individual, in respect to activities associated with the Prescott and District Soccer Association may submit a written complaint/concern to the Association Referee in Chief.

The Referee in Chief will consider the complaint and proceed as required, including;

- I. Dismissal of the complaint (when deemed frivolous or in bad faith).
- II. Recording of the complaint for future reference (Including details and circumstance of the concern/complaint).
- III. Addressing of the complainant, respondent and other involved parties to attempt immediate remedy to the concern/complaint .
- IV. Advise Division Convener and Association President of the circumstances of the incident and advice that a Disciplinary Committee will be assembled to address the concern/complaint.

The Disciplinary Board will meet within a 48 hour period to determine the merits and subsequent dispositions of the complaint/concern.

In all cases likely to result in a letter of reprimand and or suspension if a finding of guilt is determined, the complainant, respondent, and any other interested parties will be invited to present evidence prior to , and/or during the disciplinary hearing.

During the course of determination the Board will examine all evidence presented, including but not limited to; initial complaint; witnesses to the event/action; written support/statements, history of behavior, past precedent etc.

The Disciplinary Board will recognize the benefits of progressive discipline and will thus utilize a discipline continuum when determining possible dispositions, including but not limited to;

Complaint Unfounded – No Action Taken

Complaint Unproved - Documented for future reference.

Step 1 Complaint Supported – Verbal Warning

Step 2 Complaint Supported – Letter of Concern/Reprimand

Step 3 Complaint Supported – Suspension from participation and/or attendance at any/all activities sponsored and operated by the PDSA (1-30 days)

Step 4 Complaint Supported - Suspension from participation and/or attendance at any/all activities sponsored and operated by the PDSA (Season)

Step 5 Complaint Supported - Suspension from participation and/or attendance at any/all activities sponsored and operated by the PDSA (Lifetime).

(Note: For repeated minor infractions, the offending party is elevated from step to step as a result of each independent incident. However, it is to be noted that the Disciplinary Committee has authority to impose any disciplinary step that it determines is warranted and appropriate to the action/behavior before the committee, including lifetime suspension for a first offence (ie: assault upon an official).

The determinations of the disciplinary committee will be recorded on a 'Disciplinary Committee Report' and the respondent will receive a copy of the

decision detailing the nature of the concern/complaint, the evidence provided, the rationale for the determination, the identified disposition, and the process for appeal of the Committees' decision. A copy of the 'Disciplinary Committee Report' will be forwarded to the PDSA Secretary for filing.

The Referee in Chief will maintain possession of the original 'Disciplinary Committee Report' for safekeeping and future reference.

Appeal Process;

The respondent is entitled to appeal the decision of the Disciplinary Committee, and/or the disposition imposed. The respondent must initiate the appeal request, (within 72 hours of receipt of decision), in writing to the President of the Prescott and District Soccer Association.

The President of the PDSA will conduct an independent investigation as he/she feels is fair and adequate and will advise the respondent, initially by phone, and then in writing of their appeal decision.

The President's review of the disciplinary hearing including findings and disposition will be final and binding, without exception.

Note: The PDSA will not tolerate physical abuse, racial slurs, degradation or the harassment/discrimination of our members and participants. The directors of the Association will strictly adhere to 'No Tolerance' principles in these areas.

Jewelry Policy

The PDSA policy on this subject states: "Articles that may constitute a danger to the wearer or any other player must be removed, i.e. jewelry, watches, barrettes, chains, belts, head coverings with any visor or protrusions, etc." Earrings may not be taped.

Exception: For the Under 5 Division earrings may be worn, but for the safety of all players; parents are urged to remove their child's earrings.

Play Up Policy

'Playing Up' is a policy that permits a player with advanced skills to play in a division that would best challenge them to exercise and develop soccer related abilities, as well as to provide the advanced player an appropriate level of competition.

'Playing Up' is not a policy implemented to accommodate family and/ or schedule related considerations'

DEFINITION:

'Playing Up' refers to a player, registered with the Prescott and District Soccer Association, playing in the division next higher than his/her identified age bracket.

1. Any player, in the last year of a designated division bracket may elect to register in the next highest division, or, in exceptional circumstances,
2. A player in the first year of designated bracket may be approved for advancement to the next higher division following a thorough evaluation by a committee consisting of the convener of the next highest division, the convener of the age appropriate division, and a third member of the PDSA executive committee).
3. Under exceptional circumstance, a player may be considered for play in a division two steps higher than the age appropriate division but only after a thorough evaluation as listed above (point #2).

PROCEDURE:

Parent Election:

At the time of registration the parent(s) will identify the desire to 'play up' by checking the appropriate box on the registration form. The player may register in more than one division (his/her appropriate age division, and the next higher) and will be required to pay full registration fees for each division.

The child will be placed on a team in the divisions indicated.

All players that are elevated will be assessed after their third scheduled game to determine if 'playing up' is safe and appropriate for the individual player. The coach, convener, and parents of player will have input in the final placement decision.

A player that is determined to be able to compete in the elder division will be left in the division for the remainder of the playing season.

A player that is seen as not competitive in the higher division will be offered the opportunity to return to the age appropriate division.

EXECUTIVE ELECTION:

If after three scheduled games it is recognized that a player assigned their age specific division is dominating play, the players parents may be approached to determine if the said player might better be suited for play in a higher age division.

In this instance the final decision will be left to parental discretion.

Should the parental decision be to elevate the child to the next division suitable placement will be determined by the convener of the higher division.

In this instance the elevated player should be discouraged from participating in the lower division.

Notes:

1. In all instances where a player is participating in two divisions, and there is a conflict of scheduled game times, the player's primary commitment is to the team of the lower age division.
2. A player who has registered for one division only, and as a result of parental or executive election moves up to a higher division of play forfeits the opportunity to return to the lower division after participating in games in the higher division beyond the three game evaluation period.

Zero Tolerance Policy

PDSA adheres to a Zero Tolerance Policy, which governs the behavior of coaches and spectators toward referees. The policy is designed to foster good sportsmanship, provide a friendly and safe environment, and support the development of referees, many of whom are relatively young and inexperienced. The policy is reprinted below.

The policy:

All individuals responsible for a team and all spectators shall support the referee. Failure to do so will undermine the referee's authority and has the potential of creating a hostile environment for the players, the referee, and all the other participants and spectators.

- No one, except the players are to speak to the referee during or after the game. Exceptions: Coaches may ask questions, call for substitutions and point out emergencies during the game, or respond to the referee if addressed.
- Absolutely no disputing calls, during or after the game, no remarks to the referee to watch certain players or attend to rough play. NO YELLING at the referee, EVER, and no criticism, sarcasm, harassment, intimidation, or feedback of any kind during or after the game.
- Violators may be ejected and are subject to disciplinary action by the PDSA's Disciplinary Policy.
- If coaches or spectators have questions regarding particular calls, rules, of a referee, or wish to give feedback regarding a referee, please contact the Referee in Chief.