



Youth Soccer Rules

The Start and Restart of Play

Each period starts with a kick off which is taken at the center spot and is determined by a coin toss and the game is also restarted with a kick off if a team scores a goal. The ball has to move forward to start the half. Each player must be in his or her half of the field.

Play stops if the ball goes out of bounds. If it goes out on the sidelines, a throw in is required to restart the game. The team that caused the ball to go out loses the ball and the throw in goes to the opposite team.

The goal kick is awarded to the defending team, if the attacking team sends the ball over the defending team's goal line. The game is restarted with the goalkeeper placing the ball in the goal box, and he/she or another player on the team kicks the ball upfield.

If the defending team kicks the ball and it goes over their own goal line, outside of the goal itself, then the attacking team earns a corner kick and they will be required to restart the game from the corner nearest to where the ball went out. The attacking player hopes to kick the ball high and set up a teammate for a possible goal.

Other common penalties include charging from behind, hand ball (touching it with hands or arms), holding, kicking, tripping, pushing, hitting, or charging an opponent, and kicking the ball while it's held by the goalkeeper. Breaking these rules means your opponent is awarded a free kick. A free kick can be indirect or direct. A indirect kick is a kick that cannot be taken towards the goal it must go to another player in the hope of setting up a goal. If a player scores directly from an indirect free kick, without another player touching the ball, the goal won't stand. A direct kick is where the kicker can score without first passing to another player. A free kick is taken where the penalty took place.

A penalty kick is a direct free kick from the penalty spot and is awarded for a major foul or handball committed by a defensive player in his own penalty area. The game is restarted with one of the attacking team's players shooting for goal from the penalty spot (11 meters, perpendicularly from goal), with just the goalkeeper defending the goal.

The last way to restart the game is will a drop ball. The dropped ball occurs when the referee stops the game for a special reason like an injured player, or the ball becoming defective. If a referee has to do a drop ball, he/she will drop the ball from shoulder height in front of two players, the play resumes when the ball hits the ground and the players battle for possession.

Ball In and Out of Play

The official soccer rules state that a ball is in play during the entire match except when the ball has entirely crossed the goal line or touch line whether on the ground or in the air or the play has been stopped by the referee.

Methods of Scoring

A goal is scored from action, direct free kicks or penalty kicks. It is considered to be a goal if the ball goes completely across the line into the goal provided that no infringement of the Laws of the Game had been committed previously by the team scoring the goal.

The Offsides Rule

The offsides rule is one of the trickiest rules of soccer and it is difficult for most bystanders to understand. The basic concept is that a player must have at least one defender (not including the goalie) between him/her and the goal when the ball is played to him when he is on the opponents' side gaining advantage.

In the diagram below, the red player closest to the goal is offside because there weren't two defenders between him and the goal when the ball was passed to him.



Fouls and Misconduct

Misconduct is where a player deliberately targets a player and then pushes, holds, kicks him/her away. Fouls occur when the action is accidental when the player is trying to get the ball from his/her opponent.

***What you need to know as a parent/coach is that bumping or going shoulder-to-shoulder while competing for a ball is not a foul until the hands or elbows come up.

Fouls occur only when the ball is in play and misconduct can occur any time. At the youth level most fouls are due to pushing, tripping, holding which result in a free kick. In addition, handballs or charging are called at this level as well. If the foul is really serious or a player has been warned several times for offenses the referee can penalize with a yellow or red card in addition to a free or penalty kick.

Free Kicks

There are two types of free kicks: direct and indirect. A free kick can be indirect or direct. A indirect kick is a kick that cannot be taken towards the goal it must go to another player in the hope of setting up a goal. If a player scores directly from an indirect free kick, without another player touching the ball, the goal won't stand. A direct kick is where the kicker can score without first passing to another player. A free kick is taken where the penalty took place. Typically a handball or foul. At the youth level most free kicks are classified as indirect.

Penalty Kicks

A penalty kick is a direct free kick from the penalty spot and is awarded for a major foul or handball committed by a defensive player in his own penalty area. The game is restarted with one of the attacking team's players shooting for goal from the penalty spot, which is 12 yards out from goal, with just the goalkeeper defending the goal. Everyone else must sit outside the box and can only move towards the ball once it is kicked. So if the penalty is saved by the goalkeeper or strikes the bar, a player could run from the edge of the box and gain possession

The Throw In

A throw in occurs when the balls goes out of play over the side lines. The opponent of the player who last touched the ball will get the throw in to restart the game. It is important that the player keep both feet on the ground, two hands on the ball and the throw must come from behind the player's head. Failing to follow these rules could result in the opposing team getting the ball. Some leagues don't enforce this rule or give the player two chances.



The Goal Kick

The goal kick is awarded to the defending team, if the attacking team sends the ball over the defending team's goal line. The game is restarted with the goalkeeper placing the ball in the goal box, and he/she or another player on the team kicks the ball upfield. The goal kick must be powerful enough to pass the penalty area and the kicker may not touch the ball again until it has left the penalty area and has been touched by another player on either team. The goal kick acts as a direct free kick, so if a player would kick the ball so hard that it would reach the opposing team's goal and score, the goal would count. In younger games it can not be a drop kick. You may be confused at times in youth soccer games to see a goal kick retaken. This is because the FIFA soccer rules state that the ball is not back "in play" until it leaves the penalty area, the large box outside of the



“goalie box”. No one can touch the ball until it leaves the penalty area, and if the ball is not kicked properly to leave the area, the kick must be retaken.

*** If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out, play is restarted with a corner kick.

The Corner Kick

A corner kick is awarded when the defending team kicks the ball over their own goal line. A goal may be scored directly from a corner kick. If the ball passes the line on the left of the goal, the corner is taken from the left corner and if it passes on the right, the corner is taken from the right corner. The ball be placed in the corner arc before kicking. The player taking the corner kick may score directly from the kick and the kicker can't play the ball a second time until it's touched by another player.

Two-touch Rule

A player cannot touch the ball twice in a row when putting the ball in play. You will see this called many times in youth soccer. It applies everywhere. You will see it frequently on kick-offs or direct and indirect kicks. If a kid barely hits the ball and decides to take another swipe at it, that is a two-touch. This also applies to throw-ins. A kid cannot throw the ball in and then kick it.

Great resources for practice ideas with videos

Soccerexpert.com/drills

Sportsmomssurvivalguide.com

P-K Grades

- First 15 minutes spend working on skills and team work; freeze soccer, arms up, pacman, ball taps.
- Two 15 minutes halves with a 5 minute half time, include water breaks as needed.
- Each team can have 6 players on the field at a time. Stop game and substitute every 5- 8 mins.
- Take time outs and drink breaks as needed.
- Stop to help team with out of bounds, touching ball with hands, bunching, goal kicks, and corner kicks
- No goalie will be used at any point in the game.
- Teach kids fundamental positions, 3 areas; defenders, midfielders, forwards.
- Defenders need to stay behind half line until the ball crosses the line, this needs to be enforced.
- Week 1 working on dribbling and passing.
- Week 2 work on passing and receiving.
- Week 3 work on shooting.
- Week 4 work on spacing and transition.
-

1-2 grade

- First 15 minutes spend working on skills and team work; Freeze soccer, sharks and minnows, dribble relays, ball taps.
- Two 15 minutes halves with a 5 minute half time, Include water breaks as needed.
- Each time can have 6 players on the field at a time. Stop game and substitute every 5-8 mins
- Take time outs and drink breaks as needed.
- Stop to help team with out of bounds, touching ball with hands, bunching, goal kicks, and corner kicks
- A goalie will be used in the league, please rotate who plays goalie.
- Teach kids fundamental positions, 3 areas; defenders, midfielders, forwards please rotate each week, who plays what position.
- Team on defense needs to stay behind half line until ball crosses the line, this needs to be enforced.
- Work on passing the ball and working as a team.
- Week 1 working on dribbling and passing.
- Week 2 work on passing and receiving.
- Week 3 work on shooting.
- Week 4 work on spacing and transition.

3-4 grade

- First 15 minutes spend working on skills and team work; Sharks and minnows, dribble relays, ball taps
- Two 15 minutes halves with a 5 minute half time, include water breaks as needed.
- Each team can have 6 players on the field at a time. Stop game and substitute every 5-8 minutes, this includes goalie.
- Take time outs and drink breaks as needed.
- Stop to help team with out of bounds, touching ball with hands, bunching, goal kicks, and corner kicks.
- A goalie will be used in the league, please rotate who plays goalie.
- Work on passing the ball and working as a team.
- Teach kids fundamental positions, 3 areas; defenders, midfielders, forwards, add what side they play (right verses left) please rotate each week, who plays what position.
- Officials will make calls and assist with explaining the call.
- Week 1 working on dribbling and passing.
- Week 2 work on passing and receiving.
- Week 3 work on shooting.
- Week 4 work on spacing and transition.

5-8 grade

- First 25 minutes spend working on skills and team work: dribble relays, ball taps, team passes, 5 minutes water break
- Two 20 minutes halves with a 5 minute half time, include water breaks as needed.
- Each team can have 5-6 players on the field at a time. Stop game and substitute every 5-8 minutes, this includes goalie.
- Take 1 time out between each half.
- Stop to help team with out of bounds, touching ball with hands, bunching, goal kicks, and corner kicks.
- A goalie will be used in the league, please rotate who plays goalie.
- Work on passing the ball and working as a team.
- Teach kids fundamental positions, 3 areas; defenders, midfielders, forwards, add what side they play (right verses left) striker, please rotate each week, who plays what position.
- Officials will make calls and assist with explaining the call.
- Week 1 working on dribbling and passing.
- Week 2 work on passing and receiving.
- Week 3 work on shooting.
- Week 4 work on spacing and transition.
- 5-8 grade will be practicing at the Hoytsville church 530-7pm