

L.O.S.A.

Lake of the Ozarks Soccer Association
www.losa.org



The Coaching Manual



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Mission Statement

Lake of the Ozarks Soccer Association (LOSA) exists to preserve and promote the game of soccer by creating opportunities for children of all skill levels to learn and play the game. The LOSA Board strives to set the highest examples of integrity, fairness and team mindedness. We expect coaches and referees to place education and fair play above any personal agenda. We challenge players to grow by using their soccer experience to build confidence, physical fitness, teamwork skills, moral character respect and a spirit of fun. We believe the demands of the game can teach children self-respect that will help them resist drug and alcohol abuse. Through dedicated service, LOSA hopes to benefit the community and instill a love for soccer among its members.

Lake of the Ozarks Soccer Association
P.O. Box 661
Linn Creek, MO 65052
Information Line: 346-0233
www.losa.org
email: losaadmin@gmail.com

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Sportsmanship

Sportsmanship in the Game of Soccer

While winning is an important part of competition, it is a short-term accomplishment. In the development of life skills it is even more important to think about fair play and fun while developing the basic skills and knowledge of the game.

The *players* are expected to follow the Laws of the Game, to pay attention to the referees' warnings and to show respect to all others, on and off the field -- including members of the opposing team. This kind of behavior is known as good sportsmanship.

The *coach* is responsible for the behavior of the players, the assistant coach(s), the players' parents and for their own behavior. The coach sets the standards of sportsmanship for the team by their own actions, by how the players are coached, and by explaining to the parents what is expected of them. The younger the players, the more true this is.

The *spectators*, who are parents for the most part, should remember that they are there to enthusiastically support the players. They are not there to coach the players or to criticize the players or the officials. Their most valuable contribution is to help make the soccer game a fun-filled experience for all.

The *referee* is the enforcer of the spirit of sportsmanship and will penalize players for unsportsmanlike conduct, dangerous play, continued breaking of the laws, or showing opposition to an official's call. The referee may stop the game to warn a coach about his or her conduct or to ask the coach to restrain the parent group. The referee may ask a person who is displaying poor sportsmanship to leave the field or even to empty the stands if general decent or negativism persists.

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Purpose

Dear Coach;

Welcome to LOSA's Fall Soccer Season - we know this will be an exciting year! Our players are very important to us. We thank you for treating the children and all league members with fairness and respect. Your efforts to make soccer a positive memory for these children are appreciated. We understand that your time is valuable and we thank you for this gift of service. Please take the time to read our Mission Statement. It is our common bond as we work together in our youth soccer program.

Lake Of The Ozarks Soccer Association Board Members

THE PURPOSE OF A COACH IS TO SERVE

We request that ALL LOSA Coaches strive to:

- ◇ Instill a love for soccer in players and parents.
- ◇ Educate players in fitness, technique and tactics of the sport.
- ◇ Educate players, parents and fans on the Laws of the game.
- ◇ Promote fair play, confidence, self esteem, respect and most important... fun!
- ◇ Treat LOSA members, referees and fellow coaches in a generous manner so each can more easily achieve these common goals

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WHERE TO BEGIN?

Call your Team!

When calling players for first practice, announce when you will have a parent's meeting. This can be done in combination with your first practice or as a separate meeting. Use the following check list to check your readiness before you make your first call.

- Remind** players to bring Water, Shin Guards, a Soccer Ball, and a Desire to Play.
- Plan** parent's meeting.
- Establish** a team manager. Once this individual has been established, please email the Team Manager Coordinator as outlined in the draft bullet document.

At your Parents' Meeting:

- State** your qualifications, goals for your players' development and your coaching philosophy.
- Let** your team manager organize the communication between you and your players/parents off the field.
- Distribute or Discuss** possible practice times so all players can attend practices. Finalize your roster with phone numbers & emergency contacts for each player.
- Snack Schedule** – Have your team manager organize a schedule once game schedules are finalized
- Explain** league procedures - rain outs, etc.
- Review** the FIFA Laws of the Game and the LOSA rules that pertain to your age division.

Practices

The fields are open for practice all week except for Saturdays (once season begins). **It is not necessary for the coaches to schedule practice times through LOSA.** All field space is available during these days. There should be plenty of space to practice for all leagues. Should there be inclement weather; the fields may be closed for practice. Should you feel there is a possibility that weather may cause the fields to be closed, please check www.losa.org or call the information line 573-346-0233, on the day of your practice. The these sites will be updated by 4:00 pm on weekdays.

Schedules

Final game schedules will be ready for distribution to the coaches by September 8th. **You will need to provide a shirt for your goalie during games that is a different color than your team color but may not be yellow. This shirt does not have to be an official "goalie jersey". Any shirt will do....** These schedules will be posted on the website. All games will be played on Saturdays. Each team will play two games each Saturday with the exception of picture days only one game will be played. The league kicks off on Saturday, September 10th.

Game Rainout Procedure

Unless you are told otherwise, assume your game will be played! Cancellations will be on the posted on the web site www.losa.org and the info line 346-0233 as early as possible on Saturdays. Please, only coaches and team managers call the Hotline for cancellations, then, implement your own communication system. Bad weather beginning at game starting time – decision to play will be made by referee.

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FIRST AID

Remember..... ***SAFETY FIRST!!***

First Aid Check List:

(For Practice and Games!)

- Ace Wrap
- Simple FIRST AID KIT (Band Aids, etc.)
- Ice / Ice Pack
- Thermometer
- Roster with emergency phone numbers

REGARDING ANY INJURY: When in doubt, have it checked out professionally.

HEAT EXHAUSTION:

Symptoms: Fatigue, nausea, profuse sweating, body temperature not over 102 degrees, pulse rate excessively high, but conscious

Management: Cool down as quick as possible, shade, air-conditioning. Drink cold water or other cold fluids. Ice packs under chin, under arms, between legs by the crotch. Sponge down with cold water, cease activity for that day. If symptoms continue, player should seek professional help ASAP.

HEAT STROKE:

Symptoms: Disorientation, dizziness confusion, nausea, vomiting, headache, body temperature over 102 degrees, sweat glands usually stop functioning (though not always) clammy look, unconsciousness

Management: Treat immediately while, at the same time, securing professional medical help (Ambulance, EMT, Doctor) Take victim to the coolest environment immediately available. Remove clothing, if conscious give cold fluids. Cool immediately with whatever means available (hose, cold showers). Put ice packs on neck below chin, under arms, in the crotch between the legs.

THIS IS A LIFE OR DEATH SITUATION. THEREFORE, TREATMENT SHOULD NOT BE DELAYED FOR ANY REASON.

UNCONSCIOUSNESS

Check immediately: Air passage, clear if necessary. Check for bleeding, especially from the head. Do not move if bleeding from ear. Check for cardiopulmonary function, breathing and heart beat. Call ambulance and doctor immediately if unconscious for several seconds.

Always have player checked by a Doctor when this occurs. Parent's wishes are not an excuse for your lack of responsibility in such matters.

NEVER, NEVER PUT A PLAYER BACK IN A GAME ONCE THAT PLAYER HAS BEEN UNCONSCIOUS.

Continued next page.

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First Aid (cont.)

TRAUMATIC INJURIES

(sprain, strain &/or contusion)

REMEMBER:R-I-C-E!

- ◆ REST
- ◆ ICE
- ◆ COMPRESSION
- ◆ ELEVATION

Stop playing, ice the injury, use ACE wrap -- not too tight -- and elevate the injury higher than the level of player's heart. This simple procedure can dramatically help limit the extent of injuries and keep them "minor."

AVOID INJURY AT PRACTICE:

- Introduce Topic Through warm-up
- Stress Static Stretching
- Demonstrate Each Technique
- Activity -- Practice
- Cool Down Properly
- More Static Stretching

LEAGUE CONTACTS

Should you have questions regarding coaching the game, practice drills, the sport of soccer in general, contact LOSA email and your issue will be sent to the appropriate person to best handle your question:

LOSA's Email..... losaadmin@gmail.com

Should you have questions regarding roster changes, Phone numbers for players, any administrative questions in general:

Jacki Edwards, President & League Admin 434-2675

Questions regarding referees or rules of the game can be directed to one of the following:

Jim Killam, Vice-President 348-3822

Mark Strzebonski, Head of Referees 286-2507

IF YOU HAVE A COMPLAINT

GRIEVANCE PROCEDURE:

No coach, player, referee or parent shall be abusive by word or deed during any LOSA activity. This is a recreational league designed to serve children and young adults. All LOSA members are asked to use the highest level of patience and **understanding**.

If a problem arises, contact Jim Killam or Jacki Edwards. If needed, submit your complaint in writing to the LOSA Board. A decision made by the Board Members will be final.

WANT TO JOIN THE TEAM?

Would you like to really be part of the action?

Your help would certainly be appreciated as we grow and improve our league. Don't wait to be asked! Volunteer to do even a small task. There are always openings and you'll get plenty of guidance!

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Summary of the Laws of Soccer

Law 1: The Field of Play

The field of play is in the shape of a rectangle. Markings show a halfway line, a center circle, four corner arcs, a goal area and a penalty area.

Law 2: The Ball

The official ball is 27 to 28 inches in circumference. Younger youth players use a ball with a smaller circumference. LOSA has approved size 3 balls for U-6 players; size 4 balls for U-8, U-10 and U-12 players and size 5 balls for U-15 players.

Law 3: The Number of Players

A team has no more than eleven players on the field, one being the goalkeeper. Younger age groups play with fewer players. (See LOSA Field Guide)

Law 4: The Players' Equipment

All players must wear shin guards and keep their shirts tucked into their shorts. The goalkeeper must wear colors that are different from those of the other players and the referees.

Law 5: The Referee

The referee enforces the laws of the game. The referee's decisions are final.

Law 6: The Assistant Referees

Assistant Referees help the referee make decisions concerning offside, goal line and fouls.

Law 7: The Duration of the Match

The official game of soccer is played in two halves; each forty-five minutes long. Younger age groups use shorter halves. (See LOSA Field Guide)

Law 8: The Start and Restart of Play

All players must start on their own half of the field. Defending players must be at least ten yards from the ball. The ball must be kicked forward from the center of the field. The ball is said to be "in play" after it has moved.

Law 9: Ball In and Out of Play

The ball is in play until it has gone completely out-of-bounds, unless the game is stopped by the referee for another reason.

Law 10: The Method of Scoring

The entire ball must cross the goal line into the goal in order to score. A game may end in a tie.

Law 11: Offside

A player is in an off-side position if the player is closer than the ball is to the opponent's goal line -- unless the player is on their own side of the field or two opponents are as close to the goal line as the player is. U-6 and U-8 age groups do not enforce the offside law.

Law 12: Fouls and Misconduct

Kicking, pushing, tripping, and holding a player is not allowed. No player may play the ball with the hands, except for the goalkeeper. If a foul is committed, the other team is given a free kick.

Law 13: Free Kicks

Direct free kick: This kick may be made and a goal scored without the ball first touching another player.

Indirect free kick: The goal may not be scored unless the ball touches another player after the kick is made.

Law 14: The Penalty Kick

A penalty-kick is awarded if a foul is committed by a defending player in their own penalty area.

Law 15: The Throw-In

When the ball goes out of play over a sideline, the ball is put back in play with a throw-in. The thrower must keep both feet on the ground, use both hands and throw the ball from a position behind the head.

Law 16: The Goal Kick

When the attacking team plays the ball out-of-bounds over the goal line, the defending team puts the ball back in play with a goal kick.

Law 17: The Corner Kick

When the ball is played out-of-bounds over the goal line by the defending team, the ball is put back into play by the attacking team with a corner kick.

Law 18: Common Sense

This law is not written into the law book, but all referees are trained in its use. Especially in youth recreational play, good decision-making about application of the laws should be guided by common sense.

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TECHNICAL OFFENSES

(Indirect Free Kicks Awarded)

- **Dangerous Play**
- **If a player impedes the progress of an opponent**
- **If a player prevents the goalkeeper from releasing the ball from their hands**
- **If a Goalkeeper, inside their own penalty area, commits any of the following:**
 - takes more than six seconds to release the ball, when controlling it with their hands
 - touches the ball again with their hands after releasing it from their possession and it has not touched any other player
 - touches the ball with their hands after it has been deliberately kicked to them by a team-mate
 - touches the ball with their hands after they have received it directly from a throw-in taken by a team-mate
- **Two-touch Offense**
(i.e. playing the ball a second time before it is played by another player by the player who restarts play.)
- **OffsideNote:** There is no Offside offense if a player receives a ball directly from:
 - a goal kick
 - a throw-in
 - a corner kick

MAJOR FOULS

(Direct Free Kicks Awarded . . . from where offence occurred -- except Penalty Kicks)

1. Kicking or attempting to kick opponent
2. Tripping or attempting to trip opponent
3. Jumping at opponent
4. Charging an opponent
5. Striking or attempting to strike an opponent
6. Pushing an opponent
7. Tackles an opponent to gain possession of the ball, making contact with the opponent before touching the ball
8. Holding an opponent
9. Spitting at an opponent
10. Handling the ball (except by the goalkeeper in his own penalty area)

MISCONDUCT

Resulting in a Caution (Yellow)

1. **Unsporting Behavior** . . . (e.g. gesticulating, encroachment)
2. **Dissent** . . . with referee's decision by word or in action
3. **Persistent Infringement** . . . of the Laws of the Game
4. **Delaying** . . . the restart of play
5. **Fails to Respect** . . . the required distance when play is restarted with a corner or free kick
6. **Enters or Re-enters** . . . the field without the referee's permission
7. **Deliberately Leaves** . . . the field without the referee's permission

Resulting in a Send-Off (Red)

1. Serious Foul Play
2. Violent Conduct
3. Spits at an opponent or any other person
4. Denies an obvious goal-scoring opportunity by deliberately handling the ball
5. Denies an obvious goal-scoring opportunity for an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick
6. Use of Foul or Abusive Language
7. Second Cautionable Offense (after having received a caution)

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FIELD GUIDE

The LOSA board has reviewed the roster sizes in each age group and adopted the following player counts on the field. As a referee, please make sure you are clear on this and keep a copy on your clipboard.

<u>Age Division</u>	<u>Ball Size</u>	<u>Roster Size</u>	<u>Players On Field¹</u>	<u># of Halves</u>	<u>Length of ea.</u>	<u>Offside</u>	<u>Penalty Kick</u>
U6	3	7-8	4*	2	12	NO	INDIRECT
U8	4	10-11	6 or 7	2	15	NO	INDIRECT
U10	4	10-12	6 or 7	2	20	YES	DIRECT
U12	4	13-15	8 or 9	2	25	YES	DIRECT
U15	5	TBD	TBD	2	25	YES	DIRECT

*No goalkeeper. One coach may be on the field to help explain what players need to do.

The coaches are directed to play balanced teams (even number of players on the field) up to the maximum players allowed providing the lesser roster has one substitute remaining. The referees will support this league directive to play balanced, except in the case of an ejection. (If a player has been ejected for a red card offense or for the second yellow card infraction, their team will compete short a player.)

Special age level notes:

U6 & U8 "Indirect Penalty Kick" cannot exist since a goal cannot be scored on an indirect kick unless it has been touched by a second player. Therefore, if a foul is called on the defensive team in the goal area, simply award the offensive team an Indirect Free Kick from ten yards off the goal line, allowing the players to line up along the goal line. Goal Kicks and Kick-Offs are not direct either, even though there is a rule change in the FIFA Laws for other divisions.

Who to Call:

If you have a question on these matters please contact Mark Strzebonski, Head of Referees (573.286.2507) or Jim Killam, President (573.348.3822).

¹ If there is a team with a smaller than average roster, the number of players on the field will be determined by the number of players on the roster less one (1). A note needs to be written on the game card by the referee of such an exception.

General Laws

- **Cautions (Yellow Card)** -- A player having been cautioned must leave the field of play until the next stoppage of play at which substitution could normally be allowed. The coach may substitute another player for the cautioned player during the “cool down” period.
- **Disqualifications (Red Card)** -- Any player or coach who has been disqualified for unsporting behavior shall be prohibited by L.O.S.A. from participating in the next contest. Also, a disqualified coach may not attend the next contest.
- **Bandanas / Headbands / Hair Scrunchies** -- If, in the judgment of the referee, a knot or fastener securing hair is considered unsafe for the player it shall not be allowed.
- **Jewelry** – No jewelry is to be worn during the game.
- **Shin Guards** – Shin guards are required equipment for all players and must have socks that fully cover the shin guards.
- **Goalie Shirts** -- Goalie shirts will be excluded from the “must be tucked in” law pertinent to other players.
- **Cleats on Shoes** -- No cleats with exposed metal will be allowed as they are considered a danger to other players. No cleats may have a center “toe” cleat as this is considered a danger to other players as well.
- **Smoking** -- Smoking of tobacco products will not be allowed on the field of play --extending to the sidelines -- by players, coaches or referees.
- **Vehicles** – Vehicles are not allowed on the fields or beyond any fence line at any time without the express consent of the LOSA Board.