



North Vancouver Football Club Spring League Coaching Guide 2025

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Contents

Contents.....	2
Coaching Sheet.....	3
Uniforms and Equipment.....	4
Time Management & Set Up Process.....	4
U6-U8.....	4
U9-U11.....	4
U12-U15.....	4
Player positions.....	4
U6-U7.....	4
U8.....	5
U9 / U10.....	5
Potential Formations:.....	5
Position Roles:.....	6
U11-U15.....	8
Potential Formations:.....	8
Position Roles:.....	8
Refereeing.....	10
Coach Attendance.....	10
Common Challenges - FAQs.....	11



Coaching Sheet

Age Group	Players	Field Size	Duration	Retreat Line	Throw in/Kick In	Fouls	Offsides	Refs
U6	4 v4 (no goalie)	2 fields 30 x 20	2 x 20 min halves - 5 min break	Coaches choice	Kick In	Indirect	N/A	Coaches
U7	4 v4 (no goalie)	2 fields 30 x 20	2 x 20 min halves - 5 min break	Coaches choice	Kick In	Indirect	N/A	Coaches
U8	4 v4 (rush goalie)	2 fields 30 x 20 / 35 x 25	2 x 25 min halves - 5 min break	Coaches choice	Kick In	Indirect	N/A	Coaches
U9	6 v 6	Kirkstone 1/3	2 x 25 min halves - 5 min break	Halfway line After 2nd player touch	Throw In	Indirect	N/A	Refs
U10	7 v 7	Kirkstone: Half line to end line, sidelines are ~box width. Penalty Area is 10m into field and 7m from post on goal line	2 x 25 min halves - 5 min break	Halfway line After 2nd player touch	Throw In	Indirect	N/A	Refs
U11	8 v 8	55 x 45 / Half line to end line at Kirkstone, sidelines are field width Penalty Area is 10m into field and 7m from post on goal line	2 x 30 min halves - 5 min break	1/3rd line After 2nd player touch	Throw In	Direct & Indirect	Attacking 1/3	Refs
U12 - U14	8v8 - minimum of 5 required	Length 60 to 75 m Width 42 to 55 m Box: 11 metres out from each goal post Ball: Size 4	2 x 30min halves - 5 min break	1/3rd line After 2nd player touch	Throw In	Direct & Indirect	Attacking 1/3	Refs
U15	8V8	Half field WG	2 x 30 min halves - 5 min break	No retreat line	Throw in	Direct & Indirect	Half line	Refs



Uniforms and Equipment

- Teams should wear black/red jerseys from previous season. Black for home games and red for away.
- Cones/balls are available the day of the match. Coaches are still encouraged to bring their own equipment if needed. NVFC will also offer bibs if needed.

Time Management & Set Up Process

- All times shown on TeamSnap are game start times. Please show up 15 min before your game.
- Warm up should be brief
 - If you have soccer balls, run a very brief warm up (or show early and warm up outside the field - KT has a baseball field, and WG has space in endzones).
 - If you don't have soccer balls, NVFC staff will lend 3-4 balls to each team.
- Half time is only 5 min. If a game starts late, playing time will be shortened.
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U6-U8

- Each team will split their team in two, and play two 4v4 games simultaneously. Split squads with even teams (no A / B)
- Fields will be set up by NVFC staff, including small nets.

U9-U11

- U9: Fields are already laid out on Kirkstone ATF. Nets have to be moved in place.
- U10-U11: NVFC coaches will set up the fields but will need help to move nets.

U12-U15

- NVFC staff will set up, but help is always accepted

Player positions

U6-U7

- 2 attackers and 2 defenders is the basic formation for these age groups.



- For these age groups, understanding of the concept of attacking and defending is the main learning component.
- There are no goalies, but players can try to block the net.
- Encourage movement and dynamic games: when attacking, encourage defenders to move up. When defending, encourage attackers to move down.

U8

- 2 attackers and 2 defenders is the basic formation for these age groups.
- For these age groups, understanding of the concept of attacking and defending is the main learning component.
- There are rush goalies. So the “last defender” can play this role.
- Encourage movement and dynamic games: when attacking, encourage defenders to move up. When defending, encourage attackers to move down.

U9 / U10

Potential Formations:

U9: 3-1-1



U10: 3-2-1



Position Roles:

- **GK**
 - Acts as sweeper when the other team has the ball.
 - Should be on edge or outside the box whenever the ball is in the opposing half.
 - Acts as outlet for pass back for defenders in possession and under pressure.
- **Center Defender**
 - Stays central & back, moves up to just past center when team attacks to receive pass backs and to keep play in their end (have your GK standing just outside his goal box whenever the ball is in their half, even if they have the ball, should be ready to run out & play any thru balls away).
 - If the other team breaks out of their end, center D cannot run back to his goal, must stay and engage the player coming down with the ballbut not dive in, allowing wide D's & midfield to get back.
 - If left or right D moves up to pressure or gets involved in attack, CD shifts over slightly to that side to cover while keeping an open body (and eye) to the opposite side of the field.
- **Left and Right Defenders (full backs)**
 - They should not run across the center D in defense or attack. They should play endline to endline. They provide the width in attack.
 - Only one should look to move forward in attack at a time when the ball is on their side, the other side always staying to support/cover CD. One should also move up when their side mid moves forward to pressure their D.



- Also, when you first win the ball in your own end, try and get it out to wide D as the safe play wide, if they get it wide and have space, they should be encouraged to dribble down the field (ie not just knock it down the line), when they are approached by an opponent they can either beat them if they are 1 v 1, pass inside to CM (who may be able to switch ball to other side, ie other defender or mid), or pass inside & forward to CF.
- These players should take all throw-ins. Even if there is a throw in deep in their end. This way the team has more options to throw to forward or in midfield.
- **U9 - 1 Center Midfielder (CM):**
 - 1 CM- Helps all the way back to just inside the box on defense and helps all the way forward in attack.
 - Might get deep into the box for crosses from the wide D.
 - Tries to switch ball from side to side & look for thru balls when his team is in possession in own end or mid field when possible.
 - Ideally he/she spends most of their time in the middle stripe of the field, leaving the wide areas for the wide D's to move into.
- **U10 - 2 CMs:**
 - In this game format you are just adding one CM to what was the 3-1-1 in 6 aside soccer.
 - This CM plays the same role as described directly above. However, you can now introduce that they should play off each other and that when one rushes forward to join the center forward in attack or runs into the box to finish a cross, the other CM hangs back a bit at the edge of the box to finish rebounds or be first back to help D.
 - Same on defense, the first CM back helps all the way while the second one back can stay at the top of the defensive goal box waiting for an outlet pass or be ready to rush up and support the forward in attack.
- **Center Forward**
 - Stays high & primarily central, when your team is defending he/she should be around center waiting/on toes ready for an outlet pass.
 - Can go one v one on his own if he/she has space to turn, but should not turn into a crowd of defenders. If he/she is in this scenario, he/she should pass back to the supporting CM or to a wide D who is breaking out of his own end, try and keep this player from running into the corners looking for a pass when your wide defenders are moving up the line with the ball, especially in their half.

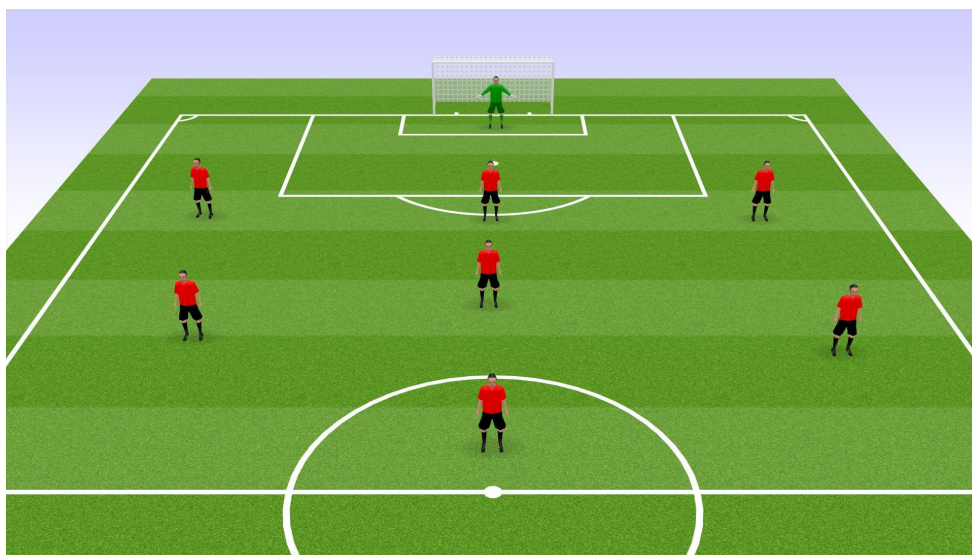


- He/she should “post up” centrally for a give & go with wide player or if the wide players beat a defender 1 v 1 or 2 v 1 she/he is ready to head to net to finish a cross

U11-U15

Potential Formations:

U11: 3-3-1



Position Roles:

- **GK**
 - Acts as sweeper when the other team has the ball. Should be on edge or outside the box whenever the ball is in the opposing half.
 - Acts as outlet for pass back for defenders in possession and under pressure.
- **Center D**
 - Stays central & back, moves up to just past center when team attacks to receive pass backs and to keep play in their end (have your GK standing just outside his goal box whenever the ball is in their half, even if they have the ball, should be ready to run out & play any thru balls away)
 - If the other team breaks out of their end, center D cannot run back to his goal, must stay and engage the player coming down with the ball.....but not dive in,



allowing wide D's & midfield to get back. If left or right D moves up to pressure or gets involved in attack, CD shifts over slightly to that side to cover while keeping an open body (and eye) to the opposite side of the field.

- **L and R Defense**

- They should not run across the center D in defense or attack. They should play endline to endline. They provide the width in attack.
- Only one should look to move forward in attack at a time when the ball is on their side, the other side always staying to support/cover CD. One should also move up when their side mid moves forward to pressure their D.
- Also, when you first win the ball in your own end, try and get it out to wide D as the safe play wide, if they get it wide and have space, they should be encouraged to dribble down the field (ie not just knock it down the line), when they are approached by an opponent they can either beat them if they are 1 v 1, pass inside to CM (who may be able to switch ball to other side, ie other defender or mid), or pass inside & forward to CF.
- These players should take all the throws ins. Even if there is a throw in deep in their end. This way the team has more options to throw to forward or in midfield.

- **CM**

- Helps all the way back on defense and generally plays to about 5-10 yards outside of opponents box.
- Tries to switch the ball from side to side & look for thru balls when possible. Ideally he/she spends most his/her time in the middle stripe of the field, leaving the wide areas for the wide D and L/R mids to attack in twos.
- Hangs back a bit in attack as option for wide mid/wide D to play back to for a switch to the other side of the field.

- **LM/RM**

- These are the most 2 way positions on the field, plays goal to goal, helps the outside defender on their side by double teaming the opponents taking on defenders, & is first to spring forward to help the forward attack.
- If the opposite mid or wide Defender is about to cross the ball in front of goal, he/she should be charging in late to attack the ball & help the forward score. This player should also push high to help the forward pressure the backline when their D gets the ball in a wide position while the opposite wide mid stays central to help the CM.
- Their movements to receive the ball should vary from getting wide & in positions to take on defender 1 v 1, & looking for the ball more centrally to facilitate possession & play make with the CM/CF & get the wide D involved in attacks.



- **Center Forward**

- Stays high & primarily central, when your team is defending she/he should be around the center waiting/on toes ready for an outlet pass. Can go one v one on his own if she/he has space to turn, but should not turn into a crowd of defenders.
- If he/she is in this scenario, she/he should pass back to one of three supporting mids or to a wide D who is breaking out of his own end, try and keep this player from running into the corners looking for a pass when your wide mids and/or defenders are moving up the line with the ball, especially in their half.
- He should “post up” centrally for a give & go with a wide player or if the wide players beat a player 1 v 1 or 2 v 1 she/he is ready to head to the net to finish a cross.

Refereeing

- There are no referees from U6-U8.
- From U9-U15, young referees will ref the games. Please respect that these young referees are in training and may make mistakes. Fair play and sportsmanship should be displayed by coaches, parents, and players at all times.
- For U9-U15, “pass back rule” is in effect. Goal keepers may not handle the ball passed back to them by teammates while in their goal area.

Coach Attendance

Can't make it to all games? Here is what you should do:

1. Reach out to your team asking for support via TeamSnap. Ask parents if they would like to volunteer permanently (that way your team could have 2-3 coaches) or for a specific day. If you find someone, please email the League Director with the coach's full name and email.
2. Were you not able to find help? Fill out the Staff support form. This way our staff will now if help is needed and they can take the lead. Keep in mind, that coach consistency is important for kids to feel confident and supported by their coach. It's not recommended to rely fully on NVFC staff as our team rotates thru the season:
<https://forms.gle/9CKkFx8mqE2mJkyw7>



Parens Conduct

We want to lead by example and ensure our players have a positive experience. So let's not get in the way of that! Feel free to share with your parents the following Parent Guidelines:

 Parent Conduct Guide - Spring League

Common Challenges - FAQs

On the field

How many coaches can be on the field?

Answer: During a game, a maximum of three coaches are allowed on the field according to league regulations. This limitation helps ensure clear communication between players and coaching staff while maintaining the flow of the game without unnecessary distractions.

Will the Club run the practices?

Answer: Some age groups will have one practice during the Spring League. Although there will be staff present at most games, team coaches are expected to run their practices. Team Coaches are free to organize their own practices on their own time.

Should players wear shin pads?

Answer: Yes, it's important for players to wear shin pads for their safety. Make sure all players have properly fitted shin pads before participating in any games or practices.

Attendance/Cancellations

What should I do if I don't have enough players?

Answer: If you find yourself short on players, there are a few steps you can take. First, try to find additional players from within the Club. If that's not possible, communicate with the league coordinator for assistance. During the game, the opposing team may need to lend players to ensure a fair match.



What if we need to cancel?

Answer: Always try your best to have enough players for the game. If you need to cancel a game, ensure you communicate it to your team and the league director.

What steps should I take if I can't attend a game?

Answer: If you're unable to attend a game, it's important to find a replacement. Reach out to other parents to see if anyone can volunteer to coach in your absence. Make sure to inform the league coordinator and team parents as early as possible about your absence and the arrangements you've made. Lastly, fill out the Staff support form. This way our staff will now if help is needed and they can take the lead:

<https://forms.gle/9CKkFx8mqE2mJkyw7>

Can select players play games if I don't have enough players?

Answer: Select players are not eligible to participate in the House Spring League.

How do I communicate with the Club?

Answer: Communication with the Club is typically done through your league director Wisam Souki

Competitiveness

How can I avoid blowouts?

Answer: While NVFC strives to create evenly matched teams, the league's friend request-based system means that results cannot always be controlled. To avoid blowouts, teams should focus on fair play and sportsmanship. Consider implementing strategies such as player rotation to ensure all players have equal opportunities to participate. You can also add rules like requiring more passes before scoring to encourage teamwork. Additionally, consider lending strong players to the opposing team if a match becomes too one-sided, after a 4-0.

My team has lost its first three games. What can I do?



Answer: If your team has lost its first three games, it's important to focus on maintaining a positive and supportive environment for your players. Stay positive, analyze performance, and set realistic goals for improvement. Encourage teamwork and provide support to players who may be struggling. Remember, success in sports isn't just measured by wins and losses, but by the growth and development of the players both on and off the field.