



Welcome Coaches

Weatherford Soccer Association

Spring 2024 Season



WSA League Reps

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- U10 – Mandy Rice
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- U11 – Justin Wallace
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- U12 and up – Chris Pool
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- Fort Worth Youth Soccer/Arlington Soccer/
Competitive Teams/Academy Players
 - Justin Wallace (jaal.wallace@gmail.com)



International Football Association Board (IFAB) Soccer Playing Rules

- Some rules are age specific.
 - Number of players to field and game length.
 - When to Substitute.
 - What are Build-out Lines.
- Some are NTSA or US Soccer enforced playing rules.
- Some rules are called leniently by Referees in the younger age groups (U4-U6)
 - If we called everything there would be too many game stoppages for kids to get to play.
 - The point is to teach the kids the game of soccer and let them have fun.

Hint: Download the IFAB App
This is a great resource for Soccer Laws and Rules. It is recommended for ALL Referees.



U4 to U8 Age Group Playing Rules



Introducing our 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 August 26th. Have park playdates instead.
 - 1 weekly practice (30 mins) at location/day/time of Coach's choice
 - 1 game Saturday morning (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
- Coach allowed on the field for all games, not participating. **Parents are discouraged from being on field with players during games.**



Weatherford Soccer Association Lil Roos U4 Soccer Program



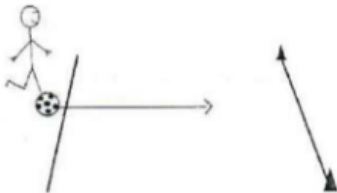
Week 1

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 (i.e. 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

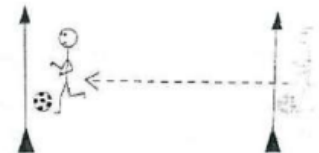
Have each child stand in one spot tapping (boxing) the ball between both feet alternating feet. The ball should be tapped with the inside of the foot, beginning with the right foot. When the child has touched the ball with each foot five times, have him/her do as many touches as possible in fifteen (15) 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 ball has left the thrower's 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.



EXAMPLE Practice Week

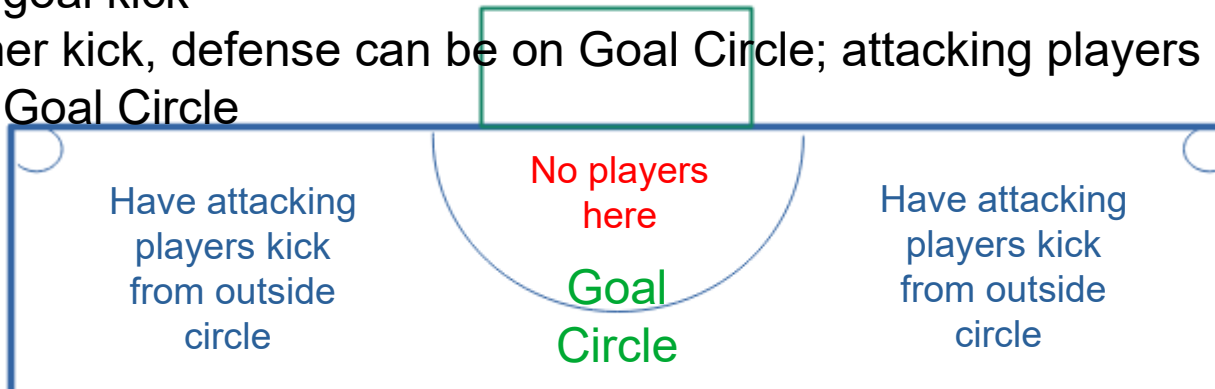


BIG CHANGE

Playing Rules U5 to U8 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 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





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, either team's goal kick or after a goal is scored
- No Heading allowed
- No Offside calls
- No Penalty Kicks
- Free Kicks: All Indirect Free kicks
- **1 Coach per team CAN be on the field for all games to direct players.**



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, either team's goal kick or after a goal is scored
- 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.



U7 & U8 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, either team's goal kick or after a goal is scored
- No Heading allowed
- No Offside calls
- No Penalty Kicks
- **NEW – RED Build-out line on U8 fields – players should be behind line on goal kicks. Refer to slides under U9/U10 for how to use Build-out lines.**
- 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.



WSA U4-U8 Rule Clarifications

- **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.
 - **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.**
 - 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.**



WSA U4-U8 Rule Clarifications

- Coaches should avoid running up the score during games as a courtesy to the other team.
 - **Make an attempt that can be seen by the other coach or referee that you are trying to prevent further scoring. Coaches and referees can tell when attempts are made.**
- **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.**



U9 and up Age Group Playing Rules



Travel Teams

U9 and up



North Central Soccer Alliance (NCSA):

- Weatherford Soccer Association
- Granbury Soccer Association
- Stephenville Soccer Association
- Mineral Wells Soccer Association



- Fort Worth Soccer Association



Communication – NCSA 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: weatherfordsoccer@gmail.com
 - It's hearsay unless it's in writing!
 - We can't do anything without documentation.



U9 & U10 League

Playing Rules

- 1 Center Referee and 2 Assistant Referees
- Ball Size: #4
- Number of players: 7 v 7
- Goal Keeper, no drop kicks or punting allowed
- 2 halves of 25 minutes each
- Substitute: own throw-in, 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.



Build-Out Lines

- 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.

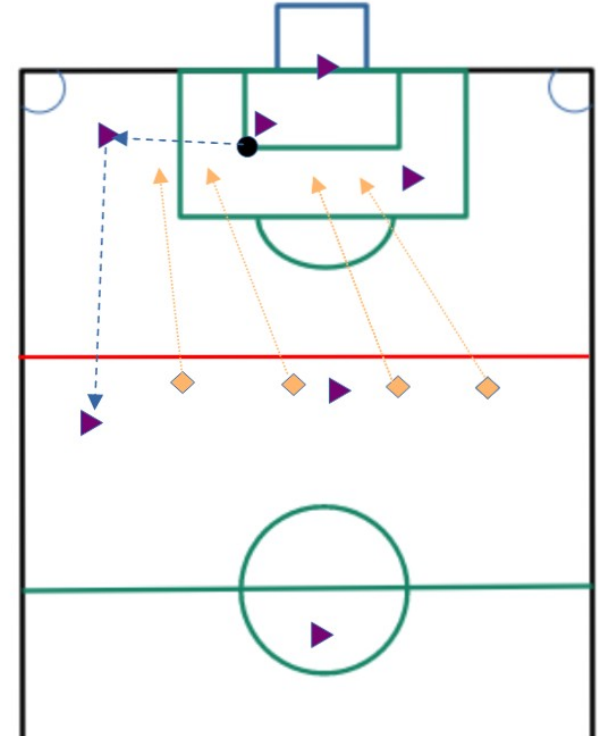




Build-Out Lines

How to use them to you advantage

- **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.
- 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 be 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.





U11 & U12 League

Playing Rules

- One Center Referee and 2 Assistant Referees
- Ball Size: #4
- Number of players: 9 v 9
- Goal Keeper , drop kicks or punting allowed
- 2 halves of 30 minutes each
- Substitute: own throw-in, 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.



U13 League

Playing Rules

- One Center Referee and 2 Assistant Referees
- Ball Size: #5
- Number of players: 11 v 11
- Goal Keeper, drop kicks or punting allowed
- 2 halves of 35 minutes each
- Substitute: own throw-in, 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.



U17 League

Playing Rules

- One Center Referee and 2 Assistant Referees
- Ball Size: #5
- Number of players: 7v7 (depends on roster number)
- Goal Keeper, drop kicks or punting allowed
- 2 halves of 35 minutes each
- Substitute: own throw-in, 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.

Thank you!

