

Emerson Soccer

2002 Coaches Manual

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Emerson Soccer in 2002

We would like to welcome all our seasoned veterans as well as those joining us for the first time. As you know, Emerson Soccer has grown rapidly in the years since 1995. We are, in many ways, victims of our own success and dedication. The growth in skill of our players at every level challenges us all to grow our skills as coaches. We, on the board, have launched a program to coach the coaches. We have brought the MLS Soccer Camp to town. Our select team enrollment is at the highest levels yet. We will continue to search for ways to meet the needs and interests of our players.

It is the interest, enthusiasm and dedication of the coaches and staff that has made this all possible. Each of you is and will be responsible for the fun and skills that each player will enjoy. We are all proud of how well our players have advanced, but that would not be possible if they were not having fun. We must never lose sight that this is a game, because the kids never will.

We would like to wish all of our coaches and assistant coaches the best of luck in the upcoming season. As always, if you have suggestions on how to improve our program don't hesitate to speak to any board member. If you might be interested in becoming more involved and volunteering for a board position, please speak to Kevin Ensor or John Quigley.

This booklet contains basic information you should find helpful while preparing for the season. It will provide the novice coach with valuable information, and the veteran coach with helpful reminders.

If you have questions regarding material in this booklet or our program in general, please feel free to call Hector Piccinich or Paul Henry.

Emerson Soccer Board of Directors

Board of Directors

Kevin Ensor	Commissioner	986-0165
John Quigley	Assistant Commissioner	261-5848
Linda Byrnes	Registrar	265-5607
Lissa Mayer	Treasurer	967-7215
Glenn Cariddi	Secretary	262-4229
John Bednarz	Select Teams Director	986-1469
Steve Moldow	Referee Administrator	986-0613
Brian Todd	Safety Director	599-1050
Ron Pierri	Fields Administrator	261-8621
Paul Henry	Boys and U6 Director	599-0474
Hector Piccinich	Girls Director	225-1474

Recreation Dept. Liaison

Randy Sturm		262-5322
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Lead Coaches

U6 Coed	Janice Parisi	599-1056
U8 Boys	Glenn Cariddi	262-4229
U8 Girls	Hector Piccinich	225-1474
U10 Boys	Kevin Ensor	986-0165
U10 Girls	Felicia Brobson	722-1775
U12 Boys	Bruce Benny	261-8708
U12 Girls	Rich Mullins	261-7554
U14 Boys	Brian Todd	599-1050
U14 Girls	John Fucarino	262-7266

Key Staff Positions

Phil Nisonoff	Training Coordinator	986-1259
Lisa Ercolano	Uniform Manager	967-5193

Emerson Soccer

Emerson Soccer is affiliated with NJYSA (New Jersey Youth Soccer Association), which is a member of the USSF (United States Soccer Federation), a nationwide soccer organization founded in 1913. We believe that NJYSA will provide the platform for us to continue to grow our program. The fundamental characteristic that makes up Emerson Soccer is a positive attitude towards kids, fair play and fun. We will continue to provide the best soccer we can for the children of Emerson.

Basic Emerson Soccer Philosophies:

Everyone Plays

Our goal is for kids to play soccer - we mandate that every player on every team must play at least half of each game.

Balanced Teams

At the start of each season, we will attempt to set up teams as evenly balanced as possible, because it is more fun where teams of equal ability play.

Positive Coaching

What makes winning kids is being built up, not down. We train and encourage our coaches to make the extra effort to understand and offer positive help to our players, rather than negative criticism.

Open Registration

Our program is open to all children in grades K – 8 who want to register and play soccer. Interest and enthusiasm are the only requirements for playing.

Good Sportsmanship

We desire to create a positive environment based on mutual respect, rather than a win at all cost attitude.

Coach's Checklist

- Always have your emergency player forms at all practices and games
- Know where the First Aid kits are located
- Be prepared for practices and games
 - * Plan drills
 - * Prepare game rosters
 - * Inform players and parents of next practice or game
- Players cannot wear jewelry during games or practices. No exceptions
- Players can not wear metal or studded cleats, molded cleats only
- Check field for debris before each practice and game
- Make sure your team arrives early for warm-ups, games start promptly
- U6 parents must be present for all games and practices. Be sure to tell the parents
- Be prepared to set-up or breakdown goals
- Strongly recommend cleats to all players, games will be played in the rain
- All games will be played unless called off by the Referee at the field
- Try to keep practices to one hour

Accidents on the Field

- Coaches should always have medical forms on hand at all practices and games
- If a child must go the hospital, the medical form must go with them
- Fill out an accident report the same day. Referees will have accident reports on hand. Referees will turn accident reports into Brian Todd, Kevin Ensor or John Quigley.
- Notify parents of an accident immediately if they are not present
- Call the parents the same day with parents to see how the player is doing
- If a doctor is seen for an accident, the player may not return without a doctor's release
- Do not apply ice packs to the face. Get real ice from the concession stand

Divisional Breakdown and Divisional Head Coaches**Divisional Breakdown**

- U6 - Entering K Sept. 2002
- U8 - Entering grade 1 or 2 Sept. 2002
- U10 - Entering grade 3 or 4 Sept. 2002
- U12 - Entering grade 5 or 6 Sept. 2002
- U14 - Entering grade 7 or 8 Sept. 2002

U6 (Coed) Head Coaches

Team 1	Bob Johnston	265-8564
Team 2	Chris Chaneski	265-8121
Team 3	Janice Parisi	599-1056
Team 4	Eric Meisner	599-0544
Team 5	Mario Dossantos	261-1445
Team 6	Doug Bogue	986-0755
Team 7	Volker Noll	576-0799
Team 8	Joe Hornyak	599-0989

U8 Girls Head Coaches

Team 1	Hector Piccinich	225-1474
Team 2	Bob Buono	986-0392
Team 3	Rich Palumbo	599-1713
Team 4	Brian Pierce	262-5954
Team 5	Scott Riker	261-4635
Team 6	David Morgan	599-0415

U8 Boys Head Coaches

Team 1	Randy Sturm	262-5322
Team 2	Walter Bushbacher	599-1611
Team 3	Scott Bartel	261-4303
Team 4	Cliff Forino	265-9303
Team 5	Volker Noll	576-0799
Team 6	Jay Blau	262-6053

U10 Girls Head Coaches

Team 1	Felicia Brobson	722-1775
Team 2	John DiNiro	262-0545
Team 3	Paul Henry	599-0474
Team 4	Jack Schmitt	599-1147

U10 Boys Head Coaches

Team 1	Glenn Cariddi	262-4229
Team 2	Bruce Benny	261-8708
Team 3	Vincent Parisi	599-1056
Team 4	Kevin Ensor	986-0165
Team 5	Phil Nisonoff	986-1259

U12 Girls Head Coaches

Team 1	Kristina Naumovski	986-2177
Team 2	Rich Mullims	261-7554
Team 3	Ron Holwitz	262-1147

U12 Boys Head Coaches

Team 1	Bruce Benny	261-8708
Team 2	Chris Liddy	664-2597
Team 3		

U14 Girls Head Coaches

Team 1	John Fucarino	262-7266
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U14 Boys Head Coaches

Team 1	Brian Todd	599-1050
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Simplified Laws of the Game

Law 1: *The Field of Play*

See diagram on page 16.

Law 2: *The Ball*

U6 - size 3
U8 - size 4
U10 - size 4
U12 - size 4
U14 - size 5

Law 3: *The number of players*

U6 - 5 vs. 5
U8 - 7 vs 7
U10 - 7 vs. 7
U12 - 11 vs. 11
U14 - 11 vs 11

Law 4: *Players' Equipment*

The player must wear a shirt, shorts, shinguards, socks (that fully cover the shinguards), and sneaker or cleats. The goalie's shirt must be different from the other players'. No jewelry, hats or slip on sneakers are allowed.

Law 5: *Referees*

The referee is in charge of the game, from the time he/she walks onto the field.

Law 6: *Assistant Referee*

Assistant Referees assist the referee by signaling balls that go out of play and signaling offside; but the referee is the final authority.

Law 7: *Duration of the Game*

Adult soccer has two halves of 45 minutes each. We will play with the following time limits, running time; do not stop the clock when the ball goes out of bounds.

U6 - 4 8 min. quarters
U8 - 4 10 min. quarters
U10 - 4 12 1/2 min. quarters
U12 - 2 25 min halves
U14 - 2 30 min. halves

Law 8: *The Start of Play*

The game is started at midfield at the beginning of the game, after a goal is scored, and at the beginning of each period. A player on the kicking team must touch the ball before it can be played again.

Law 9: Ball In and Out of Play

The ball is out of play when it has **COMPLETELY CROSSED** the touch (side) line or goal line, in the air or on the ground, or when the referee has stopped the game. It is in play at all other times.

Law 10: Method of Scoring

A goal is scored by sending the ball **COMPLETELY** over the goal line between the posts, and under the crossbar.

Law 11: Offside

A player that is ahead of the ball without two opponents ahead of him is in **OFFSIDE POSITION** (which is not illegal by itself); if this player is involved in the offensive play he is then **OFFSIDE** (which is illegal), and the defending team is awarded an indirect free kick. A player cannot be offside in his own half of the field, or if he receives the ball from a throw-in, goal kick, corner kick, or from a defending player. The offside is judged at the **MOMENT THE BALL IS PLAYED**.

Law 12: Fouls and Misconduct

The offenses listed here must be judged intentional and must give the offending team an advantage. These offenses result in a **DIRECT** free kick for the opposing team (the ball can go directly into the goal).

Kicking an opponent	Tripping	Jumping at an opponent
Charging from behind	Striking an opponent	Holding
Pushing	Handling the ball	Unsportsmanlike conduct

The following offenses result in an **INDIRECT** free kick (the ball must be touched by another player from either team before going into the goal).

Goalkeeper infractions (taking more than 4 steps, handling a teammate's backpass, etc.)
Dangerous play
Offside
Obstructing an opponent without playing the ball

Flagrant offenses may be cautioned by the referee using a "yellow card". The referee may indicate repeated or unsportsmanlike offenses with a "red card", ejecting the offending player from the game without replacement.

Law 13: Free Kicks

The ball is placed at the point of the infraction (with a few exceptions in the goal area); the ball must be still before the kick; the ball must travel one revolution before it is in play; and the kicker may not play the ball again until another player touches the ball.

Law 14: Penalty Kicks

A penalty kick is taken from the penalty spot (12 yards from the middle of the goal) when one of the “direct kick” fouls is committed inside the penalty area. When the kick is taken, all players, except the goalie and the kicker, must be outside of the penalty area and the penalty arc.

- U6 - No penalty kicks
- U8 - No penalty kicks
- U10 - Penalty kicks
- U12 - Penalty kicks
- U14 - Penalty kicks

Law 15: Throw-in

If the ball leaves the field across the touch (side) line, the team that did not touch it last throws the ball in from the point where it left the field. The thrower must be facing the field, have part of each foot on the ground and either on the line or behind it, and the ball is to be thrown from behind and over the head with both hands.

Law 16: Goal Kicks

If the attacking team last touches a ball before it goes over the goal (end) line, the defensive team takes a goal (direct) kick from any place in the goal area. A goal kick must leave the penalty area before it can be touched by another player (from either team).

Law 17: Corner Kicks

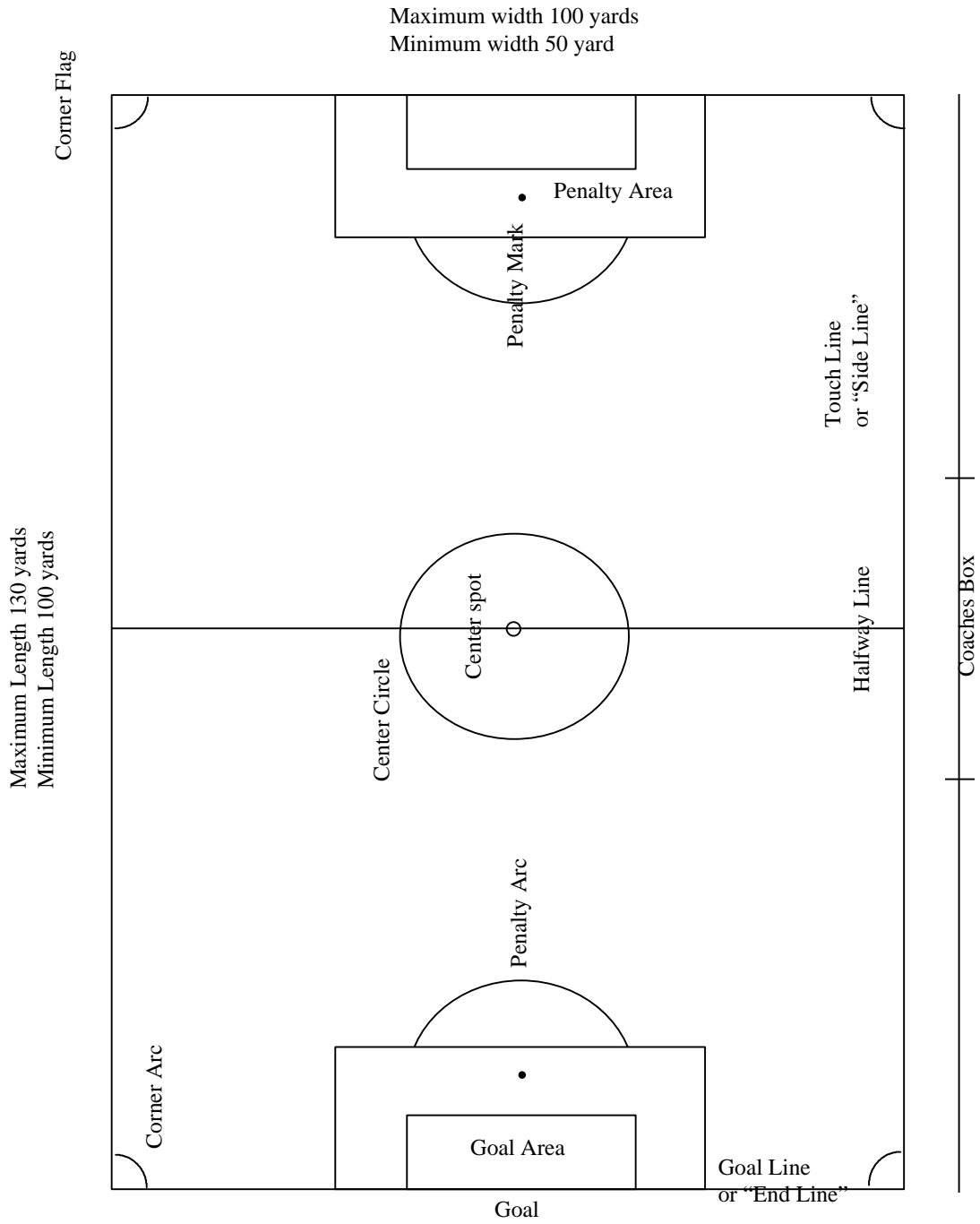
If the defensive team last touches the ball over the goal (end) line, the attacking team takes a corner (direct) kick from the closer corner.

Emerson Soccer Law 18: Coaches on the Field

Because this is an instructional league coaches will be allowed on or about the field as follows:

- U6 - Coaches may be on the field (max 2 coaches), no coaches allowed in front of goal mouth
- U8 - Coaches Box, 1 by goal, 1 on opposite side (1 coach on field for first 2 weeks of the season)
- U10 - Coaches Box only
- U12 - Coaches Box only
- U14 - Coaches Box only

Law 1: The Field of Play



The Referee

The referee's main duties are to keep each soccer game safe, fair and fun. Following are a few things every player, coach and parent should remember:

1. The referee can never win; he can only break even.
2. The referee has no substitutes.
3. The referee has no one rooting for him/her.
4. The referee can never make everyone happy.
5. The referee cannot always have the perfect view. However, someone else usually does and is ready to point out any mistake.
6. The referee must use judgment to make his/her best call. Of course, coaches tend to judge in favor of their respective teams.
7. The referee must take in the whole play. It's easy to miss a handball while checking for offsides, but of course, what coach or parent was checking for offsides?
8. The referee has only seconds to make a call. There is no time limit on criticism.
9. The age-old question. Handball: intentional or unintentional?
10. Everyone makes mistakes. Why is a referee's mistake unforgivable?
11. Everyone has a bad day. Referees however, are not allowed to.

The referee is the loneliest person on or off the field during a game. Yet without the referee, the game can almost never be safe, fair and fun. The most thankless occupation is that of the referee, yet it is the one most deserving of thanks.

Remember:

- ◆ Our referees are volunteers too!
- ◆ We always accept new volunteers!
- ◆ Referees will discuss any issues with the head coach only
- ◆ The Referee will call off games at the field
- ◆ To discuss any concerns with a referee, speak to Steve Moldow or Kevin Ensor.
- ◆ Please set a good example for players and parents when conversing with the referee

Lop-Sided Games

A lop-sided game is no fun for anyone: the coaches, the parents and especially the players. Although this was not a major problem last year, there were several games that did become very one-sided. To better keep in line with the basic philosophies of the league, the referee and coaches will have several options to keep the game competitive. Remember, we do not want to punish a team or player for exceptional play, but we do want it to be fun for all.

A lop-sided game will be defined as one with a three-goal differential. At this time the referee may ask the leading coach to:

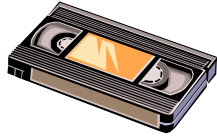
Pull back stronger player(s). *If one girl or boy in particular is controlling the game the referee will ask for that player to stay on the defensive side of the field. This should, in most cases, handle the situation.*

Play will continue as usual. If this does not produce a more competitive game the referee may request the following steps.

Play short handed. *The referee may ask for one or more players from the leading side to sit down. These players can be substituted back in at a later time; they are by no means out of the game.*

Play without a goalie. *As a final attempt to provide a more competitive game, the referee may ask the leading team to play without a goalie. This is a last resort and would only be ask for if there is a severely lop-sided game.*

Coaching Reference Material



Videos available at the Emerson Library

“Success in Soccer”:

Volume 1 – Fun and Games (Basic Training ages 6-10)

- ◆ Improve ball skills, agility and coordination through games and exercises
- ◆ applying training techniques to game situations
- ◆ small sided games ◆ 4v4, 7v7 matches

Volume 2 – Fun and Games (Basic Training ages 6-10)

- ◆ interesting variations on how to start a training session
- ◆ small sided games
- ◆ alternating playing and practicing
- ◆ examples for station training

Volume 3 – Advanced Technique Training (Ages 11 – 14)

- ◆ ball coordination training
- ◆ individual training in dribbling, combination play ball control, 1v1 attack and defense tactics, shooting

Volume 4 – Advanced Technique Training (Ages 11 – 14)

- ◆ more ball coordination training
- ◆ individual training in dribbling, combination play, heading, teaching fakes, playing at match



Books available at the Emerson Library

“Starting Soccer” – a beginners book written for children

“Coaching 6,7 and 8 Year Olds”

“Coaching 9,10 and 11 Year Olds”

“Coaching The Goalkeeper”

“Coaching The Team”



Emerson Soccer

www.geocities.com/emersonsoccer

Pill's Drills

www.eteamz.com/soccer/pills/jpill.htm

Internet Soccer Clinics

www.soccerclinics.com

Decatur Soccer Drills

www.net-master.net/~sports/soccerdrills.htm

Soccer Times

www.soccertimes.com/