



WELCOME Coaches!

Weatherford Soccer Association Spring 2026 Season





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WSA Board Members

ALL WSA Board Members are VOLUNTEERS

<p>Executive Committee</p> <ul style="list-style-type: none"> • Lenny Styer - President • Chris Pool - Vice President • Cherie Long - Treasurer • Jason Callahan - Coaching Director • Tucker Ryan - Secretary 	<p>Board Members & Association Members</p> <ul style="list-style-type: none"> • Jon Aiken • Jacqueline Arellano • Mark Davis • Benton Kemp • Ryan Kuhlmeier • Katlynn Long • Clayton Rhine – Field Manager • Kim Davis • Shannon Welborn • Ray Welborn • Eric Reeves
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On Game Days - All Board Members wear a Blue T-shirt that has "Board Member" on the back
We are here to help you!

WSA Board meetings are held the 2nd TUESDAY of each month @ 6:30pm
As a WSA Coach or Assistant Coach
YOU HAVE A VOTE!!!!
We want to know what you think!

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WSA League Reps

- U4 – Cherie Long Cherie.Long@WeatherfordSoccer.org
- U5 – Jon Aiken Jon.Aiken@WeatherfordSoccer.org
- U6 - Benton Kemp Benton.Kemp@WeatherfordSoccer.org
- U7 – Katlynn Long Katlynn.Long@WeatherfordSoccer.org
- U8 – Shannon Welborn Shannon.Welborn@WeatherfordSoccer.org
- U9 – Kim Davis Kim.Davis@WeatherfordSoccer.org
- U10 – Ryan Kuhlmeier Ryan.Kuhlmeier@WeatherfordSoccer.org
- U11 - Chris Pool Chris.Pool@WeatherfordSoccer.org
- U12 and up – Clayton Rhine Clayton.Rhine@WeatherfordSoccer.org

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U4 to U8 Age Group Playing Rules

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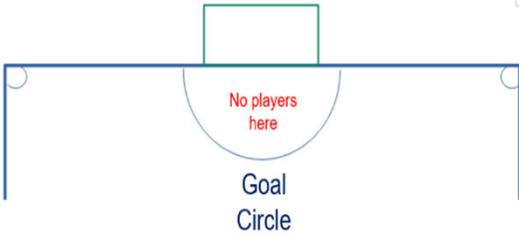


WSA SPECIFIC RULES




DO NOT TOUCH OR MOVE CORNER FLAGS
PLACED ON FIELD

This applies to players, coaches, parents,
referees.... EVERYONE!



U6- U7 GOAL ARC AREA

No Players should enter this area AT ALL

If a defensive player enters the ARC area and makes contact with the ball, or interferes with play, the opposing attacking team will be awarded a KICK FROM THE MARK (Center Circle).

If an attacking (offensive) player enters the ARC area and makes contact with the ball the defending team is awarded a goal kick.

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U4 Lil Roos Program

Mission: Help prepare children, parents, and new coaches for organized soccer

- One Center Referee
- Ball Size: #3
- 8-week program with practice drills for each week.
 - Do not need to start practice till week of February 28th [Have park playdates instead.](#)
 - 1 weekly practice (30 mins) at location/day/time of Coach's choice
 - 1 game Saturday morning (less than 30 minutes) - 4 quarters (5 minutes each) with short half-time.
- Each quarter starts will start with kick-off from center circle. Teams will alternate who takes kick.
- Substitute: whenever needed
- No Heading allowed; No Offside calls; No Penalty Kicks
- Free Kicks: All Indirect Free kicks
- 1 Coach per team allowed on the field for **ALL** games, not participating.
- **Parents are discouraged from being on field with players during games.**

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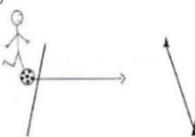
Weatherford Soccer Association
Lil Roos U4 Soccer Program

Week 1



Warm-up players – Each practice, circle up your players on your side of the field. Introduce yourself as their coach and ask them if they are ready to have fun playing soccer. Do a fun quick ice breaker to get them engaged by letting them say their name or asking them a simple question (e.g. what their favorite food or color is) or ask them to show you how hard they can kick the soccer ball at the goal. Ask for parent volunteers based off the practice drill needs.

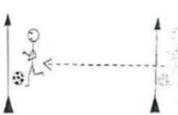
Drill #1 – Kicking the ball on the ground for distance (5 minutes)
 Equipment Needed: Size 3 soccer ball and cones
 Mark 2 lines, 15 feet apart. Have the children line up along one line and kick the ball so that the ball travels along the ground and rolls past the other marked line. When the child can successfully kick balls beyond the line, encourage him/her to take 2-3 steps backwards before striking the ball. Practice kicking ball alternating feet each time (one time use right foot the next time use left foot).



Drill #2 – Stationary Dribbling (Soccer Boxing) (5 minutes)
 Equipment Needed: Size 3 soccer ball
 Have each child stand in one spot tapping (boxing) the ball between both feet, alternating feet. The ball should be tapped with the inside of the foot, beginning with the right foot. When the child has touched the ball with each foot five times, have him/her do as many touches as possible in fifteen (15) seconds. As the child improves have the child practice moving forward while still boxing the ball back and forth between their feet. **ADVANCED** – have the child practice moving backward while boxing the ball back and forth between their feet.



Drill #3 – Dribbling while walking (5 minutes)
 Equipment Needed: Size 3 soccer ball and cones
 Set up cones 15 steps apart. Have the child tap the soccer ball between both feet, alternating feet while walking in straight line between two cones. As the child improves have him/her increase his/her speed, but always emphasize ball control. By ball control, we mean keeping the ball close to the child's feet. As the child increases speed, let him/her use any part of the foot to dribble the ball.





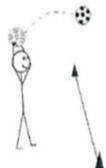
Weatherford Soccer Association
Lil Roos U4 Soccer Program



Drill #4 – Stopping a rolling ball with the sole of the shoe (5 minutes)
 Equipment Needed: Size 3 soccer ball
 The parent rolls the soccer ball on the ground to the child. The child stops (traps) the ball using the bottom of the foot (sole of shoe). The child then kicks the ball back to the parent and repeats the exercise. As the child improves have the child alternate the feet used to stop the ball and kick the ball back to parent (one time use right foot, the next time use left foot).



Drill #5 – Throw in technique (5 minutes)
 Equipment Needed: Size 3 soccer ball and cones
 Mark line with cones and have the child stand behind it. Have each child take the soccer ball with both hands and bring it back behind their head. The child keeps both feet on the ground and brings their arms forward, using both arms equally. The child lets go of the ball as it passes over their head, both feet still on the ground, throwing the ball towards the parent. After the balls has left the throwers hands, the thrower can move their feet and should cross over the line. An alternative stance is to have the child cross their legs while throwing the ball in to help prevent them from jumping. **ADVANCED** – make a game out of hitting the cone to allow child to learn to aim throw.



Drill #6 – Throw in to target (5 minutes)
 Equipment Needed: Size 3 soccer ball and cones
 Mark line with cones and have the child stand behind it. Have the child throw a soccer ball to at the large target areas that is 6 feet away and 6 feet in diameter. After throwing the ball, the child steps toward the target. As the child improves, increase the distance away from target by 5 feet. **REMEMBER** – both feet have to stay on ground while ball is being thrown. Ball has to be thrown from behind the child's head and directly over their head.



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U5 League

Playing Rules

- One Center Referee
- Ball Size: #3
- Number of players: 4 v 4
- No Goal Keeper
- 4 quarters of 10 minutes each
- Substitute: own throw-in, when other team is subbing, either team's goal kick or after a goal is scored
- **RED Build-out line on field** – Opposing players should be behind line on goal kicks
- No Heading allowed
- No Offside calls
- No Penalty Kicks
- Free Kicks: All Indirect Free kicks (must touch another player prior to going in goal)
- **1 Coach per team CAN be on the field for ALL games to direct players.**

Center Referee must give permission before Substitutions can be made.

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U6 League Playing Rules

- One Center Referee
- Ball Size: #3
- Number of players: 4 v 4
- No Goal Keeper
- 4 quarters of 10 minutes each
- Substitute: own throw-in, when other team subbing, either team's goal kick or after a goal is scored
- **RED Build-out line on field** – Opposing players should be behind line on goal kicks
- No Heading allowed
- No Offside calls
- No Penalty Kicks
- Free Kicks: All Indirect Free kicks
- 1 Coach per team can be on field for **first 3 game weekends**, not participating.

Center Referee must give permission before Substitutions can be made.

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U7 League Playing Rules

- One Center Referee
- Ball Size: #3
- Number of players: 4 v 4
- No Goal Keeper
- 4 quarters of 10 minutes each
- Substitute: own throw-in, when other team is subbing, either team's goal kick or after a goal is scored
- **RED Build-out line on field** – Opposing players should be behind line on goal kicks
- No Heading allowed
- No Offside calls
- No Penalty Kicks
- Free Kicks: All Indirect Free kicks
- Coach can **NOT** be on the field during games.

Center Referee must give permission before Substitutions can be made.

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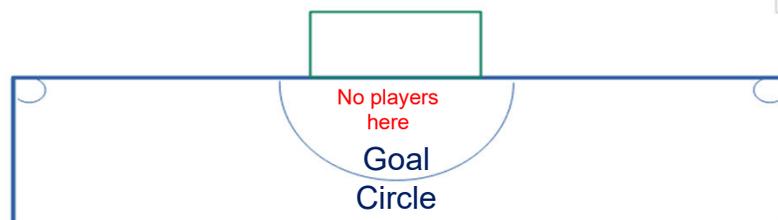


Add'l Playing Rules U6 to U7 ages

Goal Circle

- ALL players need to stay outside of the Goal Circle – No players are allowed to defend inside or attack inside the goal circle.
- Player can take Goal Kick from anywhere on Goal Circle.
- Attacking players need to go behind the red-build out line to give room for defending player to kick ball into play on goal kick.
- On corner kick, defense can be ON Goal Circle; attacking players should be outside Goal Circle

Have attacking players kick from outside circle



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U8 League Playing Rules

- One Center Referee
 - Ball Size: #3
 - Number of players: 7v7; Max Roster size 12
 - Goal Keeper
 - 2 halves of 20 minutes each
 - Substitute: own throw-in, when other team is subbing, either team's goal kick or after a goal is scored
 - No Heading allowed
 - No Offside calls
- Center Referee must give permission before Substitutions can be made.
- RED Build-out line on U8 field – Opposing players should be behind line on goal kicks & when goalie has the ball. Refer to slides “How to use Build-out lines” under U9/U10. .
- Penalty Kicks per FIFA guidelines
 - Free Kicks per FIFA guidelines
 - Coach can **NOT** be on the field during games.

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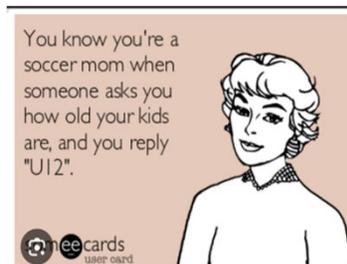
WSA U5-U8 Rule LAST REMINDER'S

- **Teams and Parents are on opposite sidelines as a courtesy to both teams.**
Sideline choice is based on first come first serve.
- Players are **NOT ALLOWED** to act as a goalie during games. **(Except in U8)**
 - **Goalies use more than just their hands when protecting the goal (body, feet, & hands).**
- **Players are NOT ALLOWED to be inside the Goal Circle at any time. (U6-U7) (encouraged not to be in U5)**
 - Please station them outside Goal Circle or further up in field to act as defensive player and not a Goalie.
- **Slide tackles are NOT ALLOWED.**
- **Coaches or parents, are NOT ALLOWED to stand behind or beside goals during games.**
- **Shin guards MUST be worn under socks – please tell your parents this.**
- **Soccer Cleats are required for all players age group U5 and up.**

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U9 and up Age Group Playing Rules



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Communication

NCSA / MPA problems

- We want to know of your problems at/with other associations
 - We have had significant issues with North Central Soccer Alliance (NCSA) associations.
 - Some of our own coaches have caused issues at other associations
 - We are working with NCSA to get all Associations on the same page.
- Contact your League Rep
- Follow-up with email: WSA@WeatherfordSoccer.org
 - It's hearsay unless it's in writing!
 - We can't do anything without documentation.

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U9 & U10 League Playing Rules

- 1 Center Ref and 2 Assistant Referees
- Ball Size: #4
- Number of players: **7 v 7, Max Roster Size 12**
- Goal Keeper, **no drop kicks or punting allowed**
- 2 halves of 25 minutes each
- Substitute: own throw-in, other team is subbing, either team's goal kick or after a goal is scored
- No Heading allowed
- Offside calls between **build-out line** and defending goal line (using FIFA guidelines).
- Penalty Kicks per FIFA guidelines
- Free Kicks per FIFA guidelines
- Coach can NOT be on the field

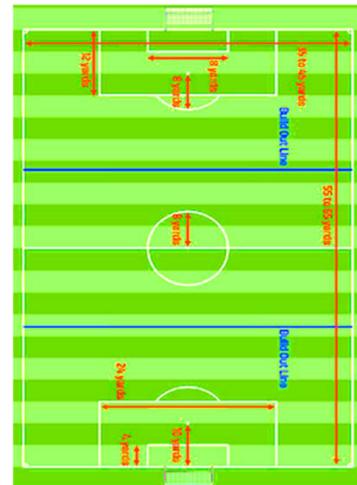
Center Referee must give permission before Substitutions can be made.

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Build-Out Lines (U9-U10)

- The opposing team **MUST**, at least attempt to, move behind the build-out line when the goalie catches the ball
 - The defensive team does not have to move behind the build-out line
- The opposing team **MUST** be behind the build-out line on goal kicks; The opposing team may move once the ball is kicked
 - The team taking the goal kick **DOES NOT** have to be behind the build-out line
- Attacking team players can **ONLY** be penalized for an offside offense between the build-out line and goal line
 - Please **DO NOT** push your defense all the way up to the half as an attacking team player can stand right in front of build-out line the whole game to receive long passes



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Build-Out Lines (U9-U10)

How to use them

- **Build from the back** - means to have the goalie to pass out the ball to the sides and then allow the teammates to play the ball up field by passing it to an open teammate.
- If your goalie throws the ball out beyond the build-out line you are taking away the advantage you get with the build-out line to set up a play from the back and control the ball.
- The build out line removes the pressure from the goalie.
The goalie can wait to play the ball out and allow the opponent team players time to move back behind build-out line.
- The ball does NOT have to leave the penalty box on a goal kick. The ball does have to move. The kicker can pass out the ball to a teammate (inside or outside the penalty box) who either then dribbles the ball forward or passes it to an open teammate further up field once they are attacked by opponent player.



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U11 & U12 League

Playing Rules

- One Center Referee and 2 Assistant Referees
- Ball Size: #4
- Number of players: 9 v 9 , Max Roster size 16
- Goal Keeper , drop kicks or punting **allowed**
- 2 halves of 30 minutes each
- Substitute: own throw-in, when other team is subbing, either team's goal kick or after a goal is scored
- No Heading allowed
- Offside calls per FIFA guidelines
- Penalty Kicks per FIFA guidelines
- Free Kicks per FIFA guidelines
- Coach can NOT be on the field

Center Referee must give permission before Substitutions can be made.

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U13-14 League Playing Rules

- One Center Referee and 2 Assistant Referees
- Ball Size: #5
- Number of players: 11 v 11, Max Roster size 18
- Goal Keeper, drop kicks or punting allowed
- 2 halves of 35 minutes each
- Substitute: own throw-in, other team is subbing, either team's goal kick or after a goal is scored
- Heading allowed
- Offside calls per FIFA guidelines
- Penalty Kicks per FIFA guidelines
- Free Kicks per FIFA guidelines
- Coach can NOT be on the field

Center Referee must give permission before Substitutions can be made.

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U15 to U19 Leagues Playing Rules

- One Center Referee and 2 Assistant Referees
- Ball Size: #5
- Number of players: 11v11, Max Roster size 22
- Goal Keeper, drop kicks or punting allowed
- 2 halves; U15/U16 40 minute halves, U19 of 45 minutes halves
- Substitute: own throw-in, other team is subbing, either team's goal kick or after a goal is scored
- Heading allowed
- Offside calls per FIFA guidelines
- Penalty Kicks per FIFA guidelines
- Free Kicks per FIFA guidelines
- Coach can NOT be on the field

Center Referee must give permission before Substitutions can be made.

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Questions?

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