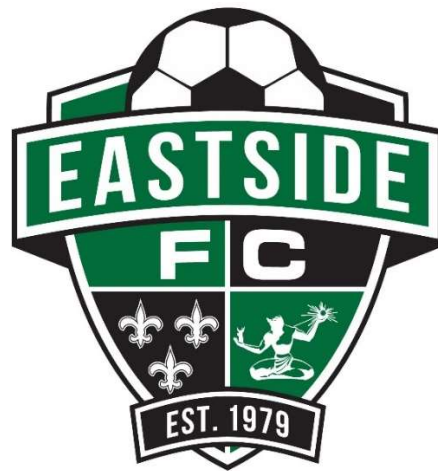


# EASTSIDE FC

## Recreation & Metro Coaches Manual

Fall 2017



U5-U7 Recreation Director Eric Hermann  
[Recdirector2@eastfc.org](mailto:Recdirector2@eastfc.org)

U8 – U10 Recreation Director Don Rosati  
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U12-U14 Metro Director Mike Bojarczyk  
[metro@eastfc.org](mailto:metro@eastfc.org)

### Important Dates

Season Starts – September 9, 2017

Season Ends – November 5, 2017

### Picture Day

Saturday, September 16, 2017 (8:30am-1:15pm)

Location: Ghesquiere Park, 20025 Mack Ave.

Rain Date: Saturday, September 23, 2017 (8:30am-1:15pm)

Provider: Jewell Photo

**CLUB WEBSITE:** [www.eastfc.org](http://www.eastfc.org). Your source for most everything. Registration, payment, rosters, game schedules, field location/status, parent/team communication, uniform ordering, club contacts, form downloads, club calendar, program information, camps/clinics, and more! If you don't see something and think it should be included, please suggest: [marketing@eastfc.org](mailto:marketing@eastfc.org).

**RISK MANAGEMENT FORMS:** All volunteers - coaches, assistants, board members - must complete an online risk management application via GotSoccer. Detailed instructions below.

**CONCUSSION AWARENESS:** All ESFC coaches, employees and volunteers must complete the online concussion awareness testing and provide completed certificates to the ESFC registrar. All parents and program participants must sign the concussion information sheet and submit to coach/program director.

**TEAM ROSTERS/SCHEDULES:** All registration is performed on-line. Team rosters and game schedules will also be online. Parents/players have access to rosters and schedules via their ESFC user account. Coaches have the ability to communicate to teams via the online portal.

**REFEREE FEES:** The *HOME* team is responsible for paying the referee(s) prior to the beginning of each game. Each head coach will receive a reimbursement check from ESFC for the referee fees. Fees are specific to each age group, please reference the "*Eastside FC Referee Fees*" schedule below.

**PRACTICES:** Practices should be held once or twice a week at a time and location that is convenient for you and your team. Coaches historically make use of the various community school fields. Please respect and share when and where other teams are present.

**GAME LOCATION:** Is age specific. Reference the "*Eastside FC Playing Grid/Rules*" below. All field locations and status are maintained on the club website under the "*Fields*" tab. Reference this page for addresses/maps and field closures in case of inclement weather.

**GAME DURATION:** Is age specific. Reference the "*Eastside FC Playing Grid/Rules*" below. Please make sure that playing time is relatively equal for each player. It is important to start and finish on time as there will likely be games scheduled before and after yours.

**SCORES:** Watch running it up! **Keep it FUN!**

**PICTURE DAY:** September 16, 2017 8:30-1:15pm - Ghesquiere park, near the tennis courts. Rain Date: September 23<sup>rd</sup>. Each coach/team decides what time works best for their team picture based on game commitments. Choose a time and communicate to your team early. (1) team photo is provided at no charge to each player. Individual photos are available for extra cost and require a photo order form. Coaches will receive enough forms from Jewell photo to hand out to each team player.

**UNIFORMS:** Required - (1) ESFC Reversible jersey, black shorts, black socks, shin guards. Uniforms are available for purchase at El's Boutique, 17110 Kercheval Ave, Grosse Pointe, Michigan.



**Jersey cost: \$25 Youth or Adult for shirt. Shorts and socks available also for purchase.**

Remember to keep it fun, safe and positive! If you have any questions or problems, please call. Have a terrific season and don't forget to enjoy the game.

## Eastside FC Referee Fees Recreation and Metro Games

Age	Center/AR/AR	Solo	Ball Size	Length of Game
U07	\$15/NA/NA	NA	3	2x20 Min
U08	\$15/NA/NA	NA	3	2x20 Min
U09	\$20/NA/ NA	NA	4	2x25 Min
U10	\$20/NA/ NA	NA	4	2x25 Min
U12	\$25/15/15	\$30	4	2x30 Min
U14	\$28/18/18	\$40	5	2x35 Min

## Eastside FC Playing Grid/Rules Recreation and Metro Games

Recreation & Metro							
	Rec	Rec	Rec	Rec	Metro	Metro	Extra Field
Age Group	U5/U6	U7	U8	U9/U10	U12	U14	
Field Name	Barnes - Small	Ghesquire East - Police	Ghesquire West - Ice Rink	GP North - Back Grass	Ferry	Barnes - Side	Ford Field Side
Player Format	3v3	6v6	6v6	7v7	9v9	11v11	
Ball Size	3	3	4	4	4	5	
Field Size (yards)	13X15	40x35	60X40	60x45	85x65	100x65	60X40
Goal Size (feet)	1 yd - Cones	6x12	6x12	6x12	7x21	8x24	6x12
Goal Area	n/a	n/a	n/a	6x12	6x18	6x12	
Penalty Area	n/a	n/a	n/a	10x24	14x35	18x44	
Penalty Mark	n/a	n/a	n/a	8yds	10yds	12yds	
Penalty Arc	n/a	No	No	Yes	Yes	Yes	
Corner Arc	n/a	1yd	1yd	1yd	1yd	1yd	
Corner Mark	n/a	No	No	9yds	11yds	11yds	
Sub Mark	n/a	No	Yes	Yes	Yes	Yes	
A/R Line	n/a	No	No	No	Yes	Yes	
Technical Area	n/a	No	No	No	No	No	
Off Side Rule?	No	No	No	No	Yes	Yes	
Pass Back Rule?	No	No	No	No	Yes	Yes	
Restart Distance	n/a	8yds	8yds	8yds	10yds	10yds	

# Instructions for Risk Management Card

(Updated 8/23/2015)

1. Log on to [www.gotsoccer.com](http://www.gotsoccer.com)
2. Click on “User Login” in upper right corner and then on the “Teams and Team Officials” box.
3. Enter your username and password in the “individual coach” or “individual manager” section.
4. If you do not have your username & password, or if Got Soccer is not accepting it, please contact [registrar@eastfc.org](mailto:registrar@eastfc.org) to either create an account for you or send you a link with the username and password.
  - a. If this is your first time obtaining a RM card, please provide the following to [registrar@eastfc.org](mailto:registrar@eastfc.org). You will then receive an email from Got Soccer with a link to your account.

Full Legal Name (First, MI, Last):

Date of birth:

Gender:

Position (Coach, Asst Coach, Manager):

Address:

City:

State: MI

Zip:

Email:

Mobile Phone:

5. Once you log in, click on “contact information” and make sure that your full legal name is listed as well as your birth date.
6. Then click on “background check” on the far right-hand side. If you are already approved or linked with your previous RM status, you will see a box with your report number and an option to “print card”.
7. If you are not approved, you will see an option to “submit new report” or “check reports”. You must click on the “check reports” to attempt to link your old status with your new Got Soccer account.
8. If you are matched, the system will show you as approved and populate your RM status and number.
9. If the system does not return a match to any records, please go again into your “contact information” and make sure you are using the full name that you originally used to apply for RM. Once complete, you can “check records” again to see if your updated name can be found in the old system.
10. If you are not coming up with anything after trying different variations of your name, please contact Yvonne Curtis at [yvonnemysl@sbcglobal.net](mailto:yvonnemysl@sbcglobal.net) and provide the following information:

Full Legal First and Last Name

Email Address

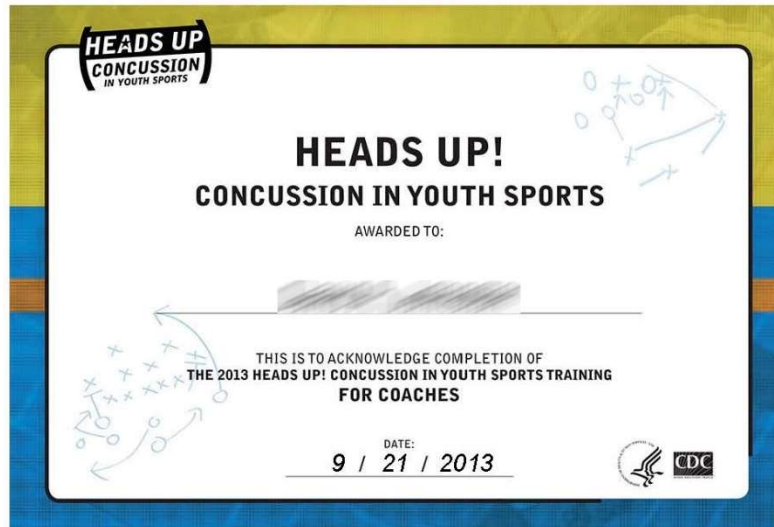
Original Approval Date/Expiration Date

Address

# Concussion Awareness - Required by US CDC (United States Center for Disease Control and Prevention)

All coaches, employees, volunteers, and other adults involved with a youth athletic activity must complete an online concussion awareness training course and submit completed certificate (see example below) to ESFC registrar prior to first practice.

CDC "Heads Up" Concussion In Youth Sports:  
<http://www.cdc.gov/concussion/HeadsUp/Training/index.html>



Parents/Athletes: Each must sign the Concussion Information Sheet and submit to their coach/manager/program director. Forms available on the ESFC website for download.

### PARENT & ATHLETE CONCUSSION INFORMATION SHEET

**WHAT IS A CONCUSSION?**

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head or body that causes the brain and brain to move quickly back and forth. Even a "ding" (getting your head whacked) or what seems to be a mild bump or blow to the head can be serious.

**WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?**

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, she should be kept out of play the day of the injury. The athlete should only return to play with permission from a health care professional experienced in evaluating for concussion.

**DID YOU KNOW?**

- Most concussions occur without loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

**SIGNS OBSERVED BY COACHING STAFF:**

- Appears dazed or stunned
- Is confused about assignment or situation
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events or or hit or fall
- Can't recall events after hit or fall



**CONCUSSION DANGER SIGNS**

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body she exhibits any of the following danger signs:

- One pupil larger than the other
- Slurred or double vision
- A headache that gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Blurred speech
- Convulsions or seizures
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

**WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?**

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, she is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

**WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?**

- If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says she is symptom-free and it's OK to return to play.
- Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working at the computer, and playing video games, may cause concussion symptoms to "appear" or get worse. After a concussion, returning to sports activities is a gradual process that should be carefully managed and monitored by a health care professional.
- Remember: Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

JOIN THE CONVERSATION [www.facebook.com/CDC4headsUp](http://www.facebook.com/CDC4headsUp)

TO LEARN MORE GO TO [www.cdc.gov/concussion](http://www.cdc.gov/concussion)

Content Source: CDC's Heads Up Program. Created through a grant with CDC. Funded by the National Operating Committee on Standards for Athletic Equipment (NOCSAE)

# Eastside FC U5/U6 Recreation League Rules

**Referees:** No Referee.

**Equipment:** Shin guards are required and must be covered by socks. Uniform shirt must be visible over other clothing. Home team wears green.

**Ball:** Size 3

**Duration:** Games will consist of four 8 minute quarters.

## **Substitutions**

FIFA rules: Unlimited, but only at a stoppage of play for;

1. The half,
2. a goal,
3. a goal kick,
4. an injury for which the referee stops play,
5. for a yellow card.

**FIFA Rule Modifications:** Offside Rule is not enforced. Passback Rule is not enforced. No Goal kicks

**Players:** Play will be 3 vs. 3. No team shall play short-handed.

**Goalkeeper:** NO GOALKEEPERS

## **Coaching**

One coach may be on the field. The coach must stay in the defensive end. Coaches are not allowed in the goal area. Coaches, parents, and spectators are not allowed behind the goal lines. Coaches are responsible for the conduct of their players and spectators who have come to support the players. Unsportsmanlike behavior or intimidation by a players, coach or fan against ANY other party will not be tolerated and will result in the stoppage of play and the potential forfeiture of the game.

**Tie Games:** Ties are not broken.

**Goal Kick:** No Goal kicks

**Throw-in:** No Throw-ins. Restarts with a kick-in. The referee may explain the error prior to kick-in.

## **Fouls**

All fouls and foul interpretations are according to FIFA Rules. Offside shall not be called. All infractions shall result in an indirect free kick.

## **Purposeful Header**

A purposeful header shall result in an indirect free kick awarded to the opponent at the spot of the infraction.

## **Medical**

If a player is bleeding, the player must leave the field immediately. The player is not allowed back on the field until 1. all bleeding has stopped, 2. the injury has been covered, and 3. the player has no blood on his/her uniform.

## Eastside FC U5/U6 Recreation Age Group Characteristics & Coaching Tips

- Short attention span.
- Give one direction at a time
- Change activities often and smoothly
- Start activities and make adjustments or add/repeat directions.
- Most are individually oriented (me, my, mine). Don't share well.
- Constantly in motion.
- Psychologically easily bruised.
- Little or no interest in team activities. Do not understand the concept of team.
- Physically and psychological development for boys and girls quite similar.
- Eye/hand or eye/foot coordination most primitive.
- Love to run and jump.
- Catching skills not developed.
- Can balance on one foot.
- Equate effort with performance. If they are playing hard, they think they are playing well.
- Body heats up quickly. Need short, frequent breaks in warm weather.
- Need MOVEMENT EDUCATION. Need to learn to control their bodies.
- Need to learn to deal with bouncing, rolling balls. Need to learn qualities of balls/bodies in motion.

**GATE DRIBBLING-** (Dribbling for speed/possession) Have players dribble between gates. Use one more gate than there are players. In 90 seconds, count the number of gates you dribble through. Can you increase your number by 2? "Show me what moves you used to change direction. ....to change speed."

**BEEP! BEEP!** – (This activity improves dribbling, vision and body control.) Can you dribble your ball in this confined area and when you get close to another person honk your horn? As you dribble, try to avoid other people. Stay in the area and keep the ball close to your feet. Can you go a little faster because you are on the free-way? When the coach yells "Stop" freeze with your foot on your; hold out your hands and make sure you can't touch another player.

**Body Part Dribble** – (This activity develops dribbling and stopping the ball with different body parts to learn how to twist and turn the body for improved coordination.) Can you dribble inside the square? Coach will call out different parts of the body to stop the ball with. Foot, hand, elbow, etc..... Try to keep your balance. Stomach, shoulder, ("you have to twist on that one.") Head, bottom. Next the coach will call out two parts of the body to use to stop the ball. Both knees, both hands, one shoulder one elbow. Can you figure this out: One knee, opposite elbow, knee and shoulder!!

**RANDOM CONE DRIBBLE** – (This activity helps players change speed and direction with the ball.) The players will learn how to start and stop. Their body, balance and agility will improve. Dribble the ball in and out of the cones without touching the cones. Try to use both feet. Try to use different parts of the foot to change direction and speed of the ball. How fast can you go without hitting the cones? Count how many cones you can dribble around. Now see who can dribble around the cones the fastest.

**BATTLESHIPS** – (This activity introduces to players how to pass off the dribble. It will aid the children in being able to see a target and pass to it.) Each of those cones is a battleship and you destroy it by passing and hitting the cones with your ball. Make noise so we know you blew up a battleship. How many can you do in 90 seconds? Can you go faster and still keep the ball close? How many can you blow up in 30 seconds?

**COACHING TIP** – When you are finished with activities involving cones, use players to collect them. Children this age are eager to help. Try to make it a game. "Can you dribble around and pick up the cones without losing control of the ball?"

# Eastside FC U7/U8 Recreation League Rules

## Referees

There will be a single center referee for all U7 / U8 games. The referee fee is \$10 per game.

## Equipment

Shin guards are required and must be covered by socks. Uniform shirt must be visible over other clothing. Home team wears green.

**Ball:** Size 3

**Duration:** Games will consist of two 20 minute halves.

## Substitutions

FIFA rules: Unlimited, but only at a stoppage of play for;

1. The half,
2. a goal,
3. a goal kick,
4. a throw in by either team,
5. an injury for which the referee stops play,
6. for a yellow card.

**FIFA Rule Modifications:** Offside Rule is not enforced. Passback Rule is not enforced. No Goal kicks – game is restarted with goalkeeper possession and goalkeeper can throw, kick, punt or dribble the ball back into play.

## Players

Play will be 6 vs. 6. There must be five field players plus a goalkeeper. No team shall play short-handed. Teams lacking six players shall have their opponent play with an equal number of players.

## Goalkeeper

The goalkeeper, after handling the ball, may not punt the ball over the halfway line. For example, if a goalkeeper kicks the ball, it must bounce at least once before crossing the halfway line. However, the goalkeeper would be permitted to kick the ball across the halfway line if it is not picked up and handled first. NOTE: By definition, ALL drop kicks by the goalkeeper would be considered a violation of this rule. Violation of this rule will result in awarding a throw-in (in order to move the game along) to the opposing team of the offending goalkeeper at the nearest intersection of halfway line and sideline. A goalkeeper may not directly receive and handle a throw-in. A minimum of four different goalkeepers are to be used each game. In the event of injury, goalkeepers may be substituted at any time.

## Coaching

One coach may be on the field. The coach must stay in the defensive end. Coaches are not allowed in the goal area. Coaches, parents, and spectators are not allowed behind the goal lines. Coaches are responsible for the conduct of their players and spectators who have come to support the players. Unsportsmanlike behavior or intimidation by a player, coach or fan against ANY other party will not be tolerated and will result in the stoppage of play and the potential forfeiture of the game.

**Tie Games:** Ties are not broken.

**Goal Kick:** No Goal kicks – game is restarted with goalkeeper possession and goalkeeper can throw, kick, punt or dribble the ball back into play.

**Throw-in:** A foul throw may be retaken once by the offending team. The referee may explain the error on the first throw.

## Fouls

All fouls and foul interpretations are according to FIFA Rules. Offside shall not be called. Fouls occurring inside the penalty area are taken outside the penalty area. All infractions shall result in an indirect freekick.

## Purposeful Header

A purposeful header shall result in an indirect free kick awarded to the opponent at the spot of the infraction.

## Medical

If a player is bleeding, the player must leave the field immediately. The player is not allowed back on the field until 1. all bleeding has stopped, 2. the injury has been covered, and 3. the player has no blood on his/her uniform.



# Eastside FC U7/U8 House

## Age Group Characteristics & Coaching Tips

### U7/U8 ABILITY:

Although U7/U8 children may begin to be far more physically and psychologically advanced than U5/U6 children we must remain patient and not try to force them to develop too quickly. Dribbling still needs to be the primary focus of our efforts, though passing and shooting should be introduced at this age as well. U7/U8 players tend to work best when in pairs and we should allow them to work in pairs (coach selected) often. Similar to U5/U6 children, we need to make sure that fun is the central theme in practice. Players' development will occur most appropriately and expeditiously if all the players are enjoying themselves.

### U7/U8 TRAINING OBJECTIVE:

The objective is to provide fun, active, age appropriate, activities that foster comfort with the ball for each player. At this age we introduce activities that foster dribbling, passing, shooting and receiving.

### TYPICAL CHARACTERISTICS OF U7/U8 PLAYERS:

- Tend to play well in pairs – unlike 5/6 year-old; these children enjoy playing pairs. Try to set up the pairs yourself to control the games and manage the personalities.
- Are now able to take another's perspective – they now have a sense of how others are feeling.
- Still unable to think abstractly – still do not have this capability, be patient.
- Heating and cooling system still less efficient than adults – still make sure to give frequent water breaks.
- Still prefer playing to watching – keep everyone active during practice and **remember no lines**.
- Limited attention span; **no Lectures** (on average 15 – 20 seconds for listening, up to 20 minutes when engaged in a task) – this may vary greatly on any given day depending on school, diet, etc.
- Try to gauge your players' attitudes / energy levels.
- Have an understanding of time and sequences – they now understand “If I do this, then that happens.”
- Many have incorporated a third or fourth speed into play – not all players, but many players now have incorporated a speed or two between stopped and as fast as possible.
- Extremely aware of adult reactions – be very aware of your verbal and nonverbal reactions, as they look for your reaction frequently.
- Seek adult approval – be supportive when they ask about their performance or try to show you skills. They very much need reassurance and you need to help build their confidence to try new things at this age.
- Begin to become aware of peer perception – a social order is beginning to develop. Be sensitive to this.
- Wide range of abilities between children at this age – children develop at varying paces. You may have an 8 year-old who seems more like a 10 year-old and one that seems more like a 6 year-old on the same team. Your challenge is to manage this range in your practice in a way that challenges each player at a level that is reasonable for that player. Set achievable outcomes and objectives.
- Some will keep score – the competitive motors churn faster in some than others. Surely some parents are fueling the motors with their own. Regardless, we do not need to stress winning and losing at this age. Results should not be important at this age.
- Beginning to develop motor memories – by attempting fundamental technical skills they are training their bodies to remember certain movements.
- Less active imaginations than U6 players – still have active imaginations by adult standards, but some of the silliness that 6 year-olds allowed will not be appreciated by this group. Still use imaginations; just watch their reactions to games to read how far you can go with things.

# Eastside FC U9/U10 Recreation League Rules

## Equipment

Shin guards are required and must be covered by socks. Uniform shirt must be visible over other clothing. Home team wears green.

**Ball:** Ball size is 4

**Duration:** Two (2) 25 minute halves Half time is 5 minutes

## Substitutions

FIFA rules: Unlimited, but only at a stoppage of play for;

1. The half,
2. a goal,
3. a goal kick,
4. a throw in by either team,
5. an injury for which the referee stops play,
6. for a yellow card.

**FIFA Rule Modifications:** Offside Rule is not enforced. Passback Rule is not enforced. No Goal kicks – game is restarted with goalkeeper possession and goalkeeper can throw, kick, punt or dribble the ball back into play.

## Players

7 vs 7 - 6 field players plus 1 goalkeeper, except:

1. If one team has available for play less than 6 players, then both teams shall play equal provided that no team be obliged to play with less than 5 players.
2. When one team leads another by four goals or more,
  - a) The trailing team shall be permitted to add one additional player.
  - b) If the trailing team does not have an additional player, the leading team shall play with one less player than is otherwise allowed by these rules.

## Goalkeeper

The goalkeeper, after handling the ball, may not punt the ball over the halfway line. For example, if a goalkeeper kicks the ball, it must bounce at least once before crossing the halfway line. However, the goalkeeper would be permitted to kick the ball across the halfway line if it is not picked up and handled first. NOTE: By definition, ALL drop kicks by the goalkeeper would be considered a violation of this rule.

Violation of this rule will result in awarding a throw-in (in order to move the game along) to the opposing team of the offending goalkeeper at the nearest intersection of halfway line and sideline. A goalkeeper may not directly receive and handle a throw-in. Goalkeepers have six seconds to release the ball after gaining control. A minimum of two different goalkeepers must be used during each game.

## Coaching

All coaches on the sidelines, but only between the 18 yard lines. Every effort should be made to control your movements. Coaches are also responsible for the behavior of their team members and parents. Please encourage positive behavior and do not abuse the referees.

**Parents, Coaches, and spectators are not allowed behind the goal lines.**

**Tie Games:** Ties are not broken.

**Throw Ins:** According to FIFA rules, two feet on the ground, ball throw starts from back/top of the head.

## Fouls

All fouls and foul interpretations are according to FIFA rules.

- **Yellow Cards-** Any player that receives a yellow card shall be removed for the completion of the half. A player may be substituted. If the yellow card occurs in the first half, the player may re-enter the second half. **Red Cards-** Any player that receives a red card shall immediately be removed from the rest of the game. A player may not replace the ejected player. The red carded player is also automatically suspended from the next game played. All red cards should be reported to the Referee Director at the end of the game by the player's coach for possible further disciplinary action.
- **Coach Red Card-** Any red card received by a coach or assistant must be reported immediately to the Referee Director at the end of the game by the coach. The coach must leave the field immediately. An assault by a coach on a player, parent, or referee will result in suspension.
- **Serious Offense-** Any serious offense will be referred to the Disciplinary Committee composed of the Directors from the League. Both coaches, referee, and others may be requested to participate in a hearing before final action is taken.

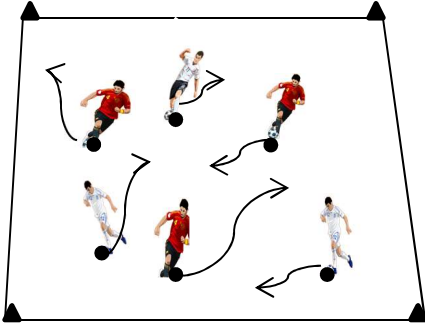
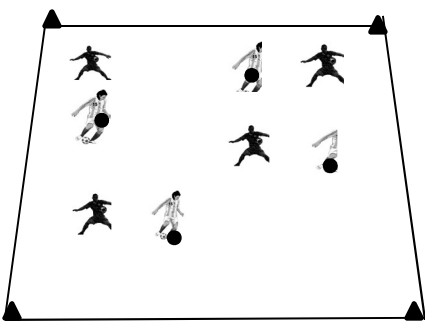
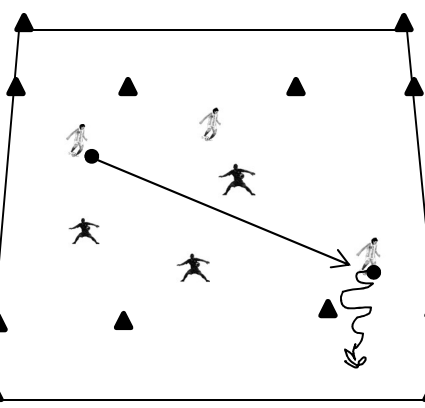
## Purposeful Header

A purposeful header shall result in an indirect free kick awarded to the opponent at the spot of the infraction.

## Medical

If a player is injured and bleeding, the player must leave the field immediately. The player is not allowed back on the field until 1) All bleeding has stopped, 2) The injury has been covered, 3) The player has no blood on his/her uniform.

## Eastside FC U9/U10 Recreation Sample Practice Plan with Coaching Points

Fundamental Warm up	Organization	Coaching Pts
	<p><b>Technical Box:</b> All the players dribble in a defined space. Players should use all the surfaces of their feet.</p> <p><b>Coach:</b> Prompt players to work on change of direction, scissors, fake left/go right, step over and turn, pull back, half-turn, sole of the foot rolls when he claps, “change”, “turn”, etc.</p> <p><b>Version 2:</b> Walk around and put pressure on the player.</p> <p><b>Version 3:</b> Players will try to knock each other’s soccer balls out of the grid while maintaining possession of their own.</p>	<p>Keep ball close Use all surfaces of the foot     Inside / Outside     Sole     Laces</p> <p>Keep your head up and use peripheral vision Change of direction and bust of speed Be creative – try something new</p> <p><b>Time: 10 minutes</b></p>
Game Related Small Sided Games	Organization	Coaching Pts
	<p><b>Steal – Shield:</b> Pair up players with one ball. One player starts with the ball and at the coach’s command, his/her partner tries to steal the ball away. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly.</p> <p><b>Coach:</b> Show proper shielding techniques during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.</p>	<p>Body sideways on to opponent Use arm to protect and know where defender is going Knees bent Turn as defender attacks or reaches for the ball</p> <p><b>Time: 10 minutes</b></p>
Game Condition Small Sided Games	Organization	Coaching Pts
	<p><b>3v3 End-Zone Game:</b> Two teams play in a defined space with each team attacking an end-zone defended by the opponent. Teams score points when a player dribbles into the opponent’s end-zone under control.</p> <p><b>Coach:</b> Encourage players to recognize opportunities to burst into space under control.</p>	<p>Identification of visual cues     1 v 1 no defender behind     Free space in front of dribbler     Near the attacking area</p> <p>Identification of verbal cues     “take space”, “time”, “take him on”</p> <p>Correct shape and balance of team Deception and disguise Attack at pace and set up defender</p> <p><b>Time: 10 minutes</b></p>
Game	Organization	Coaching Pts.
6 v 6 Scrimmage	Play with Goalkeepers in a 45-60 yard long 35-45 yard wide field	All of the Above  <b>Time: 20 minutes</b>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – <b>Time 10 min</b>	

# Metro Area League Rules 2016

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## I. Philosophy

This League is formed through the cooperation of the Fraser, Grosse Pointe, Harper Woods, Roseville, and St. Clair Shores soccer leagues. The under-16/19 divisions may inter-play with other leagues not listed above. It is dedicated to promoting the development of the game of soccer to the youth players of the local communities.

## II. General

No standings are kept. Games may end in a draw. FIFA rules will govern play unless otherwise specified below. Home team has choice of sideline. The players and spectators of a team **MUST** sit together unless the field layout prohibits this arrangement. Coaching shall only be done between the penalty areas.

- Slide tackles are permitted as long as the tackle is made in accordance with the Laws of the Game
- Casts are permitted as long as they are padded with a sufficient material such a bubble wrap or similar substance and is subject to the approval of the referee
- In conflict of uniform colors, the home team shall change

## III. Age requirements

- All players will conform to MSYSA guidelines and be registered through their local city league.
- A division must consist of at least four teams. If four teams cannot be found to participate, the remaining teams may play up one age group with agreement of the majority of the City Directors.
- Divisions may be created at the following age groups:
  - Under 12, Under 14, Under 16, Under 19

## IV. Fields

Referees have the authority to enforce all league rules and regulations upon their arrival to the field and to determine whether the playing conditions are safe to begin the game. Please leave field cleaner than when you arrived. Maintenance and striping is the responsibility of the host city.

## V. Equipment

The referee has final judgment on the safety of equipment.

Uniforms:

Shin guards are required and must be covered by socks. Uniform jerseys must be over other clothing.

Cleats cannot have a toe spike.

Balls:

- Under 12: # 4      Under 14-19: #5

## VI. Referees

Referees shall be assigned by the host city and should be assigned with the competition in mind. All center referees shall USSF licensed. If a club Linesman is used, they shall ONLY call out of play. Any caution, expulsion or extraordinary event must be reported to host city Referee Assignor immediately after the game. ONLY 1 whistle shall be used. (NO 2 whistle system)

## VII. Number of Players and Substitutes

- Players on the field:

Except in the case of injury, equipment problem or misconduct all players are required to play at least half of each game. If a team is ahead by four or more goals, the opposing team may add one player to the field. If the opposing team does not have a player to add, the team in the lead must remove a player unless it would affect the 50% playing rule. The number of players on field:

  - Under 12: 9 (8 + keeper)-minimum 6
  - Under 14: 11 (10 + keeper)-minimum 7

## Metro Area League Rules 2016

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- Substitutions:

Substitutions will be unlimited. Both teams may substitute at the following times after notifying the referee:

- At half-time
- After a goal is scored
- Prior to a goal kick
- During a throw-in provided that the team in possession of the ball is substituting.
- During a caution (required for cautioned player)

### VIII. Game duration

- U 12: 30 minute halves
- U 14: 35 minute halves

### IX. Offside

The offside infraction will be enforced according to FIFA rules. Club Linesman SHALL NOT assist in enforcing offside.

### X. Heading

There shall be no 'purposeful heading' of the ball in Under 12. If the referee deems that a player purposefully hit the ball with any part of the head, they shall be penalized by an indirect free kick from the spot of the foul, with exception being within the goal area:

- For any penalty assessed to the attacking team inside the opponents goal area, the restart may be placed anywhere inside the goal area. For any indirect kick penalty assessed to the defending team inside their own goal area, the ball is placed on the goal area line closest to where the foul occurred.

No advantage will apply in association with penalizing a 'purposefully headed' ball. The referee **MUST** penalize 'purposeful heading' and verbally notify penalized player what they did incorrectly.

### XI. Cautions / Expulsion

A coach or player may receive a caution/expulsion. All carded players and/or coaches shall be reported by the referee immediately after the game to their Referee Assignor. The Referee Assignor shall report the carded players/coaches to the city director within 24 hours. City directors should relay all cardable offenses to the other city directors in a timely fashion.

- Cautions (yellow card):

Any player who receives a caution shall be removed from the field and substituted for the remainder of the half. If a team does not have a substitute, that team shall play short for the remainder of the half.

- Expulsion (red card):

Any player receiving a red card must leave the field and may not be replaced. The carded player shall also be suspended minimum of one game. Any suspension greater than one game shall be determined by the city directors.

### XII. Medical

- If a player is bleeding or has blood on the uniform they must leave the field until the bleeding has stopped **and** the uniform clean of all blood.
- Any player suspected of having a head injury shall be removed from the field immediately and not return to play for that game. The player may not return to play until cleared by a doctor. All suspected head injuries **MUST** be reported on GameOfficials.net by the referee. (Required by MSYSA)



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