

WATERFORD RECREATION YOUTH SOCCER



COACHES HANDBOOK



<https://waterfordwi.myrec.com>

262-514-8270

2026 League Sponsor



The Waterford Way embraces the goal and mission of the Waterford Graded School district and establishes a respectful environment that encourages cooperation, honesty, fair play and respect for the sport, coaches, players, and officials.

A Good Youth Coach is... A Positive Role Model is self-controlled, knowledgeable of the rules, a good winner and loser and understands that this is Youth sports and not the WIAA, NCAA, or FIFA.

Websites:

Soccer Xpert: <https://soccerxpert.com/>. Great for finding age specific drills.

The U.S. Soccer Digital Coaching Center (DDC) <https://dcc.ussoccer.com>

This website allows coaches to create a personal profile, register for courses, communicate with technical staff, take part in online courses, and create session plans with graphics tools.

Guidelines:

Final Rosters are uploaded into TeamSnap One

Refereed games (2nd/3rd & 4th-6th) - We will do our very best to have referees at each game. In the instance there is a referee shortage, we ask the coaches to officiate the game.

Parking/Port-O-Potties: Park in the Fox River or Evergreen main parking lots. There is **NO** parking in the loop during practices or Saturday games. There are Port-potties located on the grounds near the pavilion.

Emergencies: If there is a serious injury please contact the parents immediately or call 911. If needed, we will ask you to complete an accident report form. On Saturdays, a representative will be on the soccer grounds if you need any assistance. There is also an AED device outside in the pavilion that can be used in case of an emergency.

Jewelry: Players must take off all jewelry. All hair ornaments made of hard or metal parts cannot be worn. (No beads, metal, clips, etc.) Medical Alert bracelets must be covered by wristbands.

Rain or shine. If there is severe weather, the refs and Waterford Rec Employee will meet and decide if games will be canceled. If we cancel, we will post it on the Recreation website and send out a message through the TeamSnap One app. Canceled games will not be made up.

Coaches Bag: Clipboard, practice pinnies, ice pack, and first aid kit.

Equipment: Soccer cleats are encouraged or tennis shoes, shin guards, soccer ball (see our website for soccer ball size chart), water bottle.

Soccer Terms:

Kick-off: is how a soccer game is started. Children are to stay on their side of the field during a kick-off. During a kick-off, the ball is placed in the middle of the field and, once the referee blows the whistle, kicks to start the game. The team starting with the ball can make a forward or backward pass with a single kick. The center player cannot touch it twice after the initial touch and movement of the ball. The team kicking off may have 2 players within the center circle.

Each defensive player must be outside of the circle during the kick-off. The team that scores gives the opposite team the ball to kick-off the start of the next segment of the game.

No Hands: Players cannot use their hands in the soccer game. Accidental contact with hands does happen, it is up to the referee to determine whether to stop or continue play. The referee will often let play continue for a few seconds to see who gains the advantage. If the team who has the ball also uses hands to redirect the ball and gain an advantage by doing so play will be stopped. If an illegal use of hands is called, a direct penalty kick will be awarded to the opposing team at the spot of the foul. If the hand ball is within the penalty box by the defending team, the attacking team will take a penalty kick from the penalty mark within the penalty box. If the handball is within the penalty box by the attacking team, the direct kick is taken by the defending team at the spot of the handball offense. .

The only player encouraged to use his or hands on the field is the goalie, who can only use hands inside the penalty box. However, a goalie cannot pick up or use his/her hands in any manner to manipulate a ball passed or thrown in by one of his or her defensive players, the goalie must kick the ball.

Throw in: If the ball completely breaks the plane of the touch line, it is considered out of bounds. A child must throw the ball in directly over the head. Both feet need to be firmly planted on the ground during a throw-in and follow through. The player must start and end behind the touch line and throw the ball from the general direction of where the ball initially went out. A goal cannot be scored directly from a throw in.

Passing the Ball: A player will learn to quickly assess the situation, locate a player and pass the ball to him. This drill is usually performed with two players. They must run the length of the field, passing the ball back and forth, without losing control of the ball. A pass should be performed with the knee over the ball, heel down and toe up with the inside of the foot connecting slightly above the center point of the soccer ball.

Stopping the Ball: Players will learn to quickly stop the ball, and maintain control of it with their foot. A ball should be received with the inside of the foot, heel down, toe up.

Kicking the Ball: Learning to kick with your laces and not your toe is very difficult to learn. This should mainly be used for shooting. Start by having the child step closer to the ball, shorten the kicking leg and practice loading the leg with a slight hop or large stride just before kicking a soccer ball, connecting the laces of their shoe with the direct center of the soccer ball. If done correctly the ball should have very little spin in the air. Players may not kick the ball while lying on the ground. The player kicking the ball on the ground will be called for a foul and the ball will be awarded to the opposing team as a direct kick.

Dribbling: Running while maintaining control of the ball, is difficult, but a huge skill to accomplish.. Players are taught to kick the ball a short distance ahead of them while running, and to keep control of the ball until they are able to pass it to another player. A ball 2 steps in front of the player “in possession” is considered out of control.

Players practice this skill by running and kicking the ball with shortened quickened steps just hard enough to keep the ball moving at pace with the player. The ball should primarily stay out front of the player, a half to a whole step.

Goal Kicks:

Scenario: The opposing team kicks the ball past the end/baseline resulting in a free goalie/defensive kick.

New: put the ball back in play, first all opposing players must be outside the penalty box or past the build out line. Once opposing players are outside the penalty box or build out line, the goalie or defensive player may kick the ball back into play. This will allow for better spacing and for younger age groups to be able to attempt to make a pass or clear the ball from the penalty/goal area.

No Punting: In an effort to maintain player safety and follow US/WI soccer guidelines goalies are not able to punt the soccer ball. After the goalie makes a save in play they must either throw the ball or put it on the ground and kick it to keep it in play. Remember if they put the ball on the ground, the ball is in play and the opposing team may attempt to play the ball as well.

No Headers: There are no headers allowed for all grades.

Fouls/Slide Tackle: A foul is any incident of unfair sporting behavior such as pushing, tackling, contact knocking, hip checking, another player without contacting the ball first, holding off a defensive player with a flexed/outstretched arm, etc. Soccer is a physical sport, and accidents do happen, but all team players should strive to treat one another with respect. No slide tackling will be allowed. Since the players are all so young, fouls can be called at the discretion of the referee at any time they think play is getting out of control (game management).

Offside: To be in an **offside position** a player has to be in the opposing half of the field, closer to the goal than both the ball and the last defender. However, a player can remain in an offside position with no impediments in the game. **Only when the player is passed the ball does it become a foul and play should be stopped.** The soccer ball can be passed through the last line

of defense, if the ball is set in motion before the player begins his run, even if he may quickly gain an “offside position” he is considered on sides because the ball was set in motion first.

Corner Kick: A direct free kick taken from the corner. It happens when the ball goes across the goal line and was last touched by a defender.

Direct Free Kick or Penalty Kick: A free kick that can be shot on goal without the ball being touched by another player. This would be allowed when a penalty occurs in the goal box.

Indirect Free Kick is awarded if a goalkeeper, inside their penalty area, commits any of the following offenses: controls the ball with their hands for more than six seconds before releasing it or touches the ball with their hands after it is released.

Out of Bounds: if the ball crosses the sideline it is a throw in. The team who did not touch the ball last before the ball crossed the line gets the throw in. If the ball crosses the goal line two things may occur. If the team that is defending that goal line touches it out it is a corner kick. If the team attacking that goal kicks it out it is a goal kick.

Handball: The **Intentional** use of the hands by a field player. The result is a direct free kick at the spot of the foul.

Yellow card: will be a warning for players conduct, and will sit out 5 minutes. Then 2 yellow cards will equal a red card. This person has committed a serious offense such as violent conduct or an illegal and purposeful obstruction of a goal scoring opportunity for the opposing team and will be asked to leave the game.

Conduct:

Coaches Code of Conduct; on and off the field, I will:

- Show respect to others involved in the game including match officials, opposing players, all coaches and spectators
- Promote fair play and high standards of behavior
- Always respect the match official’s decision and never engage in public criticism of the match officials
- Place the well-being of the players, safety and enjoyment of each player above everything, including winning
- Never engage in or tolerate any form of bullying, we encourage Kindness to others
- Develop mutual trust and respect with all players to build their self-esteem
- Encourage each player to accept responsibility for their own behavior and performance
- Stay in the confines of our bench.
- Remember that I am the ambassador and the face of the Waterford Recreation and Waterford Graded School District

Spectators, Parents/Guardians, I will:

- Remember that children play for FUN
- Applaud effort and good play as well as success
- Always respect the match officials' decisions
- Let the coach do their job and not confuse the players by telling them what to do
- Encourage the players to respect the opposition, referee and match officials
- Avoid criticizing a player for making a mistake – mistakes are part of learning
- Never engage in, or tolerate, offensive, insulting, or abusive language or behavior.
- Remember that I am the ambassador and the face of the Waterford Recreation and Waterford Graded School District

Players, When Playing Soccer I will:

- Always play to the best of my ability
- Play fairly – I won't cheat, complain or waste time
- Respect my team-mates, the other team and the referee or my coach
- Play by the rules, as directed by the referee
- High five with the other team and referee at the end of the game
- Listen and respond to what my coach tells me
- Remember that I am the ambassador and the face of the Waterford Recreation and Waterford Graded School District
- I understand that if I do not follow the Code, any/all of the following actions may be taken. I may be required to apologize to my team-mates, the other team or referee. Receive a formal warning from the coach or referee, be substituted or even be suspended from training.

Blood Borne Pathogen Policy:

The blood borne pathogen rules for athletic participation will apply to Waterford Recreation youth sports. Because of communicable diseases (HIV/AIDS, Hepatitis B), any child who is injured and is bleeding will have to be removed from the game. Get the bleeding stopped, and have the wound bandaged before re-entry into the game. Note: players should "self-care" their wound. There are gloves in every coach's bag if it becomes necessary for the coach to assist. If the uniform has blood on it, it must be changed (should this be necessary the uniform rule will not apply). The parent or responsible person will have to handle the bleeding and necessary clean up.

First Aid for nosebleeds: Calm the child and let the child know you can help. The child should pinch the nostrils together for five to ten minutes **without** checking to see if bleeding has stopped. Have the child sit up and lean forward to avoid swallowing blood. Apply ice or a cold water compress to the bridge of the nose. If bleeding does not stop, try the above steps one more time. Do not pack the child's nose with tissues or gauze.

Awards:

Individual AWARDS are presented to ALL participants after the last game.

Questions:

As the season progresses, if you have any questions or need assistance – please don't hesitate to contact the Rec Dept. - 262-514-8270 or waterfordrec@waterford.k12.wi.us

Thank You:

There is no better feeling than teaching a child the importance of hard work, team effort, dedication, determination, and the heart it takes to win or lose.

Winning the game is exciting; however, as coaches please encourage your players to work as a team, rather than getting overly emotional about the score.



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