

## GLSA Guidelines for 9U and 10U Coaches and Parents

1. The home team is the first team listed on the schedule. In case both teams have uniforms of similar colors, the home team is responsible for resolving the problem. Practice bibs are acceptable.
2. Each coach will present a filled-out GLSA score sheet and a complete set of player cards to the referee or assistant referee before each game. At the end of the game, each coach must get his/her team's score sheet and player cards back from the AR. Both coaches will deposit their score sheet after each game in the locked box near one of the concession buildings. Detailed information about the score sheet can be found in each team packet issued at team assignments.
3. Teams and spectators are on opposite sidelines. **Only coaches and rostered players** are allowed on team sidelines. Home team is on the North or West bench.
4. NTSSA requires that parents, non-playing players, and spectators should be located not less than six (6) yards from outside the touchline, nor should they be closer than twenty (20) yards to the goal line. Due to the limitations of the fields at Lear Park, GLSA has set up the following policy: Parents, non-playing players, and spectators should be behind the Parents Box (approx. two (2) yards). No one is allowed behind the Goal Line. No one is allowed to watch a game from a sidewalk.
5. Number of players on the field: seven (7), one of them a goalkeeper. Ball size is #4. NTSSA maximum roster size is twelve (12) players, but the GLSA roster max will be eleven (11). Fields 10, 11, 15, and 15A are 34 yds. X 60 yds. with a 12' w X 7' h goal.
6. The Build Out Line is used to promote playing the ball out of the back in a no-pressure setting. When the goalkeeper has the ball, either during play or from a goal kick, the opposing team must move behind the build out line. The goalkeeper may then pass, throw, or roll the ball to a teammate (no punting). Once the ball is in play, the opposing team may cross the build out line and play resumes. No offside between halfway line and the build out line.
7. Each player shall play a minimum of 50% of the total playing time.
8. All players should have shin guards. Footwear can be soft-cleated soccer shoes or tennis shoes.
9. Duration of the game: two (2) twenty-five (25) minute periods. There shall be a five (5) minute break at halftime. After halftime, teams will switch sides.
10. For both direct and indirect free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has been touched by another player. Opponents must be eight (8) yards away. If a player is called offside by the assistant referee, then an indirect free kick will be awarded to the opposing team to be taken from the place where the infraction occurred.
11. When the ball goes out of bounds, play will resume with a throw-in. If it is taken incorrectly, then a throw-in will be awarded to the opposing team.
12. Substitutions:
  - If the team in possession at a throw in makes a substitution, then the other team may also make a substitution.
  - By either team before a goal kick, after a goal is scored, at halftime and when play is stopped for an injury.
  - A player may be substituted for when he/she is given a caution.
13. On a kick-off, goal kick, or corner kick, a player may not touch the ball a second time until another player has played it.
14. When a player is injured, the referee will stop play and signal the coach to enter the field. If a parent is needed to assist, then the coach may signal the parent to enter the field. **This is the only time a coach or parent is allowed on the field.** Coaches need to have a small first-aid kit at games and practices.
15. No individual is allowed to run the length of the sideline except participants of the game. Parents and spectators should not coach or instruct players during the game. Let the coach do the coaching. A coach should coach from inside the coaching box during games.
16. No alcoholic beverages or tobacco products will be consumed or allowed near the playing areas. Animals or noisemakers are not allowed at the soccer complex.

17. Opposing coaches and parents should shake hands after each game.
18. Trophies or awards will be given based on league standing. The number of teams will determine the number of trophies or awards.
19. **Field Overview.** Players at this age need to develop basic motor skills such as walking, running, and changing direction. A smaller space will help them to develop these skills while also providing more interaction with the ball, teammates, and opponents.
20. **Objectives from U.S. Soccer:**
  - Develop skills on the ball
  - \* Increase number of touches and control
  - \* Improve confidence
  - Develop intelligence
  - \* Promote faster decisions and better awareness
  - Develop partnerships within the team
  - Provide age appropriate environment
21. **Concussion Awareness and Protocols:**
  - Become familiar with the GLSA Concussion Policy included in your coach's packet, also found on GLSA website [www.longviewsoccer.com](http://www.longviewsoccer.com).
  - For additional concussion training, visit the North Texas Soccer website at [www.ntxsoccer.org](http://www.ntxsoccer.org). You will find the link to a "Concussion Awareness Training" video on the homepage and a link under the Coaches tab to the same video. We encourage all coaches, parents, and referees to watch this video.
  - Become familiar with no heading at 12U and below.
  - Distribute Concussion Fact Sheet to parents.
22. **Training:**
  - Attend at least one (1) coach's clinic.
  - Check out DVD from Director of Coaching. Applies to new and returning coaches.
  - Obtain at least an "F" Coaching License within one (1) year after you start coaching. The "E" License develops the core coaching competencies necessary to teach the 9-12 year old athletes and teams effectively.