WELCOME TO COACHING AT FYSA!

Thank you for dedicating your time and energy to serve as a coach for Fairbanks Youth Soccer Association.

We are excited to share our coaching framework, designed to support you in being the best coach possible for our youth players. Inside this binder, you'll find multiple resources aimed at assisting coaches at every level. Please don't be overwhelmed by the amount of content; it's here to support you, and you are not expected to master everything.

First-Time Coaching? No Problem!
Start by exploring the FYSA coaching philosophy, player development frameworks, and pre-made training plans tailored to each age level. These resources are designed to guide you through your initial coaching experience with ease.

Looking to Dive Deeper?
If you're interested in developing your own training sessions, delve into the material on the Play-Practice-Play format. This approach will help you create effective and engaging sessions for your players.

Additional Resources:
Your binder also includes summaries of the rules for futsal (indoor soccer) at various levels, the complete rulebook, emergency procedures, and contact information for key individuals such as FYSA staff, the director, and FNSBSD staff in case of any issues with gym facilities.

Continuing Your Coaching Education:
Looking to develop your coaching skills even further? We reimburse coaches who take USSF Grassroots online courses, United Soccer Coach courses, or USYF courses. Please contact us for more information.

Please don't hesitate to reach out if you need any support or have questions. Thank you once again for your time and energy to help make our season happen!

Your Responsibilities as a Coach

- **Maintain a Safe, Inclusive, Effective Team Environment**
  - Manage the training and game environment to prevent injuries and accidents.
  - Manage the training and game environment so all players feel accepted and supported by their coaches, teammates, and families.
  - Retain emergency contact information for all players.
  - Know what to do in the case of an emergency. Understand the FYSA Medical Emergency Action Plan and retain access to the FYSA EAP documents for facilities.
  - Understand and abide by FYSA weather policies.
  - Communicate with families of players about training times and games, including any changes.
  - Layout appropriate policies so families understand your coaching approach.
  - Serve as a positive example of sportsmanship with officials, coaches, players and families.
- **Coaching Training Sessions**
  - Be on time and prepared to lead every training session. Any substitute coach must be SafeSport certified.
  - Use the development framework to create fun, useful practice sessions that help players learn soccer and prepare for the game (scrimmaging for 30 minutes is not training!).
- **Coach Games**
  - Attend every match. Any substitute coach must be SafeSport certified.
  - Set expectations for player arrival (FYSA recommends at least 15 minutes in advance).
  - Ensure every player receives at least 50% playing time.
  - Create an environment and gameplan which supports and guides players towards giving their best contribution to the game in order to further their development.
  - Help players manage success and challenges in a match-environment in a positive manner.

FYSA is happy to provide coaching assistance to model a training session or help with match preparation. Please don't hesitate to contact us.

RECREATIONAL COACH TRAINING POLICY

Fairbanks Youth Soccer Association will fully reimburse any coach that completes an approved online training course under the following conditions:

-Reimbursement up to $75.00 per calendar year. We will reimburse 50% of the price of course above this amount, up to a maximum of $125.00 total.

-The training must be completed. Completion certificate or license must be provided.

-Coaches must agree to coach one season in *addition* to the current season (coaching a total of 2 seasons). Reimbursement is submitted once the coach is registered to coach their second season.

APPROVED COURSES

US Youth Futsal Coach Education Level 1
US Youth Futsal Coach Education Level 2
United Soccer Coaches Foundations of Coaching Level 1
United Soccer Coaches Foundations of Coaching Level 2
United Soccer Coaches Foundations of Coaching Level 3
United Soccer Coaches 4v4 Development Diploma Course
United Soccer Coaches 7v7/9v9 Development Diploma Course
United Soccer Coaches 11v11 Pre-National Diploma Course
United Soccer Coaches Futsal Level 1 Diploma Course
United Soccer Coaches GK Level 1 Diploma Course
USSF Grassroots 4v4 License Course
USSF Grassroots 7v7 License Course
USSF Grassroots 9v9 License Course
USSF Grassroots 11v11 License Course

GYMNASIUM INSTRUCTIONS

OPENING TIME: School gymnasiums are opened 15 minutes prior to the start of the first event at the location. If your gymnasium is not open at this time, please call the FNSBSD answering service at 907-388-8424 or use the number posted on the facility door.

ENTRANCE DOORS: Entrance doors for our events are often not the main entrances to the building. Please see the building Emergency Action Plans (EAP) for information on entrances.

GOAL SET-UP & CLOSE DOWN: Goals will not be set up for teams when they arrive at their gymnasium. It is the responsibility of the first team arriving to set-up the goals and the last team departing to remove the goals. Ask the janitorial monitor at your first practice where goals are located. Several locations store them outside. Please ensure there is no snow on them when you bring them inside.

CLEAN-UP WATER: Water is very dangerous on a hard court. Do not allow players to track water onto the court and immediately clean up water that gets on the surface. Mops are usually located near the bleachers, but contact the janitorial monitor if you need help. We have also provided a small court towel in your coaching bag.

TRANSITION QUICKLY: When your training is over, transition quickly to allow the next team to set-up. Most training should end in a scrimmage that requires little or no clean-up.

NO ONE LEFT BEHIND: After training, coaches may not leave until a parent-guardian arrives to take their player home. Never leave a youth player alone inside or outside the school.

EMERGENCIES: If a medical emergency occurs, please refer to the general EAP procedures and building information located in binder. Once the immediate emergency has passed, please immediately contact the Executive Director by text with the prefix “URGENT” at 907-987-6334. If SMS texting is unavailable, please call.

REPORT INJURIES: Any injury sustained to a player that requires the players immediate removal for medical attention, whether by medical professionals or by parent/guardians, should be reported to the FYSA staff. Email staff@fairbanksyouthsoccer.com with the subject line “INJURY REPORT.”

TWO-DEEP POLICY: Coaches should try to keep two adults on premises during practices and games. During games, the opposing coach suffices. Coaches should ask a parent to stay during training if no other adult is available. The two-deep policy enables the coach to better handle any emergency and protects both the coach and the players.

U14

Player Development Framework

"Being the best player I can for my role and position."

Developmental goals:

Learning the alignment of the roles, positions, and designated tasks with the team.

Developmental needs:

-Gaining an understanding of the meaning of role, position, and task in a team.

-Experiences of the alignment of position specific task execution during defending and attacking.

Key Qualities (what we are seeking in player behavior):

-Reads and understands the game and makes key decisions.

-Takes initiative and is pro-active in training and matches.

-Demonstrates focus in training and matches.

-Executes tasks with optimal skill level for the player level.

-Executives tasks with optimal physical level for the player level.

-Takes responsibility and accountability for own development and performance.

Attacking Actions (what we seeking to teach):

-Shoot -Pass or dribble forward -Spread out -Create passing options -Support the attack -Create 1v1 or 2v1 -Change the point of attack -Change the pace -Switch positions

Defending Actions (what we are seeking to teach):

-Protect the goal -Steal the ball -Make it compact -Keep it compact -Pressure, cover, balance -Outnumber the opponent. -Stay involved -Mark the player/area.

Behavioral Qualities & Coaching Behaviors.

-Engages in problem solving activities—Use guided questions and conversations to support their thinking.

-Challenges ideas—Listen to players and consider their perspectives.

-Demonstrates mood shifts—Be patient and consistent in your actions.

-Differences between genders—Give each player individual care and attention.

-Do not always play fairly—Encourage self-regulation and good decisions.

If you are keeping players positive and growing in skills, you're doing a great job!

U14

Player Development Priorities

Enjoyment through competition and growth

Players at the U14 level can be very different from each other in terms of their experience, skill-level, and physical development. They are also facing difficult social adjustments. Coaches in this age group should help players see soccer as a positive place for focusing on learning skills and enjoying a community of teammates while competing and preparing for young adult competition.

1. Technical (very high)**—**Players should be learning a variety of soccer skills involved in attacking and defending and beginning to master several. Skills should be integrated into team sessions with little emphasis on drills.

Key skills to develop (both feet!):

- Dribbling skills including using all major foot surfaces, dribbling past someone using change of direction/speed, using deception, feints, fakes, cuts, and turns.
- Receiving ball from a pass: across the body, out of the feet.
- Good first touch: soft for control, harder into space
- Passing at short, medium, and long-range using both feet and different techniques, including balls on the ground, in the air, chipping and other delivery.
- Shooting with both feet: Power with laces & control with inside of foot
- Shooting on the volley and half-volley.
- Juggling with both feet (one bounce between touches if needed).
- Shielding the ball
- Proper body position and block tackling techniques
- Specific goalkeeper skills (positioning, catching, distribution, diving).

Secondary skills to develop:

- Introduce heading techniques.

2. Psychological (very high)—Prioritize player enjoyment of soccer at this age. Unfortunately, many people will take soccer at this age too seriously. Combined with the other pressures for U14 players, this can have a very negative effect on players' interest in soccer. Keep training and matches fun and encourage players to try new things and make mistakes.

3. Tactical (high)—Players should be learning to work together in attack and defense by combining, moving the ball, working together, and recognizing the game situation by spreading and employing movement in the attack and getting compact in defense. No advanced or game specific tactics should be employed.

4. Physical (medium)**—**Players should be learning the importance of warming up, cooling down, and stretching. Coaches can begin to encourage players to work speed training and fitness on their own time. Team training should not be used for fitness.

Developing a Play-Practice-Play Training Sessions

Planning a Session

Each training session should be directed to a specific phase of the game (Attacking/Defending) and work on developing player actions and skills appropriate to the phase of play and the age-level (see "Player Development Framework"). The key to an effective training session is to create exercises that emphasize the actions and skills you want your players to learn. The USSF suggests that all training exercises should be: -Organized, Game-like, Repetitive, Challenging and involve effective Coaching. Repetitive doesn't mean "drills"--it means the exercise creates the situation where the actions and skills will be used.

Develop the Three Phases

Play Phase 1. This phase is a small-sided game, ranging from 1v1 to 5v5 (for outdoor soccer) that gets players playing immediately. The boundaries, locations of the goals, and rules can be conditioned to create circumstances that emphasize the drills. During the Play Phase 1, the coach will take short breaks (1-2 minutes) from playing to help guide players.

Practice Phase. This phase is an exercise or activity–not necessarily a game–where the coach emphasizes the core goals of the training session. If possible, these exercises (not drills!) should involve some element of open play with opponents, especially at older ages. These practice phase exercises often are conditioned to create success when emphasizing the concepts. For example, to emphasize the value of passing, an exercise might be 4v3, so that there is always an open pass.

Play Phase 2. The Game. The second play phase is an open play format designed to simulate match play. This may be a larger small-sided game or even a full scrimmage. The second play phase should involve coaching the players, but not interrupting them. There should be a 1-2 minute half-time break for the coach to work with the players. For example, in a 20 minute period, the team might play two 9-minute halves, with a 2-minute break.

Coaching Tips:

- Coach the phase of the game and the actions that are the focus of the training session. If you are coaching "Attacking" and "Creating Chances in the Opponent's Third" and the actions you want are "Dribble or Pass Forward", don't get stuck coaching the defenders or other aspects of the game. Stick nearly entirely to the coaching points. Just a few ideas at a time work best.
- Assess and adjust to meet the needs of your team. If the team is struggling to achieve their goal, change the game to make it easier. If the team isn't finding the activity fun, consider altering it or giving incentives. Our first goal is fun–if players aren't having fun, they won't learn. A fun activity that teaches some soccer skills is better than a boring activity that looks like it'll teach many skills.
- Your energy levels and your emotions dictate how training sessions will go. If you are positive, fun, and energetic, then your players will likely be the same. If you are negative, tired, and sluggish, your players will likely be that as well. The difference between a good coach and bad coach often isn't the activities, but the attitude of the coach.

Sample Play-Practice-Play Timeline

Training start time: 6:00pm
Training length: 60 minutes

PRE-SESSION SET UP
5:50-5:58 PM–Coach sets-up Play Phase 1 activities, greets players as they arrive.

PLAY PHASE 1: INTENTIONAL FREE PLAY
5:59-6:00PM–Coach calls in players that are there, explains the Play Phase 1 quickly, gets the game going.
6:00-6:05PM–-Players play. Coach adds in new players that arrive late, and makes coaching points to players as they play.
6:05-6:06PM–FIRST BREAK–Coach introduces topic of practice and poses guided questions.
6:06-6:12PM–Players play. Coach might change opponents. Coach emphasizes key points from plan.
6:13-6:14PM–SECOND BREAK–Coach asks players to share answers to questions and guides them to answers.
6:14-6:19PM–Players return to play.

6:19-6:20PM–BREAK BETWEEN PHASES–PLAYERS GET WATER

PRACTICE PHASE
6:20-6:22PM–Coach explains and demonstrates the practice activity.
6:22-6:27PM–Players play in the activity.
6:27-6:28PM–FIRST BREAK–Coach reminds the players of topic and poses new guided questions.
6:28-6:33PM–Players play in the activity. Coach emphasizes points.
6:33-6:36PM–SECOND BREAK–Coach asks players to share answers to questions and guides them to answers. Demonstrates any key technical point.
6:36-6:40PM–Players play in the activity. Coach emphasizes points.

6:40-6:41PM–BREAK BETWEEN PHASES–PLAYERS GET WATER

PLAY PHASE 2: THE GAME
6:41-6:42PM–Coach divides up players and explains the scrimmage game.
6:42-6:50PM–Players play in a scrimmage style game without interrupts (except if needed). Coach makes points to players as play goes on (coaching over play).
6:50-6:52PM–HALF-TIME–Coach emphasizes key points, demonstrates any technical element.
6:52-7:00PM—Players play in a scrimmage style game, as above.
7:00PM–END OF SESSION!

Simplified Play-Practice-Play Training Outline

Use the age-appropriate Player Development Framework to fill this out.

PHASE OF PLAY (Attacking/Defending):_____

GOAL: _____ **PLAYER ACTIONS:**_____

SKILLS FOR DEVELOPMENT:_____

1st Play Phase: Intentional Free Play

Exercise Diagrams

Player objective:_____

_____

Organization:_____

_____

_____

Practice Phase: _____

Player objective:_____

_____

Organization:_____

_____

_____

2nd Play Phase: The Game

Player objective:_____

_____

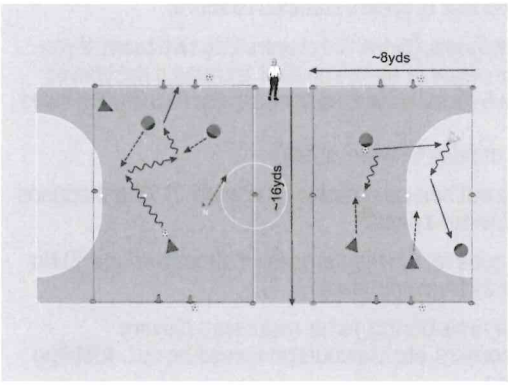
Organization:_____

_____

_____

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 1: WARMING UP OUR SKILLS
GOAL: Improve building-up in opponent's half in order to create chances
PLAYER ACTIONS: Pass/dribble, Spread out, Pass options
KEY QUALITIES: Optimal technical, Read game/make decisions, Optimal physical

Michael Souders
AGE: U13+ / 11v11 / 10 players
Attacking
DURATION: 60 min



1ST PLAY PHASE: INTENTIONAL FREE PLAY--20 MIN

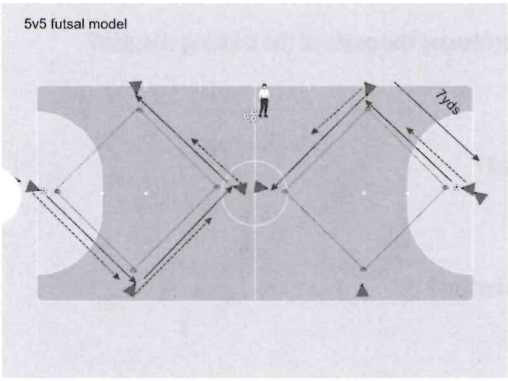
OBJECTIVE: Dribble or pass forward to create chances to score.

ORGANIZATION: Mark out two 16x8 -yard fields (48x24 feet) with two mini-goals made with cones or other convenient items on each end. You can adjust the size to your needs. Each field 2v2 +1 neutral player who always helps the attacking side. Rotate the neutral player at each break. Play for 5 minutes, then take a 1-2 minute break for questions.
KEY WORDS: Spread out! Dribble around your opponent! Get open! Look for the pass!

GUIDED QUESTIONS: 1) If we have the ball, how can we get forward around our opponents? 2) What do we need to dribble forward or pass forward? 3) How can we create gap?

ANSWERS: 1) Dribble or pass to a teammate. 2) A gap or opening in the defense. 3) Dribble and change directions or spread out to create gaps.

NOTES: FIRST BREAK: Coach asks players questions but asks them to try to discover answers while playing. SECOND BREAK: Coach asks player what they've found out and guides them We want to encourage players to want the ball and to dribble & change direction but we want to start encouraging passing too. Help them judge the situation.



PRACTICE PHASE (Game Activity 1): DUTCH DIAMOND--10 MIN

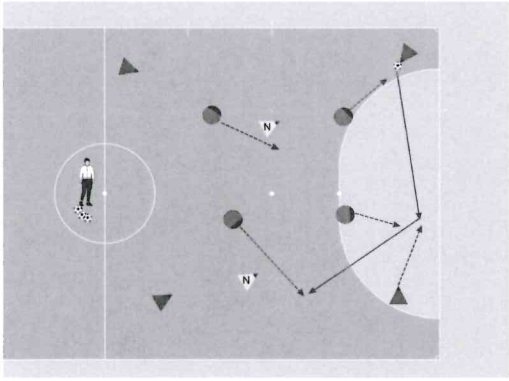
OBJECTIVE: Combine as many passes possible.

ORGANIZATION: Two 7x7yd sq. w/cones, 5 player per square, 1 ball. Players pass around the square, following their pass to the next cone(1st cone has 2 players). Go one way for 90s, then other way. Have the two squares compete to see who can get the most passes. Lost balls or through the square don't count.
KEY WORDS: Focus on good pass! Receive it softly! Look and pass!

GUIDED QUESTIONS: 1) How part of my foot do I use to pass correctly? 2) How should I receive the ball? 3) What should I to strike the ball well?

ANSWERS: 1) Inside of foot, 2) Inside of foot (across body) 3) Look at ball, lock ankle up, step into strike, snap knee slightly

NOTES: TAKE BREAK AFTER YOU BOTH WAYS FOR QUESTIONS. Demonstrate skills and let them work on it. Players should not stand on cones, but create space away from cone to let ball reach them.



PRACTICE PHASE (Game Activity 2): 4v4+2 RONDO--10 MIN

OBJECTIVE: Connect passes by creating passing options.

ORGANIZATION: Play in one half of the pitch. Two teams of 4 w/2 neutrals helping the attacking team. Game is "keep away." Attackers score a point by connecting 6 passes. Defending try to win the ball back. If defenders knock it out, or win it, or there is an error, teams switch places. Play two 4-minute games.
KEY WORDS: Spread out! Create a passing angle! Play quick!

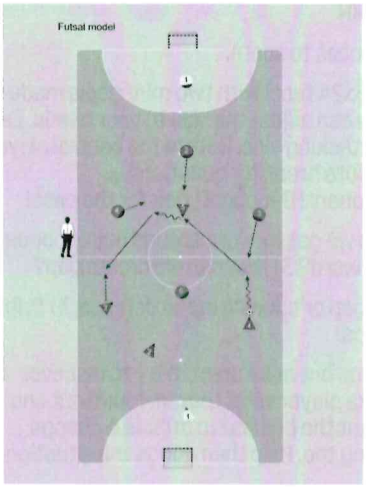
GUIDED QUESTIONS: 1) If we have the ball, what are we looking for in terms of passing or dribbling? 2) What is the most basic thing we can do as a team to create what we're looking for? 3) How can we create a passing angle?

ANSWERS: 1) Opening and gaps. 2)Spread out. 3) Move off the ball, communicate.

NOTES: Use break to ask questions and get player answers. Help guide them to the correct answers. Technically, focus on 1) Movement off the ball to create passing angles, 2) Players receiving the ball and looking to play quickly to a teammate.

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 1: WARMING UP OUR SKILLS
GOAL: Improve building-up in opponent's half in order to create chances
PLAYER ACTIONS: Pass/dribble, Spread out, Pass options
KEY QUALITIES: Optimal technical, Read game/make decisions, Optimal physical

Michael Souders
AGE: U13+ / 11v11 / 10 players
Attacking
DURATION: 60 min



2ND PLAY PHASE: THE GAME--20 MIN

OBJECTIVE: Dribble or pass around our opponent to create chances to score.

ORGANIZATION: Use a full size futsal pitch w/goals. Divide the players into two team. If you have an odd number, 1 team play with 1 less player or have a neutral. Introduce the idea of the diamond 1-1-2-1 formation w/GK. Play 5v5 futsal rules as outlined in the FYSA futsal rules . Two 9-min halves w/2-min half-time.
KEY WORDS: Spread out, get open, dribble or pass forward, shoot!

GUIDED QUESTIONS: 1) How does spreading out help us attacking the goal? 2) What happens if we clump together? 3) How do we get open for a pass?

ANSWERS: 1) It creates space, it opens us gaps for us dribble, pass, or shoot through. 2) No space to dribble, pass or shoot. 3) Move away from opponent.

NOTES: Ask questions/get feedback at half time. During game, make sure players understand the rules as you go (kick-ins, corners, etc). Encourage spreading out, dribbling and passing. Always encourage 1v1 dribbling.

Five Elements of a Training Activity

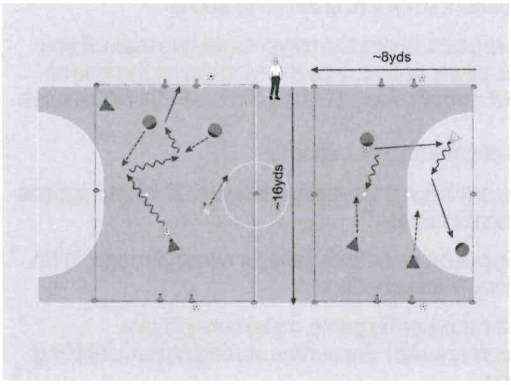
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 2: ATTACKING THROUGH DRIBBLING
GOAL: Improve building-up in opponent's half in order to create chances
PLAYER ACTIONS: Pass/dribble, Shoot, Pass options
KEY QUALITIES: Optimal technical, Read game/make decisions, Optimal physical

Michael Souders
AGE: U13+ / 11v11 / 10 players
Attacking
DURATION: 60 min



1ST PLAY PHASE: INTENTIONAL FREE PLAY--15 MIN

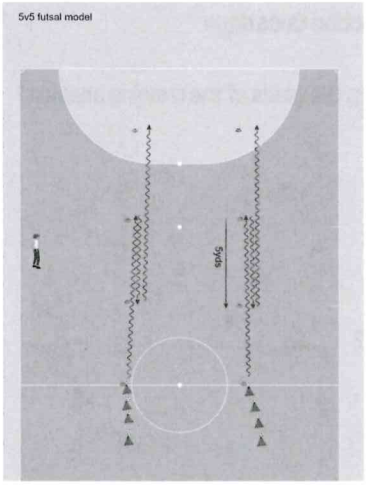
OBJECTIVE: Dribble or pass forward to create chances to score.

ORGANIZATION: Mark out two 16x8 -yard fields (48x24 feet) with two mini-goals made with cones or other convenient items on each end. You can adjust the size to your needs. Each field 2v2 +1 neutral player who always helps the attacking side. Rotate the neutral player at each break. Play for 4 minutes, then take a 1-2 minute break for questions.
KEY WORDS: Spread out! Dribble around your opponent! Get open! Look for the pass!

GUIDED QUESTIONS: 1) If we have the ball, how can we get forward around our opponents? 2) What do we need to dribble forward or pass forward? 3) How can we create gap?

ANSWERS: 1) Dribble or pass to a teammate. 2) A gap or opening in the defense. 3) Dribble and change directions or spread out to create gaps.

NOTES: FIRST BREAK: Coach asks players questions but asks them to try to discover answers while playing. SECOND BREAK: Coach asks player what they've found out and guides them Encourage to understand balance between maintaining possession and trying to score.



PRACTICE PHASE (Game Activity 1): INSIDE-OUTSIDE CUT PRACTICE--15 MIN

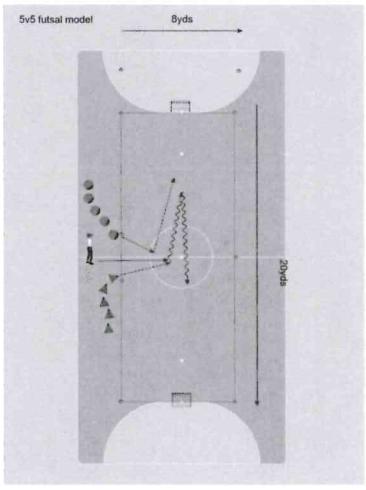
OBJECTIVE: Dribble past opponents and control the ball

ORGANIZATION: 2 lines of 4 cones, each 5yds apart. Player divide between lines. Players dribble A--> C, then cut back to B, then dribble out to D. When all players have completed it, they repeat the other way. Do 2-min inside cuts, 2-min outside cut, instruction break. 2-minute inside cuts, 2-minute outside cuts, instruction on Cruyff turn, 2-min on Cruyff.
KEY WORDS: 1) Sharp cut! 2) One touch cut if you can! 3) Accelerate after the cut! 4) Keep control.

GUIDED QUESTIONS: 1) Why do we a sharp cut? 2) What do we do after our last cut? 3) Why is accelerating after our cut important?

ANSWERS: 1) Better change of direction 2) Accelerate 3) Get away from defender.

NOTES: Player should turn the same way every time to make sure we're working both feet. This isn't a game activity, so be encouraging & energetic. Let players move at their own pace but challenge when they reach a level.



PRACTICE PHASE (Game Activity 2): 1v1 TO GOAL CUT GAME--15 MIN

OBJECTIVE: Dribble past opponents and shoot

ORGANIZATION: Mark off a 20x8yd area w/small goals on end. Place two cones 4yds apart sideline. Players line up behind two cones. Coach rolls a ball out and players race to the ball. Who ever wins it attacks the goal on the OPPOSITE half they where they won it while the other defends. Once they cross half-way, the can cut back to the other goal.
KEY WORDS: With speed! Make a cut! Face the defender! Shoot!

GUIDED QUESTIONS: 1) What are the keys to dribbling past a defender? 2) What direction can I cut? 3) How many cuts can I make? 4) What should I do if I get an opening?

ANSWERS: 1) Change of direction, change of speed 2) Any direction. 3) As many as needed 4) Accelerate, shoot!

NOTES: BREAK after each team gets an attacking chance for GUIDED QUESTIONS. Adjust teams and order so players are facing same players. Keep score in 2nd game to add competition element.

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 2: ATTACKING THROUGH DRIBBLING
GOAL: Improve building-up in opponent's half in order to create chances
PLAYER ACTIONS: Pass/dribble, Shoot, Pass options
KEY QUALITIES: Optimal technical, Read game/make decisions, Optimal physical

Michael Souders
AGE: U13+ / 11v11 / 10 players
Attacking
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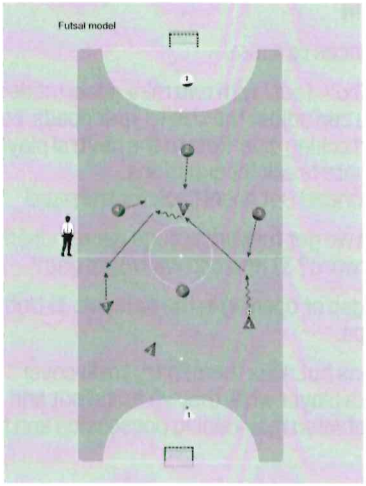


2ND PLAY PHASE: THE GAME--15 MIN

OBJECTIVE: Dribble or pass around our opponent to create chances to score.

ORGANIZATION: Use a full size futsal pitch w/goals. Divide the players into two team. If you have an odd number, 1 team play with 1 less player or have a neutral. Introduce the idea of the diamond 1-1-2-1 formation w/GK. Play 5v5 futsal rules as outlined in the FYSA futsal rules . Two 7-min halves w/1-min half-time.
KEY WORDS: Spread out, get open, dribble or pass forward, shoot!

GUIDED QUESTIONS: 1) How does spreading out help us attacking the goal? 2) What happens if we clump together? 3) How do we get open for a pass?

ANSWERS: 1) It creates space, it opens us gaps for us dribble, pass, or shoot through. 2) No space to dribble, pass or shoot. 3) Move away from opponent.

NOTES: Ask questions/get feedback at half time. During game, make sure players understand the rules as you go (kick-ins, corners, etc). Encourage spreading out, dribbling and passing. Always encourage 1v1 dribbling.

Five Elements of a Training Activity

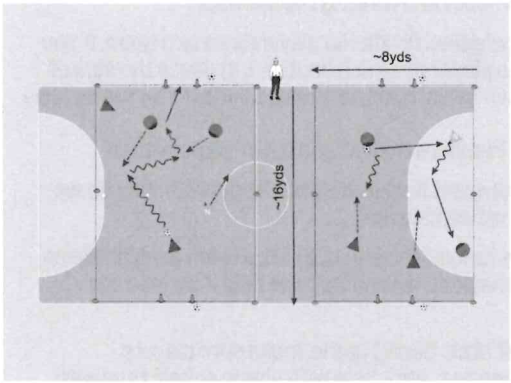
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 3: DEFENDING
GOAL: Improve preventing the opponent from scoring
PLAYER ACTIONS: Protect goal, Steal, Get compact
KEY QUALITIES: Read game/make decisions, Focus, Initiative

Michael Souders
AGE: U13+ / 11v11 / 10 players
Defending
DURATION: 60 min



1ST PLAY PHASE: INTENTIONAL FREE PLAY--15 MIN

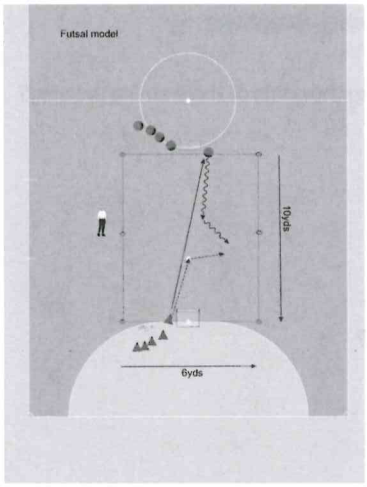
OBJECTIVE: Protect the goal by getting compact and stealing the ball

ORGANIZATION: Mark out two 16x8 -yard fields (48x24 feet) with two mini-goals made with cones or other convenient items on each end. You can adjust the size to your needs. Each field 2v2 +1 neutral player who always helps the attacking side. Rotate the neutral player at each break. Play for 4 minutes, then take a 1-2 minute break for questions.
KEY WORDS: Get compact, protect the goal, win it back.

GUIDED QUESTIONS: 1) What is the attacking looking or in order to score goals? 2) When we are defending as a team, what can we as a team do to make it harder? 3) After we protect the goal, what do we want to do?

ANSWERS: 1) Space, gaps, openings. 2) Get compact; stay close together 3) Steal the ball.

NOTES: FIRST BREAK: Coach asks players questions but asks them to try to discover answers while playing. SECOND BREAK: Coach asks player what they've found out and guides them We want to encourage players to want the ball and to dribble & change direction but we want to start encouraging passing too. Help them judge the situation.



PRACTICE PHASE (Game Activity 1): 1V1 DEFENDING--15 MIN

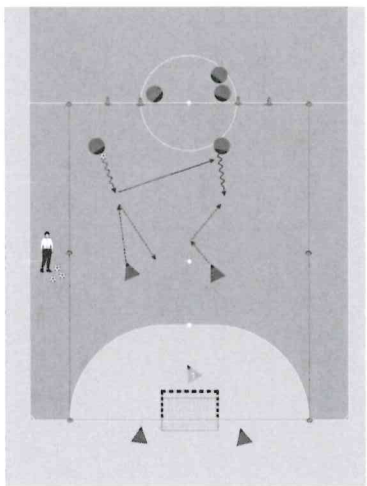
OBJECTIVE: Protect the goal, win the ball back.

ORGANIZATION: Set up a 10x6yd area with a small goal (2yds) at either. Two teams. Players play 1v1. Starts with DEFENDER passing to the ATTACKER, who immediately tries to dribble & score. If defender wins the ball, they try to score in their goal. Play 3-min,switch sides. Play 2 rds w/a break. If the ball goes out, the next two go. Keep score in 2nd rnd.
KEY WORDS: Cut off the goal! Angle your body! Be patient! Steal it back!

GUIDED QUESTIONS: 1) How do we want to position our body when defending? 2) What's our main goal in defending? 3) When can you steal it?

ANSWERS: 1) At an angle, knees bent somewhat, chest over feet, weight on back foot. 2) Don't let them past us with the ball 3)What they take a heavy touch.

NOTES: Focus on good body position, patience, staying with attacker, and looking for chance to steal. #1 rule: Don't get beat!



PRACTICE PHASE (Game Activity 2): 2v2+GK Pressure, cover--15 MIN

OBJECTIVE: Get compact and use presure-cover defending.

ORGANIZATION: 15x12yd area . Full goal & 2 small goals on other side. 2 vs 2 defenders w/a GK. Attackers start where indicated. Coach plays ball into attackers . If defenders win it they play to small goals. Ball out resets 2v2. Flip sides after 6 min. If the exercise is too easy, add a 3rd attacker.
KEY WORDS: 1) Get compact! 2) Pressure the ball! 3) Cover your partner! 4) Win it back!

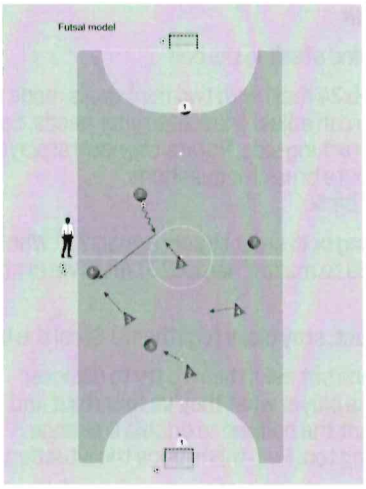
GUIDED QUESTIONS: 1) What do we tell attackers is the best way get space? 2) How can we counteract what they want to do? 3) How do we coordinate to stop 1v1s or players getting through?

ANSWERS: 1) Spread out 2) Get compact. 3) Pressure-cover.

NOTES: BREAK after 1st rotation to ask questions. Help guide players to the correct answers. Help players understand they don't need to mark players individuals, but need to stick together. For info on pressure-cover in zonal defending, see Youtube: "Soccer Tips: Fundamentals of Zonal Defending"

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 3: DEFENDING
GOAL: Improve preventing the opponent from scoring
PLAYER ACTIONS: Protect goal, Steal, Get compact
KEY QUALITIES: Read game/make decisions, Focus, Initiative

Michael Souders
AGE: U13+ / 11v11 / 10 players
Defending
DURATION: 60 min



2ND PLAY PHASE: THE GAME--15 MIN--DEFENDING

OBJECTIVE: Protect the goal by getting compact and winning the ball back

ORGANIZATION: Use a full size futsal pitch w/goals. Divide the players into two team. If you have an odd number, 1 team play with 1 less player or have a neutral. Introduce the idea of the diamond 1-1-2-1 formation w/GK. Play 5v5 futsal rules as outlined in the FYSA futsal rules . Two 7-min halves w/1-min half-time.
KEY WORDS: Get compact! Stay together! Pressure the ball and cover your partner!

GUIDED QUESTIONS: 1) How does getting compact help us defend the goal? 2) Why do we need to pressure the ball? 3) How does covering help us?

ANSWERS: 1) Closes gaps and space, teammates can help us. 2) Stop them from dribbling forward, passing, or shooting. 3)Keep us compact, means we have help if we lose our attacker.

NOTES: Ask questions/get feedback at half time. During game, make sure players understand the rules as you go (kick-ins, corners, etc). Help with shape at half-time with compactness and shape.

Five Elements of a Training Activity

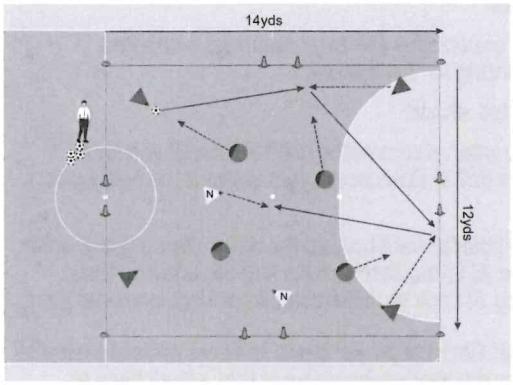
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 4: SCORING
GOAL: Improve scoring goals
PLAYER ACTIONS: Shoot, Pass/dribble, Pass options
KEY QUALITIES: Read game/make decisions, Optimal technical, Initiative

Michael Souders
AGE: U13+ / 11v11 / 11 players
Attacking
DURATION: 60 min



1ST PLAY PHASE: SCORING RONDO (KEEP-AWAY), 4v4+2--20 MIN

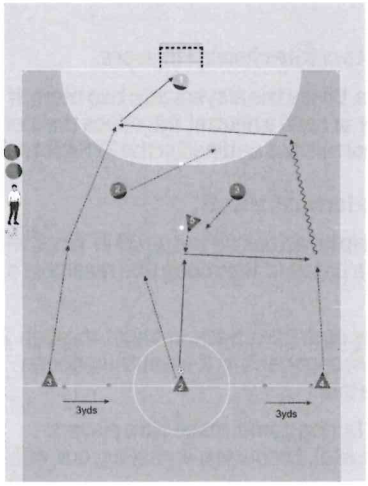
OBJECTIVE: Control the ball to create chances to score.

ORGANIZATION: Markout 12x15yd area w/4 cone goals. 2 teams of 4 w/2 neutrals. Neutrals are always on the attackers side. Teams look to connect passes & score. Start requiring 1 pass before the team can score in any goal. Each goal, the number of req. passes increaes (2, 3, etc) for both teams. Defenders steal or knock the ball out to become attackers.
KEY WORDS: Spread out! Keep moving to open space! Play quick! Score!

GUIDED QUESTIONS: 1) What's the first thing we should do to open up space to pass & score? 2) How can I get open for a pass? 3) When we reach the right number, what should do?

ANSWERS: 1) Spread out 2) To where a pass can be completed. 3) Try to score immediately.

NOTES: FIRST BREAK (6min): Coach asks players questions but asks them to try to discover answers while playing. SECOND BREAK (13min): Coach asks player what they've found out and guides them Restart scoring, change neutrals at break.



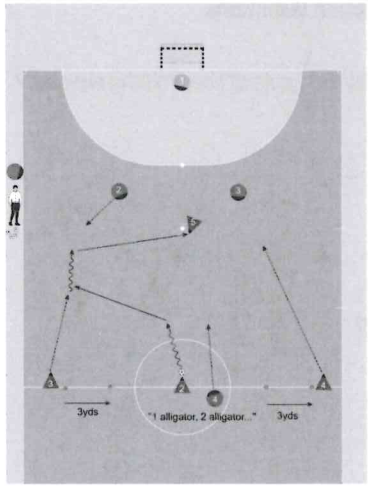
PRACTICE: CORE ACTIVITY: SHOOTING 4v2+GK--20 MIN

OBJECTIVE: Create chances and score goals.

ORGANIZATION: One half of pitch w/full goal & two 3yd goals on other end. 4 attackers vs 2 defender + GK. 1 attacker starts in center, others at top. Play starts with any player at the top dribbling in toward big goal. Defenders score in cone goals. Restarts are dribble-in, kick-ins except ball over end lines are full reset. 5-min games w/2min breaks.
KEY WORDS: Take on opponent, find the pass, shoot!

GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) What if you can't shoot? 2) What should the other attackers do? 3) How can players without the ball support the attack?

ANSWERS: 1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 2) Immediately make angled runs into the middle; don't show too far out on the wings. 3) Look to make complimenting runs near post, far post and in front of goal.
NOTES: BREAK ONE: Pose questions. BREAK TWO: Let player share answers and guide them. Rotate players and assess game. If it is too easy, move to "MORE CHALLENGING", if too hard, "LESS CHALLENGING"



PRACTICE: MORE CHALLENGING: SHOOTING 4v2+1+GK--20 MIN

OBJECTIVE: Create chances and score goals.

ORGANIZATION: Same as "CORE ACTIVITY" except there is an extra defender who can join in after counting to '3 alligators'.

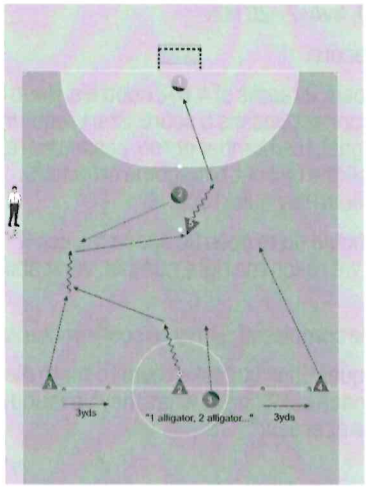
KEY WORDS: Take on opponent, find the pass, shoot!

GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) What if you can't shoot? 2) What should the other attackers do? 3) How can players without the ball support the attack?

ANSWERS: 1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 2) Immediately make angled runs into the middle; don't show too far out on the wings. 3) Look to make complimenting runs near post, far post and in front of goal.
NOTES: BREAK ONE: Pose questions. BREAK TWO: Let player share answers and guide them. Rotate players and assess game. If attackers are very successful in this game, change back to "CORE ACTIVITY"

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 4: SCORING
GOAL: Improve scoring goals
PLAYER ACTIONS: Shoot, Pass/dribble, Pass options
KEY QUALITIES: Read game/make decisions, Optimal technical, Initiative

Michael Souders
AGE: U13+ / 11v11 / 11 players
Attacking
DURATION: 60 min



PRACTICE: LESS CHALLENGING: SHOOTING 4v2+GK--20 MIN

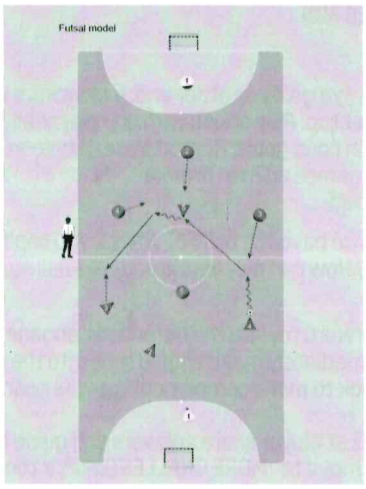
OBJECTIVE: Create chances and score goals.

ORGANIZATION: Same as "CORE ACTIVITY" except there is only 1 defender with a 2nd defender at the top who can join after counting to "3 alligators"

KEY WORDS: Take on opponent, find the pass, shoot!

GUIDED QUESTIONS: 1) What should you do when you have the ball? 2) What if you can't shoot? 2) What should the other attackers do? 3) How can players without the ball support the attack?

ANSWERS: 1) Look for a shot. 2) Quickly dribble forward toward the defenders, engage one and then pass the ball off to my teammate. 2) Immediately make angled runs into the middle; don't show too far out on the wings. 3) Look to make complimenting runs near post, far post and in front of goal.
NOTES: BREAK ONE: Pose questions. BREAK TWO: Let player share answers and guide them. Rotate players and assess game. If players are easily successful at this, adjust back to "CORE ACTIVITY"



2ND PLAY PHASE: THE GAME--20 MIN

OBJECTIVE: Dribble or pass around our opponent to create chances to score.

ORGANIZATION: Use a full size futsal pitch w/goals. Divide the players into two team. If you have an odd number, 1 team play with 1 less player or have a neutral. Introduce the idea of the diamond 1-1-2-1 formation w/GK. Play 5v5 futsal rules as outlined in the FYSA futsal rules . Two 11-min halves w/3-min half-time.
KEY WORDS: Spread out, get open, dribble or pass forward, shoot!

GUIDED QUESTIONS: 1) How does spreading out help us attacking the goal? 2) What happens if we clump together? 3) How do we get open for a pass? 4) How does this resemble a rondo?

ANSWERS: 1) It creates space, it opens us gaps for us dribble, pass, or shoot through. 2) No space to dribble, pass or shoot. 3) Move away from opponent. 4) If we outnumber an opponent, we can just pass and move to keep the ball.

NOTES: Ask questions/get feedback at half time. During game, make sure players understand the rules as you go (kick-ins, corners, etc). Encourage spreading out, dribbling and passing.

Five Elements of a Training Activity

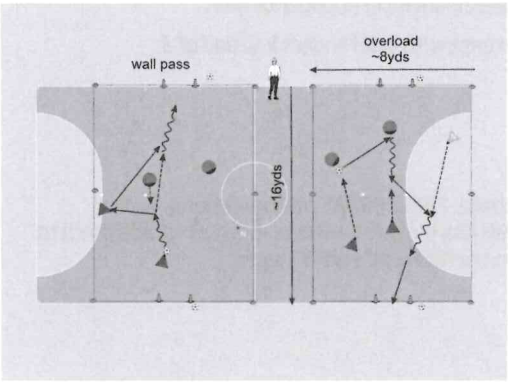
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 5: ATTACKING IN OUR OWN HALF
GOAL: Improve building-up from own half in order to move the ball to the opponent's half
PLAYER ACTIONS: Spread out, Pass options, 2v1/1v1
KEY QUALITIES: Read game/make decisions, Optimal technical, Focus

Michael Souders
AGE: U13+ / 11v11 / 10 players
Attacking
DURATION: 60 min



1ST PLAY PHASE: INTENTIONAL FREE PLAY--20 MIN

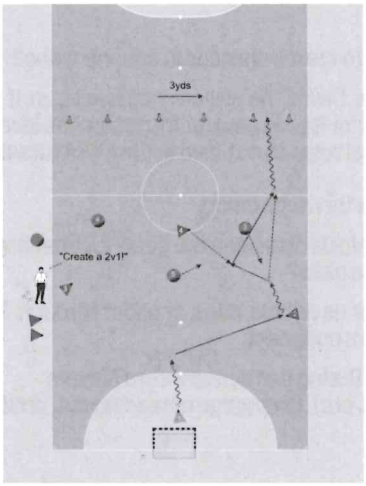
OBJECTIVE: Dribble or pass forward to create chances to score.

ORGANIZATION: Mark out two 16x8 -yard fields (48x24 feet) with two mini-goals made with cones or other convenient items on each end. You can adjust the size to your needs. Each field 2v2 +1 neutral player who always helps the attacking side. Rotate the neutral player at each break. Play for 5 minutes, then take a 1-2 minute break for questions.
KEY WORDS: Spread out! Get open! Create a 2v1!

GUIDED QUESTIONS: 1) How does having an extra attacker help us create a 2v1? 2) How can we create a 2v1? 3) What's the key to creating a 2v1?

ANSWERS: 1)There is always a free player? 2) Wall pass, overload one side, pass to side without defender 3)Move off the ball, pass the ball to weaker side of defense.

NOTES: FIRST BREAK: Coach asks players questions but asks them to try to discover answers while playing. SECOND BREAK: Coach asks player what they've found out and guides them Demonstrate how a "wall" pass works and show how we can overload with an extra attacker (see diagram).



PRACTICE: CORE ACTIVITY: 3+GK vs 3 (U14 FUTSAL)--20 MIN

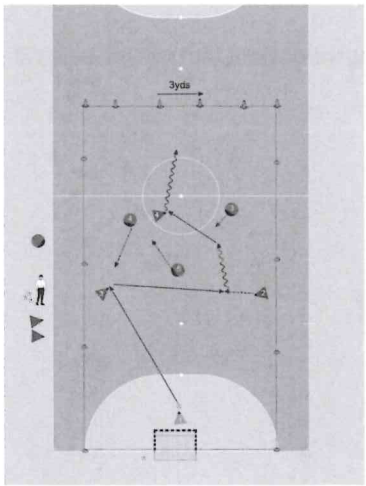
OBJECTIVE: Pass or dribble forward to create chances in opponents half.

ORGANIZATION: Mark area that is 4yds longer than half the pitch w/three 3yd wide dribble gates at that end. Attacking is 3+GK, defending team is 3 players. Ball starts with GK. Attacking team tries to move ball to create an opportunity to dribble through the gates to score. Defending team can win ball and try to score in big goal. Restarts are dribble-ins.
KEY WORDS: Spread out! Get open! Create a forward diagonal pass! Dribble to space! Work to create 2v1s!

GUIDED QUESTIONS: 1) If we want to create gaps to get to the goals, what's the first way to do that? 2) If I want to get open for a pass, what's the best way I can do that? 3) If I can't dribble or pass forward, what should I do? 4) How can I create a 2v1?

ANSWERS: 1) Spread out 2) Diagonal forward. 3) Dribble or pass another direction 4)Support the player on the ball by approaching them for quick 1-2 pass.

NOTES: Play three 5 min games w/2 min breaks. FIRST BREAK: Ask questions and tell players to explore answers. SECOND BREAK: Ask players to share answers—guide them to correct answers. If this is too easy, go to "MORE CHALLENGING." If it is too difficult, go to "LESS CHALLENGING"



PRACTICE: MORE CHALLENING: 3+GK vs 3 (FUTSAL)--20 MIN

OBJECTIVE: Pass or dribble forward to create chances in opponents half.

ORGANIZATION: Same as CORE ACTIVITY but the pitch is narrowed by 2-3yds on each side.

KEY WORDS: Spread out! Get open! Create a forward diagonal pass! Dribble to the space! Create 2v1!

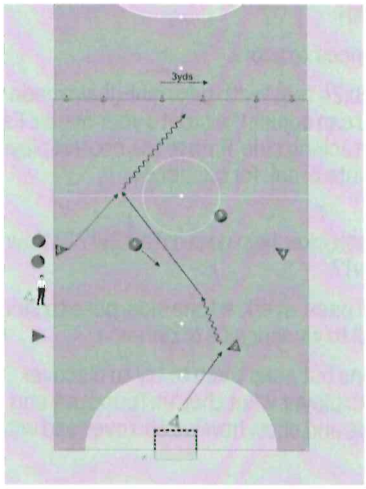
GUIDED QUESTIONS: See "CORE ACTIVITY"

ANSWERS: See "CORE ACTIVITY"

NOTES: Play three 5 min games w/2 min breaks. FIRST BREAK: Ask questions and tell players to explore answers. SECOND BREAK: Ask players to share answers—guide them to correct answers. If this is too difficult, go back to "CORE ACTIVITY"

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 5: ATTACKING IN OUR OWN HALF
GOAL: Improve building-up from own half in order to move the ball to the opponent's half
PLAYER ACTIONS: Spread out, Pass options, 2v1/1v1
KEY QUALITIES: Read game/make decisions, Optimal technical, Focus

Michael Souders
AGE: U13+ / 11v11 / 10 players
Attacking
DURATION: 60 min



PRACTICE: LESS CHALLENGING: 3+GK vs 2 (FUTSAL)--20 MIN

OBJECTIVE: Pass or dribble forward to create chances in opponents half.

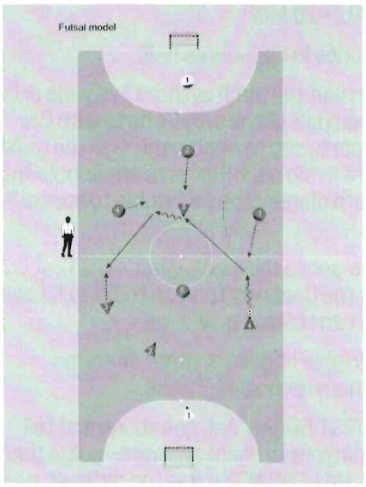
ORGANIZATION: Same as CORE ACTIVITY except with 2 defenders instead of 3.

KEY WORDS: SEE CORE ACTIVITY

GUIDED QUESTIONS: SEE CORE ACTIVITY

ANSWERS: SEE CORE ACTIVITY

NOTES: Play three 5 min games w/2 min breaks. FIRST BREAK: Ask questions and tell players to explore answers. SECOND BREAK: Ask players to share answers--guide them to correct answers. If players find success, move "CORE ACTIVITY" again.



2ND PLAY PHASE: THE GAME--20MIN

OBJECTIVE: Dribble or pass around our opponent to create chances in opponents half.

ORGANIZATION: Use a full size futsal pitch w/goals. Divide the players into two team. If you have an odd number, 1 team play with 1 less player or have a neutral. Introduce the idea of the diamond 1-1-2-1 formation w/GK. Play 5v5 futsal rules as outlined in the FYSA futsal rules . Two 8-min halves w/2-min half-time.
KEY WORDS: Spread out, get open, dribble or pass forward, shoot!

GUIDED QUESTIONS: 1) How does spreading out help us attacking the goal? 2) What happens if we clump together? 3) How do we get open for a pass?

ANSWERS: 1) It creates space, it opens us gaps for us dribble, pass, or shoot through. 2) No space to dribble, pass or shoot. 3) Move away from opponent.

NOTES: Ask questions/get feedback at half time. During game, make sure players understand the rules as you go (kick-ins, corners, etc). Encourage spreading out, dribbling and passing. Always encourage 1v1 dribbling.

Five Elements of a Training Activity

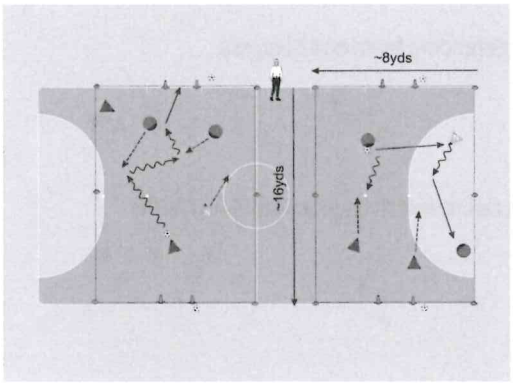
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 6: ATTACKING IN OUR OPPONENT HALF
GOAL: Improve building-up in opponent's half in order to create chances
PLAYER ACTIONS: Pass options, 2v1/1v1, Change point
KEY QUALITIES: Read game/make decisions, Optimal technical, Initiative

Michael Souders
AGE: U13+ / 11v11 / 10 players
Attacking
DURATION: 60 min



1ST PLAY PHASE: INTENTIONAL FREE PLAY--20 MIN

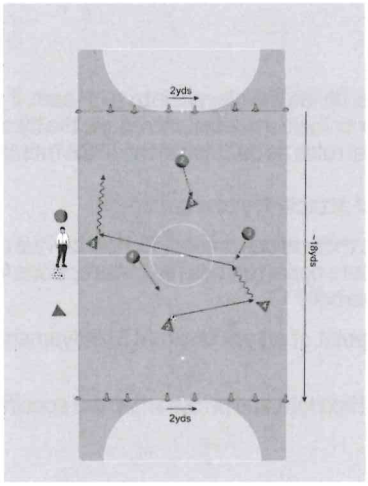
OBJECTIVE: Dribble or pass forward to create chances to score.

ORGANIZATION: Mark out two 16x8 -yard fields (48x24 feet) with two mini-goals made with cones or other convenient items on each end. You can adjust the size to your needs. Each field 2v2 +1 neutral player who always helps the attacking side. Rotate the neutral player at each break. Play for 5 minutes, then take a 1-2 minute break for questions.
KEY WORDS: Spread out! Dribble around your opponent! Get open! Look for the pass!

GUIDED QUESTIONS: 1) If we have the ball, how can we get forward around our opponents? 2) What do we need to dribble forward or pass forward? 3) How can we create gap?

ANSWERS: 1) Dribble or pass to a teammate. 2) A gap or opening in the defense. 3) Dribble and change directions or spread out to create gaps.

NOTES: FIRST BREAK: Coach asks players questions but asks them to try to discover answers while playing. SECOND BREAK: Coach asks player what they've found out and guides them We want to encourage players to want the ball and to dribble & change direction but we want to start encouraging passing too. Help them judge the situation.



PLAY/PRACTICE/PLAY: ATTACKING IN OPPONENT'S HALF: CORE ACTIVITY: FUTSAL--20 MI...

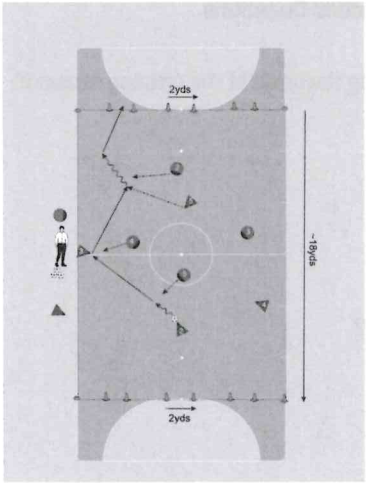
OBJECTIVE: Create chances to score.

ORGANIZATION: Takes up roughly 2/3 to 3/4 of the length of the pitch w/3 2yd wide cone goals on each side. Teams are 4v3 in the 1-2-1 formation. Attacking team starts w/ball. Restarts are kick-ins over sidelines, always dribble/kick-in for defending team over the end lines.
KEY WORDS: Move off the ball to create passing options! Create a 2v1! Switch the ball!

GUIDED QUESTIONS: 1) What are we looking for to penetrate into the defense? 2) If the defending team wants to get compact to stop us, how can we open up space? 3) What are we always looking for to create and exploit in the other team?

ANSWERS: 1) An opening or gap 1) Play longer passes, switch the ball from side to side 3) 2v1s

NOTES: 1ST BREAK: Pose questions for players to explore during next segment. 2ND BREAK: Ask players to share answers and guide them to correct conclusions. If this is too difficult for the attacking team, switch to "LESS CHALLENGING". If too easy, change to "MORE CHALLENGING"



PLAY/PRACTICE/PLAY: ATTACKING IN OPPONENT'S HALF: MORE CHALLENGING: FUTSAL--...

OBJECTIVE: Create chances to score.

ORGANIZATION: Same as core activity but both teams have 4 players.

KEY WORDS: SEE CORE ACTIVITY

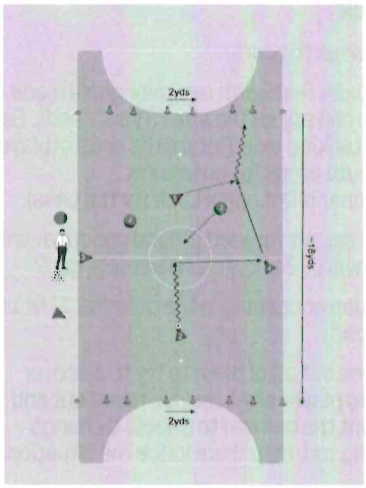
GUIDED QUESTIONS: SEE CORE ACTIVITY

ANSWERS: SEE CORE ACTIVITY

NOTES: If this is too difficult for the attacking team, switch back to "CORE ACTIVITY". We are looking for success in the designated attacking team.

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 6: ATTACKING IN OUR OPPONENT HALF
GOAL: Improve building-up in opponent's half in order to create chances
PLAYER ACTIONS: Pass options, 2v1/1v1, Change point
KEY QUALITIES: Read game/make decisions, Optimal technical, Initiative

Michael Souders
AGE: U13+ / 11v11 / 10 players
Attacking
DURATION: 60 min



PLAY/PRACTICE/PLAY: ATTACKING IN OPPONENT'S HALF: LESS CHALLENGING: FUTSAL--...

OBJECTIVE: Create chances to score.

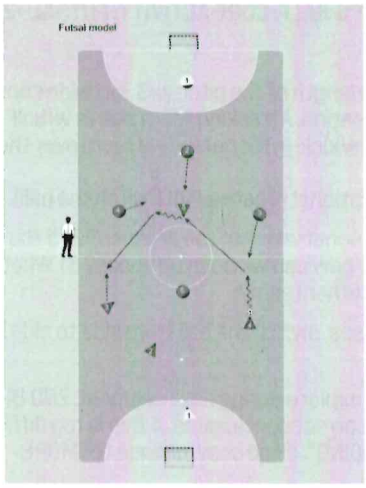
ORGANIZATION: Same as core activity but defending team has 2 players.

KEY WORDS: SEE CORE ACTIVITY

GUIDED QUESTIONS: SEE CORE ACTIVITY

ANSWERS: SEE CORE ACTIVITY

NOTES: If this is too easy for the attacking team, switch back to "CORE ACTIVITY".



2ND PLAY PHASE: THE GAME--20 MIN

OBJECTIVE: Create chances to score.

ORGANIZATION: Use a full size futsal pitch w/goals. Divide the players into two team. If you have an odd number, 1 team play with 1 less player or have a neutral. Introduce the idea of the diamond 1-1-2-1 formation w/GK. Play 5v5 futsal rules as outlined in the FYSA futsal rules . Two 9-min halves w/2-min half-time.
KEY WORDS: Move off the ball! Change the point of attack! Try to create a 2v1!

GUIDED QUESTIONS: 1) What are two types of 2v1s that we can create? 2) How can we open up space if one side is very compact? 3) What create opportunities for these actions 4) How can we see these opportunities if we're on the ball?

ANSWERS: 1) Wall pass & overload 2) Change the point of attack (switch) 3) Movement of the ball 4) Keep head up; communicate.

NOTES: Ask questions/get feedback at half time. Highlight and praise when the specific actions we're looking to create occur.

Five Elements of a Training Activity

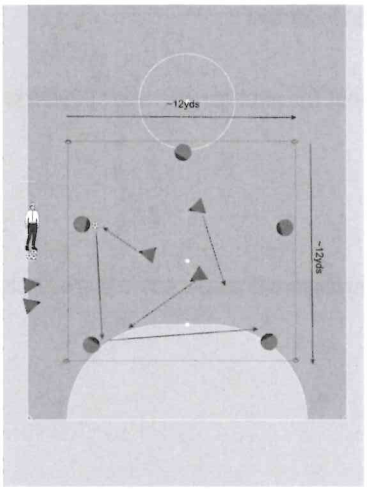
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 7: DEFENDING
GOAL: Improve preventing the opponent from building-up and creating chances in our half
PLAYER ACTIONS: Pressure/cover/balance, Get compact, Stay compact
KEY QUALITIES: Read game/make decisions, Initiative, Focus

Michael Souders
AGE: U13+ / 11v11 / 10 players
Defending
DURATION: 60 min



WARM-UP: 5v3 RONDO (DEFENDING) FUTSAL--15 MIN

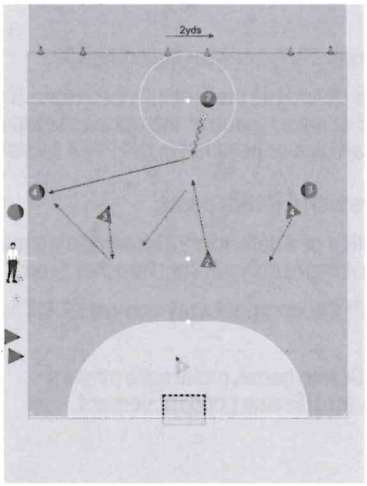
OBJECTIVE: Prevent passes, win the ball back.

ORGANIZATION: Create a roughly 12yd area. Divide into two teams. Each team will defend for 2min, then pass for 2min. When attacking, team has all 5 players in. When defending, only 3 players defend. Attackers count passes and restart if it goes out or the defenders win it. Team that has the longest string of passes wins. Play 3 rounds.
KEY WORDS: Get compact, cut off angles, press together.

GUIDED QUESTIONS: 1) What happens if the defenders are spread out? 2) How can we prevent getting spread out? 3) What different things do we need to do to win it back?

ANSWERS: 1) Opens up gaps 2) Get compact 3) Pressure the ball, cut-off passes, press together.

NOTES: Ask questions during the first break and get answers during the second break. Adjust the size of the square, if necessary.



PRACTICE: CORE ACTIVITY: 3+GK vs 4 (FUTSAL)--20 MIN

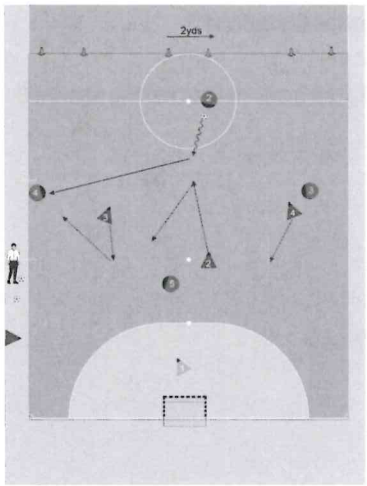
OBJECTIVE: Get compact to protect the goal.

ORGANIZATION: Mark area 3yds longer than half the pitch w/three 2yd wide mini-goals at that end. Defenders are 3+GK vs 3 attackers. Ball starts w/coach pass-in to attackers who try to score. Defending team tries to prevent chances, win the ball back, and score in the mini-goals. Restarts are dribble-in/kick-ins.
KEY WORDS: Get compact! Close off the space! Pressure the ball! Cover and balance!

GUIDED QUESTIONS: 1) When an opponent has the ball, what is the first thing we need to do? 2) What does the rest of the team need to do? 3)How do support the pressuring player?

ANSWERS: 1) First player must pressure the ball. 2) Stay close together--getting compact. 3) Covering and balancing, if we can.

NOTES: Play three 6 min games w/1 min breaks. FIRST BREAK: Ask questions and tell players to explore answers. SECOND BREAK: Ask players to share answers--guide them to correct answers. If this is too difficult, go to "LESS CHALLENGNG". If it's too easy, go to "MORE CHALLENGING"



PRACTICE: MORE CHALLENGING: 3+GK vs 4 (U14 FUTSAL)--20 MIN

OBJECTIVE: Get compact and use pressure cover balance

ORGANIZATION: Same as core activity, except that the attackers have 4 players instead of 3.

KEY WORDS: SEE CORE ACTIVITY

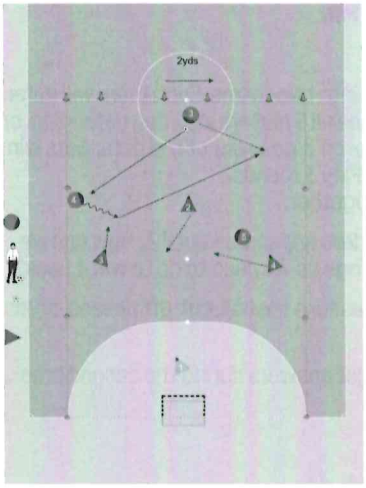
GUIDED QUESTIONS: SEE CORE ACTIVITY

ANSWERS: SEE CORE ACTIVITY

NOTES: Play three 6 min games w/1 min breaks. FIRST BREAK: Ask questions and tell players to explore answers. SECOND BREAK: Ask players to share answers--guide them to correct answers. If this is too difficult, go back to "CORE ACTIVITY".

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 7: DEFENDING
GOAL: Improve preventing the opponent from building-up and creating chances in our half
PLAYER ACTIONS: Pressure/cover/balance, Get compact, Stay compact
KEY QUALITIES: Read game/make decisions, Initiative, Focus

Michael Souders
AGE: U13+ / 11v11 / 10 players
Defending
DURATION: 60 min



PRACTICE: LESS CHALLENGING: 3+GK vs 3 (FUTSAL)--20 MIN

OBJECTIVE: Get compact to protect the goal.

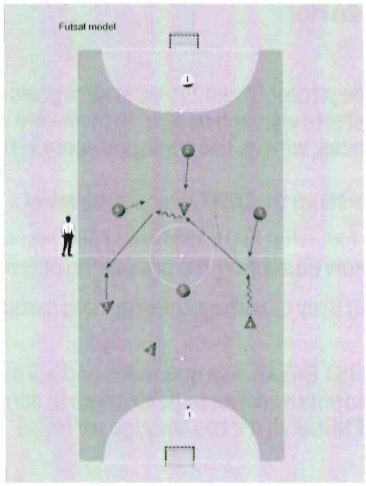
ORGANIZATION: Same as "CORE ACTIVITY" except but the pitch is narrowed by 2yds on each side (or more, if needed).

KEY WORDS: SEE CORE ACTIVITY

GUIDED QUESTIONS: SEE CORE ACTIVITY

ANSWERS: SEE CORE ACTIVITY

NOTES: See notes on "CORE ACTIVITY." If defending players find success in this exercise, move back to "CORE ACTIVITY"



2ND PLAY PHASE: THE GAME--25MIN

OBJECTIVE: Prevent opponent chances to score by getting and staying compact.

ORGANIZATION: Use a full size futsal pitch w/goals. Divide the players into two team. If you have an odd number, 1 team play with 1 less player or have a neutral. Introduce the idea of the diamond 1-1-2-1 formation w/GK. Play 5v5 futsal rules as outlined in the FYSA futsal rules . Two 11-min halves w/3-min half-time.
KEY WORDS: Pressure the ball! Get compact! Move with it if they pass!

GUIDED QUESTIONS: 1) What is the first responsibility of a defender? 2) How can we make it difficult on the other team? 3) How and why does it make difficult for the other team?

ANSWERS: 1) Pressure the ball, don't get beat 1v1 2) Get compact stay compact? 3)They don't have space to play or time on the ball.

NOTES: Ask questions/get feedback at half time. During game, make sure players understand the rules as you go (kick-ins, corners, etc). Praise good movement.

Five Elements of a Training Activity

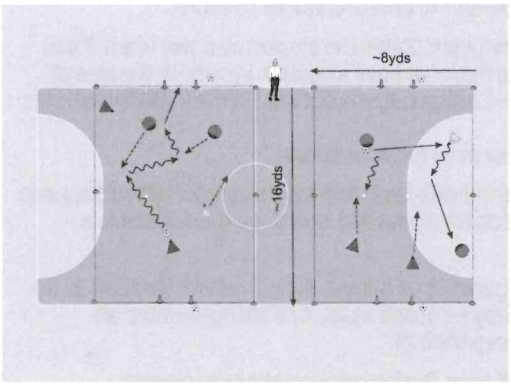
1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 8: SCORING
GOAL: Improve scoring goals
PLAYER ACTIONS: Shoot, Pass/dribble, Pass options
KEY QUALITIES: Read game/make decisions, Optimal technical, Initiative

Michael Souders
AGE: U13+ / 11v11 / 11 players
Attacking
DURATION: 60 min



1ST PLAY PHASE: INTENTIONAL FREE PLAY--20 MIN

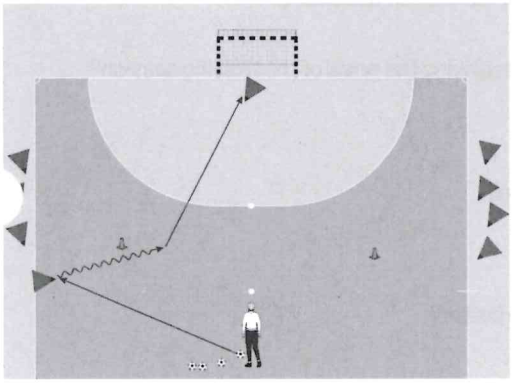
OBJECTIVE: Dribble or pass forward to create chances to score.

ORGANIZATION: Mark out two 16x8 -yard fields (48x24 feet) with two mini-goals made with cones or other convenient items on each end. You can adjust the size to your needs. Each field 2v2 +1 neutral player who always helps the attacking side. Rotate the neutral player at each break. Play for 5 minutes, then take a 1-2 minute break for questions.
KEY WORDS: Spread out! Dribble around your opponent! Get open! Look for the pass!

GUIDED QUESTIONS: 1) If we have the ball, how can we get forward around our opponents? 2) What do we need to dribble forward or pass forward? 3) How can we create gap?

ANSWERS: 1) Dribble or pass to a teammate. 2) A gap or opening in the defense. 3) Dribble and change directions or spread out to create gaps.

NOTES: FIRST BREAK: Coach asks players questions but asks them to try to discover answers while playing. SECOND BREAK: Coach asks player what they've found out and guides them We want to encourage players to want the ball and to dribble & change direction but we want to start encouraging passing too. Help them judge the situation.



PRACTICE (GAME ACTIVITY 1): SHOOTING: FUTSAL--10 MIN

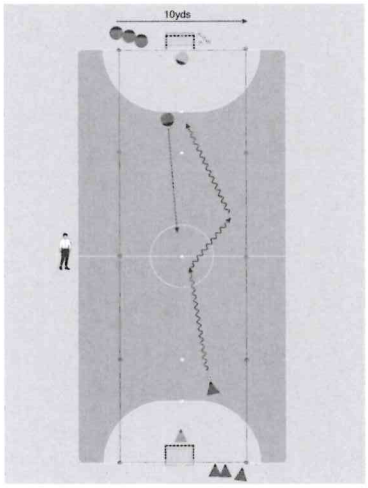
OBJECTIVE: Improving shooting

ORGANIZATION: Set up two cones approximately 8yds outside from the endline 4-5yds from sideline. Players line up and receive the ball from coach, then must play the ball out around the cone and shoot. After shooting, the player becomes the GK for the next shot. Players return to opposite line. Play 4 min-2 min break--Play 4 min.
KEY WORDS: Eye on ball! Ankle locked! Strike hard! Follow through!

GUIDED QUESTIONS: 1) What do we do to strike an accurate, powerful shot?

ANSWERS: 1) Look at ball, chest over ball, ankle locked down (pointed), step next to ball, backlift leg and knee, strike with laces, follow through.

NOTES: Players will WANT to do what they comfortable with (sidefoot, loose ankle, no backlift, etc). Encourage them to do the right thing even if it feels weird or fails at first.



PRACTICE (GAME ACTIVITY 2): END TO END 1+GK vs 1+GK--10 MIN

OBJECTIVE: Dribble around an opponent and score.

ORGANIZATION: Play in a 10yd wide band from end to end w/goals. Divide attackers & defenders w/GKs. Defending player team kicking a ball to the attacker. Then its a 1v1 to the goal. If the defender wins it, they can also go to the opposite goal. Switch who is attackers after 4 minutes. Count up scores. Play 2 rnds.
KEY WORDS: Change direction! Cut past them! Shoot!

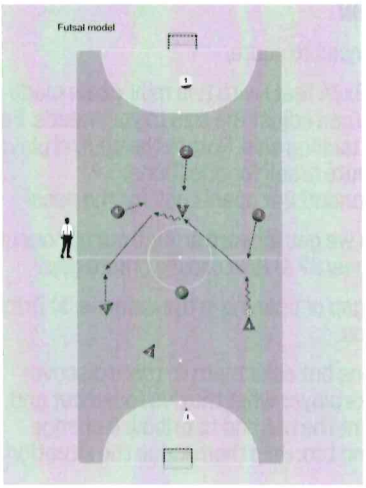
GUIDED QUESTIONS: NA

ANSWERS: NA

NOTES: Keep each iteration short--count down from 5-4-3-2-1 if it does too long. If GK gets ball, they can pass out to teammate.

PLAY/PRACTICE/PLAY: U14 FUTSAL SESSION 8: SCORING
GOAL: Improve scoring goals
PLAYER ACTIONS: Shoot, Pass/dribble, Pass options
KEY QUALITIES: Read game/make decisions, Optimal technical, Initiative

Michael Souders
AGE: U13+ / 11v11 / 11 players
Attacking
DURATION: 60 min



2ND PLAY PHASE: THE GAME--20 MIN

OBJECTIVE: Dribble or pass around our opponent to create chances to score.

ORGANIZATION: Use a full size futsal pitch w/goals. Divide the players into two team. If you have an odd number, 1 team play with 1 less player or have a neutral. Introduce the idea of the diamond 1-1-2-1 formation w/GK. Play 5v5 futsal rules as outlined in the FYSA futsal rules . Two 11-min halves w/3-min half-time.
KEY WORDS: Spread out, get open, dribble or pass forward, shoot!

GUIDED QUESTIONS: 1) How does spreading out help us attacking the goal? 2) What happens if we clump together? 3) How do we get open for a pass? 4) How does this resemble a rondo?

ANSWERS: 1) It creates space, it opens us gaps for us dribble, pass, or shoot through. 2) No space to dribble, pass or shoot. 3) Move away from opponent. 4) If we outnumber an opponent, we can just pass and move to keep the ball.

NOTES: Ask questions/get feedback at half time. During game, make sure players understand the rules as you go (kick-ins, corners, etc). Encourage spreading out, dribbling and passing.

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?

1v1 DEFENDING MINI-MANUAL

At our level, we are looking to teach proper body positioning and technique for defending in 1v1 situations. The aspects of proper 1v1 defending are: 1) Approach, 2) Distance, 3) Body shape 4) When to intervene.

Approach/Distance

When the defender closes down, they need to think about speed and angle. For speed, the defender needs a “fast, then slow” approach. Close down quickly to 4-5 yards then turn and slow down to prevent the attacker from using the player’s momentum to get past them and hold a position 1-2 yds from the ball. For angle, the player to get them between the attacker and the goal and try to angle the attacker toward the sideline, the defender's teammate, or the attackers.

Body shape

The defender be in an athletic stance, knees somewhat bent, chest down, arms out for balance and to reach out to control opponent, turned at roughly 45* degrees to the ball with your weight on your BACK foot.

Tackling/Stealing

The defender should wait until the attacker is off balance or has a heavy touch to try to get the ball. Patience is key to avoid “diving in” and letting the attacker move past. The defender can either try to tackle the ball away or separate the attacker from the ball.

Images from “5 BASIC DEFENDING SECRETS - How to improve as a defender in soccer FAST” by Will John (Youtube).

GOALKEEPING MINI-MANUAL

At our level, we are mainly looking to teach some very basic futsal goalkeeping techniques. This sheet will help you instruct your players on two basic techniques: 1) “Set” position, 2) Blocking technique. Shooting in futsal is often at close range. Whereas outdoor soccer emphasizes diving and catching the ball, futsal goalkeeping is more about reaction blocks, using any body part available, often the feet, legs, or chest. Futsal goalkeepers will benefit from wearing knees pads.

Set position

Set position is the position of readiness for goalkeepers. The aspects of set position are: 1) Knees bent, 2) Weight on front of feet, 3) Hands ready but slightly low, 4) Torso pitched forward, 5) Head up, nose out in front of toes.

Blocking position

Blocking position involves the goalkeeper trying to place the front footsideway in the most likely path of the ball while spreading the rest of the body in a way that protects the goal. This involves twisting sideways, bringing the far side knee down and spreading the arms while keeping the chest centered.

In practice, the goalkeeper attempts to step in front of the shot, as here:

Images from “Part 1 - Tony Elliott: Futsal Goalkeeper Techniques | FA Learning Coaching Session”

Fairbanks Youth Soccer Association

Medical Emergency Action Plan

If the case of a medical emergency or injury to a player, the coach should do take the following actions:

1. **Assess the situation** by examining the injury or condition of the person and determine if immediate professional medical care is necessary.
2. **Request Assistance** from an assistant coach, opposing coach, or referee, to supervise other players while dealing with the emergency.
3. **Retrieve Emergency Action Plan (EAP)**. The guide online will include information on the location's address, best access, contact information, availability of an Automated External Defibrillator (AED) machine at the location and other information. **There is an AED at the FYSA Main Office at the Wilbur Street Soccer Complex. There is no AED on-site at the South Davis Complex or the Artificial Turf Complex. If you are the ATC, you may be able to reach the Main Office. At the South Davis complex, do not attempt to retrieve the AED. First Aid kits are available at the Main Office.**
4. **If it is an immediate serious emergency, the coach should:**
    a. Send an assistant coach, opposing coach, adult spectator or, if necessary, a player to call 9-1-1 with the location information from the EAP. The coach should stay with the player until medical professionals arrive.
    b. Take action immediately to address the situation, including providing first aid or CPR if the coach is trained to do so or by requesting help from anyone who is trained to provide emergency medical care. If no one is trained to provide emergency medical care, the coach should immediately seek out information on how to provide care and apply that care, if possible.
    c. Contact the impact player's emergency contacts after medical professionals have arrived and taken over care or if the coach is no longer involved in immediate care.
    d. Contact FYSA after the previous steps have been completed and report the incident, if FYSA staff are not already aware.
5. **If it is a serious injury but NOT an immediate emergency the coach should:**
    a. Take action to address the situation, including providing first aid if they are trained to do so or find an individual trained to provide first aid or find information on how to provide basic first aid.
    b. Use an assistant coach or opposing coach to immediately contact the impacted player's emergency contacts immediately if the injury is serious enough to need urgent care from medical professionals, even if it is not an immediate medical emergency. Use the EAP to provide information to the emergency contacts on the location of the venue.
    c. Contact FYSA after the match or training to report the incident.
6. **If the injury is slight or moderate, the coach should:**
    a. Take action to address the situation, including providing first aid if they are trained to do so or reach out to an individual able to provide first aid.
    b. If the injury is moderate, the coach can wait until the nearest convenient opportunity to contact the parent/guardians to inform them of the situation. Younger players may benefit from speaking with their parent/guardian even if the injury is only slight or painful.
    c. If professional medical care is determined likely to be necessary, report the incident to FYSA after the match or training.

RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT ANNE WIEN ELEMENTARY

Address: 1501 HAMPSTEAD AVENUE, FAIRBANKS, AK

Venue: ANNE WIEN ELEMENTARY

Cross Streets: HAMPSTEAD AVENUE & DANBY STREET

Main Entrance: VESITIBULE ON NORTHWEST SIDE NEAR ICE RINK (SEE DIAGRAM)

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: 907-451-7500 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

Location of AED(s): NA

Location of Medical Kit/Equipment: NA

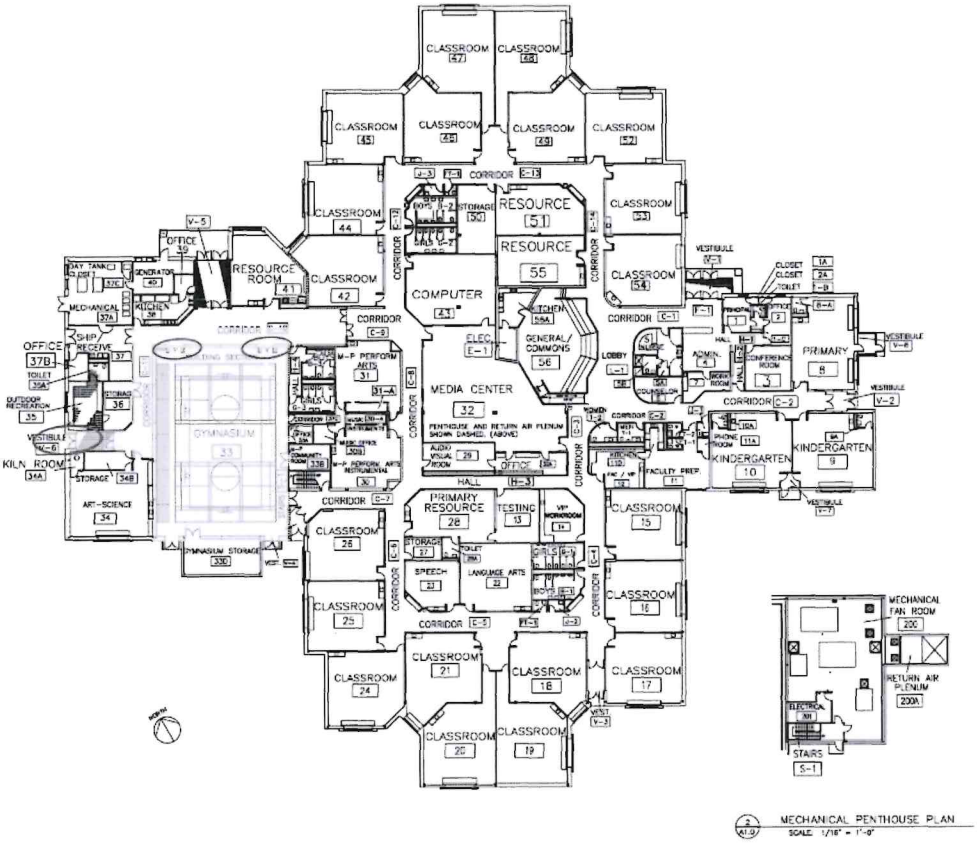
Location of Medical Tents/Athletic Training Room: _____

LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
  - Call 9-1-1 and provide location/direction assistance to entrance and access options
- Retrieve emergency medical equipment
- Direct EMS to scene
  - Assure gates and access are unrestricted (locked gates are opened)
  - Designate individual(s) to direct EMS to Scene
  - Scene control: limit scene to first aid providers and to providers with an active role

RECOGNIZE TO RECOVER

EMERGENCY ACTION PLAN



RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT DENALI ELEMENTARY SCHOOL

Address: 1042 LATHROP STREET, FAIRBANKS, AK

Venue: DENALI ELEMENTARY SCHOOL

Cross Streets: 10TH AVENUE & STEWART STREET

Main Entrance: NORTHWEST CORNER GYMNASIUM DOORS (SEE DIAGRAM)

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: 907-452-2456 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

Location of AED(s): NA

Location of Medical Kit/Equipment: NA

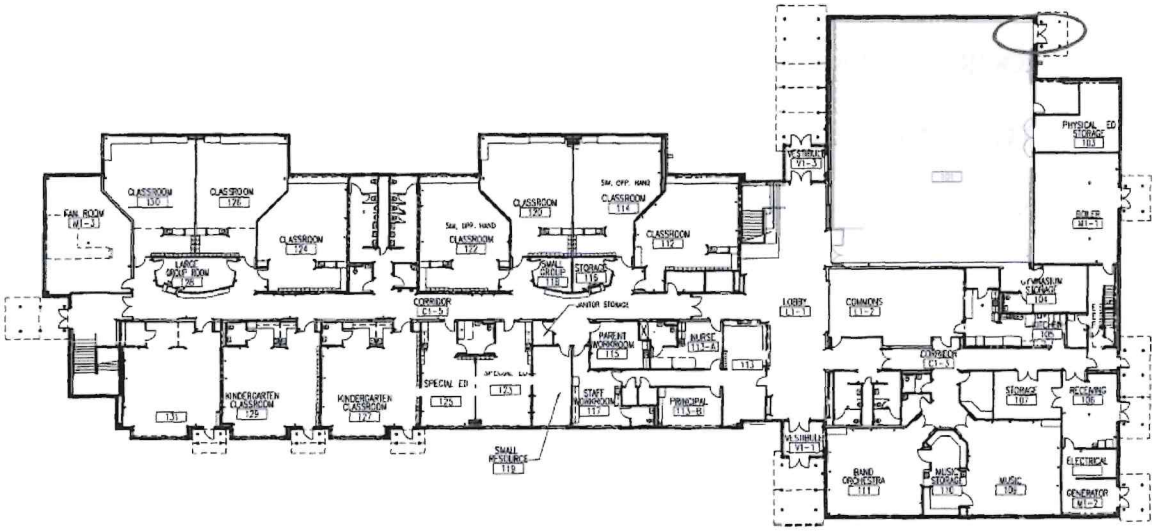
Location of Medical Tents/Athletic Training Room: _____

LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
  - Call 9-1-1 and provide location/direction assistance to entrance and access options
- Retrieve emergency medical equipment
- Direct EMS to scene
  - Assure gates and access are unrestricted (locked gates are opened)
  - Designate individual(s) to direct EMS to Scene
  - Scene control: limit scene to first aid providers and to providers with an active role

EMERGENCY ACTION PLAN

Denali Elementary - 1st Floor



RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT HUNTER ELEMENTARY

Address: 1630 GILLIAM WAY, FAIRBANKS, AK

Venue: HUNTER ELEMENTARY SCHOOL

Cross Streets: 16TH AVENUE & GILLIAM WAY

Main Entrance: NORTH SIDE OF SCHOOL, GYM DOORS

Locker Room Location: GYMNASIUM

Field Locations: _____

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: SCHOOL: 907-456-5775 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

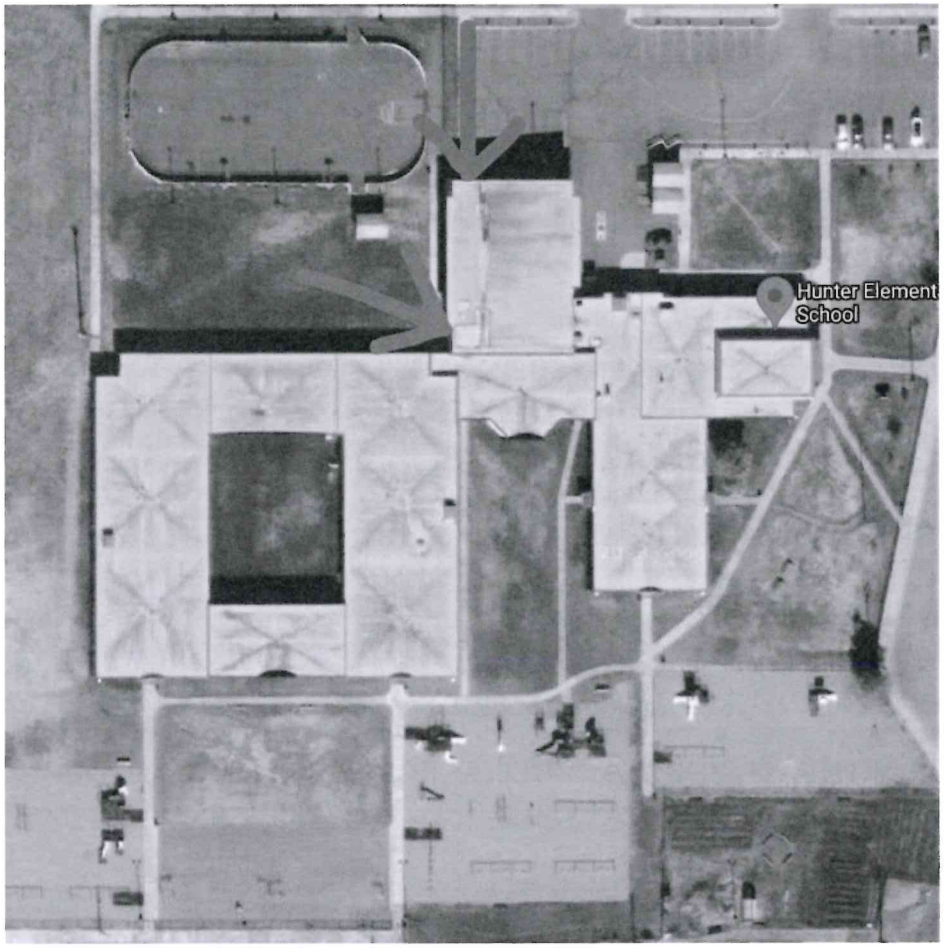
Location of AED(s): NA

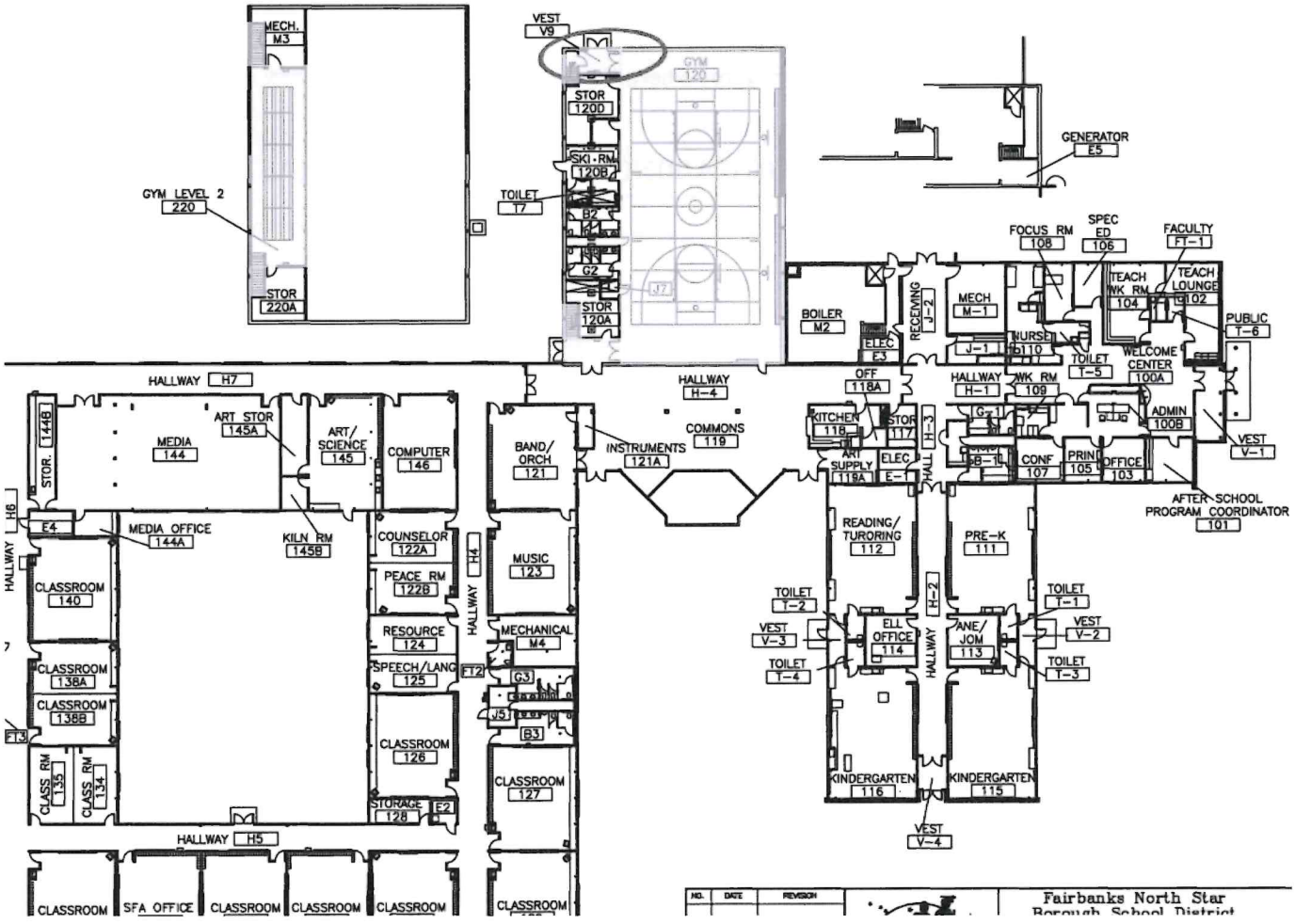
Location of Medical Kit/Equipment: NA

Location of Medical Tents/Athletic Training Room: _____

LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
  - Call 9-1-1 and provide location/direction assistance to entrance and access options
- Retrieve emergency medical equipment
- Direct EMS to scene
  - Assure gates and access are unrestricted (locked gates are opened)
  - Designate individual(s) to direct EMS to Scene
  - Scene control: limit scene to first aid providers and to providers with an active role


Hunter Element
School


MECH. M3
GYM LEVEL 2 220
STOR 220A
VEST V9
GYM 120
STOR 120D
SKI RM 120B
TOILET T7
STOR 120A
GENERATOR E5
FOCUS RM 108
SPEC ED 106
FACULTY FT-1
TEACH WK RM 104
TEACH LOUNGE 102
PUBLIC T-6
BOILER M2
RECEIVING J-2
MECH M-1
NURSE 110
TOILET T-5
WELCOME CENTER 100A
ADMIN 100B
VEST V-1
HALLWAY H-1
WK RM 109
HALLWAY H7
HALLWAY H-4
OFF 118A
KITCHEN 118
STOR 117
ART SUPPLY 119A
ELEC E-1
CONF 107
PRINT 105
OFFICE 103
AFTER-SCHOOL PROGRAM COORDINATOR 101
STOR. 144B
MEDIA 144
ART STOR 145A
ART/ SCIENCE 145
COMPUTER 146
BAND/ ORCH 121
INSTRUMENTS 121A
COMMONS 119
HALLWAY H6
E4
MEDIA OFFICE 144A
KILN RM 145B
COUNSELOR 122A
PEACE RM 122B
MUSIC 123
HALLWAY H4
CLASSROOM 140
RESOURCE 124
MECHANICAL M4
CLASSROOM 138A
SPEECH/LANG 125
FT2
G3
CLASSROOM 138B
FT3
J5
B3
CLASSROOM 126
CLASSROOM 127
CLASS RM 135
CLASS RM 134
STORAGE 128
E2
HALLWAY H5
CLASSROOM
SFA OFFICE
CLASSROOM
CLASSROOM
CLASSROOM
CLASSROOM
READING/ TURORING 112
PRE-K 111
HALL H-3
HALL H-2
TOILET T-2
TOILET T-1
VEST V-3
ELL OFFICE 114
ANE/ JOM 113
VEST V-2
TOILET T-4
TOILET T-3
HALLWAY
KINDERGARTEN 116
KINDERGARTEN 115
VEST V-4
NO.
DATE
REVISION
Fairbanks North Star
Borough School District

RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT LADD ELEMENTARY

Address: 601 F STREET, FAIRBANKS, AK

Venue: LADD ELEMENTARY

Cross Streets: F STREET & CRAIG AVENUE, FAIRBANKS

Main Entrance: NORTHEAST SIDE VESTIBULE, ACROSS FROM ICE RINK (DIAGRAM)

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: 907-451-1700 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

Location of AED(s): NA

Location of Medical Kit/Equipment: NA

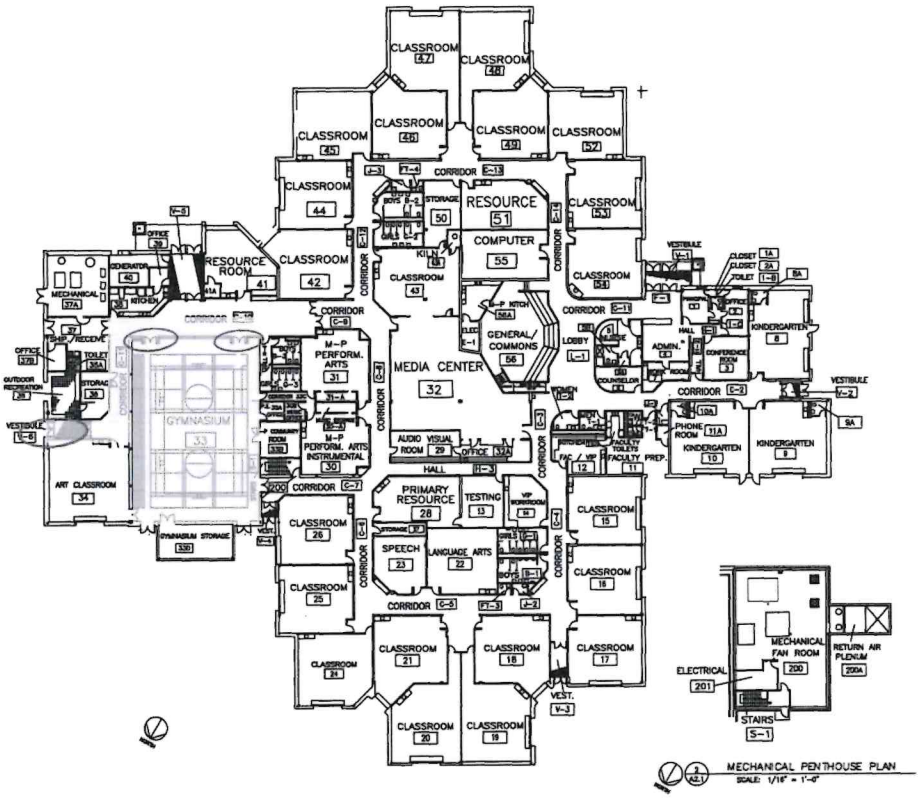
Location of Medical Tents/Athletic Training Room: _____

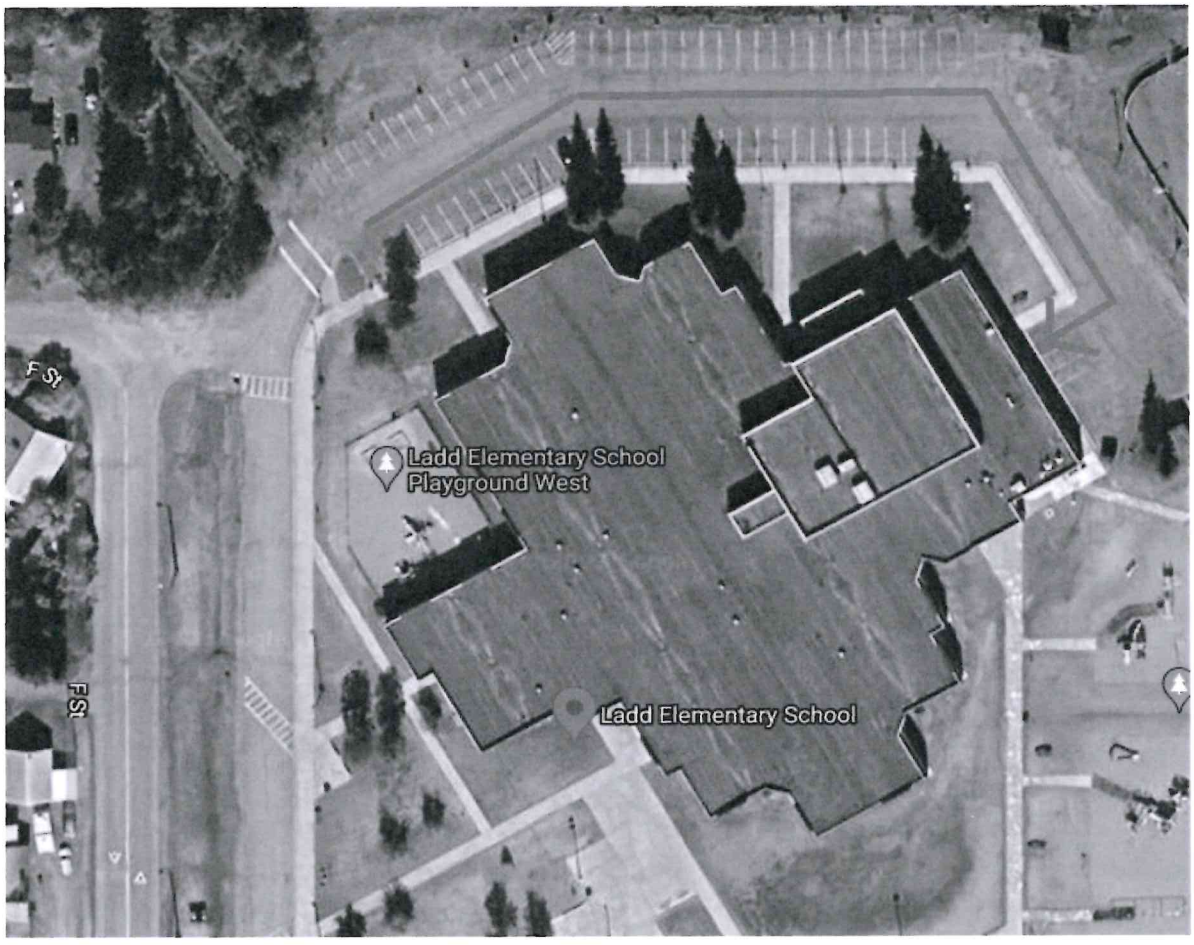
LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
  - Call 9-1-1 and provide location/direction assistance to entrance and access options
- Retrieve emergency medical equipment
- Direct EMS to scene
  - Assure gates and access are unrestricted (locked gates are opened)
  - Designate individual(s) to direct EMS to Scene
  - Scene control: limit scene to first aid providers and to providers with an active role

RECOGNIZE TO RECOVER

EMERGENCY ACTION PLAN





RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT [illegible]

Address: [illegible], FAIRBANKS, AK [illegible]

Venue: [illegible]

Cross Streets: [illegible]

Main Entrance: EAST SIDE, SOUTHWEST CORNER (DIAGRAM)

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: SCHOOL: 907-456-7794 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

Location of AED(s): NA

Location of Medical Kit/Equipment: NA

Location of Medical Tents/Athletic Training Room: _____

LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
  - Call 9-1-1 and provide location/direction assistance to entrance and access options
- Retrieve emergency medical equipment
- Direct EMS to scene
  - Assure gates and access are unrestricted (locked gates are opened)
  - Designate individual(s) to direct EMS to Scene
  - Scene control: limit scene to first aid providers and to providers with an active role

uditorium
Lathrop High School
Schable St
Schable St

RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT MIDNIGHT SUN ELEMENTARY SCHOOL

Address: 2301 BRADWAY ROAD, NORTH POLE, AK

Venue: MIDNIGHT SUN ELEMENTARY SCHOOL

Cross Streets: BRADWAY ROAD & WOLL ROAD

Main Entrance: NORTHWEST SIDE NEAR PARKING LOT (SEE DIAGRAM)

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: 907-488-0134 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

Location of AED(s): NA

Location of Medical Kit/Equipment: NA

Location of Medical Tents/Athletic Training Room: _____

LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
  - Call 9-1-1 and provide location/direction assistance to entrance and access options
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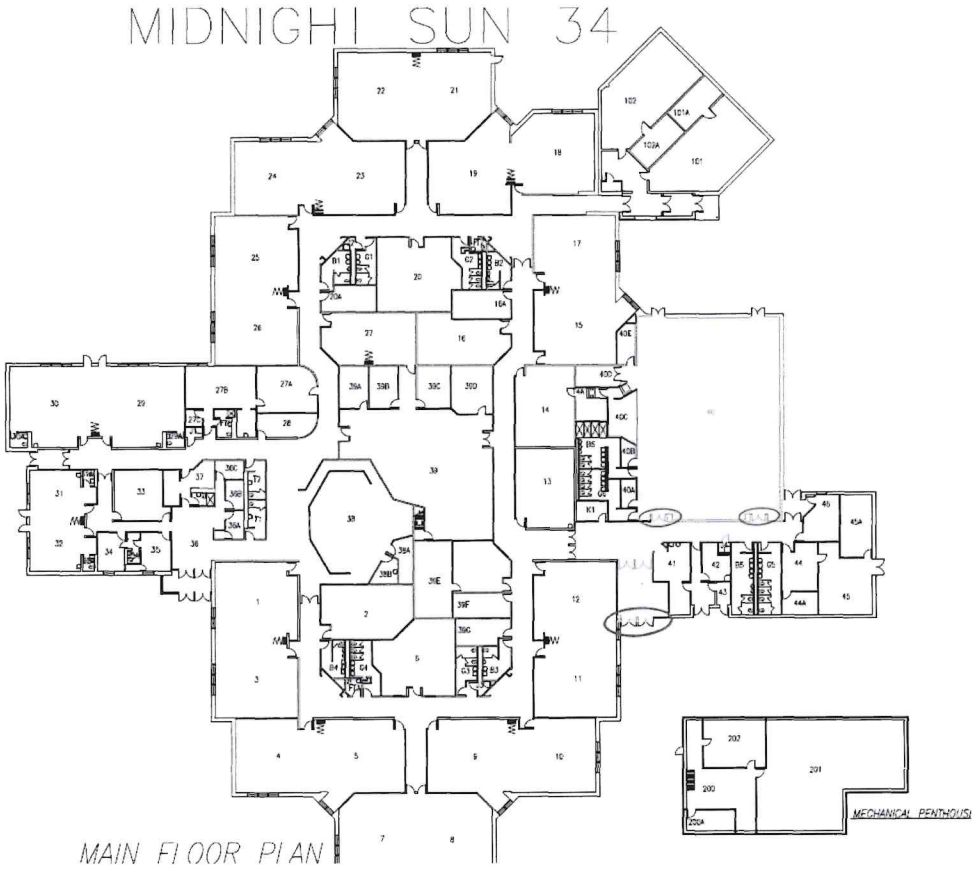
RECOGNIZE TO RECOVER

EMERGENCY ACTION PLAN



RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT NORTH POLE ELEMENTARY

Address: 250 SNOWMAN LANE, NORTH POLE, AK

Venue: NORTH POLE ELEMENTARY SCHOOL

Cross Streets: SNOWMAN LANE & EAST 4TH STREET

Main Entrance: GYMNASIUM DOORS ON EAST SIDE OF SCHOOL

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: 907-488-0134 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

Location of AED(s): NA

Location of Medical Kit/Equipment: NA

Location of Medical Tents/Athletic Training Room: _____

LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
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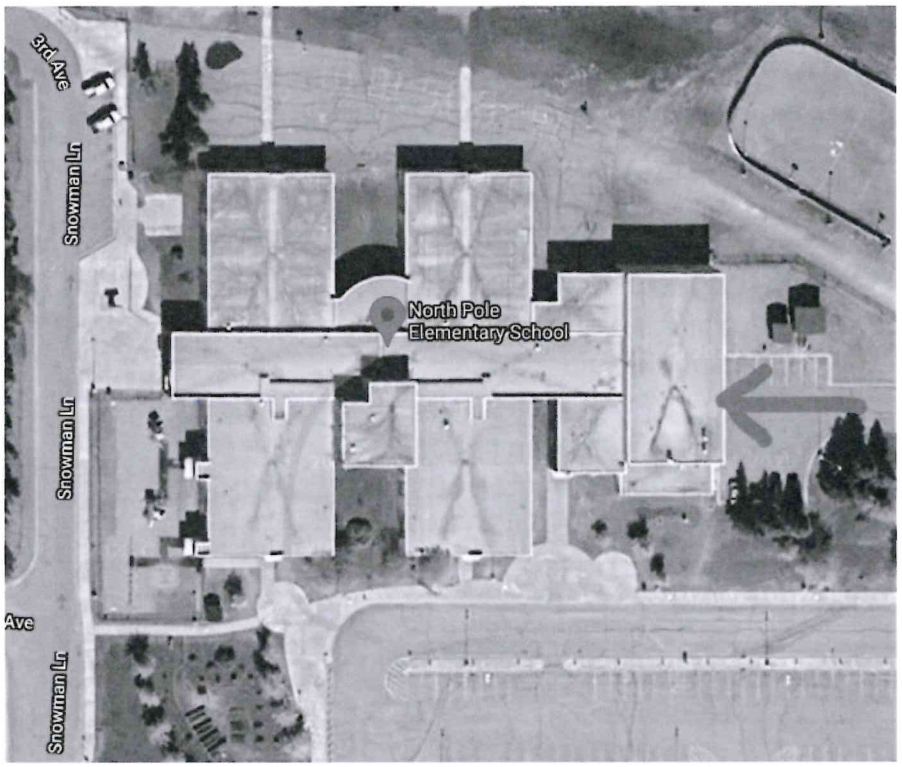
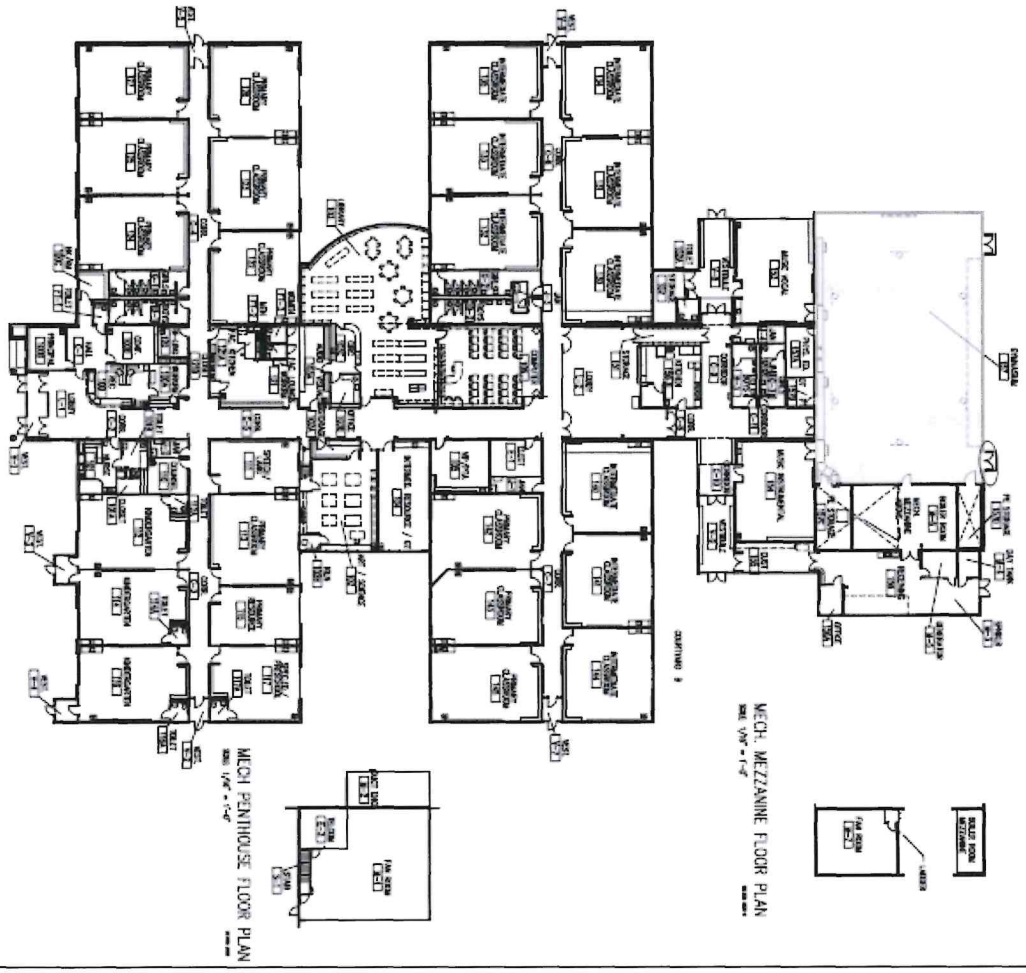
  - Scene control: limit scene to first aid providers and to providers with an active role

RECOGNIZE TO RECOVER

EMERGENCY ACTION PLAN





RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT NORTH POLE MIDDLE SCHOOL

Address: 300 EAST 8TH AVENUE, NORTH POLE, AK

Venue: NORTH POLE MIDDLE SCHOOL

Cross Streets: EAST 8TH AVENUE & DAVID BLVD

Main Entrance: SW SIDE GYMNASIUM DOORS (DIAGRAM)

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: SCHOOL: 907-488-2271 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

Location of AED(s): NA

Location of Medical Kit/Equipment: NA

Location of Medical Tents/Athletic Training Room: _____

LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
  - Call 9-1-1 and provide location/direction assistance to entrance and access options
- Retrieve emergency medical equipment
- Direct EMS to scene
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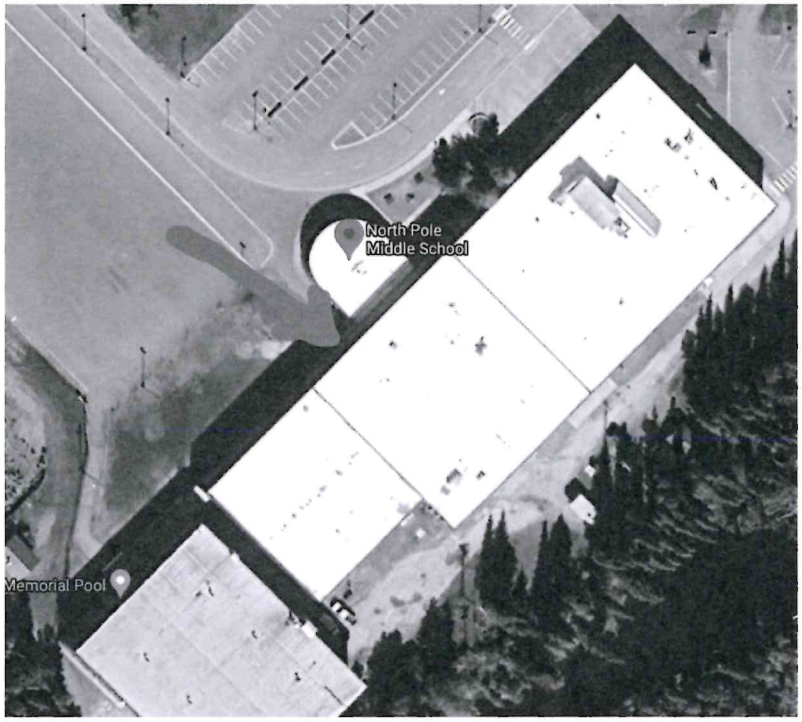
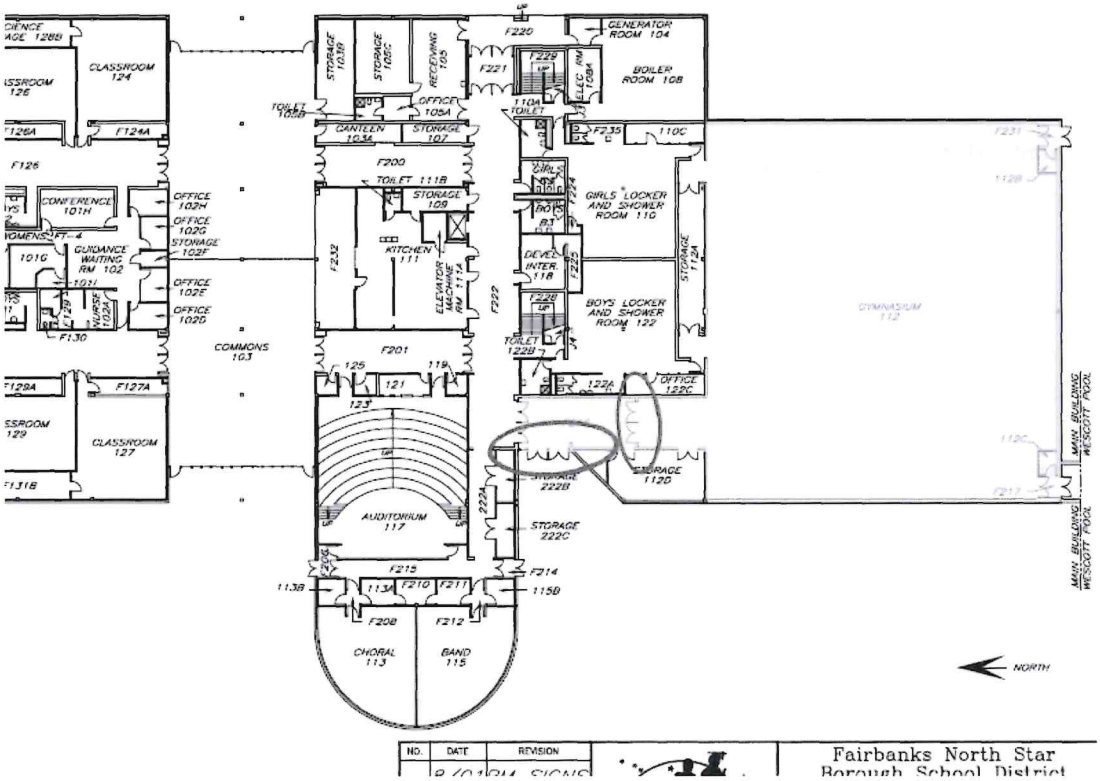
  - Scene control: limit scene to first aid providers and to providers with an active role

RECOGNIZE TO RECOVER

EMERGENCY ACTION PLAN





RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT RANDY SMITH MIDDLE SCHOOL

Address: 1401 BAINBRIDGE BLVD, FAIRBANKS, AK

Venue: RANDY SMITH MIDLE SCHOOL

Cross Streets: DANBY STREET & BAINBRIDGE BLVD

Main Entrance: NORTH DOORS MAIN (DIAGRAM)

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: SCHOOL: 907-458-7600 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

Location of AED(s): NA

Location of Medical Kit/Equipment: NA

Location of Medical Tents/Athletic Training Room: _____

LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
  - Call 9-1-1 and provide location/direction assistance to entrance and access options
- Retrieve emergency medical equipment
- Direct EMS to scene
  - Assure gates and access are unrestricted (locked gates are opened)
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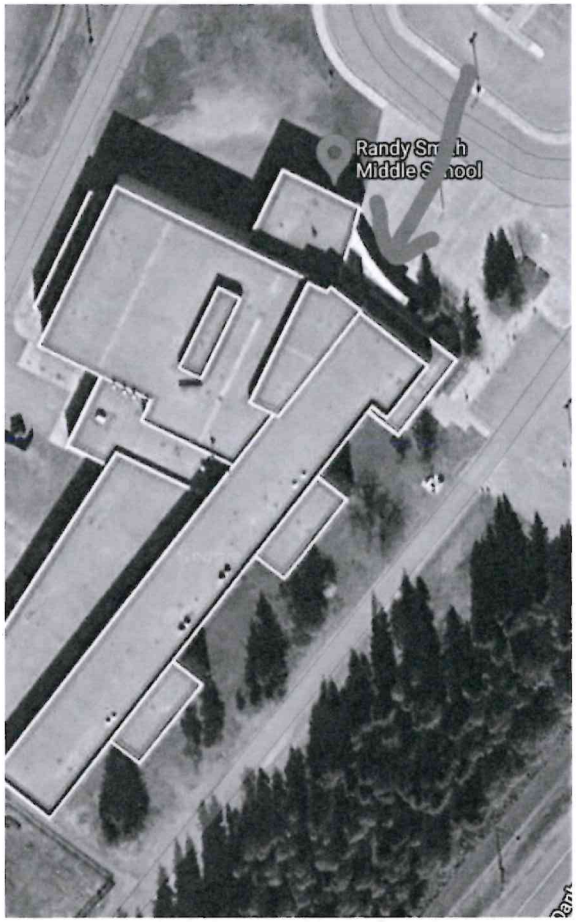
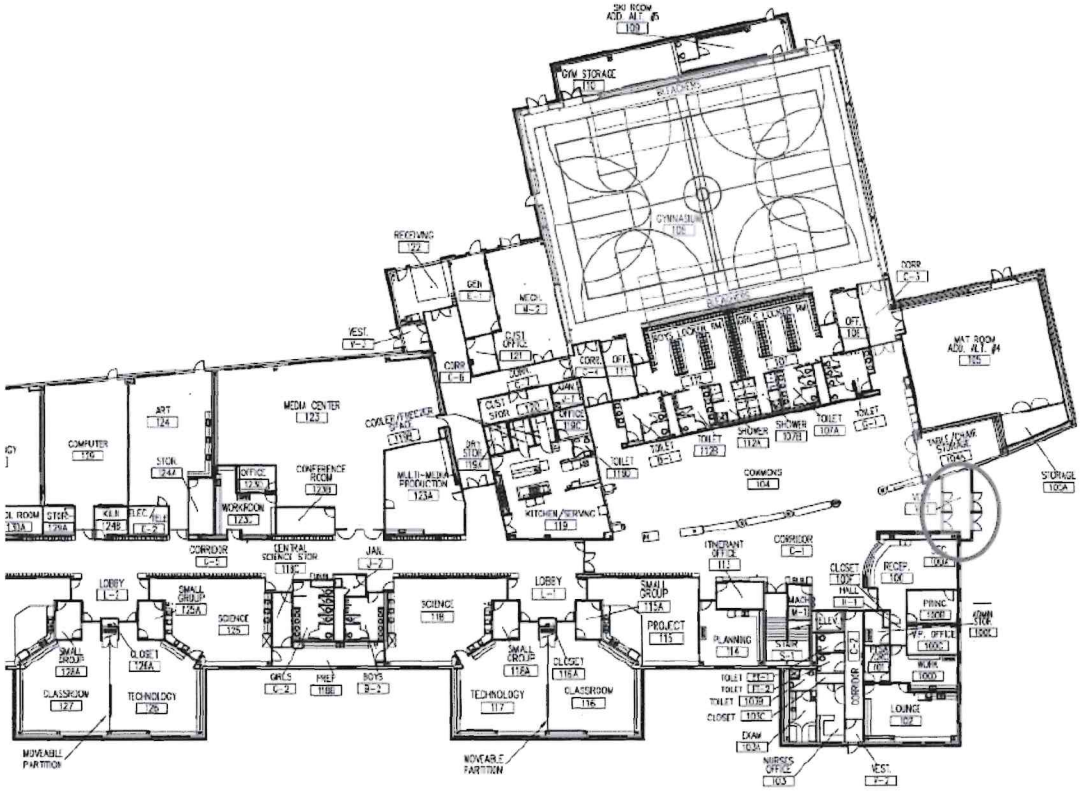
  - Scene control: limit scene to first aid providers and to providers with an active role

RECOGNIZE TO RECOVER

EMERGENCY ACTION PLAN





RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT RYAN MIDDLE SCHOOL

Address: 1450 COWLES STREET, FAIRBANKS, AK

Venue: RYAN MIDDLE SCHOOL

Cross Streets: COWLES STREET & AIRPORT WAY

Main Entrance: BEHIND MAIN BLDG, NORTH SIDE (DIAGRAM)

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: SCHOOL: 907-452-4751 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

Location of AED(s): NA

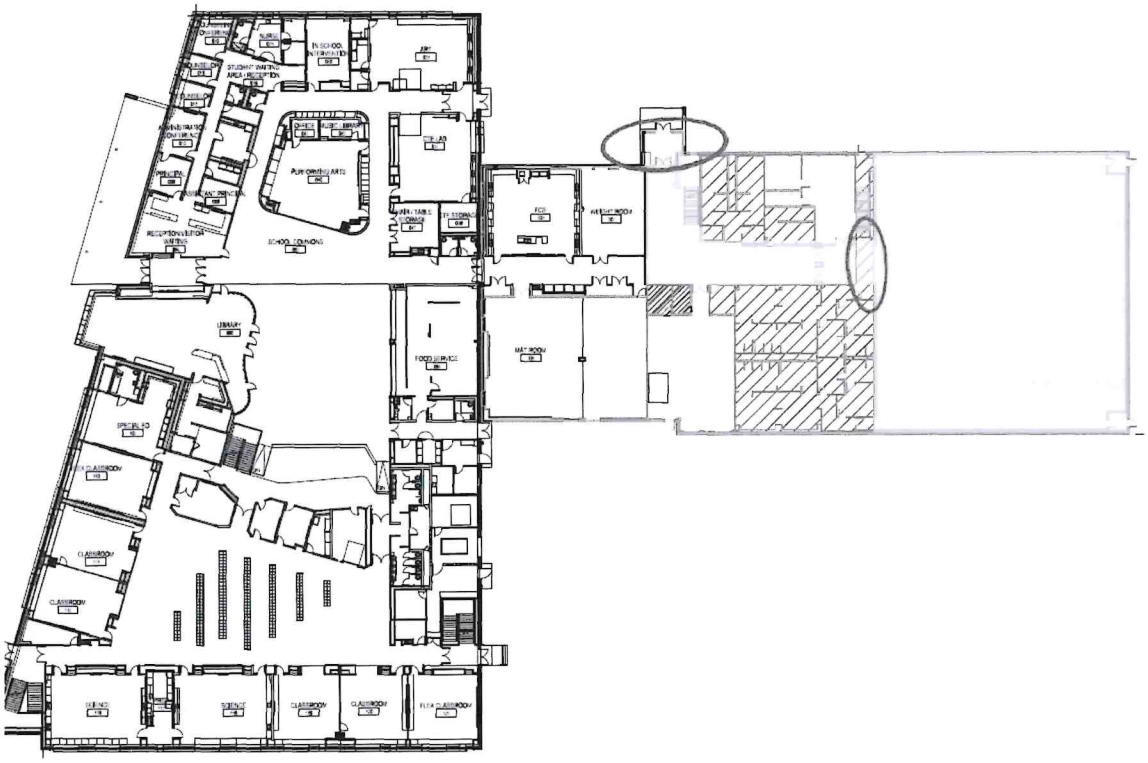
Location of Medical Kit/Equipment: NA

Location of Medical Tents/Athletic Training Room: _____

LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
  - Call 9-1-1 and provide location/direction assistance to entrance and access options
- Retrieve emergency medical equipment
- Direct EMS to scene
  - Assure gates and access are unrestricted (locked gates are opened)
  - Designate individual(s) to direct EMS to Scene
  - Scene control: limit scene to first aid providers and to providers with an active role

Airport Way
Airport Frontage Rd
Hering Auditorium
Cowles St
Lathrop High School
Ryan Middle School
Recently viewed
Cowles St
Malamute Stadium



RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT TANANA MIDDLE SCHOOL

Address: 600 WEST TRAINOR GATE ROAD, FAIRBANKS, AK

Venue: TANANA MIDDLE SCHOOL

Cross Streets: F STREET & WEST TRAINOR GATE ROAD

Main Entrance: WEST SIDE OF BUILDING OFF 'F' STREET

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: SCHOOL: 907-452-8145 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

Location of AED(s): NA

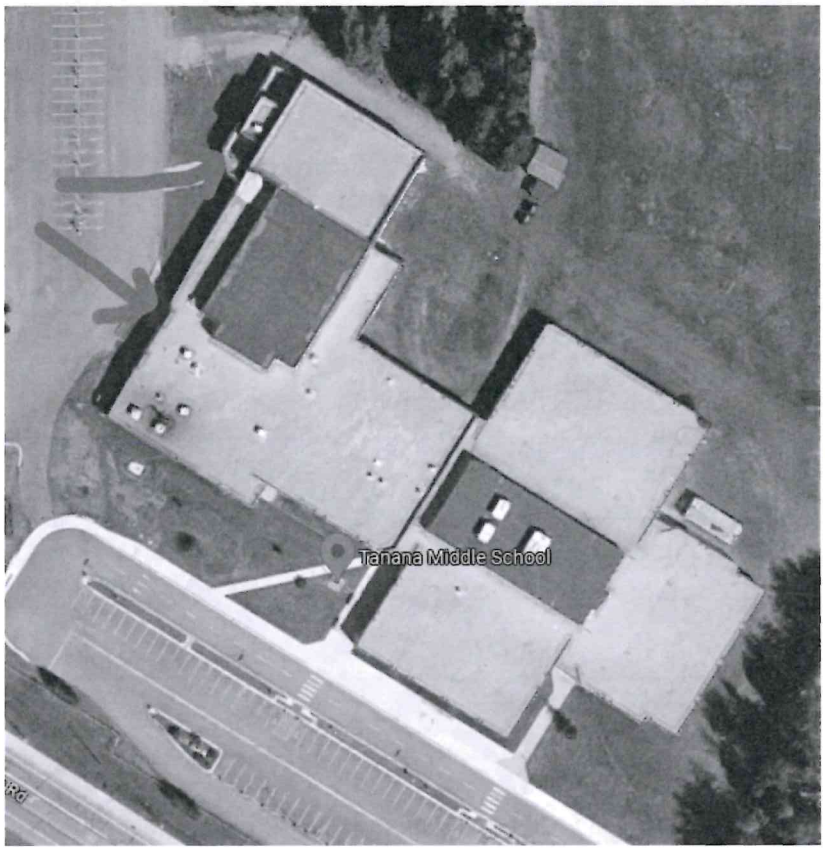
Location of Medical Kit/Equipment: NA

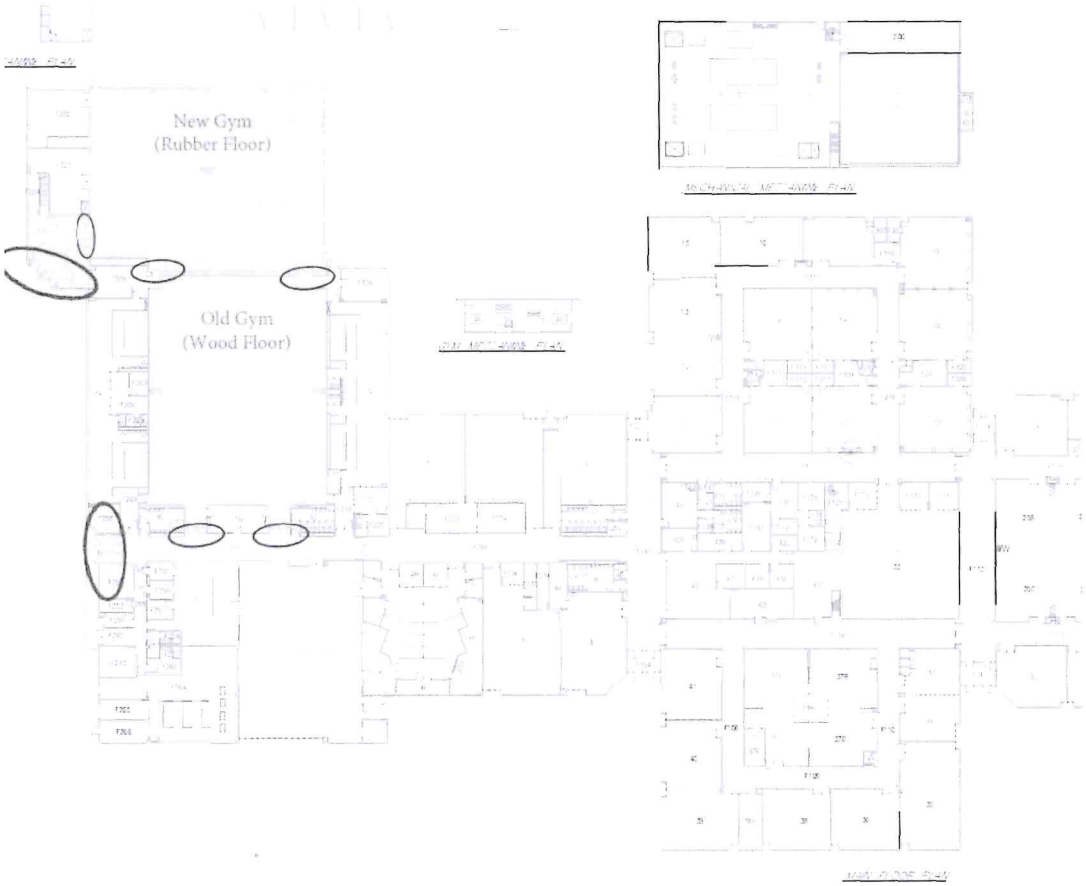
Location of Medical Tents/Athletic Training Room: _____

LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
  - Call 9-1-1 and provide location/direction assistance to entrance and access options
- Retrieve emergency medical equipment
- Direct EMS to scene
  - Assure gates and access are unrestricted (locked gates are opened)
  - Designate individual(s) to direct EMS to Scene
  - Scene control: limit scene to first aid providers and to providers with an active role

EMERGENCY ACTION PLAN





RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT TIKASUK BROWN ELEMENTARY

Address: 785 LAKLOEY DRIVE, NORTH POLE, AK

Venue: TICASUK BROWN ELEMENTARY SCHOOL

Cross Streets: LAKLOEY DRIVE & TICASUK BROWN ACCESS ROAD

Main Entrance: ON NW SIDE OF SCHOOL, AROUND BACK (DIAGRAM)

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: SCHOOL: 907-488-3200 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

Location of AED(s): NA

Location of Medical Kit/Equipment: NA

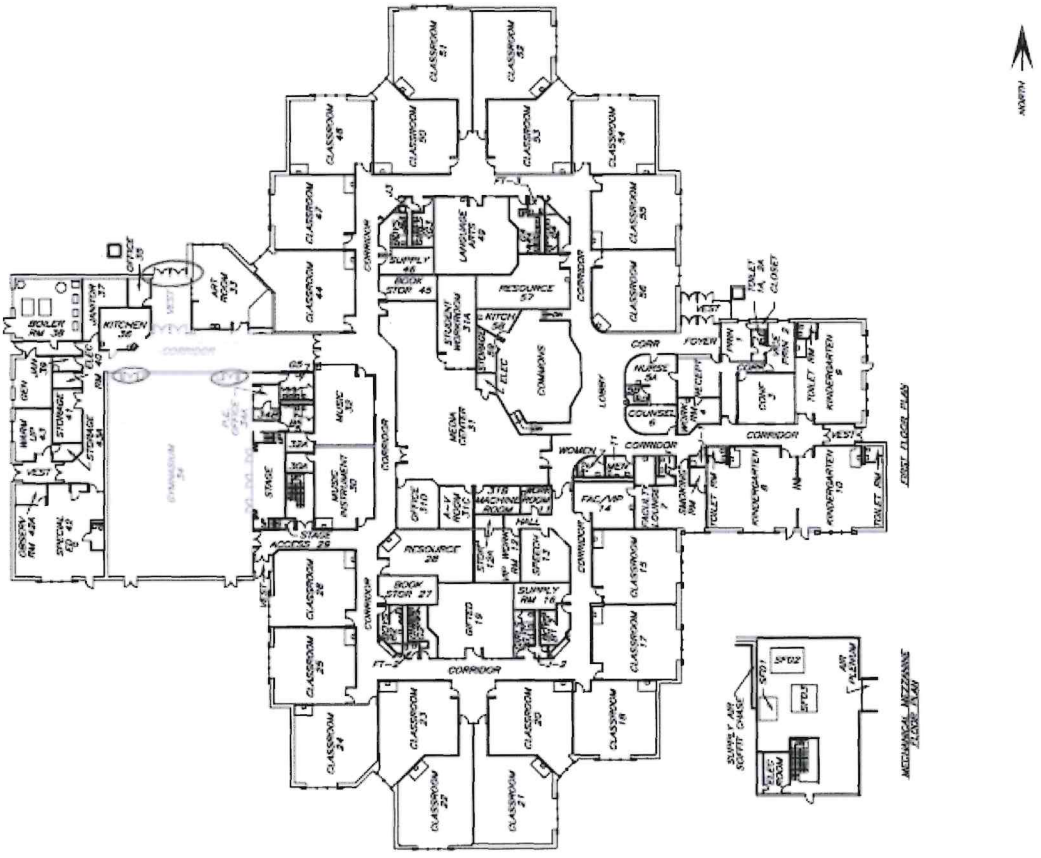
Location of Medical Tents/Athletic Training Room: _____

LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
  - Call 9-1-1 and provide location/direction assistance to entrance and access options
- Retrieve emergency medical equipment
- Direct EMS to scene
  - Assure gates and access are unrestricted (locked gates are opened)
  - Designate individual(s) to direct EMS to Scene
  - Scene control: limit scene to first aid providers and to providers with an active role

RECOGNIZE TO RECOVER

EMERGENCY ACTION PLAN



RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT U-PARK

Address: 554 LOFTUS ROAD, FAIRBANKS, AK

Venue: U-PARK ELEMENTARY SCHOOL

Cross Streets: LOFTUS ROAD & YORK AVENUE

Main Entrance: NORTHEAST SIDE OF BUILDING

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: SCHOOL: 907-479-6963 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

Location of AED(s): NA

Location of Medical Kit/Equipment: NA

Location of Medical Tents/Athletic Training Room: _____

LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
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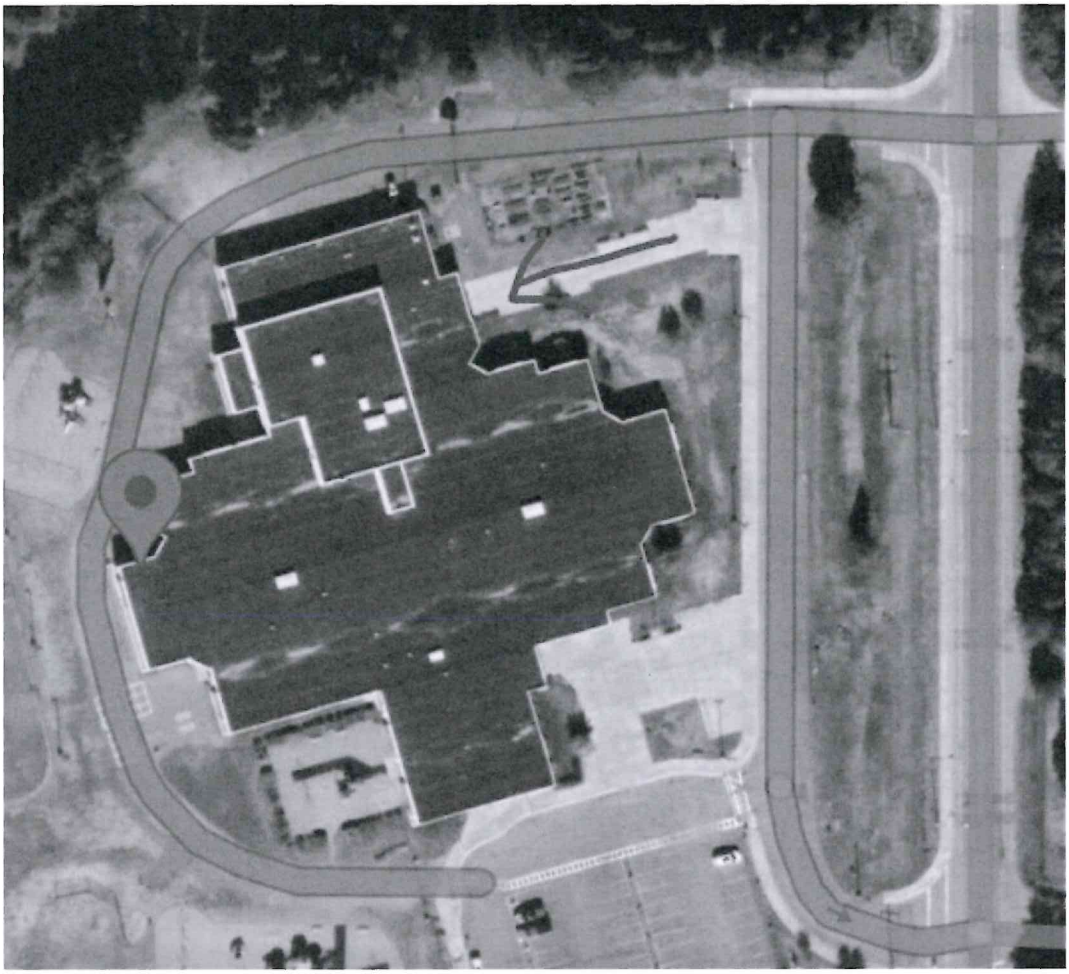
  - Designate individual(s) to direct EMS to Scene
  - Scene control: limit scene to first aid providers and to providers with an active role



RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT WELLER ELEMENTARY

Address: 635 ELEMENTARY DRIVE, FAIRBANKS, AK

Venue: WELLER ELEMENTARY SCHOOL

Cross Streets: ELEMENTARY DRIVE & RAYBURN DRIVE

Main Entrance: SECONDARY ENTRANCE ON NORTH SIDE, WEST END

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: SCHOOL: 907-457-1629 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

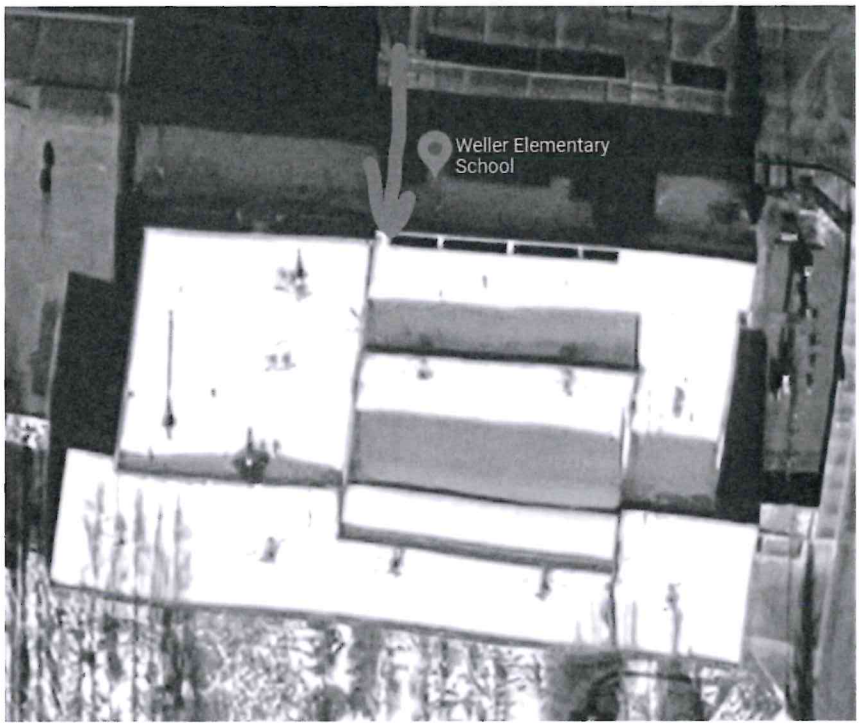
Location of AED(s): NA

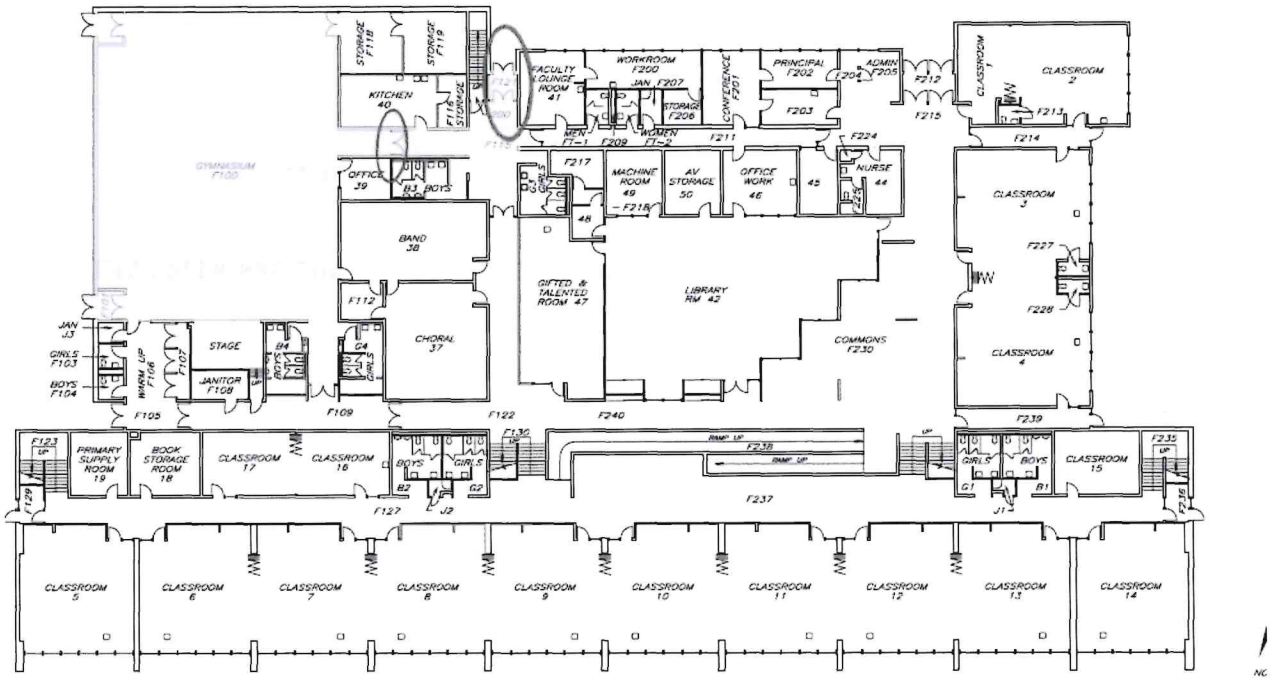
Location of Medical Kit/Equipment: NA

Location of Medical Tents/Athletic Training Room: _____

LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
  - Call 9-1-1 and provide location/direction assistance to entrance and access options
- Retrieve emergency medical equipment
- Direct EMS to scene
  - Assure gates and access are unrestricted (locked gates are opened)
  - Designate individual(s) to direct EMS to Scene
  - Scene control: limit scene to first aid providers and to providers with an active role


Weller Elementary
School


STORAGE F118
STORAGE F119
KITCHEN 40
F116 STORAGE
FACULTY LOUNGE ROOM 41
WORKROOM F200
JAN F207
STORAGE F206
CONFERENCE F201
PRINCIPAL F202
F203
ADMIN F205
F204
F212
CLASSROOM 2
F213
F214
F215
F224
MEN F209
WOMEN F211
F217
MACHINE ROOM 49
AV STORAGE 50
OFFICE WORK 46
45
NURSE 44
F225
48
OFFICE 39
BOYS
BAND 38
F112
CHORAL 37
GIFTED & TALENTED ROOM 47
LIBRARY RM 42
COMMONS F230
CLASSROOM 3
F227
F228
CLASSROOM 4
F239
JAN J3
GIRLS F103
BOYS F104
WARM UP F106
F107
STAGE
JANITOR F108
G4 BOYS
G4 GIRLS
F105
F109
F122
F240
F123
PRIMARY SUPPLY ROOM 19
BOOK STORAGE ROOM 18
CLASSROOM 17
CLASSROOM 16
BOYS
GIRLS
B2
G2
J2
F127
F129
F130
RAMP UP
F238
F237
GIRLS
BOYS
G1
B1
J1
CLASSROOM 15
F235
F236
CLASSROOM 5
CLASSROOM 6
CLASSROOM 7
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CLASSROOM 9
CLASSROOM 10
CLASSROOM 11
CLASSROOM 12
CLASSROOM 13
CLASSROOM 14

RECOGNIZE TO RECOVER EMERGENCY ACTION PLAN

LOCAL CLUB INFORMATION

Club/Team Name: FAIRBANKS YOUTH SOCCER ASSOCIATION

Activity: INDOOR SOCCER (FUTSAL) AT WOODRIVER ELEMENTARY

Address: 5000 PALO VERDE AVE, FAIRBANKS, AK

Venue: WOODRIVER ELEMENTARY SCHOOL

Cross Streets: PALO VERDE AVE & TRINIDAD DRIVE

Main Entrance: NW DOORS ON SIDE OF SCHOOL (SEE DIAGRAM)

Locker Room Location: NA

Field Locations: GYMNASIUM

*** See map for highlighted emergency vehicle entrance options. ***

Emergency Communication

- On-site telephone number: SCHOOL: 907-479-4211 (DURING HOURS), 907-388-8424 (AFTER HOURS)
  - Location: _____ (i.e. training room, locker room or field house)
- Fields
  - Cell phone: _____ (Certified Athletic Trainer)
  - Cell phone: 907-987-6334 (Director of Club)
  - Cell phone: _____ (Coach or Coaches) <--YOUR NUMBER HERE!

Location of Shelters: NA

Location of AED(s): NA

Location of Medical Kit/Equipment: NA

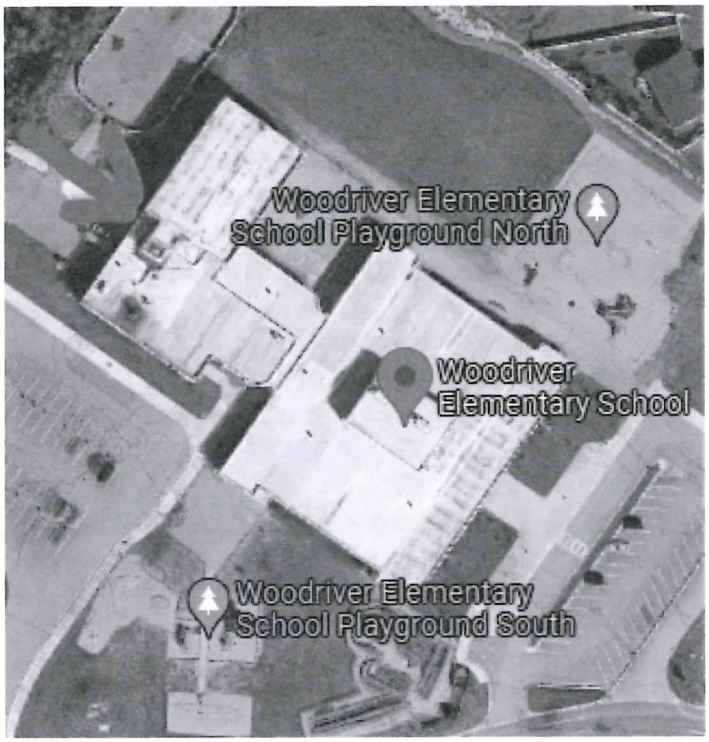
Location of Medical Tents/Athletic Training Room: _____

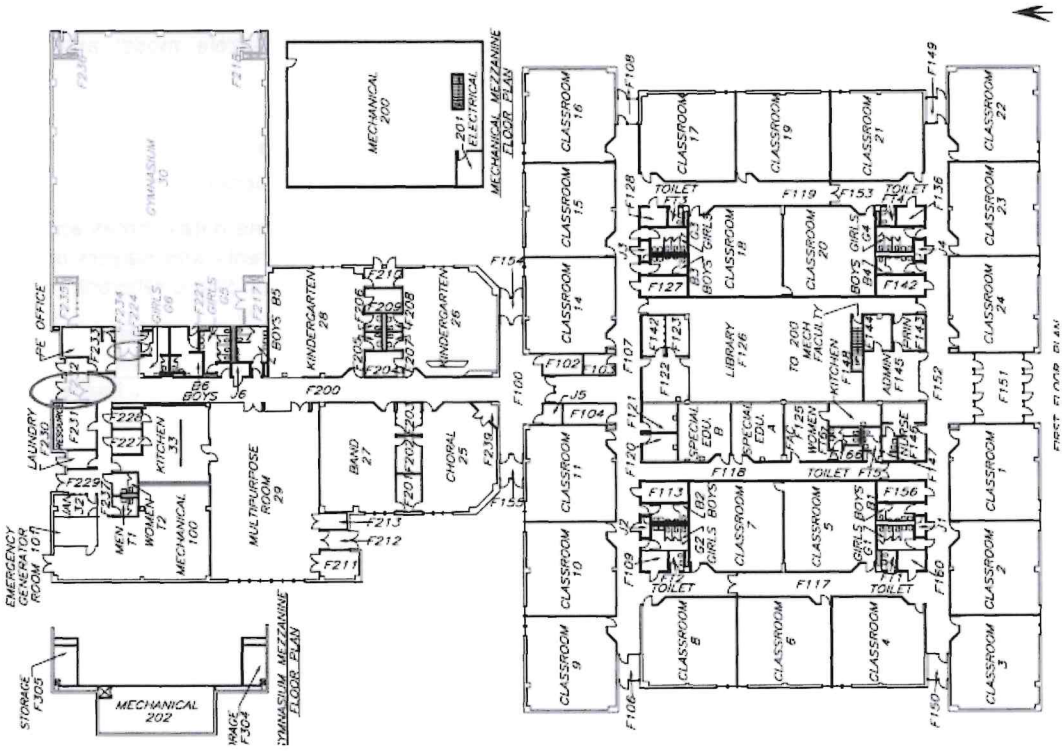
LOCAL CLUB INFORMATION

- Immediate care of athletes or staff
- Keep scene, athletes and spectators safe based on incident
- Activate emergency medical services (EMS)
  - Call 9-1-1 and provide location/direction assistance to entrance and access options
- Retrieve emergency medical equipment
- Direct EMS to scene
  - Assure gates and access are unrestricted (locked gates are opened)
  - Designate individual(s) to direct EMS to Scene
  - Scene control: limit scene to first aid providers and to providers with an active role

RECOGNIZE TO RECOVER

EMERGENCY ACTION PLAN





YOUTH INDOOR FUTSAL SOCCER PROGRAM HANDBOOK, Fall 2024

For Coaches, Parents, Players & Referees
Last Updated: August, 2024
Email: staff@fairbanksyouthsoccer.com
Website: www.fairbanksyouthsports.org
Office Phone: 907-456-FYSA (456-3972)
After Hours FYSA: 907-987-6334 call or text
FNSBSD Gym-access issues: 907-456-4107

***Note: For indoor seasons, FYSA utilizes futsal rules. Read the following rules carefully.**

Coaches, parents, players & referees - Our goals are Safe, Fair and Fun!

SAFE. Our first responsibility is the health and safety of all participants. Check players' equipment and gym conditions for safety. Teach players safe techniques and methods of play to help avoid injuries. Communicate with parents often. Be familiar with and adhere to any COVID-19 related 'mitigation plan' guidelines as published by FYSA.

FAIR. Know and understand the Futsal Laws of the Game and policies set forth by FYSA in this Handbook and online. Be sensitive to each child's needs. Be aware of and educate players on the technical, physical and psychological aspects of the game for their level. Ensure all players play a minimum of 50% of each game they attend.

FUN! Develop each child's appreciation of the game with positive feedback. Keep winning and losing in their proper perspective. Practices should be conducted in the spirit of enjoyment and learning**.** Be a positive role model and set the standard for sportsmanship with opponents, referees, administrators and spectators.

LEAGUE POLICIES, PROCEDURES AND GUIDELINES

(Note: While many topics are applicable to all ages, some info does not pertain to PreK divisions)

Coaches! Your first task is to contact your team. FYSA schedules all practice and game dates, times and locations. Make sure you and all parents are aware of the schedule and have a way to contact you. Inform parents and players of proper equipment to bring to practices and games. Keep parents informed of any changes to the posted schedules. Share relevant info contained here.

Uniforms, Equipment & Safety: Only **non-marking athletic shoes are to be worn for indoor soccer activities.** FYSA reversible jerseys should be worn as BLUE for the Home team and GREEN for the Away team. Players must wear shinguards during games and practices. **No jewelry or watches may be worn during games or practice.** This includes earrings and other piercings. Covering piercings and other jewelry with tape or a bandage is NOT sufficient.

Players in age groups U10 division (equivalent to our 5th-6th grade division) and younger, **shall not head the ball during practice or in a game**. Coaches should familiarize themselves with concussions and other player safety information available online.

Futsal soccer balls will be provided to each recreational team, but players are welcome and encouraged to bring their own ball for practices. Coaches return balls and other team gear to FYSA after the last game. Questions regarding equipment and safety may be directed to FYSA. Coaches and parents should discuss any special needs of players. Players should bring their playing shoes separate from those they wear outside to avoid tracking snow on the court.

Practices: Discuss parental involvement and expectations for adults and players. Discuss goals for the season and other policies. Help all youth and adults remember our focus on 'Safe, Fair and Fun'. During the registration process, each participant/parent accepts the Sportsmanship Commitment to show respect for others, including opponents and referees. Players should not be left unattended after games/practices. Parents/guardians do not need to stay for training sessions but must be one-time to pick-up their player promptly at the conclusion.

Every coach will be provided with practice plans for each level that we encourage coaches to use. These training plans include age-specific ideas and skill objectives. Coaches are permitted to develop their own training plans, if they are comfortable. Each practice session should have either an attacking or defending objective appropriate to the age-level that includes skill development points. We encourage a "Play-Practice-Play" format, modeled in the provided training plans, that is organized into three (3) twenty-minute minute phases.

-Play Phase 1: The coach should immediately have players play small-sided 2v2 or 3v3 games. Coaches can stop every 5 minutes to introduce the practices objectives and introduce the technical points of the training. This phase serves as the warm-up.
-Practice Phase: The coach should design an exercise that teaches the knowledge and skills necessary to achieve the goal of the training. This exercise should be as game-like as possible, avoiding having players standing in lines or waiting for long periods.
-Play Phase 2: The coach should have players play a 4v4 or 5v5 scrimmage. The coach can coach players to enact the knowledge and skills while players play. The coach should have a 2 minute half-time to re-emphasize the coaching points.

Coaching Education. FYSA encourages our coaches at all levels to obtain coaching education. We will provide a coaching training session at the start of the season, focusing on the Play-Practice-Play format. FYSA will also partially or entirely reimburse coaches who complete approved training courses. A list of approved courses will be distributed to coaches or is available on request.

Gym Information: FYSA reserves various gyms through FNSBSD to utilize for practices and games. Individual schools have priority over their gyms for activities. We may occasionally have cancellations, sometimes with little notice, of previously scheduled gym times. When such an event occurs, FYSA will make every effort to contact affected coaches and teams. Occasionally open slots to reschedule teams may be available. However, because school cancellations are out of our hands, we cannot guarantee that canceled practices will be rescheduled. All teams should help ensure that trash is picked up before they leave. Outside dumpsters are not for personal use. Parking signs (Handicapped, Fire Lane etc.) should be observed. Avoid tracking in snow, ice and water on the court. Dry shoes before entering and avoid walking across the center of the court. This helps reduce accidents due to wet spots on the floor.

Goals: Not all schools will have soccer goals on site, although most will. Goals will be placed at locations that host games on Saturdays and located outside the gym doors, usually up against the building. The first teams in the gym bring the goals inside to set them up and the last teams put them back. The responsibility for goal storage lies with the coaches and parents of the team(s) using the gym, not the referee or custodian. When moving the goals, carry rather than drag them to avoid damaging gym floors. If there are any questions regarding goal storage or if you notice a goal that is damaged or in disrepair, contact FYSA.

Field markings: Some of our facilities have futsal markings and others do not. When we do not have futsal marking, we will use the markings that are available on the floor. Fields may depart from FIFA futsal standards and may vary from location to location.

Bench location: Teams benches should be located on the opposite side of the spectators at each gym. Spectators are not permitted on the team side or, if impossible to avoid, are not permitted in the team areas.

To reduce confusion and permit coaches to clearly communicate and manage their teams, we are separating teams from the spectator area.

League Games: Coaches, ensure your players are properly attired and equipped. Referees will typically consult with each team prior to the game to communicate any specific guidelines regarding boundaries, goalie box, etc. Be on time! Games run back to back, so teams can begin warming up off the court by stretching and discussing the upcoming match. When the prior game has ended, teams should take to the court immediately and utilize all available time to continue warming up until the referee indicates the game is ready to begin. It is important that games start and finish on time. If you have the first game of the day, try and come a little earlier as goals will need to be set up. A 1:00pm game that starts at 1:10pm can create a domino effect. However, if managed properly by everyone involved, it is not difficult for the schedule to get back on track in just a couple game slots. Games delayed due to one of the teams may have shortened halves to ensure that they finish and clear the gym so the next teams can begin on time. Generally, there is a grace period of 4-5 minutes before this needs to be applied. The referee will communicate with coaches any adjustments to game length. If a game is delayed at no fault of either team (previous game running behind, gym access issues, etc.) every effort should be made by teams and the referee to quickly prepare for the new game to start as soon as possible.

50% Minimum Play Rule: All recreational players shall play a minimum of 50% of all available minutes for the games that they attend. Playing time is not required to be all in one half. Coaches are not required to track exact minutes of each player's participation, but they should be diligent in managing their substitutions to ensure each player is allowed a min. of 50% of playing time in each game they attend. Even if a child misses practice, they are entitled to this as it ensures that all participants will have a fair share of playing time, regardless of skill, age, gender and game outcome. **The 50% Minimum Play Rule must be followed, 100% of the time.**

Co-Ed Guidelines: Recreational teams are co-ed. There is no policy requiring a certain number of each gender to be on the court at any given time. Rather than dictating the number of males/females that must always be on the court, we instead emphasize the **'50% Minimum Play Rule'** as outlined above. Coaches are encouraged to follow a substitution schedule and not attempt to substitute for the match situation.

Sportsmanship: Coaches should set a good example for their players and promote good sportsmanship. Only positive comments should be made, whether to one's own team, opponents, spectators or the referee. Coaches are responsible for the conduct of their players and spectators. Do not argue with the referee regarding calls. Many referees, just like the players, are learning and growing. Referee concerns should always be handled respectfully. Contact FYSA with any concerns.

5-Goal Rule: Teams trailing by 5 goals or more may add an additional player onto the pitch. This player must be removed from the pitch when the gap is lower than 5 goals.

Forfeits and Unofficial Matches: If a team does not have the minimum number of players the match is deemed a forfeit. To allow all those present to still play some soccer an 'unofficial' match can still be played. The referee remains to oversee the match, which is still considered an FYSA activity. Teams may 'loan' players to balance out sides. If loaning cannot bring up one or both teams to full number on the field, other FYSA-registered youth present may participate, provided they are the same age or within one step of the team's age group. Adjust playing time accordingly, if necessary, to end the match at the originally scheduled time (see 'League Games' section). In 4v4 levels, loaning does not require the declaration of an unofficial match but recruitment of players outside the two rosters does require the coaches to agree on or inform the referee, if one is present.

Dual-Rostering: Recreational players may only play with one team. Players may only play for another team if an 'unofficial match' has been declared due to low attendance. The first option in a low attendance situation is a 'loan' of players between the two teams. If that is not feasible, and the opposing coach has no objections, a player from another team may be permitted to play. This extra

player should receive no more playing time than the least amount of playing time given to the rostered players. Teams may also opt to play with low numbers if they choose.

Players will be permitted to register for both an FYSA recreational team and an ESC team in the same division provided they pay the full fee for FYSA. When the FYSA and ESC teams face each other, the dual-rostered player must play with their FYSA team unless the ESC team has 4 or fewer players in attendance. No players may play on more than one FYSA team.

Inclement Weather: Except for rare circumstances, FYSA does not cancel activities on its own for weather related issues. If temperatures are extreme or road safety is a concern, parents and coaches should determine for themselves if they wish to participate. Soccer activities are typically only canceled when the FNSBSD gyms are not available. This is based on custodians being scheduled. While some classes or activities may occasionally be canceled at the school or district level, the building reservation office determines if gyms will still be open for our use. Due to gym availability, games that are forfeited for any reason will not be rescheduled. Additionally, if you know your team will not be participating in a scheduled game or practice, please contact FYSA as soon as possible. We are billed for reservations even if the gym is empty, so please help us manage any gym non-usage costs.

Concerns: This is YOUR program. FYSA Staff are here to support you as we strive to provide positive soccer experiences for all youth. Problems such as sportsmanship issues, referee matters, etc. should be reported to FYSA via e-mail at staff@fairbanksyouthsoccer.com Our office phone number is 907-456-3972. For after-hours assistance with things such as locked gyms, missing goals on game day, team or referee no shows, or any other 'soccer emergencies', feel free to call or text our FYSA after hours number at 907-987-6334 for assistance.

In the event of any serious incident or injury, please notify FYSA as soon as possible.

FYSA's Indoor Futsal Soccer League 'LAWS OF THE GAME'

The basic laws are laid in FIFA's published *Futsal Laws of the Game, 2022-2023,* as approved by the USSF. Due to our facilities, we must have modifications to the FIFA FLTOG, but default guidelines are in the public.

LAW 1-THE PITCH: Boundary lines & goal areas vary from gym to gym. Consult referees or FYSA Staff for questions. In general, boundaries will follow what is available on the courts. For example, the penalty area may consist of the 3 point line on basketball courts or other boundaries available, even though that boundary does not comply with the *FLOTG.* Goal sizes may vary depending on the size available in the spaces, but the goal should be equal sizes.

4v4 goal laws. 4v4 play should involve goals that are no larger than 6 feet wide and 4 feet high, if possible.

LAW 2-THE BALL: No alteration from the Laws. Youngest ages play with a size 2 ball, mid-youth with a size 3, and middle school & high school players with a size 4 futsal ball.

LAW 3-THE PLAYERS (includes substitution guidelines): Futsal matches are played by two teams of 5 players on the pitch, including one identified goalkeeper. FYSA teams consist of a roster of up to 10 players. Teams must maintain 3 players on the pitch at all times, including an identified goalkeeper. If a team is unable to place three players or a goalkeeper on the field for any reason, the match may be abandoned as a forfeit or converted to an unofficial match. Discretion is permitted to allow teams to figure out how to field a team, but the game clock must run during these times.

Short team rule for 5v5. In the spirit of providing more playing opportunities, teams that cannot reach a sufficient number of players to start the match or feel uncomfortable starting with three players or four players may choose to 'forfeit' the match and play an unofficial match instead. In the case of an 'unofficial' match, the team without players may 'loan' enough players from the opponent to reach five players, as long as that does not bring the opponent below five players. Opponent coaches should accommodate these loans whenever possible. To choose an unofficial match, the coaches must inform the referee. Once the unofficial match has been chosen, the official match may not be played even if more players appear.

4v4 rules. Matches in our 1st/2nd grade divisions will be played by teams of 4 players on the pitches and will play without a goalkeeper. Teams must have at least 3 players on the pitch at all times. If a team is unable to place three players on the field for any reason, the match may be abandoned as a forfeit or converted to an unofficial match. Discretion is permitted to allow teams to figure out how to field a team, but the game clock must run during these times.

U8 goalkeeper rule: Players at the U8 level may not serve as a functional goalkeeper. When the ball is in their own half and out of their possession, defending players must stay at least 3 yds from the goal-line, unless within 3 yds of an opponent or the ball. When the ball is in the opponent half, players must stay at least 6 yds from their own goal-line. A player that is in violation of this rule when a ball is struck and blocks an opponent's shot should be called for 'goalkeeping' and the opposing team should be awarded an indirect kick from the spot of the offense.

Examples:

The Red team has the ball in the Blue team's half. Blue Player is standing within 1yd of the goal-line with no opponents within three yards of him. Red player shoots the ball and Blue Player blocks it. If there is no advantage to the Red team, the referee will award an indirect free kick to the Red team from where the Blue Player blocked the ball.

The Blue team has the ball in Red team's half, but Blue Player A is still standing 4 yds away from their own goal in the Blue team half. The Red team steals the ball and clears it away by kicking it toward the Blue team goal. Blue Player A runs forward to intercept the ball 10yds from their own goal. If there is no advantage to the Red team, the referee will award an indirect free kick to the Red team from where Blue Player A intercepted the ball. This is because their starting point when the ball was struck was in violation of the goalkeeping rule.

The Red team has the ball in the Blue team half. Blue Player A is standing 5yds from the goal line. Red Player A shoots the ball and Blue Player A moves to the goal-line to block the shot. No offense has occurred because Blue Player A was in a legal position when Red Player A shot the ball.

Blue team has the ball in the Red team half but Player A is standing near the right touchline in the Blue team half 10yds from the Blue team goal. Red Player A steals the ball and kicks it toward the Blue team goal from their own half. Blue Player runs and blocks the ball from going into the goal 2 yds from the call. No offense has occurred because Blue Player A was in a legal starting position when Red Player A shot the ball.

Short team rule for 4v4. In 4v4, we encourage teams with few players to 'loan' a player from the opponent team to reach 4 players. Any team in the 4v4 level may 'loan' up to enough players to reach five total players, but only from the opponent team. If there are not enough players to start a match due to neither team having enough players (for example, one team having 2 players and the other team having 3 players), the coaches may choose to play an 'unofficial' match where any registered player from any 4v4 division may play with the teams to bring them up to 4 players each. To choose an 'unofficial' match, the coaches just need to jointly inform the referee or, in the case of no referee, just agree with each other. All players in the match must be registered in an FYSA youth division. No unregistered players or players from outside the 4v4 level are permitted to play.

Substitutions: All substitutions are on the fly, this includes goalkeeping substitutions. Referees will not stop play for goalkeeping substitutions. A substitute may not enter the pitch until the player leaving the pitch leaves through the substitution zone in front of his teams' bench. Any substitute who enters the pitch before the player being replaced has completely left the field of play may be shown a yellow card. All substitutions must take place through the substitution zone in front of his teams' bench -- not at the half-way line. If for any reason teams do not switch places during half-time, the substitutions must be made in the substitution zone in the team's defensive half. If substitution zone markings are unavailable on the pitch, we will use the touchline on the defensive half as the zone. This rule will only be enforced at the U10 level and above.

LAW 4-THE PLAYERS' EQUIPMENT: Shirt, shorts, socks, shin guards and shoes are all mandatory. Socks must cover shin guards completely, shoes must be non-marking, and shirts should be tucked into the shorts. Exceptions for religious and cultural adherence will be permitted, provided it does not pose a danger to others. Players with casts or other medical devices should seek clearance with FYSA prior to participation. A player will not be permitted to use any object the referee may judge to be dangerous to other players. **NO EARRINGS OR OTHER PIERCINGS/JEWELRY ARE ALLOWED**. No blood is allowed on the court. All blood on a player must be cleaned up and/or covered before reentering the game. The game will be stopped until any blood on the court is cleaned up. If a player exhibits any symptoms of a concussion, they may not re-enter the game or return to play until they have been cleared by a medical professional. A player that becomes unconscious during play may not re-enter the match under any circumstances.

LAW 5-THE REFEREE: FYSA matches will be officiated by a single referee in U6-U12 divisions and two referees in U14-U19 divisions. 1st-2nd Grade and Kindergarten divisions may not be provided referees, in which case coaches will officiate the game in the spirit of fairness, safety and fun. Coaches are permitted on the pitch in 4v4 to help players or to officiate.

The powers and duties of the Referee include but are not limited to:

- enforcing the Laws of the Game
- ensuring that players' equipment meet all requirements and policies
- acting as timekeeper and keeps a record of the match
- stopping, suspending or abandoning a match, at their discretion, for infringements of the Laws or outside interference
- indicating the restart of the match after it has been stopped
- stopping the match if, in their opinion, a player is seriously injured
- allowing play to continue when the team against which an offense has been committed will benefit from such an advantage and penalizing the original offense if the anticipated advantage does not ensue at that time (the 'Advantage Clause')
- taking disciplinary action against any individuals who violate Laws of the Game or other sportsmanship policies
- Other powers and duties as established by FIFA, USSF and/or FYSA

LAW 6-THE OTHER MATCH OFFICIALS FYSA futsal matches will only have one or two referees and will not have a timekeeper or any other match official, except that any FYSA senior staff member (Executive Director, programming staff, referee assignor) may assist the referee in properly interpreting and applying the laws, even during match play.

LAW 7-THE DURATION OF THE MATCH: Futsal matches will consist of two (2) 23 minute periods utilizing a running clock, except for time-outs. The match will be over once the time expires EXCEPT if the time expires while a team is preparing to take Direct Free Kick or a penalty kick. In these cases, the kick will be permitted and time will be considered expired when any of the following conditions are met: (1) The ball stops moving, (2) After the kick the ball is played by any other player than the defending goalkeeper, (3) The ball goes out of play, (4) The attacking team commits an offense identified by the referee. If a defending player commits a direct free kick offense after the kick but before any of the above conditions are met, the subsequent kick will also be permitted.

Time outs. Each team is entitled to one 60 second time-out per period. Coaches or players may request a time-out by communicating with the referee when the ball is out of play and in their possession. Referees should strictly enforce the time-out length.

Half-time. Half-time shall be no more than 4 minutes long. Teams will reverse sides and benches at half-time.

4v4 match duration. U6 4v4 teams will play four (4) periods that are eight (8) minutes each. Between the first and second period and the third and fourth periods, teams will get a 60 seconds break. Between the second and third period, teams will get a four-minute break. Substitutions may be made during the break. U8 4v4 teams will play four (4) periods that are ten (10) minutes each with the same break-times as U6.

LAW 8-THE START AND RESTART OF PLAY: No changes from the *FLOTG*.

LAW 9-THE BALL IN AND OUT OF PLAY: The ball is always in play unless it completely crosses the touchline or goal line, or if play is stopped by the referee. If the ball makes contact with the ceiling or any other gym fixture that extends into or is within the field of play (ex. basketball hoops) play shall be stopped and resumed with a kick-in at the closest point on the touchline from where play stopped, taken by the opposing team of whoever last touched the ball. <u>All kick-ins are indirect</u>.

LAW 10-DETERMINING THE OUT OF A MATCH: FYSA futsal will permit matches to end in a draw. This diverges of the *FLOTG,* in which match outcomes are determined by kicks from the penalty mark.

LAW 11– OFF-SIDE: There is no offside law in futsal.

LAW 12-FOULS AND MISCONDUCT Fouls and misconduct are delinitead here in FIFA's *Futsal Laws of the Game,* available here: https://www.usyouthfutsal.com/the-rules. Important highlight and alterations:

Goalkeeper control rule. Goalkeepers may only hold the ball with their hands for four (4) seconds. If a player violates this rule, an indirect free kick is awarded to the opponents. In the U10 divisions this rule will not be enforced but goalkeepers will be encouraged to release the ball.

Goalkeeper releases: On goalkeeper restarts, the goalkeeper must release the ball from their hand and another player must touch the ball before they can touch the ball again. The goalkeeper may not release the ball to their own feet on a restart from their hands. In live play, the goalkeeper may not volley the ball from their hand but may half-volley the ball.

For developmental reasons, we will not be playing with the FLOTG goalkeeper second touch rule in youth divisions. You may include the goalkeeper as a part of regular passing if the goalkeeper does not use their arms or hands.

U6/U8 rules. In the 4v4 divisions, all restarts after fouls will be indirect free kicks (IFK) and no cards will be used by referees. There are no penalty kicks in these divisions.

No sliding or playing on the ground. In FYSA futsal, players do not slide or leave their feet. A player who leaves their feet away from the play may be warned verbally. A player that leaves their feet–even accidentally–while involved in the play and does not contact the ball or an opponent and is not otherwise committing another foul will be penalized with an indirect free kick. A player that leaves their feet–even accidentally–and makes contact with another player or the ball will be penalized with a direct free kick or a penalty kick, as appropriate. A player who intentionally leaves their feet to engage in a slide tackle or block the ball from reaching the goal or an opponent should be cautioned and shown a yellow card. A player who intentionally slides but is not blocking a pass or shot does not need to be cautioned. If a player leaves their feet due to incidental contact initiated by an opponent (off-balance and bumped, for example) the player should not be penalized and play should continue as long as it is not dangerous and does not interfere with the ball. If it interferes with the ball, an indirect free kick should be awarded to the team of the player who was forced to the ground.

Goalkeepers may slide to block or collect the ball inside their penalty area but may not endanger an opponent by doing so.

Many examples:

1. Blue Player is defending near the Blue goal while Red Player is attacking with the ball. Red Player takes a shot and Blue Player stretches to block the ball, but maintains her feet. After the shot, Blue Player falls to the ground due to the stretch while play is active around her. If the Red team does not have an immediate advantage, the referee should blow the whistle and award the Red team an Indirect Free Kick because the Blue Player left her feet while involved in active play.

2. Red Player has the ball and is attacking the Blue goal. Red Player shoots at the goal and Blue Player slides to the ground inside the penalty area to block the shot. If there is no advantage to the Red team, the referee should blow the whistle, caution Blue Player for interfering with a shot by intentionally leaving their feet, and award Red team a penalty kick.

3. Red Player A blocks a shot while standing and the ball deflects toward the endline outside of the penalty area for what could be a corner kick. Red Player B pursues the ball and slides to reach it and prevent it from going over the touchline. The referee should blow the whistle and restart with a direct free kick but should not caution Red Player B because their intentional slide did not stop an opponent play nor was it a tackle on an opponent.

4. Blue Player A attempts a pass to Blue Player B outside of the penalty area. Red Player A attempts to block the pass by a slide but does not succeed. Blue Player B is able to receive the ball and progress toward the Red team goal. The referee should not stop play because the Blue team has an advantage. At the next stoppage of play, the referee should verbally warn Red Player A that leaving their feet is not allowed. If Red Player A repeats the offense of attempting to interfere with the opponent by leaving their feet they may be cautioned for persistent infringement, even if they are unsuccessful again.

5. Blue Player is attacking toward the Red team goal in the Red team's half of play and shoots from outside the penalty area. Red player stretches to block the ball and achieves the block before losing their balance and falling to the ground. The ball deflects immediately over the touchline for a Blue kick-in. No action is needed by the referee because the Red Player achieved the block before unintentionally falling to the ground and their fall did not interfere with play. The referee may remind the Red Player that leaving their feet is not permitted but no action is necessary.

6. Red Player is dribbling the ball toward the Blue team goal. Blue player attempts a standing tackle against Red Player, but falls to the ground. While Blue Player is still on the ground, Red Player attempts a pass that strikes Blue Player unintentionally. If there is no advantage, the referee should halt play and award Red team a direct free kick because Blue Player interfered with play while not on their feet.

7. Blue Player is dribbling toward the Red team goal. While Blue Player is dribbling, Red Player slips and fall down. While on the ground, Red Player reaches out a foot and kicks the ball away from Blue Player. If there is no advantage for Blue team, the referee should halt play, caution Red Player for intentionally playing the ball while off their feet, and restart with a direct free kick for Blue team.

8. Red Player is in possession of the ball outside of the Blue team's penalty area. In the course of play, Blue Player falls down unintentionally in the penalty area. While Blue Player is on the ground, Red Player attempts a pass that strikes the Blue Player. If there is no immediate advantage for the Red team, the referee should halt play and award a penalty kick to the Red team because the Blue player directly interfered with a ball while off their feet in the penalty area. There is no need for a warning, caution or send-off because the interference was unintentional.

9. Blue Player A is in possession of the ball and dribbling toward the Red team goal. Blue Player A shoots and Red Player stretches to block the shot inside the penalty area. While Red Player is off-balance from the stretch, Blue Player B makes contact with Red Player and causes Red Player to fall. Meanwhile, Blue Player A has recovered the ball and shoots again, striking Red Player while Red Player is on the ground. If Red Player does not make an attempt to block the ball, the referees may take one of two actions: 1) If the contact that caused Red Player to fall was incidental and no advantage accrued to the Red team, the referee should halt play and

restart with an indirect free kick for the Red team because Red Player was forced to the ground in a way that interfered with the ball. 2) If the contact was a foul and no advantage accrued to the Red team the referee should halt play and restart with direct free kick for the Red team.

Sending off. If a player receives a red card, the team of the player must play with one less player for the next two minutes. After two minutes have expired, the team may bring on a substitute for the player. The referee will indicate when the time has expired and the team may not bring on a substitute until the referee has given permission. A player that comes on before the two minutes have expired or without the referees permission but does not interfere with play in any way should be sent back and warned. A player that comes before the two minutes have expired or without the referees permission and exerts any influence on the match should be cautioned at the nearest opportunity. Any goal scored by the team with a player on the field under these circumstances will not be counted and the play will restart with a goal clearance.

Players who are shown a red card for misconduct and sent off must leave the playing area (but may be in an attached lobby), unless there is safety concern for youth players or the player is unable to leave due to safety concerns (departing into unsafe weather conditions). Players who are allowed to remain despite having shown a red card must not interfere or influence the match in any way. The player may not cheer or make gestures or discuss the match with any person present. If the player does persist in this behavior, the referee may caution the team's coach (or captain, in adult matches without a coach) for failing to control their player. The referee may also warn the coach or team that if the sent-off player continues to influence the match by word or action, the match may be abandoned. After warning the team or coach, if the behavior continues, the referee may abandon the match. The player and team should be reported to FYSA.

LAW 13-FREE KICKS We will follow FLoTG rules. This includes:

-Four (4) seconds to execute any free kick for U12, U14 and U19 divisions. U6, U8, and U10 divisions will not follow this rule.

-Indirect free kick award because of an offense inside a team's own penalty area may be moved to a point directly forward on the penalty area line.

-Opponents must stay 5yds away from the ball.

-Opponents must stay outside the penalty area for any free kick made from inside the penalty area.

-We will not follow the accumulated fouls law for futsal.

Direct Free Kick for a Sixth Accumulated Foul Law. We will not track accumulated fouls or follow the accumulated foul law.

LAW 14-THE PENALTY KICK: A penalty kick is awarded for a direct free kick offense inside the opponent's penalty area. The kick will be taken from a spot 5yds from the goal line. Opponent's must remain on the pitch, at least 5 yds from the ball, and outside the penalty area until the kick is taken.

LAW 15-THE KICK-IN: This replaces the 'Throw-In' from standard LotG when the ball leaves the field of play by completely crossing the touchline. The kick shall be taken at the place where the ball crossed the touchline. The ball should be stationary, touching the line. The attacking team has four (4) seconds from placement of the ball to touch into play. Teams failing to move to place the ball will have the clock The ball is in play as soon as it has been kicked and moves. The player taking the kick may not touch the ball a second time without first making contact with another player (result: Indirect Free Kick to opposing team at the point of infraction). The players of the opposing team shall be at least 5 yds away from the spot where the kick is being taken. **A goal cannot be scored directly from a kick-in.** If the ball enters the opponent's goal from a kick-in, a goal clearance is awarded. If the ball enters the team's own goal, a corner kick is awarded.

U6 dribble-in: Players may dribble the ball into play rather than pass it. Opponents must be at least 3 yds away from the opponent when they restart play. Play is live as soon as the player taking the kick-in/dribble-in puts the ball into the field by touching it.

U6-U10 four second rules: U6, U8, and U10 divisions will not be required to follow the four-second restart rule.

LAW 16-THE GOAL CLEARANCE: This replaces the 'Goal-Kick' from standard LotG for when the ball leaves the field of play by completing crossing the goal line. The goalkeeper, standing within their own penalty area (PA), shall release the ball **with their hands** back into play. This may be done only by rolling, throwing or bouncing. No players may touch the ball until it has left the PA, at which time the ball is in play (result: retake the 'goal clearance'). The goalkeeper may not touch the ball a second time after releasing it (result: if the ball hasn't left the PA, retake; if outside the PA, an IFK is awarded to the opposing team at the point of contact).

U6 kick-in/dribble-in: We restart with dribble-in/kick-in taken from a stationary spot within 3yds of the goal-line. Opponents must retreat to the half-way line until the ball has been touched into play. The player taking the kick-in does not pass the ball but may simply start dribbling forward. The attacking team does not have to wait for the opponent to retreat to the half-way line but if an opponent still within the half receives the ball directly after the restart, the kick will be retaken.

U8 goal-kick: We restart with goalkicks taken from a stationary spot within 3 yds of the goal line. The player taking the kick may only take 1 touch before a teammate or opponent touches the ball (no U6 dribble-ins). Opponents must retreat to the half-way line until the ball has been kicked. Teams do not have to wait for the opponent to retreat to the half-way line but if an opponent still within the half receives the ball directly, the kick will be retaken.

LAW 17-CORNER KICK No changes from standard FLotG except for U6 division.

U6 corner-kick: We restart with a dribble-in or kick-in taken from the corner kick spot. The ball must be stationary at the time of the kick. Opponents must stay 5yds or away from the restart until the first touch.

Feel free to contact FYSA with questions regarding rules/policies for clarification, interpretation or other feedback. Constructive input is always welcome via staff@fairbanksyouthsoccer.com 907-456-3972 (Office) or 907-987-6334 (after hours cell for gym access or game day emergencies). Thank you for being part of our soccer community!