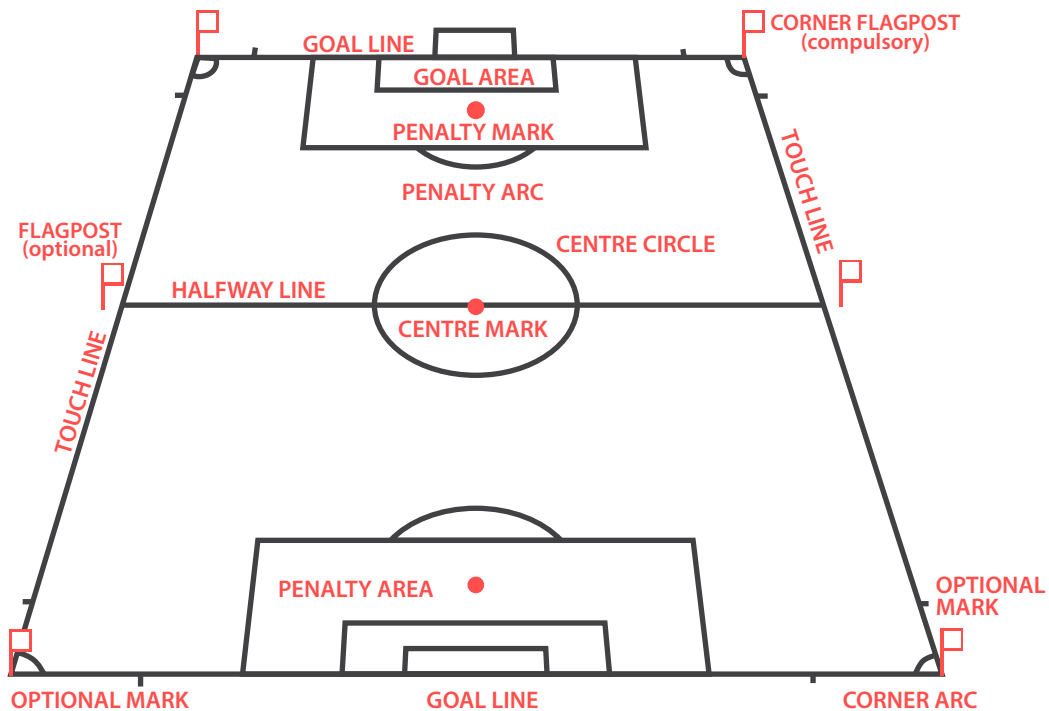


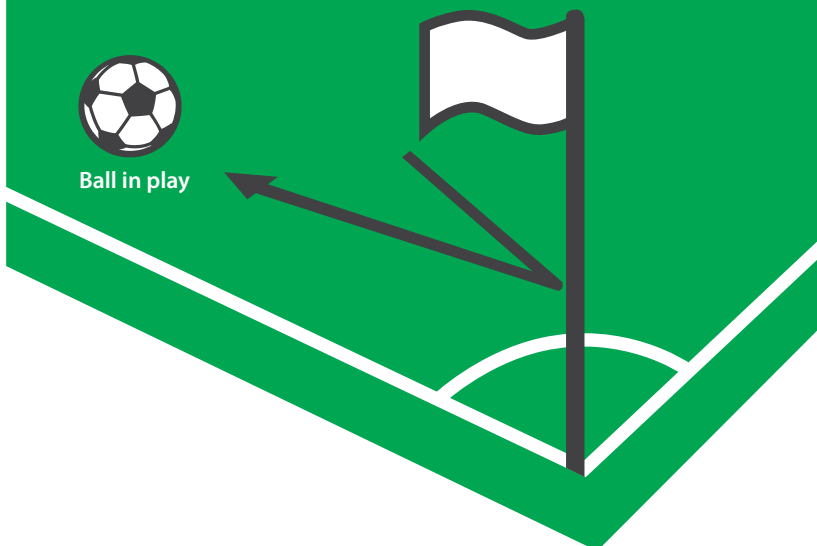
ROLE OF A COACH

KNOW THE RULES

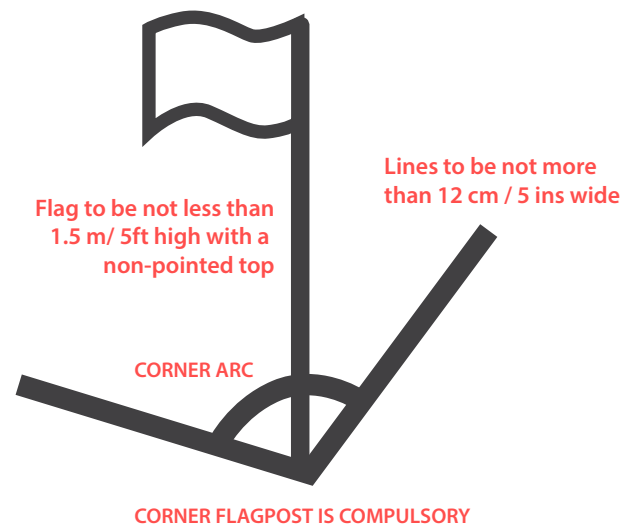
THE FIELD OF PLAY



Ball rebounding from corner flagpost, goalpost or crossbar into field of play is in play

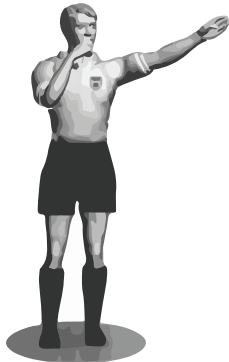


CORNER FLAGPOST



ROLE OF A COACH

REFEREE SIGNALS



Direct Free Kick



Indirect Free Kick



Advantage



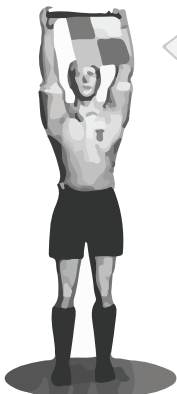
Yellow Card



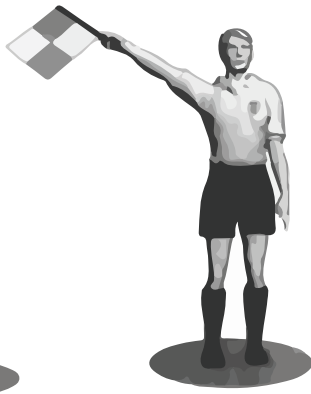
Red Card

ASSISTANT REFEREE SIGNALS

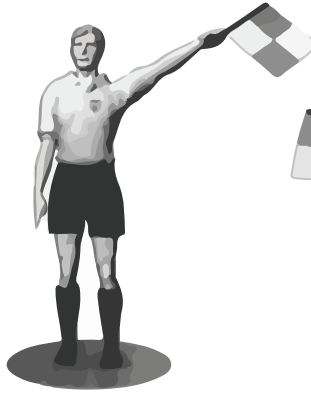
★ Assistant Referee *NEVER* crosses body with arms



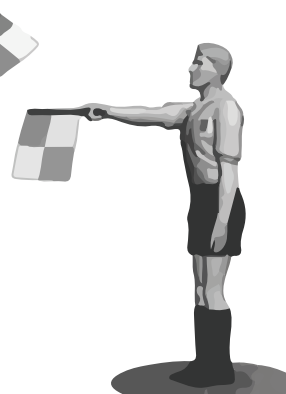
Substitution



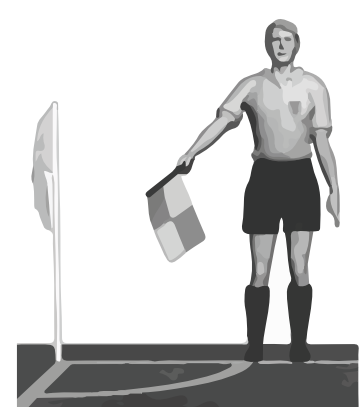
Throw-In
For Attacker



Throw-In
For Defender



Goal Kick

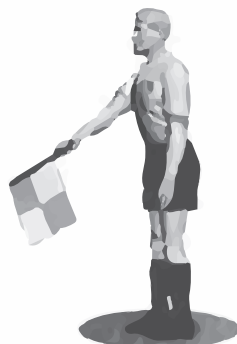


Corner Kick

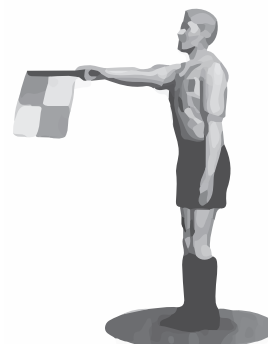
ADDITIONAL ASSISTANT REFEREE SIGNALS



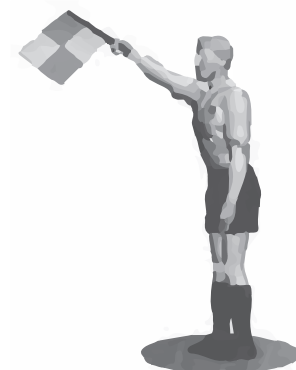
Offside



Offside on the
near side of the field



Offside in the
centre of the field



Offside on the
far side of the field

ROLE OF A COACH

KNOW THE RULES

Kickoff

A kick-off is a way of starting or restarting play:

- at the start of the match
- after a goal has been scored
- at the start of the second half of the match
- at the start of each period of extra time, where applicable

A goal may be scored directly from the kick-off

Ball out of Play

The ball is out of play when:

- it has wholly crossed the goal line or touch line whether on the ground or in the air
- play has been stopped by the referee

Penalty Kick

A penalty kick is awarded if any of the above ten offences is committed by a player inside his own penalty area, irrespective of the position of the ball, provided it is in play.



HELPFUL HINTS - WIN THE COIN TOSS?

When choosing a direction for your team to play before the coin toss you evaluate all environmental factors like wind and sun. Another key factor is your offense on your side of the field or your defense. A rule of thumb is to have your defense unit and goalie on your half of the field. The ability for you to make small structure changes that can solidify your team defensively with an eye to guiding your teams offensive in the second half.



HELPFUL HINTS

If your foot is out of bounds you can still kick the ball as long as the ball is in bounds. Picture a goalie lying on their stomach with their entire body out of the penalty box but with their hands on the ball which is in the penalty box... PLAY ON.

Direct Free Kick

A direct free kick is awarded to the opposing team if a player commits any of the following seven offences in a manner considered by the referee to be careless, reckless, or using excessive force:

- | | |
|---|---|
| • kicks or attempts to kick an opponent | • strikes or attempts to strike an opponent |
| • trips or attempts to trip an opponent | • pushes an opponent |
| • jumps at an opponent | • tackles an opponent |
| • charges an opponent | |

A direct free kick is also awarded to the opposing team if a player commits any of the following three offences:

- | |
|---|
| • holds an opponent |
| • spits at an opponent |
| • handles the ball deliberately (except for the goalkeeper within his own penalty area) |

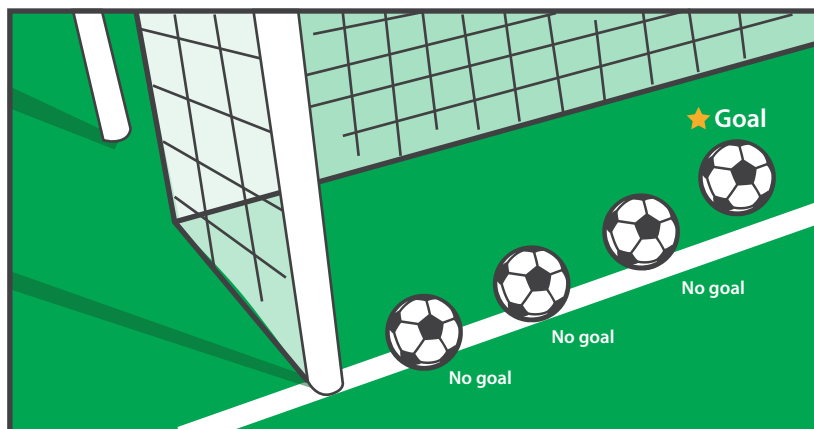
A direct free kick is taken from the place where the offence occurred

ROLE OF A COACH

KNOW THE RULES

GOAL SCORED

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.



Goal Kick

A goal kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the attacking team. A goal may be scored directly from a goal kick, but only against the opposing team.

Corner Kick

A corner kick is awarded when the whole of the ball passes over the goal line, either on the ground or in the air, having last touched a player of the defending team. A goal may be scored directly from a corner kick, but only against the opposing team.



HELPFUL HINTS

GOALKICK - TIP

- No offsides on goal kick
- Any player on the team can take a goal kick
- Ball can be placed anywhere in the six yard box on a goal kick

CORNER KICK- TIP

- Ball can be placed outside the corner kick arc as long as part of the ball covers the arc line.
- This can help create a better angle to cross

DID YOU KNOW

- A defensive infringement of the rules inside the six yard box that results in the other team receiving an indirect free kick must be moved to the closest point outside the six yard box and CANNOT be taken inside the six yard box
- When any indirect free kick is closer than ten yards from the goal the defensive players can stand on the goal line and DO NOT have to be 10 yards from the ball.

Indirect Free Kick

An indirect free kick is awarded to the opposing team if a goalkeeper, inside his own penalty area, commits any of the following four offences:

- controls the ball with his hands for more than six seconds before releasing it from his possession
- touches the ball again with his hands after he has released it from his possession and before it has touched another player
- touches the ball with his hands after it has been deliberately kicked to him by a team-mate
- touches the ball with his hands after he has received it directly from a throw-in taken by a team-mate

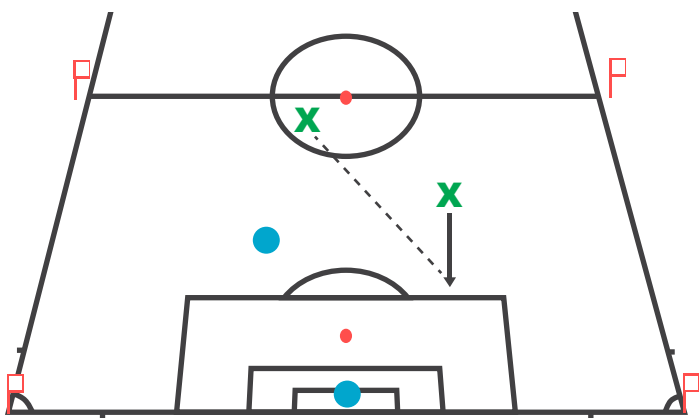
An indirect free kick is also awarded to the opposing team if, in the opinion of the referee, a player:

- plays in a dangerous manner
- impedes the progress of an opponent
- prevents the goalkeeper from releasing the ball from his hands
- commits any other offence for which play is stopped to caution or send off a player

The indirect free kick is taken from the place where the offence occurred

ROLE OF A COACH

KNOW THE RULES



Offsides

Offsides evaluating is triggered at the VERY INSTANT when a player plays the ball forward to a teammate. FREEZE THAT FRAME AS THE PASSER MAKES CONTACT WITH THE BALL and now LOOK AT WHERE THE RECEIVING PLAYER IS.

If the offensive player receiving the ball is closer to the goal line than both the ball and the 2nd to last defender then they are generally OFFSIDES.

They can be ONSIDES if one of the following happens:

- Being level with the last defender instead of in front is ONSIDE.
- If the player receiving is in their own half of the field when the ball is kicked.
- If the pass comes from a throw in, goal kick, or corner kick.

Throw-in

A throw-in is awarded to the opponents of the player who last touched the ball when the whole of the ball crosses the touch line, either on the ground or in the air. A goal cannot be scored directly from a throw-in.

At the moment of delivering the ball, the thrower:

- faces the field of play
- has part of each foot either on the touch line or on the ground outside the touch line
- holds the ball with both hands
- delivers the ball from behind and over his head
- delivers the ball from the point where it left the field of play

All opponents must stand no less than 2 yards from the point at which the throw-in is taken. The ball is in play when it enters the field of play. After delivering the ball, the thrower must not touch the ball again until it has touched another player.

Advantage

The referee may play advantage whenever an infringement or offence occurs. The referee should consider the following circumstances in deciding whether to apply the advantage or stop play:

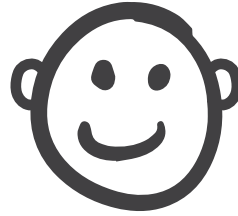
- the severity of the offence: if the infringement warrants an expulsion, the referee must stop play and send off the player unless there is a subsequent opportunity to score a goal
- the position where the offence was committed: the closer to the opponent's goal, the more effective it can be
- the chances of an immediate, promising attack
- the atmosphere of the match

The decision to penalize the original offence must be taken within a few seconds. If the offence warrants a caution, it must be issued at the next stoppage. However, unless there is a clear advantage, it is recommended that the referee stops play and cautions the player immediately. If the caution is NOT issued at the next stoppage, it cannot be shown later.

ROLE OF A COACH

YOUR WORDS AND ACTIONS COUNT!

"BIGGER, STRONGER, FASTER"



CONFIDENT



EXCITED



ENERGIZED



FOCUSED



POSITIVE Comments or Action

Examples of things to say:

"You worked really hard to get this far!"

"Look at your improvement!"

"Look how far you've come!"

"You've really got the hang of it!"

"Your hard work paid off!"

"The time you're putting into your training is really paying off"

"Well done"

"Focus on the quality"

"Nice try"

NEGATIVE Comments or Action

Examples of things NOT to say:

"You just don't get it"

"Don't mess up"

"That was wrong"

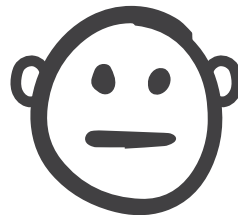
"The referee is bad"

"I could do better"

"You lost that game"

"If you mess up again I'll make you run"

"Try another sport"



LOSE FOCUS



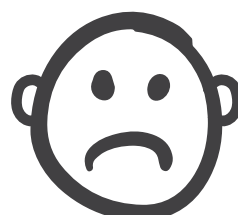
LOSE ENERGY



IRRITATED



NOT CONFIDENT



"YOU'RE TOO WEAK AND SLOW"