

## Adaptations of Soccer Laws for Lane Youth Soccer Association

**GENERAL** - In non-dangerous situations, always emphasize instruction and player's skill development as opposed to assessing penalties. In dangerous situations, err with over-enforcement rather than under-enforcement. During games, center referee has final word in all calls regardless of a player's, coach's or parent's differing opinion. Disputed calls may be discussed with referees after full time and play is finished.

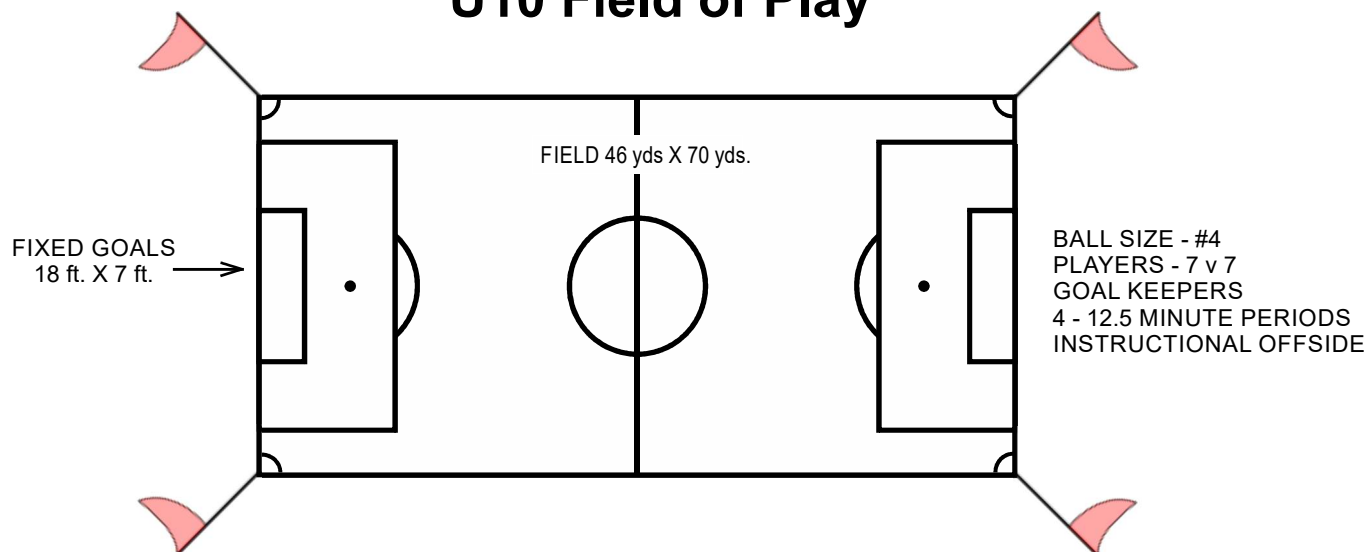
Special situations, all ages:

1. If a player is on the ground and still attempting to control the ball, stop play, instruct player, assess an indirect free kick for opponents.
2. Hand balls are allowed for protection of head or private body parts with open or clenched fists. Arms must remain against body. All other handling of the ball are assessed a direct free kick for opponents.

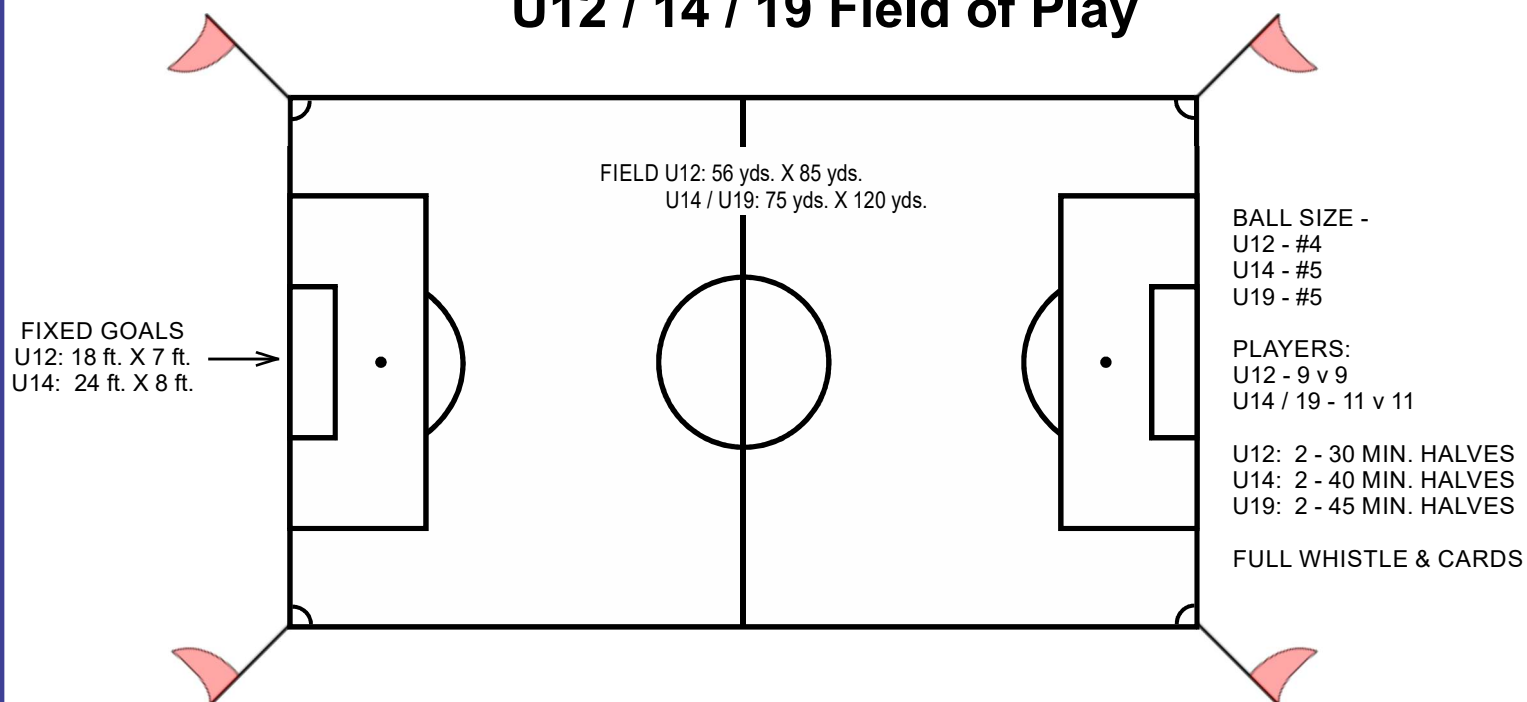
	<b>U6</b>	<b>U7 / U8</b>	<b>U10</b>	<b>U12</b>	<b>U14 / U19</b>
<b>Age</b>	5	6, 7	8, 9	10, 11	12-13 / 14-18
<b>Players on field</b>	5 v 5	7 v 7	7 v 7	9 v 9	11 v 11
<b>Ball size</b>	3	3	4	4	5
<b>Field size</b>	25 X 36 yards	39 X 59 yards	46 X 70 yards	56 X 85 yards	75 X 120 yds
<b>Periods</b>	4 - 10 min. periods	4 - 10 min. periods	2 - 25 min. halves	2 - 30 min. halves	2 - 40 / 45 min. halves
<b>1 min. break</b>	n/a	n/a	midpoint of half	n/a	n/a
<b>5 min. break</b>	halftime	halftime	halftime	halftime	halftime
<b>Substitutions</b>	Referee approval	Referee approval	Referee approval	Referee approval	Referee approval
<b>Goals</b>	Entire end line No keeper	12 yds w/ flags No keeper	6 yard goal posts & net	6 yard goal posts & net	8 yard goal posts & net
<b>Goal kicks</b>	No	From within goal box	From within goal box	From within goal box	From within goal box
<b>Corner kicks</b>	No	Yes	Yes	Yes	Yes
<b>Throw-ins/ Kick-ins</b>	Between 7 yd. lines Kick-ins	Between 10 yd. lines Kick-ins	Anywhere at touchline, moderate form calls	Anywhere at touchline, strict form calls	Anywhere at touchline, strict form calls
<b>Offside</b>	No	No	Yes, Instructional	Yes	Yes
<b>Heading</b>	No	No	No	Yes, not encouraged	Yes
<b>Slide tackle</b>	No	No	No	Yes, not encouraged	Yes
<b>Free kicks</b>	Direct Free Kick Between 7 yd. lines	Direct Free Kick Between 10 yd. lines	Direct Free Kick for flagrant violations	Regular calls	Regular calls
<b>Whistle/card use</b>	Limited whistle/ no cards	Moderate whistle/ no cards	Moderate whistle/cards for flagrant misconduct	Full whistle & cards	Full whistle & cards



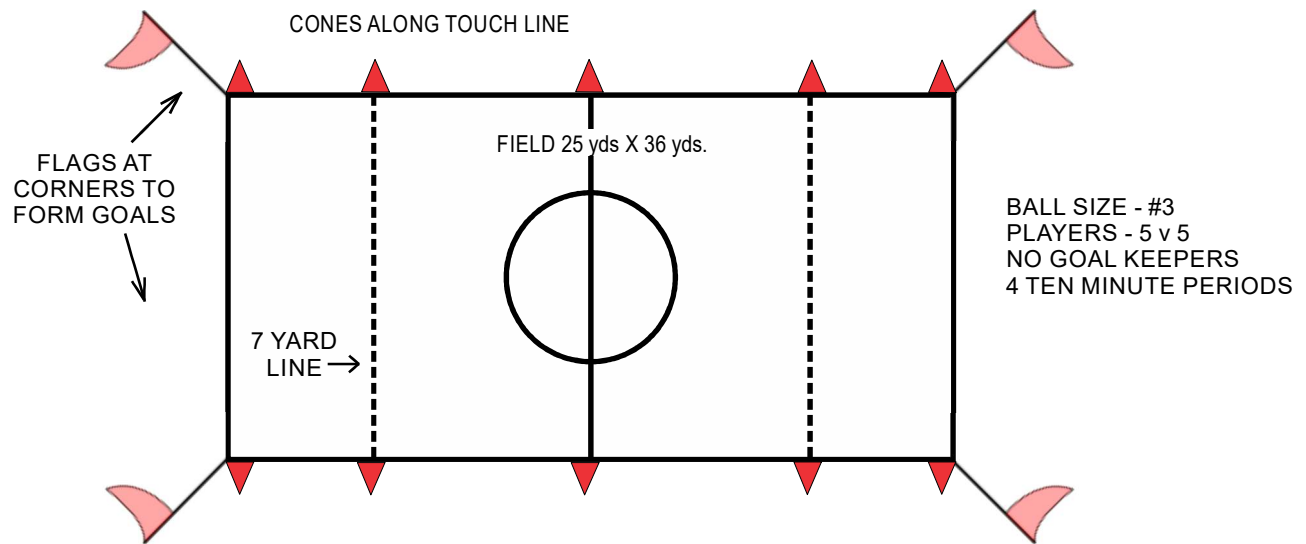
## U10 Field of Play



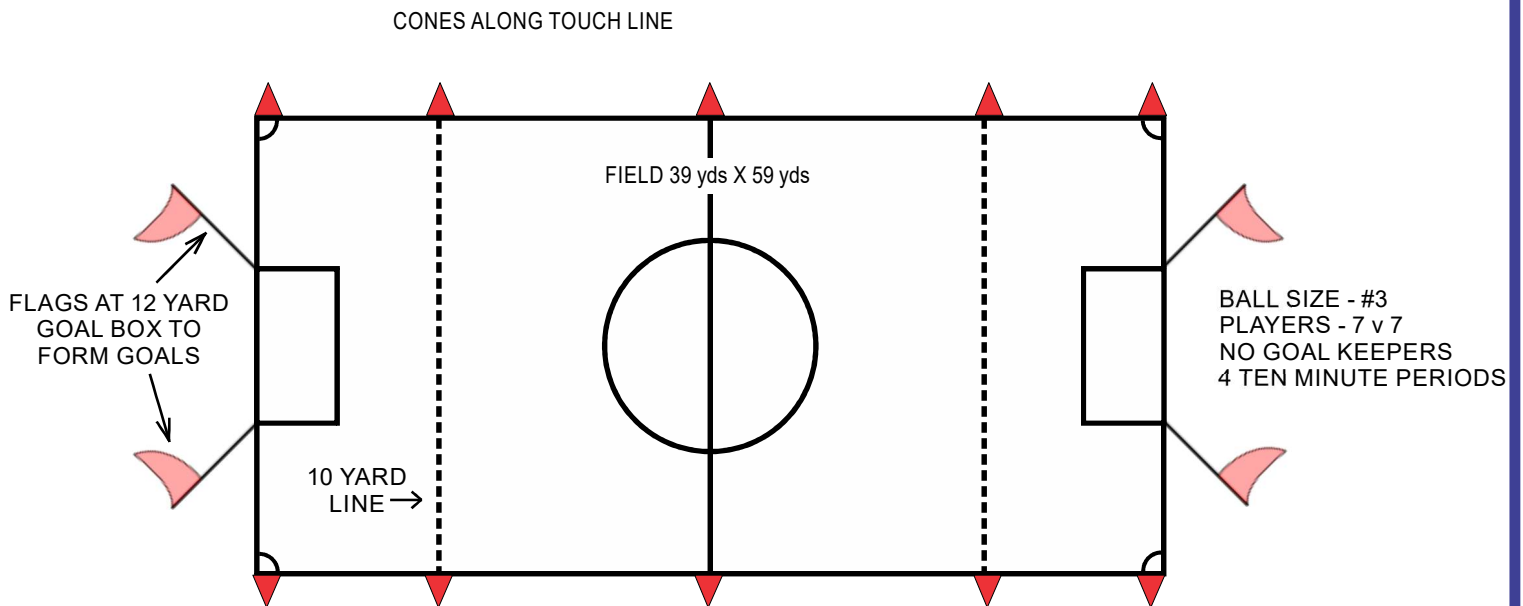
## U12 / 14 / 19 Field of Play



## U6 Field of Play



## U7 / U8 Field of Play



# COACH “TO DO” LIST

## PRESEASON

1. Complete volunteer registration on the PlayMetrics APP and background check if you have not registered in past seasons.
2. Attend Coach Training. All coaches are required to attend every season.
3. Attend Roster Hand-out to receive team roster, schedule and equipment.
4. Schedule your team's parent meeting. Prepare agenda and list of parent jobs.
5. Call or email players/parents to inform them of parent meeting. At meeting, check to make sure each player has a jersey or has ordered one.
6. Set a training schedule and plan out trainings in writing.
7. Read current LYSA Coaches Handbook and review laws of the game and your age division's Adapted Laws.
8. Contact assistant coaches, referees and team parent to assure they are aware of and have registered as a volunteer and attended referee training. Once assistant coach, referee & team parent have been selected, leave message at 541-521-8100 or send e-mail to: [Coach@LaneYouthSoccer.org](mailto:Coach@LaneYouthSoccer.org) with their name & phone number so we can add them to our database and get them on our rewards list.

## DURING SEASON

Be positive and follow the LYSA Coaching Philosophy:

Good coaches develop positive feelings of self-worth in all of their players.

Enjoyment is critical to learning.

Good coaches provide honest, positive encouragement.

The object may be to win, but the ultimate goal is enjoyment for all.

No yelling in anger or while providing directions to players.

Coach during your weekly training sessions. **Game day is for the kids;** let them demonstrate what they have learned and keep your game side coaching to an absolute minimum.

The following are REQUIRED at all training sessions and games:

ALL players must be currently registered with LYSA. If a player is not on your team's roster, do not play them. You are assuming all liability for the entire team if you allow non-registered players to participate.

Water for players (tell parents at your parent's meeting to bring water for their child, but always carry extra).

Training and/or game plan.

Equipment bag with balls, ball pump, cones, linesman flag and goal flags.

Two registered adult volunteers present at all games and trainings from the time players arrive until the last player leaves.

## END OF SEASON

Return equipment and remind players to register for next season now.

