

Oswegoland Park District



Youth Soccer

Volunteer Coach Information

2010



Contact Information

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(non-emergency) 630.553.5856



PHILOSOPHY

The Oswegoland Park District offers activities and programs designed to give each child an opportunity to be the best he or she can be, regardless of any “natural” ability or physical characteristics.

Although we can teach our adult volunteers the rules of soccer and how to organize a practice or referee a game, **only our volunteers themselves can make sure that each child who participates in a Park District program feels terrific about him or herself.** Young people enroll in our soccer program for a variety of reasons—to try something new, to improve their skills, to gain playing experience, or to be part of a team—and volunteer coaches and referees need to be aware of these different motivations. It’s up to you to give each child the particular kind of attention and guidance that he or she needs.



COACH AND TEAM BEHAVIOR

The way you behave as a coach and the attitudes and ideals you project will have a great deal of influence on how members of your team behave. **Coaches who project a positive attitude and who emphasize fun and skill building will have fewer discipline problems than coaches who focus solely on winning.** In order to create a healthy atmosphere for competition, coaches should encourage players to do their best, honoring themselves, their teammates and their opponents. Your twofold goal as a coach should be to help the members of your team 1) enjoy the game and 2) improve their skills.

* Projecting a Positive Attitude

Sports programs are valuable tools for teaching positive attitudes and good habits such as discipline, sportsmanship and teamwork. As a volunteer coach, you can encourage these attitudes and habits in the children on your team by following some simple guidelines:

- **Lead by example.** The children you coach are always watching you, so be careful to demonstrate the kind of attitudes and behaviors you want them to display.
- **Treat the behavior of your players as your responsibility.** Talk to them immediately when undesirable situations arise.
- **Correct children calmly and patiently,** being as specific as possible in both your constructive criticism and your praise.
- **Encourage members of your team to support each other,** and discourage them from being negative to or about the other team.
- **Treat the referees with respect, and talk to them only during half time or at the end of the game.** Although you may ask the referee to interpret a ruling during the game, the referee is not obligated to stop the game or even to reply.

* Training Players/ Teaching Skills

It is the coach's job to create an environment in which the members of his or her team sincerely want to improve their skills. To this end, **specific praise—“nice pass,” “good teamwork”—is more effective than general praise—“good job”—because it instructs in addition to providing encouragement.** In the same manner, coaches should make their corrections as specific as possible—“two feet on the ground for your throw in,” rather than “watch your form.”

If you keep your players focused on enjoying the game while building skills, your players will learn that doing their best is fun and rewarding. As you train your young players, keep in mind the guidelines below:

- **Instruct players on how to warm up**, using stretching and agility exercises to prevent injuries.
- **Allow each player to warm up at his or her own pace**, since some people loosen up more quickly than others.
- **Demonstrate important skills or techniques** such as kicking, passing and handling the ball.
- **Keep demonstrations brief and offer them at the beginning of practice**, so that players have plenty of time to practice and ask questions about what they're learning.
- **Encourage players to learn by doing**, drilling basic skills and offering assistance and guidance when necessary.
- **Contact Adam Noggle, Youth Sport Coordinator, at 630.554.4480**, if you have any questions about the soccer program, or any problems with your team.

Coaches should base the length and frequency of practice sessions on the age of their players. The Oswegoland Park District suggests the following guidelines:

- **For players in Kindergarten and 1st grade:** No more than one hour once a week.
- **For 2nd through 5th grader:** At least one hour once a week.
- **For players in 6th grade and above:** At least one hour once a week.

* Providing Discipline

When discipline problems do arise, either in practices or games, it is the coach's responsibility to address them **firmly, but fairly** as soon as they occur. The Oswegoland Park District recommends that each coach establish his or her own list of rules, going over them frequently with his or her players to ensure that each child understands the consequences of breaking the rules. Appropriate consequences can range from asking a child to sit out of practice for a few minutes to sending a child home from a practice or denying the child the opportunity to play in an upcoming game.

Coaches who must impose an **immediate consequence**, like sending a player home, must call the child's parent or guardian right away, children may not be sent home unless a parent is notified. Parents may pick up their child immediately, or they may ask the coach to send their child home. Immediate consequences are appropriate if a child is endangering himself or others or if a child treats his coach with disrespect.

Coaches who need to impose a **serious consequence**, like barring a child from an upcoming game or practice, must notify the child's parents *before the consequence is imposed*. No matter what the circumstances, **adult volunteers may never threaten or physically punish a child.**

GUARDING AGAINST PSYCHOLOGICAL OR PHYSICAL HARM

Coaches must guard against situations that could expose the children in their care to psychological or physical harm.

- **Psychological dangers** – Coaches should foster fun and learning by establishing an environment that keeps competition in perspective:
 - **Children need to learn that winning is not everything.** In order to keep players (or fans) from focusing on the score during the game, the Oswegoland Park District does not keep score, nor do we track team standings, or schedule playoffs or championship games.
 - **Children learn best when praise and corrections are concrete and specific.** Coaches should praise specific achievements and offer concrete suggestions for improvement. (See “Training Players/Teaching Skills” section.) Coaches should be especially careful not to criticize mistakes players make during a game.



- **Physical dangers** – To protect children from physical danger, coaches should always:

- **Check the field and sideline area for possible hazards.**
- **Have emergency medical information about all team members available and accessible** at both practices and games.
- **Stay with all of your players until their parents have picked them up** after practices and games. However, if a child is still waiting for his or her parent one half hour after the end of a practice or game, coaches should implement the Oswegoland Park District’s “Abandoned Child Procedure.” Coaches at parks located within the Village of Oswego should call the Oswego Police Department non-emergency number (630.554.1160), and coaches at parks in unincorporated Oswego Township, including Boulder Hill, should call the Kendall County Sheriff’s non-emergency number (630.553.5856). Officers will arrive promptly to assist the child in getting home.



CARING FOR INJURIES

- **Before** each practice or game coaches should locate:
 - **The team’s first aid kit.**
 - **The emergency medical forms for your team.**
 - **The nearest telephone** (in case you need to call 911).

- **In the event of a *minor* injury** coaches should:
 - **Remain calm.**
 - **Use good judgment**—stop to think before acting.
 - **Never move an injured player**—do not even attempt to help the player sit up.
 - **Treat minor injuries according to the “RICE” formula** to reduce swelling and bruising:

R – Rest, taking weight off the injured area.
I – Ice the bruise or strain.
C – Compress the injury with an ace wrap or bandage.
E – Elevate the injured area above the player’s heart.
 - **Advise the player to consult a physician** who can determine if additional treatment is required.

- **In the event of a *serious* injury**, coaches should:
 - **Call 911** to request emergency assistance. If you are unsure whether or not an injury is severe enough to require expert assistance, call 911 and let the paramedics decide.
 - **Contact the injured player’s parents, guardians, or emergency contact persons** listed on the player’s emergency medical form.
 - **Notify the Oswegoland Park District staff** by calling 630.554.1010.

Note: Because the Oswegoland Park District does not carry medical insurance for program participants, medical expenses are the sole responsibility of each child’s parents or guardians.

RULES AND REGULATIONS

➤ **The Field of Play**

In cases of extremely inclement weather, or if all fields are unplayable, the Athletic Coordinator or Site Supervisor may cancel all games scheduled for a particular day. When games are already underway, it is the responsibility of the Athletic Coordinator or Site Supervisor to determine whether or not individual fields are suitable and safe for games to be completed without causing undue damage to the field.

➤ **League Format**

Grade	Ball Size	# Players	Game Duration
Kindergarten	3	3 v 3	6 three-minute periods per half
1st Grade	3	3 v 3	6 three-minute periods per half
2nd and 3rd Grade	4	5 v 5	2 ten-minute periods per half
4th and 5th Grade	4	8 v 8 9 v 9	25 minute halves
Jr. High	5	11 v 11	25 minute halves

*Rotating Players

It is the coach's responsibility to make sure that each player on his or her team plays at least one half of each game. However, if a player consistently misses practices, the coach may limit that player's field time to less than half the game, after notifying the player's parents and the Athletic Coordinator of the problem. If a player asks not to be put in, the player's parents will be informed.

In order to help players develop skills for different positions, coaches should rotate players throughout each game. In particular, a player who plays one or more quarters as goalie must also play at least one other quarter in another position.

When substituting players, coaches should have the players ready to go in as soon as the referee gives permission.

For kindergarten and first grade divisions, coaches may make substitutions at the end of each 5 minute period.

For all other grade levels, coaches may make substitutions under the following conditions:

- Any deadball situation
- When a player has been injured
- When a player has been issued a yellow or red card

All players must be at the center line before they are subbed in.

All substitutions are based on the approval of the referee.

*Playing the Game

Before the game begins, the captain of each team will join the referee for the coin toss. (The role of captain should rotate among team members.) Whichever team wins the referee's coin toss can choose either the kick-off or the side of the field. (The team that loses the toss gets the choice not taken by the winner.) The game begins with a kick-off. The ball must be played forward. A kick-off also restarts the game after half time or after either team scores a goal. (Between periods or at half time, play resumes from the point of stoppage.)

There are no time outs during the game; however, the referee may stop the clock for an injured player or a lost ball. The referee *will not* stop the clock after a goal is scored unless he or she feels that one of the teams is deliberately wasting time.

A ball is considered in play as long as any part of the ball is on the line. **A ball is considered out of play** only when it has passed completely over the sideline or the end line, either on the ground or in the air.

Once a ball is out of play, the way in which the ball is returned to play depends on several factors:

- **A throw-in** is used to put the ball back into play *any time the entire ball crosses the touchline, either on the ground or in the air.* The referee determines which team last touched the ball and awards the throw-in to the opposing team. To properly deliver a throw-in, the player with the ball should stand on or outside the sideline, with some part of each foot touching the ground. The player should use both hands with equal force and deliver the ball from behind the head in one continuous movement. (Referees will enforce the correct procedure in grades 2 and up.) Another player from either team must touch the ball before the player throwing in the ball can play it again.

- The defending team uses a **goal kick** to return the ball to play *any time the attacking team puts the ball out of bounds over the goal line*. Although any defending player may take the goal kick, this task usually goes to the goalie or fullback. The player kicking the ball places the ball within the goal area nearest to the point at which the ball left the field of play. The ball is considered in play once it clears the penalty box area. Until that point, attacking players must remain outside the penalty area. Defending players are allowed in the penalty area during a goal kick.
- **The attacking team uses a corner kick** to return the ball to play *any time the defending team puts the ball out of bounds over the goal line*. The attacking player places the ball within the quarter circle at the corner nearest the point that the ball went out of bounds. Opponents must stand at least ten yards away from the ball until it is kicked. A goal can be scored directly from a corner kick.
- *When referees stop play, without awarding a penalty,* they use a **drop ball** to restart play. The referee directs two opposing players to stand three feet apart, facing one another. The referee then drops the ball in between the two players, and each player tries to get control of the ball for his or her team. (Note: Neither player can play the ball until it touches the ground.)

*Fouls and Misconduct

- Referees will call a **foul** if a player *intentionally interferes* with an opposing player, attempting to play the player, rather than the ball.
- Referees will not call a foul if the team that was fouled, still maintains advantage during the play.
- Referees will issue a **yellow card**, cautioning a player at the first instance of misconduct, unless the referee considers the misconduct serious enough to warrant a red card. The player may also be issued a yellow card for repeated fouls.
- Referees will issue a **red card** for the second instance of misconduct or for any initial instance of a serious nature. A red card indicates that the coach must remove the offending player from the game.

(Note: Whenever a referee issues a yellow or red card, the referee will present the card to both the player and to the player's coach at the sidelines, to ensure that both the player and coach are aware of the infraction.)

- **Referees will automatically remove a player from the field of play if that player:**
 1. Engages in violent conduct or serious foul play.
 2. Uses foul or abusive language.
 3. Persists in misconduct after having received a caution.
- **In the event of persistent misconduct or unsportsmanlike activity**, the referee may terminate the game, and the Athletic Coordinator may suspend the offending player (or coach) for the remainder of the season.

*Other Penalties

- For most fouls, the referee awards a **free kick** to the player against whom the offense was committed. In a free kick, the stationary ball is placed on the ground wherever the foul was committed. **Any opposing players must stay at least ten yards from the ball** until the player awarded the free kick actually kicks the ball.

In a **direct free kick**, the player kicking the ball may score a goal directly. In an **indirect free kick**, the player kicking the ball can score a goal *only if a second player on either team touches the ball*.

- The referee awards a **direct free kick** when a player *intentionally*:
 1. Strikes or attempts to strike an opponent.
 2. Kicks or attempts to kick an opponent.
 3. Trips, pushes, holds, or jumps at an opponent.
 4. Charges an opponent violently or from behind.
 5. Touches the ball with his or her hands.
- The referee awards an **indirect free kick** when a player:
 1. Charges the goalkeeper.
 2. Obstructs an opponent, or engages in other dangerous play.
 3. Charges fairly, but when the ball is out of playing distance.
 4. Is called off sides.
 5. Deliberately wastes time.
- The referee should award a **penalty kick** rather than a direct kick when a foul occurs within the penalty box area. During a penalty kick all players other than the kicker and the goalkeeper must clear the penalty box area. The goalies can not move until the ball is kicked. The attacking team can score a goal directly from a penalty kick.

(**Note:** The referee *should not* award a penalty kick for *unintentional* hand or arm play in the penalty box area, even if the unintentional ball handling prevents the attacking team from scoring a goal.)

- **Slide tackling** *is not permitted*. Although the referee should warn a player for unintentional slide tackling, the referee will issue a yellow or red card for intentional slide tackling.
- **Chest traps** *are permitted*. Girls may use their arms for protection while doing chest traps—hands should be on the shoulders and elbows must be kept down against the body.
- A player is considered **off sides** when he or she attempts to play the ball when less than two defensive players (including the goalkeeper) are between him or her and the defending goal.
 - A player *is not* considered off sides:
 1. If he or she is standing in an off sides position, and not involved in the play.
 2. On the first play of a goal kick, corner kick, throw-in, or drop ball.
 3. If the player is in his or her own half of the field when the ball is passed.
 4. If the ball is first touched by an opposing player.
 5. If the ball is passed backwards.
 - **When a referee calls a player off sides, the opposing team is awarded an indirect free kick**, from the point of infraction.

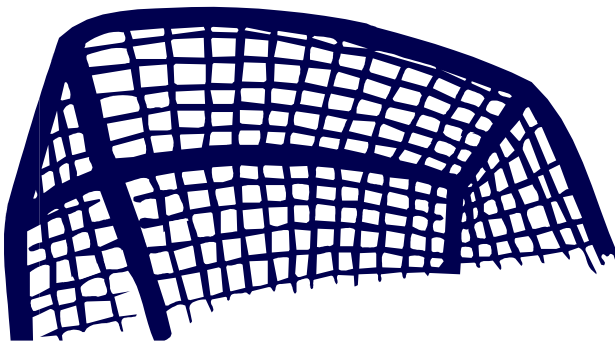
Referees *will not* call off-side penalties in Micro Soccer, 2 & 3 boys' and girls' divisions.

*Scoring a Goal

In order for the attacking team to score a goal, the ball must completely cross the goal line between the posts and below the cross bar.

The referee will not award a goal if an attacking player throws, carries, or intentionally propels the ball with his or her arm or hand.

The goalkeeper is considered to be in possession of the ball when he or she is holding the ball with one or both hands or arms. A goalkeeper can also establish possession by putting a finger, hand, arm, or leg on a stationary ball. Any goalkeeper in possession of the ball cannot be charged, obstructed or interfered with by opposing players. Violators will be cautioned on the first infraction and appropriately carded on subsequent infractions. If the goalkeeper attempts to put the ball into play, but fails, he or she *may not* use his or her hands to control the ball until an opposing player touches the ball, or until one of the goalkeeper's teammates plays the ball outside the penalty area.



EQUIPMENT

- **Players may not wear any equipment considered dangerous to themselves or to other players.**
 - Dangerous equipment includes rings, wristwatches, earrings, barrettes, or other jewelry. Ponytail holders must be plain or coated rubber bands, and medical information tags must be taped against the body.
 - Only soccer or gym shoes are permitted. Soccer shoes must have molded, rather than screw-on cleats
 - Artificial limbs must be completely padded so that no metal or hard material is exposed.
 - No player can participate while wearing a hard cast, even if both coaches agree.
 - No jeans, pants, or shorts with belt loops or pockets are permitted. If a player arrives with no alternative clothing, he or she will not be permitted to play.

SHINGUARDS ARE REQUIRED.

- **The equipment issued to each team is the property of the Oswegoland Park District.** All equipment is due back to the Soccer Coordinator after your last game. Returning equipment promptly permits the Park District to take care of repairs or replacements as required for the following season.

REFEREES

Referees shall have complete jurisdiction over any and all games they officiate, enforcing rules and deciding disputes. The referee's word in the game is FINAL. Coaches may question the referee in a calm and reasonable manner, away from players, only at half time or after the game. Coaches may bring serious protests to the Soccer Coordinator for resolution.

The referee's authority extends not only to players, but also to coaches and spectators. The referee may issue coaches yellow or red cards, suspending coaches from the game if necessary. In the event of persistent misconduct or unsportsmanlike activity, the referee may terminate the game, and the Soccer Coordinator may suspend the individual or individuals for the remainder of the season.

If a coach or spectator is harassing the referee, or if the referee is unable to resolve a dispute using reasonable efforts, he or she should abandon the game and report the details of the incident to the Site Supervisor immediately.

A referee may refrain from penalizing in cases where he or she feels that an infraction was unintentional, or in cases where awarding the penalty would give an advantage to the offending team.

If the assigned referee has not arrived by the game's scheduled starting time, the coaches should notify a field manager. The field manager will either find a substitute referee or referee the game himself.

In the event of an actual or perceived injury to a player or players, the referee should stop play immediately. Parents, coaches, and other spectators should not enter the field unless authorized by the referee. If the injured player cannot move off the playing field, the referee will terminate the game. If the player can leave the field safely in less than 15 minutes, the game may continue at the discretion of the referee and the Site Supervisor, providing that follow-up attention required by the injured player does not leave the team without adult supervision.

WELCOMING SPECTATORS

Coaches are responsible for the conduct of their team's spectators. Spectators who display poor sportsmanship may be asked to leave the area. Spectators who fail to comply may cause their team to forfeit the game

Neither spectators nor coaches may occupy the area behind either end line. Spectators should stay in the sideline area opposite the team, and parents attending the game must supervise their young children to make sure that they do not run behind the end line or onto the field.

ADDITIONAL QUESTIONS AND CONCERNS

Coaches who are unable to attend a game are asked to call Adam Noggle or Brian Everhart to make arrangements. Adam can be reached by calling 630.554.4480, Brian can be reached at 630.554.4479.

Any coach who experiences a conflict with a player during the season should contact a field manager or the soccer coordinator. During games, staff will be available at the Park District tent.

Finally, if you have any questions or problems during the season, or if you don't understand something, please contact Adam Noggle at 630.554.4480 or Brian Everhart at 630.554.4479. You are the key to a successful, enjoyable soccer season for the children on your team. We're here to help you succeed!

