

Travel Soccer (BAYS)

First Season Travel Soccer Coaching Guide

This document focuses on some of the details you will need to be aware of on your first season in BAYS. Use in conjunction with the Travel Soccer Coaches' Guide.

Get to know your BAYS Rulebook

The BAYS rulebook can be found on-line at <http://www.bays.org/node/20> (www.bays.org, go to current rule book). There are only 17 laws. This is how it all works and most questions can be answered here.

Zero Tolerance--No one (coach, player, parent) can say anything that can be construed as influencing or criticizing a referee. It is the responsibility of the coach to control her/his players and parents. Many developing referees quit this activity (especially at the U9 and U10 age groups) due to parent influences.

Everybody Plays-- Consistent with its philosophy of helping young players learn, experience and enjoy the sport of soccer, it is the official policy of Milton travel Soccer that all players should be allocated a minimum of fifty percent of the playing time in each game of the season.

The BAYS Learning Curve

If this your team's first season playing competitive soccer, chances are you have a considerable number of players on the field who have never seen a real soccer game. To a large extent, these are things that they will learn as they play. However, it is worth remembering that you have players who learn many different ways. The more ways they can have these rules demonstrated (verbally, with cones, pictures or diagrams, practice) the faster they will all catch on on the field. It may not be pretty early in the season, but the amount of growth you will see by game 10 will be tremendous. There are a few things that you may not realize that they don't know:

Referees will check the team in - the ref will ask the team to stand on a line. He/she will instruct them, ask them to tuck in their shirts, slap their shin guards to make sure they are wearing them, turn around and put one toe on the ground to show the ref the bottom of their cleat to make sure they are wearing proper footwear. Players should be respectful to the referee.

A note about refs: Very often, the refs for the 6 v 6 games are young themselves (like 13

years old). Most towns, ours included, have a ref program... The amount of talking and instructions the refs give and how hard they blow their whistle varies with experience and confidence, just like the skills of players and coaches varies. Berating refs does not help, rarely influences the outcome of a game, AND violates the Zero Tolerance rule. Calling captains - the ref will call captains. Each team sends their captains to the ref. (most coaches assign two players per game as captains and gives everyone a chance). The ref will do a coin toss to determine which team will have the kick off and what side the team will defend.

Starting (and restarting) the game - it is helpful to review how to start the game. Positions of the team with the ball and without the ball, ball has to go over the halfway line to start, player taking the kick off cannot touch the ball again until another player has touched it. This happens at the beginning of the game, after half-time, and after each goal scored.

Goal kicks--Good advice is to have another player (not the goalie) take the goal kicks allowing at least 2 players to be between a potential shooter and the goal. The ball must travel outside the penalty box before it is touched by either team or it will result in a re-kick.

Corner kicks--aiming at the penalty spot is a good idea.

Throw ins--2 hands over the head, both feet on the ground, aim it up the line, restart quickly.

Goal keeping - besides the basics, it is important to go over the ways a goal keeper can distribute the ball. One scary mistake a goal keeper can make is putting down the ball after making a save. Fortunately, other teams are usually not savvy enough to take advantage of this, but it is scary all the same. After saves, throwing the ball as far as possible to the left or right sides is safest. Punting is fun, but practice it first (kids love to practice punting.)

First Practices

The first game will be a whole new experience for most of your players, and it is a good idea to use the practices preceding that game to prepare them for the changes in format. In addition to the larger field size and increased number of players on the field, there is the addition of a referee and enforcement of the rules of the game. If you dedicate even just a good portion of one practice before your first game to covering throw-ins, goal kicks, corner kicks, and also best methods for the goalie to put the ball back into play, it will make for a more successful first game.

-Throw ins-2 hands over the head, both feet on the ground. Each player practices at least 10 times.

-Corner Kick-Once the ball entirely crosses the endline (or the plane of the end line) a corner kick is awarded if the defensive team touched it last. An offensive player should place the ball in the field within 1 meter of the corner.

-Goal Kick-If an offensive player touches it last, the ball should be placed anywhere within the goal box to restart.

-Goalie-Once the goalie picks up the ball, she/he should run up to the edge of the penalty box (not outside the box) and throw the ball up and to the side towards a teammate. She/he may also punt the ball, but generally this is rarely consistent for beginning U9 players.

-Practice finishing (one-on-one against the goalie. This will help you score goals in early games.

Game tips for new teams

Goal Kicks - have one of your other players take the goal kick and leave the goal keeper in goal. This helps prevent the goal kick turning into a great scoring opportunity for the other team. Also, instruct players to kick the ball towards the sideline.

Special Rules for 6v6

Game duration is two 30-minute halves for U9-U10.

A ball may not cross midfield directly on a goalie punt, throw, or goal kick. If it does, an indirect free kick is awarded to the other team at midfield.

Some fields will not have a penalty box or goal box. A line across the entire field (around 15 yards) will act as the penalty box. Goals kicks should be taken approximately half way to this line.

There are no offsides in 6v6.

New Coaches:

Practice formats

Overall expectations/curriculum

Game formats (positions)

Parent meeting/parties

Coaching from the sidelines

Rain outs/rescheduling

Confirming with opposing coaches

Tournaments

Player Placements

BAYS format

Playing Time

Goalie/field positions

Clinics/age group practices

Coaching licenses

Consistency/communication