

# Hingham 7th/8th Grade Boys (formerly U14)

Coaches Handbook  
Fall 2018

# TOPICS

- Getting your schedule
- What not to do
- HYS commitment to players
- 7th/8th Grade Games -  
general format
- Sample Formations
- Game Day
- Coaching Resources

# Game Schedules

- Home game times and field locations for each team will be posted on the HYS Google Drive. An email will be sent telling you when they are ready for review.
- Away games will also be posted with just the team you are playing. A spreadsheet of the opposing coaches along with their contact info will be provided. Email/call your away game opponent to get the game time and field locations.
- Be proactive and reach out to your home opponents and share the game time and Hingham field locations
- Send schedule to your team and send an email each Thursday to your team with a reminder of the game time and location and ask if their son will be coming or not (helps you plan your lineup if you know who is or is not coming ahead of time)

# Please, follow the rules

- Failure to follow these could end up in fines to HYS and, for the coach, suspensions or bans from future coaching
  - Only play kids that are listed on your HYS certified roster
  - Only have rostered coaches on the player/coach side of the field
    - It's ok if a parent visits an injured player or drops off water, etc. without affecting the game
    - No one should be coaching if not on the roster (Insurance, CORI checks, etc.)
- Don't directly address the referee during the game, particularly in a negative way
  - Referees are generally also learning about the game
  - They will make bad calls - it's part of the game
  - You can ask to clarify a call but don't try to overturn it or offer your opinion
  - If you do need to ask the referee a question, ask your player captain (or a field player) to address the referee (substitutions, time remaining, direct/indirect kick)
  - The exception is if you feel there is a health or safety issue.
    - This could range from an unnoticed injury to inclement weather (lightning)
    - Please interject in a constructive fashion in these circumstances and explain your reasoning
- Conduct yourself professionally at all times - you are a Hingham Ambassador
  - Don't engage with players / parents / spectators
  - You are responsible for the conduct of Hingham supporters
  - If there's a hostile situation:
    - Attempt to diffuse the situation / walk away
    - Call me (division director)

# General HYS Principles

- All players should receive equal or at least 50% playing time when they are present at a game.
  - This doesn't mean
    - that missing a game gives a player the right to play 100% of the next game
    - that a player who leaves early or shows up late, gets 1/2 playing time of a game, only 1/2 of the time they're present
  - Attendance at practice is not a consideration
  - A player's skill or motivation level is not a consideration
- If a player asks NOT to play (tired, don't feel good, just don't want to), don't force him. Follow up with the parent(s).
- During a game, let the boys play
  - Minimize shouting at players on the field during play (joy stick coaching)
  - Coaching should happen mainly on the sidelines. If you need to speak to a field player, call him to the sideline for a discussion.
  - Encourage players to talk to each other on the field
  - Use practices to correct problems or reinforce good behaviors

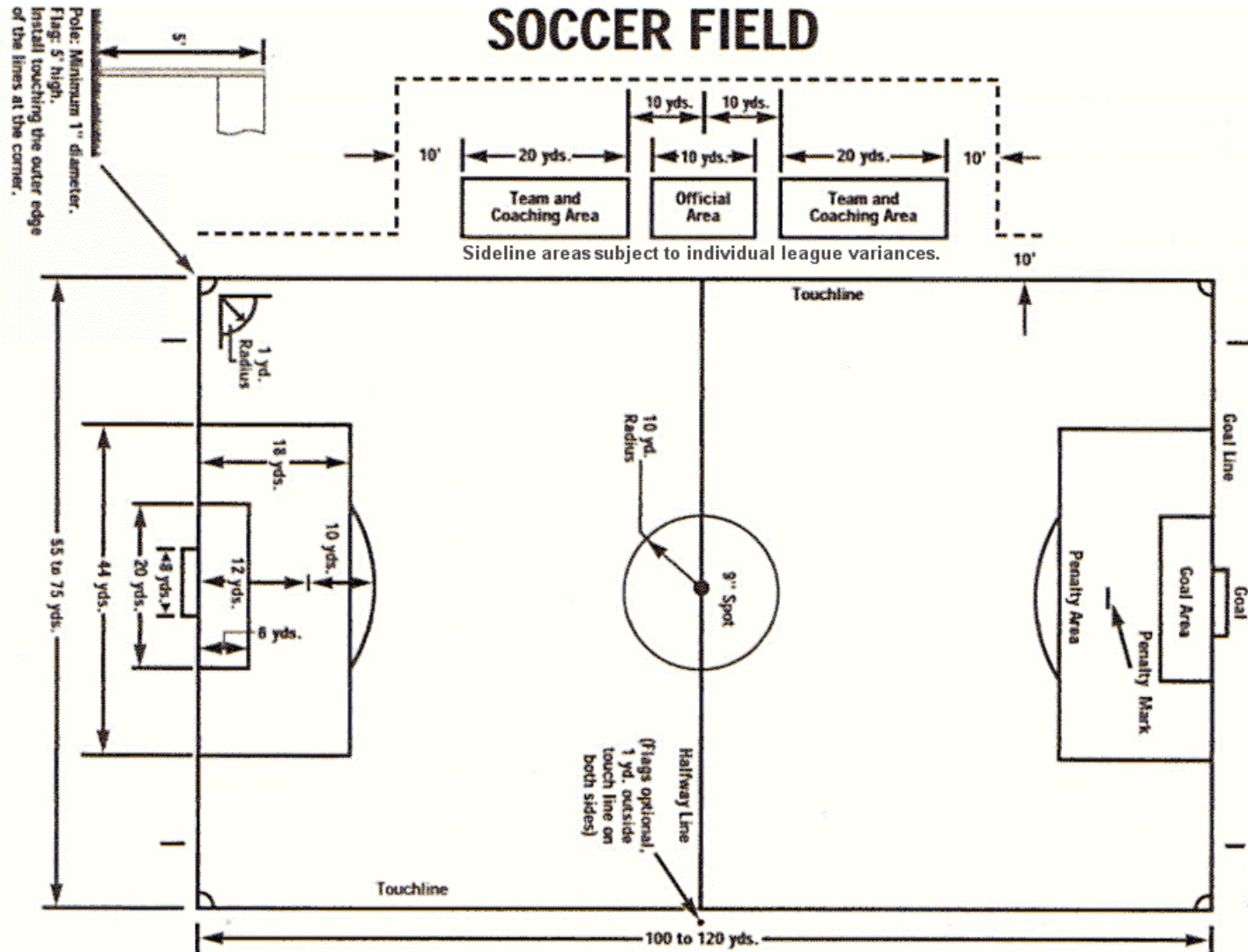
# U14 Game Play

- Format is 11 v 11 (Goalie + 10 field players)
- Size 5 game ball
- Games are two 35 minute halves, ~5-10 min halftime; all controlled by the Referees
- Substitutions
  - occur, when whistled by the referee:
    - On your throw in
    - On your opponent 's throw ins IF they are also substituting
    - Goal Kicks
    - Injuries requiring a stoppage by the referee - but always get the referee' s permission
    - After a goal is scored
    - At half time
  - do not occur
    - On Corner kicks
    - On Penalties / Free kicks
    - During Opponent throw ins when they are not also substituting
    - During active play
- Offside rules apply

# Commonly Misunderstood Rules

- Substitutions
  - Occasionally coaches incorrectly substitute without the permission of the referee and/or “on-the-fly”
  - The correct way to substitute is:
    - Send players to the center line of the field (official area)
    - Wait for the referee to signal for the substitution
  - I’ve found that telling the incoming players who they’re going in for and having them call off the active player, is the most efficient.
- Offside
  - Simplified, this occurs when a player, in his offensive half of the field, is between the last defender and the goal, in front of the ball, before the ball is kicked to him.
  - Referees, generally the sideline assistant referee (AR), will call this by raising his/her flag straight up
  - The result of this call is a free kick from the point of the violation
  - This is a difficult call to make for referees - don’t expect precision at this level

## Soccer Field



## Spectator Area



# How do I field a team?

- You will designate a goalie and 10 field players
- Typical position descriptions (with Left / Right / Center modifiers) are Back/Defender, Midfielder, and Forward.
  - Generally, all players should play both offense and defense, while holding the “shape” of your formation
  - Special Forwards, who’s main job is to score, are Strikers
  - Special Backs, who’s main job is to defend, are Sweepers
- Formations are generally described by a series of numbers, noting the number of players in each position starting with backs / defense
- For example:

## 4-3-3

- 4 Defenders (Left, 2 Center, Right)
- 3 Midfielders (Left, Center, Right)
- 3 Forwards (Left, Center, Right)

## 3-3-4

- 3 Defenders (Left, Center, Right)
- 3 Midfielders (Left, Center, Right)
- 4 Forwards (Left, 2 Center, Right)

# Game Day

- Be sure your team and the opposing coach know the time and location of the game
- Players should arrive at least 30 minutes ahead of time for warm up. Remind them to bring shin guards and water.
- Coaches should arrive before players
- Before you leave home:
  - Print two copies of your roster (signed by Suzie)
  - Make sure you have inflated game balls (for home games)
- Before the start of the game, referees will Check-In players.
  - The referee will ask for the roster copies
  - Line your players up facing the referee (on “the 18” is common)
  - The referee will check equipment, may give some instruction, and will check the players against the roster
- Captains will be called for a coin flip to determine starting sides
- Play the game
- Assistant Coaches should help the Head Coach track playing time and manage substitutions to make sure all players get 50% playing time
- Make sure goalies only play 50% of the game in goal and the other half on the field. If nobody wants to play goalie, make all kids take a short shift in goal.
- After the game, line up your team for handshakes with the other team. Encourage your team to also thank the referees
- Make sure everyone has a ride home before departing the field
- Report the score on Google Docs before the end of the weekend.

# Etiquette

- Slaughter Rule
  - Doesn't exist
  - However, if you are clearly dominant and have a 5-6 goal lead:
    - Put your “scorers” in defensive positions or in goal; let others have a chance
    - Take the opportunity to improve general skills, for example
      - Require three passes before a shot (possession)
      - Don't allow shots within the penalty area
      - Left foot only shots / passes
      - Require at least 1 back pass
      - Etc. Whatever you think the team needs to work on
    - A common way to communicate this to the team during play is to use a code word such as “Barcelona” or “Ice Cream” - cover this in practice once you're established.

# Etiquette (cont.)

- If you don't have 11 players, you still can play.
  - League rules state that you only need 7 players to play a legal game and if you are short players, do not use non-rostered players.
  - If you have a full team and the other team is short, you are not obligated to play with fewer than 11 (same applies if the situation is reversed)
  - However, the opposing coach may ask you to remove players from the field in order to match their number of players; particularly if you take a lead. You still need to ensure, however, that kids are getting 50% playing time.
  - If you know that you will have less than 7 players, let your opponent know that you will have to forfeit as soon as you can so that they don't travel to find out there is no game.
- Whether home or away; take your trash (empty water bottles) with you. Leave only foot prints.

# Want more help?

- HYS Director of Coaching will provide weekly age specific practice plans to coaches. Look for them on the HYS website at:  
<http://hinghamyouthsoccer.com/Coaches/HYSTrainingCurriculum.aspx>
- Other training materials can be found at [http://www.mayouthsoccer.org/coach's\\_corner.aspx](http://www.mayouthsoccer.org/coach's_corner.aspx)
- Reach out to the HYS Director of Coaching, Ryan Puntiri, at [Ryan.Puntiri@gmail.com](mailto:Ryan.Puntiri@gmail.com)
- Ask us: [tom.costello@symetra.com](mailto:tom.costello@symetra.com) or [neil.g.murtagh@gmail.com](mailto:neil.g.murtagh@gmail.com)