



U5-U8 Coaching Manual
Texarkana United Soccer Association



TEXARKANA
UNITED
Soccer
ASSOCIATION

The Best Sports Experience in the Ark-La-Tex.

TEXARKANA SOCCER

U5-U8 Coaching Manual

OWNER: _____

TEAM: _____



U5-U8 CURRICULUM 2

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Coach Information and Philosophy

As a coach in Texarkana United Soccer, you become the face of our club. This manual aims to give our coaches the tools and mindset needed to succeed. The effective coach will not only teach tactics and skills but also promote a fun atmosphere at all times.

Soccer is **Fun**, **Fitness**, **Friends**!

The experience of your players will frame their development. Texarkana United Soccer wants to ensure all coaches keep the three pillars of a great soccer experience at all times.

At this age, there is still over 10 years left in the athlete's youth soccer experience. All athletes at this age are encouraged to try a variety of sports. Even within soccer, athletes should experience a variety of roles and responsibilities. As such, coaches must work on skills that are easily transferable between roles on the field.

The ABCs of Athlete Development:

Agility, **Balance**, **Coordination**

Even the most advanced athletes at this age are still learning to control their bodies. Agility, balance and coordination with and without a soccer ball are important skills to develop life-long active athletes. Beyond these three basic fundamental movement groups, developing soccer skills, tactical awareness, and knowledge of the game will promote self-confidence in the players.

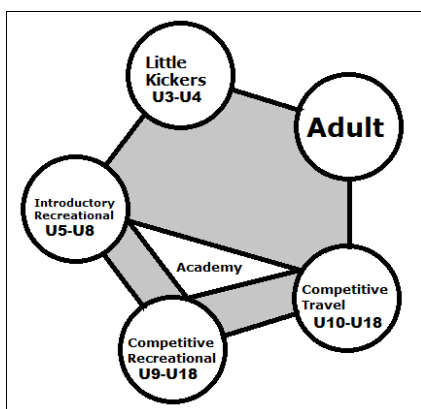
Players and coaches should feed off each others positive energy. As players have fun in the game, the coach should



also have an enjoyable experience. An effective player and coach should feel confident returning to sport season after season.

The content of this manual is carefully selected as appropriate for this level of players. Coaches may reference the manual for techniques to help train our young players with the skills most needed at this level of development.

The most successful coaches understand the needs of a young child at play. The guidelines and recommendations in the manual aim to make your coaching experience with Texarkana United Soccer a satisfying experience for both the coach and the players.



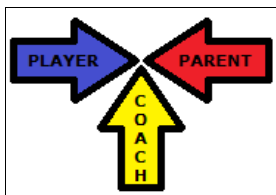
Texarkana Soccer currently offers six different programs

The U5-U8 Program looks to build the foundation for future soccer participation. Practices should always focus individual skills. A portion of every practice should be dedicated to dribbling and controlling the ball. Coaches must structure practices around getting as many touches on the ball as possible. The Texarkana United Soccer philosophy targets each player touches the ball 100 times for every year



old the player is. So a 7 year old player should touch the ball 700 times every practice session.

As a coach you receive the support and backing of the largest soccer organization in the State. Our organization registers almost 2500 coaches and players every year. In order to maintain a successful atmosphere, everyone in the club joins as part of an agreement parent, player, and coach.



The TUSA Player Development Agreement requires buy-in from the Player, the Parent, and the Coach

The coach agrees to make decisions which benefit the soccer player. The coach understands the nature of the program and will never sacrifice the child's progress in exchange for a chance at winning a game. The coach will maintain an open door policy with the parents and players concerning any issues in the team.

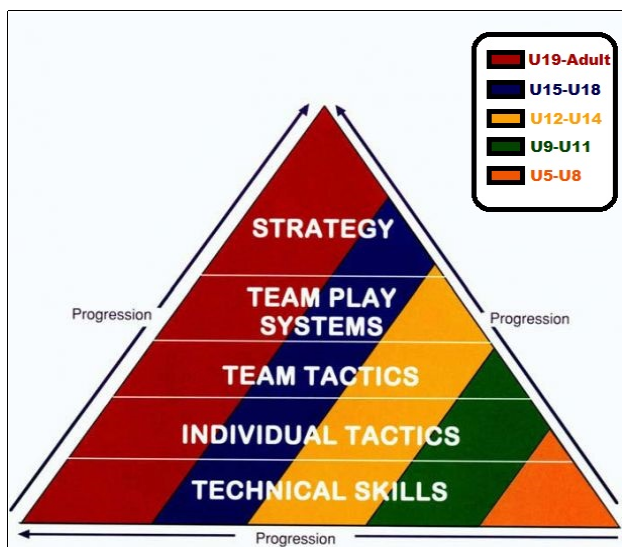
The player agrees to listen to instruction and apply it to the game. The player will work hard and maintain a positive attitude without distracting from another player's development. The player agrees to trust in the knowledge of the coaches.

The parent agrees to support athletes in the program. The parent will remain positive with all children in the program. The parent agrees not to interrupt practices, not to coach



from the sideline. Parents should talk to players about the player's enjoyment of the game and the topics covered in practice instead of wins or losses.

All members of the Player Development Agreement have a responsibility to create a positive atmosphere for each other. Negative talk about players, officials, referees, coaches, or opponents will not be tolerated by anyone in the program.



U5-U8 practices focus primarily on skills with some individual tactics.

The curriculum follows a model based in Long Term Athlete Development which views athletes as progressing through four stages of development. Players are still playing multiple positions and only basic tactics apply. Training focuses mostly on agility, balance, and coordination with the ball.



Mission Statement

Succeeding at the game is more important than winning the competition.

The U5-U8 program will develop and deliver quality youth soccer to promote a fun, family centered environment based on the following principles:

Everyone Plays: All kids have the right to play soccer, every player on every team must play at least half the game.

Balanced Teams: Teams are formed as evenly balanced as possible. It is more fun to play teams of equal ability.

Open Registration: TUSA accepts registration from anyone to the U5-U8 program and there are no cuts made to teams.

Positive Coaching: Coaches are taught to be encouraging and reward positive effort and motivated soccer players.

Good Sportsmanship: TUSA encourages respect between coaches, players, parents and officials.

Soccer is **Fun**, **Fitness**, **Friends**!



Team Creation Guidelines

Division	On the Field	Max Roster Size	Ball	Game Length
U5-U6	3v3 no GK	5-6 Players	Size 3	8 min quarters
U7-U8	4v4 no GK	7-8 Players	Size 3	12 min quarters

Age Group Break Down Spring 2015

Birth Month / Year	2010	2009	2008	2007	2006
January	U5	U6	U7	U8	U10
February	U5	U6	U7	U8	U10
March	U5	U6	U7	U8	U10
April	U5	U6	U7	U8	U10
May	U5	U6	U7	U8	U10
June	U5	U6	U7	U8	U10
July	U5	U6	U7	U8	U10
August	U4	U5	U6	U7	U8
September	U4	U5	U6	U7	U8
October	U4	U5	U6	U7	U8
November	U4	U5	U6	U7	U8
December	U4	U5	U6	U7	U8

Divisions are established based on a player's age at the preceding 12:00 AM August 1.



TUSA has established the following Team Formation Guidelines for U5-U8 teams:

1. All players who register by the deadline will play.
2. Team player maximums cannot be exceeded.
3. Player requests *not* to be a team will be honored
4. Returning players will be given preference to return to their previous team if they played in the preceding season.
5. No team or coach may recruit players for his or her team.
6. Teams will be formed by geography when possible.
7. TUSA will preserve the competitive balance of the division
8. New registrations may request a specific coach.
9. No players may be exchanged or traded between teams.

Coaching Staff Formation

1. All adults working with a team in any capacity must be background checked through the Arkansas State Soccer Association.
2. Each team may have one Head Coach, one Assistant Coach, and one Team Manager.
3. No one else over the age of 18 may be with players during games.

Practice and Game Meetings

1. Team meetings are limited to three times a week.
2. Teams may not schedule more than 2 games per day.
3. Team practice will not last longer than 60 minutes.
4. Teams must have written approval to travel for games

Uniforms and Jerseys

TUSA will supply jerseys for all U5-U8 teams. Teams may use outside jerseys at their own cost if so desired. TUSA will not pay for outside jerseys.



Characteristics of U5, U6, U7, and U8 Players

Coaches must recognize the individual needs of every child. Every child is different. Still no child should be seen as simply a “miniature adult.”

Coaches must differentiate between chronological age and developmental age. At the beginning of the season, a U5 born in August is 25% older than a U5 born in July.

Yet, all children join soccer to play and have fun. Playing professionally or collegiately remains in the distant future.

Characteristics of U5 and U6 Players

- Very short attention span
- Most are individually oriented
- Psychologically easily bruised
- Physically boys and girls are very similar
- Eye-foot coordination is very primitive
- Will not intentionally pass the ball during games
- NO SENSE OF PACE: RUN HARD ALL THE TIME

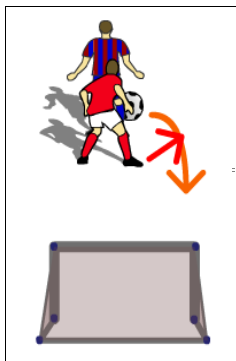
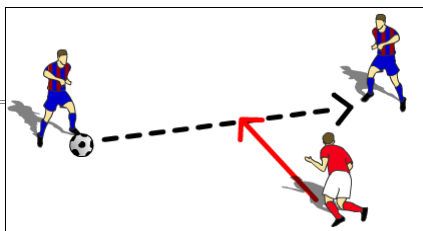
Characteristics of U7 and U8 Players

- Short attention span
- Most are partner oriented
- Psychologically very sensitive
- Sports Heroes become important
- Eye-foot coordination begins to develop
- Need to be in constant motion
- NO SENSE OF PACE: RUN HARD ALL THE TIME

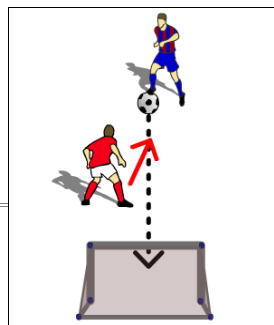


Principles of Defense

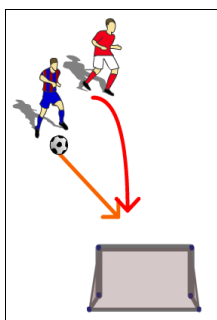
NO TOUCH



NO TURN



NO SHOT / NO RUN



NO QUIT

On Defense think to DENY



U5-U8 CURRICULUM 12

Texarkana United Soccer has developed a 25 point defensive philosophy that guides the elite player to win the ball back and succeed at all phases of the game. At the U5-U8 level, players are only expected to deal with individual tactics and they are not expected to follow team concepts. As such only the basic ideas on the next page should be covered. The entire philosophy is included as a reference for coaches.

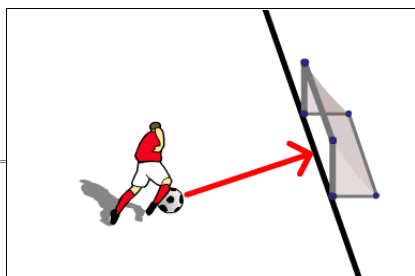
TUSA Core Defensive Philosophy

1. Intercept the ball before the attacker can receive it
2. Deny the attacker the chance to advance the ball
3. Recover to a better defensive position if beaten
4. Slide tackle only in desperation – Stay on feet
5. Regain possession of the ball rather than clear
6. Prevent the attacker from turning to face the goal
7. Slow the attacker until there is more defensive help
8. Make the play predictable for covering teammates
9. Tackle to win the ball when the opportunity arises
10. Read the attacker's body shape to know how closely to pressure
11. Covering defender in position to deny dribble or pass penetration
12. Deny passes into and out of the center of the field.
13. Keep as little space as possible from center back to center forward
14. Defending with 8 players behind the ball in the defensive third.
15. Double team the opponent with the ball with an extra defender.
16. Mobility from the goalkeeper to control the space behind the defense
17. Win the ball back in the first five seconds of opponent's possession
18. High pressure: the opponent must pass long in their defensive third.
19. Deny all shots within our defensive third
20. Relentless effort to deny goals and win the ball back.
21. Move up and down the field as a team, no one stranded
22. Win clearances and 50/50 balls
23. Center backs working in tandem to hold offside line.
24. Stay with marked player after pass, do not chase the ball
25. Goalkeeper in constant communication with all players on the field

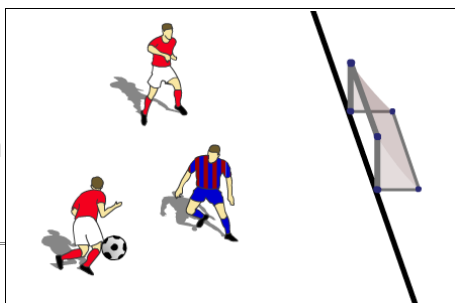


Principles of Attack

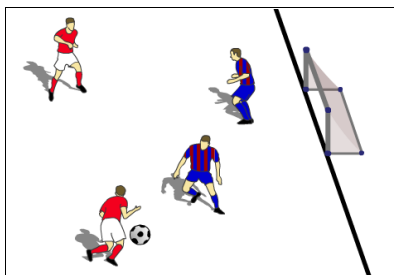
Can I score?



Can I dribble past an opponent?



Can I pass to a teammate in a better position?



Can I pass to a teammate to keep possession?

On Offense think “Can I?”



Texarkana United Soccer has also developed a 25 point attacking philosophy. However, U5-U8 players should only be concerned with individual attacking moves and thus, only the basic ideas on the next page should be covered. The entire philosophy is included as a reference for coaches.

TUSA Core Attacking Philosophy

1. Quick control and passing the ball (1, 2, or 3 touches)
2. Firm passes with the inside of the foot on the ground
3. Teammates create a triangle of passing options
4. Pass behind the opposition defensive line.
5. Vertical sprints in the attacking box if marked
6. Check space around you before receiving the ball, be aware!
7. Meaningful verbal communication between players.
8. Control with a turn, if a turn is not possible: one touch drop pass
9. Teammate position to maximize width and depth.
10. Receiving the ball in an open position with chest toward space.
11. Teammate runs to get an extra player in front of the ball offensively
12. Recognize teammate's attacking position. Yield or pass to teammate
13. Patient control of the ball while shifting the opponent off guard.
14. Use width and off-the-ball runs to create channels for wingers.
15. Pass in the space between opposition functional units
16. Runs toward the ball to help when midfielders are pressured
17. Switch the field with quick, diagonal balls
18. Diagonal sprints toward the front post if starting from wide position.
19. Opposite side midfielder dropping deep to receive a switched ball.
20. Constant movement of off-the-ball teammates to create space.
21. Finish with 4,5, or 6, players in the attacking third.
22. Pass to the 3rd, 4th, 5th nearest teammates.
23. After regaining possession, second pass is one-touch.
24. Calmness and patience in all circumstances.
25. Quick passes into and out of the center of the field in attacking third.



Nutrition and Hydration

The role of proper nutrition is a solid foundation for performance and recovery. Outside of the typical proper diet, there are several drinks to benefit performance and recovery in athletes. These include water, protein mix, sports drinks, and even chocolate milk.

Before games or practices, serious athletes should not drink substances rich in caffeine, as those drinks have been shown to increase blood pressure and heart rate on top of the increases already seen in physical activity. Pregame meals should be eaten 2-3 hours before games as to allow the body to digest and to focus energy systems on performance.

One to two hours before exercise, athletes should drink 16-20 ounces of water. Fifteen minutes before start, drink another 8-10 ounces of water. At a minimum, athletes should drink a gallon of water each day. However, water alone will not be enough to give sufficient boosts to performance without a nutritional balance of fats, proteins, and carbohydrates. Carbohydrates are used by the body for long term energy stores especially during aerobic exercises. Healthy fats give immediate short term energy stores. Protein is used to recover and build muscle tissue.



Proteins

25% of Daily Diet

Purpose: Muscle growth and recovery

Potential Sources: Meat, Dairy, Nuts, Beans, Legumes

Carbohydrates

65% of Daily Diet

Purpose: Aerobic energy source

Potential Sources: Grains, Fruits, Vegetables, Starches

Healthy Fats

10% of Daily Diet

Purpose: Anaerobic energy source, Vitamin Absorption

Potential Sources: Fish, Fruits, Nuts, Vegetable Oils

Hydration

Over 64 oz. of water every day

Up to 10 oz. of sports drinks before / during play per hour

Up to 8 oz. of chocolate milk after play



Injury Prevention and Risk Management

When in the field children will get hurt and injured. Coaches must be aware how to deal with the most common injuries and issues for youth soccer players. **If there is any doubt, do not return the player to play.** TUSA has a commitment to having proper medical staff at Grady T Wallace park during game days. Player registration includes insurance that covers some medical coverage of injuries that happen while playing soccer.

Head Injuries

Head injuries can be life threatening even at this age. Under no circumstances does a player with a head injury return to play before an examination. A concussion does not necessarily render a player unconscious. Any strong trauma to the head can risk a head injury. Recognize the signs of head injury such as loss of awareness of surroundings, lowered balance and coordination, and trouble speaking.

Heat Injuries

Heat injury occurs when the body is unable to maintain a stable internal body temperature. Because of the increased heat and humidity in Texarkana, heat stroke can be very common here. If a player feels hot to the touch and seems confused, immediately remove the player from practice. Do anything necessary to keep the player cool including ice bath and cold drinks. Young soccer players will run full out and they often will not be aware that they are at risk for serious issues on very hot days.

Sprains

Among the most common soccer injuries are ankle and wrist sprains. Sprains are injuries to joints. If the athlete is



complaining of pain in ankles, knees, or any other joint, the player may be experiencing a sprain. Coaches must remove the player from participation and avoid claims to “run it off.” Instead facilitate the healing process by following RICE-rest, ice, compress and elevate.

Rest the injured area, but don't avoid all activity.

Ice the area as soon as possible after the injury.

Compress the area with an elastic wrap or bandage.

Elevate the injured area whenever possible to help prevent or limit swelling.

After the first two days, gradually begin to use the injured area. Be sure to protect the injured area from further injury.

Cramps

Cramps differ from sprains in that cramps are injuries to muscles. Muscle injuries typically have shorter recovery times than do sprains. Often muscle injuries are a result of fatigue and rest will be sufficient to heal from the issue.

However, serious muscle injury should be treated similar to sprains: RICE-rest, ice, compress and elevate.

Blisters

The most common soccer medical situation for youth players occurs as blisters to the heel of the foot. Blisters are often the result of shoes that do not fit properly. Long soccer socks will often help cushion against blisters. If an athlete continues to complain of blisters, apply small amounts of petroleum jelly to the foot to further lubricate the foot against the shoe. Applying a bandage to the area can also help.

If there is any doubt, to the seriousness of an injury do not return the player to play



Team Management

Team management refers to any responsibility of the coach or adults off the field. Seasons should start with a Parent's Meeting. This serves to introduce yourself and our philosophy on soccer development.

Topics for the Preseason Parent Meeting

1. The five pillars of the TUSA Mission Statement (page 7)
2. The team goals (have FUN, work hard, learn soccer)
3. Your experience as a coach and player in various sports
4. HELP! – Recruiting Assistant Coach and Team Manager
5. Equipment requirements: soccer balls, shinguards, water
6. Game day policies and procedures
7. Playing time expectations, players must play at least half.

Remember that all decisions of a coach will affect the team. Each decision will should help players have fun while learning about soccer. Establish consistency in the first meeting and the parents and players will respond with respect.

Game Day Expectations

1. Players arrive 20 minutes before the game, ready to play.
2. Coaches arrive 30 minutes before the game.
3. Parents must stay on their own side.
4. Conduct a Warm Up, repeating topics covered in practice.
5. Pregame and Postgame talks should be in earshot of parents.
6. Remind parents and players of the rules.
7. Remain positive and encouraging with the athletes.



Game Objectives

Succeeding at the game and developing a love of the game long term is more important than winning an individual game. As a coach, your attitude toward the game will dictate how your players see the game.

Keep the Objectives Simple

If your team has the ball, maintain possession and go score.

If the opponent has the ball, regain possession.

Success must not be defined wins or losses. Find success by establishing goals in the game and achieving those goals.

Game Day Attitude Toward Referees

On game day, the coach is the face of the team. Yelling and abusing referees will spread to parents and players. No disrespect for referees will be tolerated.

Coaches, referees, players, parents, opponents, and club officials are part of our local soccer community. We are partners in creating a proper atmosphere for the athletes.

Intimidating and creating a hostile atmosphere toward an official is a Class A misdemeanor in the State of Arkansas and Class B misdemeanor in the State of Texas.

Participation awards will be given to ALL U5-U8 players.

Records and standings are not kept for U5-U8 divisions.



Coaching Techniques

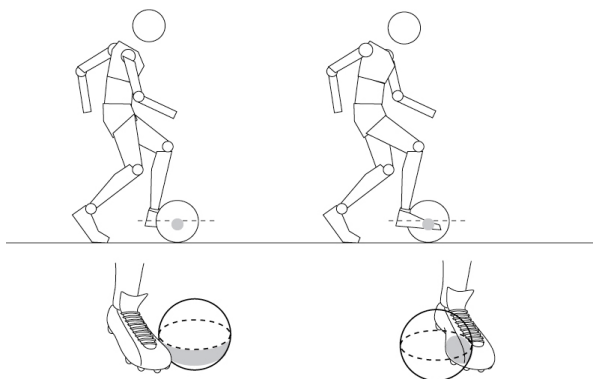
The better grasp you have of the techniques, the better you will be able to teach them to your players. Technique should be practiced with both feet to counter the natural tendency of players to develop a “strong foot” and a “weak foot.”

Dribbling

Dribbling is the use of feet to control the ball while moving. Players will either dribble to advance the ball or to retain possession. Dribbling is the most common way players from U5-U8 will try to penetrate on goal.

Dribbling Technique

1. Use all surfaces of the foot: top, bottom, inside, outside.
2. Fluid and athletic stance.
3. Keep the ball close and under control at all times.
4. Keep the head up, see teammates and opponents.
5. The ball is never more than a step or two away.
6. Develop the ability to stop the ball and turn with the ball



Proper Dribbling Technique

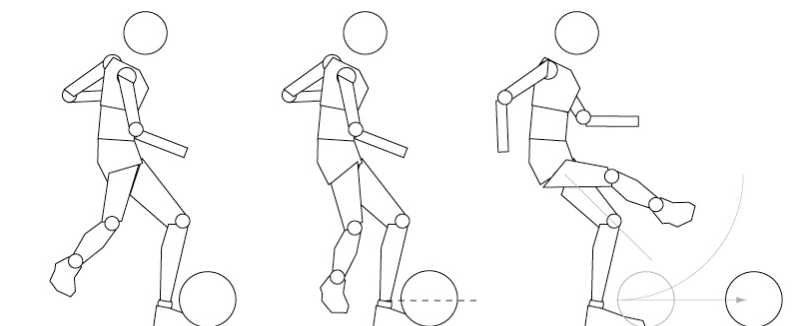


Inside of the Foot Pass

The inside of the foot pass is the most basic of passing techniques. A solid inside of the foot pass targets a teammate and arrives on the ground and under control. It is used to advance the ball to a teammate or to maintain possession.

Passing Techniques

1. Place support foot next to the ball
2. Support foot toe points in direction of the target
3. Athletic stance with weight on support foot
4. Draw kicking leg back from hip as a pendulum
5. Keep kicking ankle locked with toe pointed slightly up
6. Inside of the foot faces target
7. Strike the center of the ball with the inside of the foot
8. Keep balance throughout passing



Proper Passing Technique

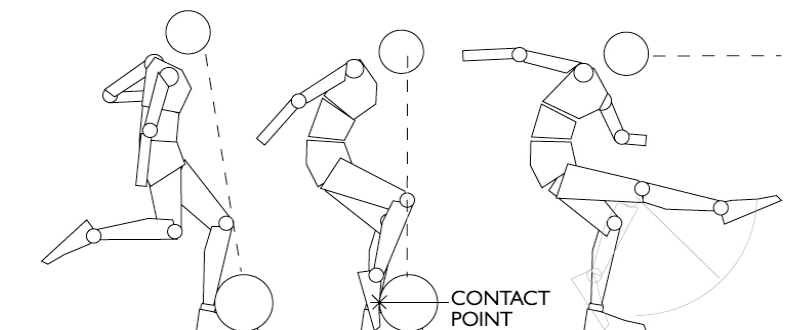


Shooting

When shooting use an instep kick and contact the ball with the top of the foot. The coach must encourage the players to keep the ball on the ground at all times.

Shooting Technique

1. Place support foot next to the ball
2. Support foot toe points in the direction of the target
3. Athletic stance with weight on support foot
4. Bend kicking knee back
5. Lock ankle with toes pointed down
6. Chest and head over the ball, moving forward.
7. Strike the center of the ball with the laces of shoes
8. Foot, knee, and head are in line when contact is made



Proper Shooting Technique



Equipment

Both coach and player have a responsibility to show up to practice prepared. One of the ways soccer appeals to a world-wide participation base is that it requires very little financial commitment to play. While there are hundreds of soccer training aides available on the market, the chart below includes the minimum requirements for each practice.

Coach	Player
Cones Scrimmage Vests Air Pump First Aid Kit	Athletic Shoes Shin guards Ball Athletic Clothes

Players may not participate without proper equipment. Shinguards should fit inside a sock and not slide around the child's leg when he or she is running.

Every player must show up to practice with a ball. Children need to be able to play away from practice. When every player has a ball, it also ensures that no child has to watch others play as if he or she is in "time out."

The youngest athletes at this age can be very territorial about their property. The ball is the child's toy, and asking the child to give up their toy implies they will not be playing until they get the ball back.

U5-U8 games do not feature goalkeepers and thus goalkeeping equipment is not required at this age.



Example Practice Activities

This section is to serve as a small list of example games to play with your team. Be creative with any activity, but make sure each athlete is getting as many touches on the ball as possible.

At this age, no team should work on set pieces and restarts beyond just helping the athletes understand the rules.

Standing around during practice is boring. Athletes come to soccer practice to play with a soccer ball. Get the kids moving with a soccer ball as much as possible.

Soccer is a game played in 360°. A coach must become comfortable with the chaos of allowing players to move in different directions.

At this age, the athletes have very short attention spans, any coaching point must be kept to less than ten seconds.

All coaching must be on individual decisions and technique.

AVOID LAPS, LINES, and LECTURES.

Division	Practice Length	# of Expected Touches on Ball	Players Per Team
U5-U6	45 Minutes	600 per Session	4-6
U7-U8	60 Minutes	800 per Session	6-8

Be demanding, every touch on the ball matters!



Get in Groups

Description: Have your players dribble around in space. After 30 seconds have passed, the coach calls out a number. The players now leave their balls and quickly get in groups of that size. Have your players return to their balls and play again, calling out a different number each round.



Dribbling in a Grid

Description: Set up four cones in a square pattern. Place all your players inside the grid, each with a ball. Have them dribble around, working on their cuts whenever you yell "Cut!". Periodically, yell "Side". The players must leave their balls, run to a side of the grid, touch the line between the cones, and run back to their balls and continue dribbling.



Find a Cone

Description: Put out as many cones or markers as there are players. Have your players dribble randomly around the area until you call out "Find a cone!". The players should all dribble quickly to the nearest marker and freeze with the ball.



Follow the Coach

Description: Give every player a ball, and have them follow the coach as he dribbles around the field. Along the way, the coach does goofy things like hopping on one foot, rolling on the ground, sitting on the ball. The players copy the coach.



Dribbling Through Gates

Description: Using cones, set up a large number of small gates scattered randomly around the field. The players attempt to dribble through as many gates as they can before time expires.



Everybody's It

Description: Using cones, mark off a 15x20 yard playing area. Have your players spread out inside the area, each with a ball. On the coach's command, the players dribble around inside the area trying to tag as many other players as possible while keeping control of their own balls.



Dribble Pool

Description: Set up four cones in a square pattern, and place all your players inside the grid, each with a ball. When you call out "Dribble!", have them dribble around inside the grid while trying to avoid collisions with the other players. Periodically, call out a body part which all players must then touch to the ball.



1v1 to Cones

Description: Two players should play 1v1 to a cone. To score, a player must hit the cone with the ball by either passing it into the cone or dribbling the ball to the cone to touch it.



Monster Turns

Description: Using cones, mark off a 20x20 yard area. Two coaches are designated as "monsters", and start outside the grid without a ball. The players each have a ball, and dribble wherever they want inside the grid. Whenever a monster approaches a dribbler, that player must make a quick turn and dribble away to "escape"



New Ball

Description: Set up a 20x30 yard playing area, and place a goal at each endline. Divide the players into two teams. Position a server at the halfway point of one sideline with a large collection of balls.



The game begins when the server passes (or tosses) a ball into the playing area. If that ball is kicked out of bounds or a goal is scored, the server quickly introduces a new ball to replace it, and the game continues with the new ball.

Relay Races

Description: Line up three lines of closely-spaced cones. Place players at the beginning of each set of cones, and give a ball to the first person in each line. The first player in each group dribbles through the cones (weaving around each one), turns around when he gets to the end, and dribbles straight back to the beginning, passing his ball off to the next person in line so that player can do the same.



Sharks and Minnows

Description: Place all but one of your players on one side of a rectangular grid, each with a ball. Designate one of your players as the "shark". The shark should stand in the middle of the grid without a ball. The dribblers attempt to dribble across to the other side of the grid without letting the shark kick their balls out of the grid. If the shark does kick a dribbler's ball out of the grid, that person joins him in the middle as another shark. Dribblers dribble back and forth between sides of the grid until all are sharks.



Modified Rules in Games

Teams may request substitutions at the following times:

1. On their own throw in.
2. After any goal has been scored
3. On any goal kick

An **injured player** may be substituted. If the injured player is substituted, the opposing team may substitute one player.

All players MUST play at least 50% of each game unless a player is injured or has missed practice. A coach may reduce playing time if the player has missed a practice during the previous week.

Up to two coaches per team, one team manager and all players shall remain on their designated sideline.

Spectators and parents shall remain on the opposite sideline. Neither coaches nor spectators are allowed behind the goal line.

If teams wear jerseys that are too similar in color, TUSA provides pennies at the concession stand to divide and designate teams.

Restart of Play for U5 & U6 (NEW BALL RULE)

Start of Quarter or After Goals: Restart with a Kick Off

Ball goes out of bounds on the sideline or the goal line:
A designated adult immediately rolls a NEW BALL in at the half line.

Whenever a new ball is rolled into play, the adult rolling the ball in will shout NEW BALL so all players can hear.



U-5 & U-6 Rules

Field Dimensions: 30 yards in length by 20 yards in width

Goals: 4 ft X 6 ft

Markings: A center circle with a 3 yard radius.

Goal area: Two yards from each goal post and two yards into the field of play.

Penalty area: A 6 yard radius semicircle extending from the center of the goal.

Ball Size: Size 3 Ball.

Players on Field: 3 per side with NO GOALKEEPER

Offside: None

Game Duration: 8-minute quarters

U-7 & U-8 Rules

Field Dimensions: 40 yards in length by 30 yards in width

Goals: 4 ft X 8 ft

Markings: A center circle with a 5 yard radius. Four corner arcs each with a 2 ft radius.

Goal area: Three yards from each goal post and three yards into the field of play.

Penalty area: An 8 yard radius semicircle extending from the center of the goal.

Ball Size: Size 3 Ball.

Players on Field: 4 per side with NO GOALKEEPER

Free Kicks: Opponents must be 5 yards away during a free kick

ALL free kicks are direct.

Offside: None

Game Duration: 8-minute quarters

Other Rules follow FIFA and US Soccer Standards.



TUSA Tactical Terminology

Included below is a set of terms used by coaches while teaching players and players while on the field to ensure that TUSA coaches and players use a consistent vocabulary throughout the development process.

(NAME) PRESSURE – Used to tell an individual player to put pressure on the ball and prevent the attacker from advancing further down field or shooting. Used when there is space between the defender and the attacker.

FORCE LEFT/FORCE RIGHT- The goalkeeper tells a pressuring defender to push or force an opponent in a direction. Left/Right is preferred to Inside/Outside unless the ball is extremely wide. Used when the defender is close to the attacker.

(NAME) DROP- Tells an individual player to run back to a more defensive position. It may also be used to address the entire team.

TURN (LEFT/RIGHT) - Used to let a teammate know that they have time to turn with the ball. A direction is used to speed up the play and tell the player on the ball to face toward a particular side of the field.

TIME – Used to tell a teammate that there is little pressure on the ball and the teammate has time to play the ball with his or her feet.

MAN ON – Used to tell a teammate they are under pressure or soon to be under pressure. Emphasize urgency.

OPEN UP- Tells teammate to take “open” body position so as to be able to see as much of the field of play as possible, used when the ball is played to a wide position.

DROP BACK – The entire back line becomes aware that they need to run back more defensively, quickly.

PUSH UP - Used to tell the entire defense to move up the



field in unison.

DELAY – Tells a teammate to stay in front of the ball and slow the attacker down so that other players can recover to help. Often should be used with other terms to address recovering players.

DOUBLE TEAM – Used to tell a second defender to step to the ball to make it more difficult to penetrate. Used when defenders outnumber attackers and there is proper cover.

KEEP OUTSIDE – Used when the ball is wide to signal for the defender to use their body shape to keep the ball wide or played negatively.

HOLD (LINE/SPOT/NAME) – Defenders do not stand behind a certain line or spot or furthest back defender in order to give the goalkeeper more control of the space behind the defenders, may also be used to create an offside trap on free kicks.

(NAME) MARK (#) – Used to tell a specific player to mark a specific opponent.

GOAL SIDE – Used to tell a player to defend tightly and to stay on the goalside of his or her mark. Used when defending free kicks in conjunction with instructions on which players to mark.

(NAME) IS ON – Used to tell an attacker that a certain teammate is able to receive a pass.

SWITCH – Quickly send the ball to a player on the other side of the field.

SWING – Drop the ball to a player so that he or she may send the ball to the other side of the field. Used to tell the opposite side player to get wide as well.

(NAME) TUCK IN – Used to tell a defender or group of defenders to fall in more centrally and defend more to the goal.

(NAME) RECOVER CENTRAL – In a crossing situation, used to tell a defender to run to the center of the field to be



able to defend a ball.

INTO TOUCH – Used when the defense is not in position to build a counter or play the ball out of the back. Express urgency and is followed by instructions to the entire defense.

SHIFT (RIGHT/ LEFT) – Used to get the entire team to move its defensive shape toward the ball on one side of the field following the attacking team swinging or switching the point of attack.

Goalkeeper Specific terms

KEEPER- If a goalkeeper can make a save or handle the ball, he or she should use a KEEPER call every time. The keeper call is always two syllables, never allow the goalkeeper to simply yell “Keep”

AWAY- If the goalkeeper cannot make a save or wants a teammate to control the ball, he or she should use an AWAY call every time.

(KEEPER’S) HOME – Used to tell a teammate to play the ball back to the goalkeeper.

WALL (#) – Form a wall with the stated number of players, ten yards from the goal. Then the goalkeeper moves the wall in the right position.

(NAME) BACK POST – Used to tell a specific player to recover to the back post as to mark a weak side attacker running down the field.

Attacking Concepts and Terminology

Support – Help offered by a teammate(s) close to the player with the ball with the goal of offering themselves as someone to pass to.

Angle of Support – the angle of a supporting player in relation to the player in possession and the nearest



opponent.

Distance of Support – the distance of a supporting player in relation to the player in possession.

Movement off the ball – Movement of players without the ball to create passing options, create space, set up opponents, and ultimately to create goal scoring chances.

Creating space – Movement off the ball into space to generate effective passing options, open up passing options for teammates, or create difficult decision-making opportunities for defenders.

Penetration – Movement of the ball or by a player with the attempt to get in behind a defender or defensive line.

Square – directional term referring to a line that goes from one sideline to the other and is parallel to the end lines.

Through pass – penetrating pass played toward a teammate's run into space behind opponents in an attempt to create a chance to cross or finish

Diagonal Run – Movement off the ball; penetrating run made by a forward player across the field in a diagonal direction to unbalance the opponent's defensive shape.

Combination Play – the use of one or more teammates in passing sequences to “play out” or beat opponents

Give and Go/Wall Pass – Combination play between two players to beat an opponent where the player in possession passes to their teammate, runs past the opponent and immediately gets the ball back

Overlap – Combination play with movement of a teammate from behind the player in possession of the ball to a forward position in order to generate a passing opportunity or advantage for the team

Three-player combination – Combination play involving three players where two play quick short passes with a third/fourth pass finding a third player who is making a run to the blind side of the immediate play.



Takeover – Combination play where a player (1) is dribbling the ball toward a teammate (2) who takes possession of the ball in the opposite direction, thus playing a chasing opponent out.

Width – the wide areas of the field and the positioning of players in areas wider than an opponent

Depth – refers to the space forward and backwards (towards the goals) and the positioning of players in areas deeper than an opponent

Attacking shape – Distribution of players in such a way to create as much space as possible for opponents to defend. Includes spreading players deep up the field (depth) and as wide as possible (width) as well as having simple, short, and obvious passing options right, left, and center for each position on the field.

Speed of play – quick movement of the ball through passing or dribbling to create an advantage for the attacking team over the defending team by reducing the time available to organize the defense.

Counter Attack – Fast and effective transfer of the ball into a goal-scoring opportunity after possession of the ball has been regained.

Playing out from the back – the collective action of transferring the ball from the defensive third to advanced areas.

Defensive Concepts and Terminology

Pressure – action of a player causing stress or discomfort to the opponent in possession of the ball with the attempt to disrupt their decision making process and/or win the ball

Force left/right – term(s) used to indicate which direction the 1st defender should make the opponent go

Delay – to use the correct defensive stance, proper angles



and proper distance of pressure to prevent the opponent from advancing the ball with the intent to allow the covering and balancing players to organize appropriately. Used to ensure we are in position collectively to win the ball back!

Step – term signifying that a player or the team as a whole needs to sprint out of the defensive third of the field or indicating that pressure needs to be applied to the player with the ball. “Step Left” (or right) – how we will communicate among players defensively to tell each other to step to the left or right.

Drop – how we communicate to withdraw towards our goal. Must be directional as in “drop left,” drop right,” or “drop central.” Can be used in reference to the entire team to withdraw the pressurizing line, a group of players (as in the back line must drop prior to a long pass), or individual players (to withdraw a forward who is pressing at an inappropriate time).

Hold – To stop the movement of a player, group of players or entire team. Generally used to prevent players from applying pressure outside the shape of the team or dropping behind a specific defensive offside line.

Cover – the role and position of the 2nd defender; steps in to become the 1st defender if necessary; tracks the 2nd closest attacker. Communicates with the 1st defender about the direction to show the opponent

Balance – role and position of the 3rd defender. Tracks near opponents and covers dangerous space.

Angle of Support – Angle of covering defender in relation to the first defender

Distance of Support – distance of covering defender in relation to the first defender

Marking – to closely watch over an opponent from a goal-side position. To be individually responsible for a specific player in defense. Should always be said with specific



information, not just a blanket statement!

Goal-Side – position in between an opponent and the goal we are defending

Switch – signifies that you want to switch marks with a teammate

Tracking – Term used when it is necessary for an individual player to continue with a marked player until a switch can occur with another defender.

Recover/Recovery Run – run a player makes at speed toward their own goal when the ball has played them out in defending.

Compact – positioning of players that makes the distances between positional lines small, making it difficult to play through

Defensive Shape – the collective organization of our team's players in relation to the opponent, your teammates, the goal, and the position of the ball on the field. Do you have pressure, cover and balance.

Starting position - the position a player is in the moment at the beginning of an attacking or defending sequence

Dangerous Space – Any space on the field an opponent may want to use to advance the ball and/or score a goal. Central space in the middle and our defensive third is the most dangerous space.



Texarkana United Soccer Parent Code of Conduct



I will enjoy my child's opportunity to experience the benefits of sport.

I will trust in my child's ability to have fun as well as to perform and achieve excellence on his/her own.

I will help my child to learn the right lessons from winning and losing, and individual accomplishments and mistakes.

I will respect my child's teammates and fellow parents as well as the players, parents, coaches of opposing teams.

I will give only encouragement and applaud only positive accomplishments whether for my child, my team, or opponents.

I will act as a positive roll model for good sportsmanship.

I will respect my child's coach and support his/her efforts.

I will not instruct from the sidelines unless specifically asked to by the coach.

I will insure that my child will attend all practices and games unless I notify the coach in advance.

I will discuss any concerns about my child's treatment and playing time in an adult manner without interfering with



practice or game time.

I will respect all facilities made available so my child can play games and practice.

I will respect all equipment used by my child, my child's team, and my club.

I will respect the knowledge of the coaches.

I will respect the authority of the officials.

I will never demonstrate threatening or abusive behavior or use foul language during soccer events.

Revised Jan 6, 2015

Player Signature:_____

Parent Signature:_____

Players and Parents have agreed to the above agreement upon registering for TUSA.





Let's Have Fun.

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