



## **Coaching U9 & U10 - Being LTPD Ready**

What is LTPD?

LTPD stands for long term player development. It is a program for soccer development, training, competition and recovery based on biological age (physical maturity) rather than chronological age. It is player-centered, coach driven and supported by leagues, and sport science.

What that means in plain English it that LTPD is a way of coaching and playing which gives every player the opportunity to develop at their own individual pace in a fun, supportive, and positive environment.

Your role as a coach is to create and maintain that positive environment. Optimally you will have two games which include some practice time as well as one dedicated practice each week.

As a coach of an LTPD team you should be focused on teaching game skills and having fun rather than on winning games or getting the most goals. Remember what really matter is that your team has fun and develops their skills. If you are doing that than you are succeeding as a coach and as a team.

To help you along your way to being a successful coach here are most of the laws of the wonderful game of soccer. Not every topic, situation, or rule is listed here but it is a good basis to start off with for those new to the game.



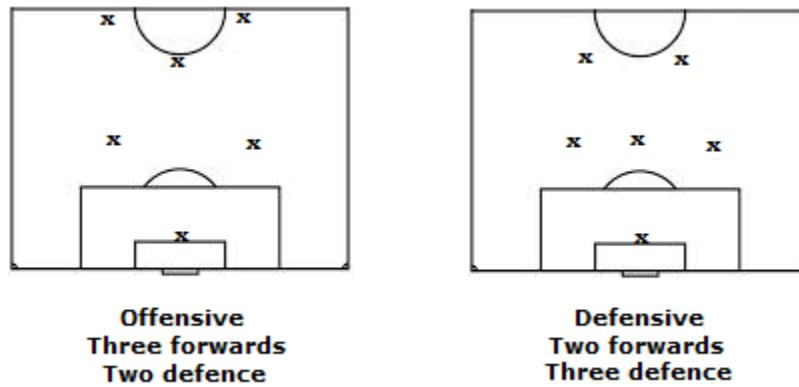
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## **Games**

**Seasons-** Teams will play twice a week in May and June, and will include a district hosted LTPD tournament during the month of June. The season will wrap up late June/early July with WYSA hosted Jamboree Event and the U9-U12 tournament in June and the information will be available at the beginning of the season. There are also several additional tournaments which are available for teams to participate in which can be found through the Winnipeg Youth Soccer Association website.

**Length-** Each game consists of 2, 25 minute halves with a 5 minute half time break. It is encouraged to have your team arrive early to the field so that you can review any skills covered in your last practice. Reviewing skills right before a game gives you a great opportunity to have players implement what you are teaching them using those skills in a game situation with the information fresh in their minds.

**6 VS 6 format including Keepers-** Each team will have 6 players on the field, one keeper and the other five a combination of offensive and defensive players. Having smaller sided games gives every player lots of chances to get many touches on the ball. Here are two example of different formations you can use one offensive and one defensive:



While both formats, and all other variations, have their strengths and weaknesses each one helps to teach many soccer skills. Try out different formations and see what works for your team. If you are feeling particularly adventurous you could even begin to introduce the concept of a midfielder by playing two forward, one midfield, and two defense.

**Substitutions-** There is no limit on substitutions. Whenever there is a break in play you may call to the referee for subs and once acknowledged substitute from 1-6 players at a time. Make sure that players who are exiting the field do so fully before their replacements go on. Many coaches find that five minute shifts work well to keep everyone engaged in the game. Although technically allowed to sub the keeper during any stoppage in play keepers will generally play an entire half as exchanging gloves and goalie jerseys can be a little too time consuming.

Always ensure that all of your players get an equal amount of play time and are able to experience every game in multiple positions. Each player should be given the opportunity to play in both an offensive and defensive position at least once each half. All players should also be strongly encouraged to play at least one shift during the season as goal keeper.

**Scores and Standings-** Scores will not be kept during the game and there are no league standings. This allows players and coaches to focus on the



game at hand and gives everyone the chance to play every game for its own merits. With less pressure to win a league championship each game comes into its own. While the players will certainly still be competitive what happened last game doesn't matter in this one just like this one won't matter in the next.

**Game Sheets-** At each game the home team must provide a game sheet (these will be provided prior to the start of the season). Each team will be required to fill out the game sheet by listing the players and their jersey numbers, coach/assistant coach names, and the name of your referee liaison. The referee will be responsible for keeping a record of the game (goals will be recorded however final score shall read 0-0) and provide each team with a copy at the end of the match. Only the referee is allowed to make changes on the game sheet once play has begun.

After the game the home team is also responsible for submitting the game sheet to the district. It can be either mailed to St Charles Soccer Association, L02-1311 Portage Avenue, Wpg, MB R3G 0V3 in or scanned and sent by e-mail to [info@stcharles-soccer.com](mailto:info@stcharles-soccer.com). This must be done within 5 days after the game has been played.

**Coach Cards and Rosters-** At all official matches you must be able to present your coach card and a copy of your teams official roster to the referee when asked.

**Game Cancellations-**Game cancellations can be found on both the district and city websites. Game cancellations are not that common as, except in the case of lightning or heavy continued downpours, games will be played.

**Practices-** Practices outside of game time are greatly encouraged. A minimum of one and a half hours of practice time each week of the season is recommended. You can accomplish that in any number of ways. Some coaches will run an hour and a half practice each week or a one hour practice plus 30 minutes of practice time before or after each game.



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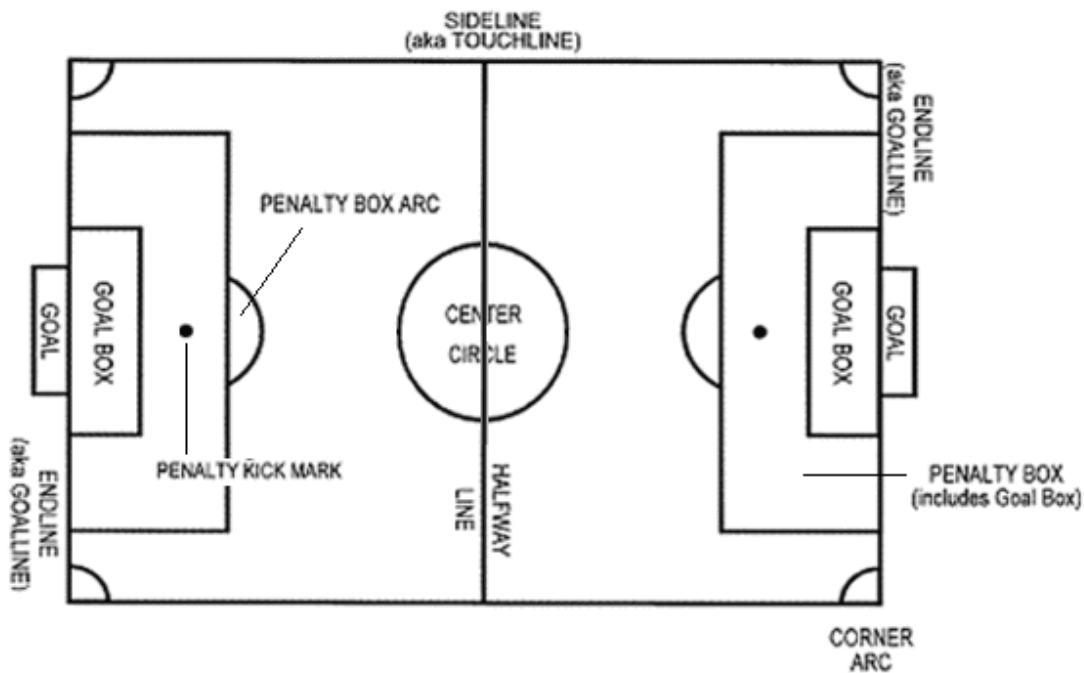
To learn how to organize, and implement a successful practice plan Kirkfield-Westwood encourages all of its coaches to take the age appropriate courses offered by the Manitoba soccer association. At the U9&U10 level of play the "Learn to Train" clinic is best suited. The cost of these clinics will be covered by the district.

## **Fields**

Fields are about half the size of a full size soccer field anywhere from 30-36 meters X 40-45 meters with goals proportional to the smaller size. Smaller fields mean a more compact playing area and more touches on the ball for everyone.

Playing on a smaller field allows players to stay more energized, with a shorter length to run, particularly for those who haven't quite developed their top speed or endurance yet.

Here is a diagram of a standard soccer pitch identifying all of the lines and marks throughout.



**Corner Flags-** When you play a match as the home team it is your responsibility to set up corner flags. One for each corner of the field, they should be placed where the touch lines (AKA side lines) and end lines (AKA goal lines) meet.

**Field Safety-** It is the responsibility of all team and game officials to assess and resolve any safety issues that may be seen on the field. For example if when you get to the field you see a pile of garbage on the field clear it off before beginning play.

**Soccer Balls-** All balls used during game play and practice sessions should be a regulation size 4. When you are the home team you will be asked to provide two game balls to the referee prior to the match start. Try to identify your two "best" balls to use as game balls and remember to check and keep all of your balls well inflated.

**Player Equipment-** The referee will do an equipment check prior to each game. Ensure that your players are prepared for this beforehand by



reminding them that they must have shin guards covered by socks, numbered jerseys tucked in, appropriate footwear (cleats are preferred but runners will do) and all jewelry removed. If both teams jersey's are of a similar colour the home team must provide their players with pinnies of a different colour. Keepers must also wear a jersey of a colour different than both teams.

**Hand Shakes** - Both teams prior to and directly after the game should shake one another's hands while offering positive comments such as good luck or good game. It is also suggested that players get into the habit of thanking the referee after each game.

## **Game Officials**

**Referees-** All matches will be refereed. Most of the referees you will encounter are youth who are adjusting to a new position and need our support. Remember that not all the rules of soccer are black and white and sometimes calls are made based on the referees best judgment. Always remember to be respectful of the referee and their calls. Give your players, and parents, a good example to follow.

**Linesman-** Each match also requires linesman. At the beginning of each match the referee will provide each coach a flag and ask them to find a parent volunteer to fulfill this role. The responsibilities of a linesman are really quite simple; raise the flag when the ball fully crosses the out of bounds line on whichever side they've been assigned. It is also helpful to the referee if they are able to indicate which team the ball came out of bounds off of by indicating the direction play should continue. The referee will always have the final say on which team is given possession of the ball.

**Team officials-** Each team may have a maximum of 4 officials and if needed a same gender parent on their team bench. All adults on the team bench (except for same gender parents) must have a valid ID card. A same



gender parent, known as a bench mom or dad, is required to sit on the bench if all members of the coaching staff are of the opposite gender as players.

**Referee Liaison-** Each match also requires you to choose a referee liaison. A referee liaison is a parent volunteer whose job is to help ensure that everyone is being respectful and to be available to assist the referee if they are confronted by any individual. The referee liaison should be someone who is comfortable and able to politely address inappropriate comments, gestures or behavior directed at the referee, players or any other individual by your teams spectators. You will be provided with a yellow or white armband which the referee liaison should wear throughout the match so that they are easily identified and visible to the referee.

**Spectators-** All spectators should sit on the side of the field opposite of the one occupied by teams and game officials. The only exception is of course a bench parent.

## **Rules of the Game**

**Kick Off-** A kick off is the way in which a game is started or restarted at the beginning of the 1st and 2nd half and each time a goal has been scored. Each team will start off with possession of the ball for one of the two halves. After a goal the team which has been scored against will kick off in order to re-start play.

The ball will be placed in the center of the field and all players must position themselves within their own half of the field. The defending teams players must be at least ten yards away from the point from which play will begin (outside the circle).

The referee will indicate when they are ready for play to start. The ball must then be kicked forward across the centre line by the attacking team at which point the ball is in play. The two-touch rule applies.





**Throw-ins-** A throw-in is taken when the ball crosses a touch line (AKA side line) and leaves the field of play. Possession will be awarded to the team the ball did not come out of play off of. The rules of a proper throw-in are that both feet must remain on the ground throughout and the ball must be thrown with both hands from straight behind the head. Players will be given a chance to re-try if they do not complete a proper throw-in the first time. The two touch rule applies.

**Corner kicks and goal kicks-** A corner or goal kick is taken when the ball leaves the field across the end line (AKA goal line). If the offensive team kicks it out, play is restarted with a goal kick. If the defensive team kicks it out, play is restarted with a corner kick. The two touch rule applies.

A goal kick is taken from anywhere inside the goal box and can be taken by any player not just the keeper. The ball is not considered as back "in play" after it has been kicked until the ball has left the penalty area and may not be touched by any player until it has done so. All offensive players must remain fully outside the penalty area while a goal kick is being taken. If the kicker fails to clear the ball from the penalty area on their first attempt the kick should be retaken.

A corner kick is taken from whichever corner was nearest to where the ball left the field of play. The ball may be placed anywhere along the corner arc and returned to play by any member of the attacking team.

**Two-touch rule-** A player cannot touch the ball twice in a row when putting the ball into play. This rule applies to kick-offs, corner kicks, goal kicks, direct or indirect kicks, and throw ins. For example when a player completes a throw in they cannot touch the ball again until it has come into contact with another player. Infractions will result in an indirect kick being awarded.

**No hands-** A hand ball includes using any part of the arm from fingertips to shoulders. The proper way to look at a hand ball is that a player cannot



handle the ball. A ball that is kicked into a player's hand is not a handball. The referee will use their best judgment to determine whether contact with the ball was accidental contact or a purposeful contact and base their decision on that.

There are also several situations in which the goalkeeper may not use their hands. The first is when they are anywhere outside of the penalty box. A keeper also cannot touch a ball with their hands which came directly off of one of their own teammates' feet, generally referred to as a pass-back. Finally, a goalkeeper may not touch the ball if thrown in directly from their own teammate without making contact with another player. In any of these instances, the keeper may only use their own feet to play the ball. Infractions will result in an indirect free kick being awarded.

**Free Kicks-** There are two types of free kicks: indirect and direct, and each is awarded when certain offenses occur. The difference between the two is that a direct free kick will result in a goal when kicked directly into the defending team's net. An indirect free kick must first come into contact with another player before it can enter the goal. If the ball does enter the net without coming into contact with another player on an indirect kick, the result would be no goal and a goal kick being awarded to the defending team. Note that the two-touch rule does apply.

The ball for both direct and indirect kicks will be placed by the referee in the spot at which the offense took place. Opposing players should position themselves a minimum of ten yards away from the kicker. The referee will advise players if they are too close and ask them to reposition. The referee will indicate that a free kick is to be indirect by raising their arm straight up. The ball is in play as soon as it leaves the player's foot.

**Indirect Free Kicks** - An indirect free kick will be awarded for the use of hands, two-touch offenses, delay of game, the keeper handling the ball inside their own penalty area improperly, playing in a potentially dangerous



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manner, impeding the progress of an opponent, interfering with the keeper once the ball is in their possession or committing any other offense.

**Direct Free Kicks-** A player who intentionally kicks, trips, jumps at, charges, strikes, pushes, spits at, holds an opponent, tackles an opponent, or intentionally handles the ball within the penalty area (excluding the keeper) the result will be a direct free kick taken from the place at which the offense occurred.

A penalty kick will be awarded if any of these ten offenses occur within the players own penalty area.

**Penalty Kicks-** A penalty kick results from an infraction by the defending team within their own penalty area. The ball is placed on the penalty mark at the top of the penalty box and a player will be allowed to take one direct shot on goal. The keeper must have both feet planted on the goal line until the ball has been kicked. Once the referee has indicated play to begin the player may approach the ball. Once a kicker has begun their approach to the ball, they may not hesitate or stop their forward momentum as it can compromise a keepers ability to "read the play". Doing so results in no goal and the defending team being awarded a goal kick. All other players must remain outside the penalty area and penalty arc until the ball is kicked.

**Cards-** While a referee can also normally caution a player with either a yellow or red card depending on the severity of the foul they are not normally included at this age of play.

**Offside-** likely the most difficult rule in the game of soccer, is at its most basic when a player is nearer to the opponents goal line than both the ball and the 2nd last opponent (the last being the keeper). While offside offenses will not be enforced for this age group keep in mind that the skills players are taught at this age will follow them throughout their years as a player and so they should be encouraged not to play in an offside position.



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## **Final Notes**

There you have the basics of the great game of soccer. Even if you knew little or nothing about soccer before today you have taken another step in becoming a successful coach by beginning to educate yourself.

Throughout the upcoming season remember that there are many avenues of support, use them to your advantage. Coaching clinics and technical sessions are made available each season and are only the start. There are countless websites dedicated to youth coaching and a lot of great material available. You can reach out to experienced coaches or technical staff within the district or if you don't know who to ask go to your conveners to help out. The game itself is the best teacher of all and by simply volunteering as a coach you have already given your players the opportunity to play and learn.

If you would like more information on the LTPD model please visit [www.canadasoccer.com](http://www.canadasoccer.com) and visit the wellness to world cup page. For any other questions or comments please always feel free to contact anyone from SCSA or the soccer convenor at Kirkfield-Westwood for help.