



# 2025 Coaches Packet



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Coaches,  
Please use this packet as a guide to coach your youth team! Please take the time to read through this and become familiar with the Greene Co. Soccer Association's expectations. If you have any additional questions please contact the GCSA Board. Thank you and best of luck to you and your team!



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### Successful Candidate for Coaching Must Be:

- Available to coach practice two times a week
- Available to coach games on Saturdays throughout the season
- Able to pass a background check

# GCSA Coaching Code of Conduct



As a volunteer coach for the Greene County Soccer Association (GCSA), you hold an important role in the development of our young athletes. Your actions, behavior, and attitude are constantly observed by your players, their families, and other coaches. The example you set on and off the field shapes the character, sportsmanship, and love of the game for those you lead. GCSA is committed to ensuring a positive, safe, and respectful environment for all participants, and we expect all coaches to uphold the following principles:

- **Player Development:** My primary responsibility is to foster a safe, fun, and educational environment that prioritizes the growth and development of each player, both individually and as part of the team. I will focus on skill development, teamwork, and sportsmanship over wins and losses, always ensuring that every player has the opportunity to succeed.
- **Respect for All:** I will abide by Laws of the Game and the rules of GCSA, FIFA, and Indiana Youth Soccer. I will treat referees, opponents, and all participants with respect, modeling good sportsmanship for my players.
- **Zero Tolerance for Misconduct:** I will not engage in, nor will I tolerate, bullying, harassment, intimidation, or any form of emotional, physical, or sexual misconduct. I will immediately report any such activity or concerns to GCSA leadership and will support SafeSport policies to ensure the safety and well-being of all participants.
- **Equal Opportunity:** I understand that every player deserves equal playing time, regardless of their skill level, unless there are extenuating circumstances such as injury or health concerns. My coaching will be inclusive, ensuring that every player has the opportunity to grow, contribute, and enjoy the game.
- **Behavior Management:** I am responsible for the conduct of my players during practices, games, and events. If a player exhibits poor behavior, I will address the issue promptly, removing the player from the activity if necessary, and reminding them of the appropriate behavior as outlined in the GCSA Player Code of Conduct.
- **Positive Influence on Parents and Spectators:** I am also responsible for the behavior of my players' parents, caregivers, and spectators. I will set a positive example by reminding them of the importance of sportsmanship, respect, and encouragement. If necessary, I will address inappropriate behavior from spectators and work with GCSA leadership to resolve any concerns.
- **Communication:** I will maintain open lines of communication with parents, caregivers, and GCSA leadership, keeping them informed about team expectations, practices, and any concerns that arise. I will proactively address any issues regarding player behavior or team dynamics that may impact the experience of others.
- **Safety and Enjoyment:** I will prioritize the safety and well-being of all players. I will provide a positive and supportive environment where players can enjoy the game, develop their skills, and grow as individuals both on and off the field.
- **Respect for Officials:** I will refrain from speaking to referees during or after the game unless it is to address an emergency or to call for a substitution. I will not engage in criticism, sarcasm, or negativity directed at the referees, other coaches, players, or spectators. If I have concerns regarding officiating or sportsmanship, I will follow the proper post-game reporting channels.
- **Commitment:** I will fulfill my commitment as a coach for the duration of the season, barring extenuating circumstances. I will plan practices that are engaging, fast-paced, and involve all players, minimizing idle time and ensuring that all participants are actively learning and having fun.
- **Disciplinary Action:** I acknowledge that failure to adhere to this Code of Conduct, as well as any other GCSA policies or requirements, may result in disciplinary action, including removal from coaching duties. I will comply with all required clearances, training, and credentialing as mandated by GCSA and any relevant governing bodies.

By volunteering as a coach with GCSA, I understand the significant responsibility I have in shaping the lives of young athletes. I commit to being a positive role model, ensuring a safe and enjoyable environment for all players, and fostering a love for the game that will last a lifetime.

**Thank you for your dedication and selfless contribution to our community and the sport of soccer!**

Coach Printed Name: \_\_\_\_\_ Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

THIS IS TO BE SIGNED AND TURNED IN TO A BOARD MEMBER BY THE FIRST GAME



## Sportsmanship Policy



Greene County Soccer Association recognizes the importance of emphasizing good sportsmanship in all aspects of activities. With this in mind, the following are fundamentals of good sportsmanship that we urge fans, spectators, participants, staff members, and parents to follow:

1. Gain an understanding and appreciation for the rules of the game.
2. Exercise positive behavior at all times.
3. Recognize and appreciate skilled performances regardless of affiliation.
4. Exhibit respect for the opponents and officials at all times.
5. Openly display pride in your actions at every opportunity.

Unacceptable behavior shall include, but not be limited to, the following types of conduct. Such conduct will result in removal from the activity:

1. Insubordination to referees, coaches, or other personnel supervising the activity.
2. Fighting, intimidation of, or attempt to intimidate, or taunting of referees, coaches, players, participants, or spectators.
3. Throwing debris or littering the playing field or facility.
4. Verbal abuse or use of profane or obscene words or gestures during a game or activity.
5. Disruptive behavior or conduct.

Greene County Soccer Association will not tolerate any violations of the above. Good sportsmanship is expected from everyone before, during, or after any contest. Any concerns regarding any part of an athletic or activity program should be directed to the coach who will bring it to the board or to a board member directly. During or immediately after an event is NOT the proper time to raise questions or concerns about a program. If there is a problem during the duration of the game, coaches and officials can work together to find a solution or escalate to a board member on site. All other problems should be escalated to a board member as soon as possible after the event.

Violations of any of the above guidelines will result in the following consequences:

1. Immediate removal from the contest or activity.
2. Upon investigation by the Greene County Soccer Association involved violator(s) may be suspended from activities for a period up to one year depending upon the severity of the infraction.



## Approved Practice Facilities

Per the insurance of GCSA, personal residences are NOT approved for practices. Please only practice at the facilities listed below. Unless otherwise instructed, assume your team should practice at the GCSA facility in Linton. That is where all GCSA equipment is provided and all field sizes are available. All games will be held at the Linton, IN location. Access codes to the equipment shed and gate will be provided to coaches individually.

### **GCSA Linton Facility (Practices & ALL Games)**

10592 W 200 N  
Linton, Indiana 47441



### **Eastern Greene Community Sports Soccer (Practice ONLY)**

5786 E State Rd 54 Bloomfield Indiana United States 47424

### **Bloomfield Town Park / School (Practice ONLY)**

Behind the baseball diamond

## Coaching Youth Soccer



### GENERAL TASKS OF THE COACH

- Training and preparation of the team Organization
  - Communication
    - Internal (within the team)
    - External (outside of the team; e.g., parents)
  - Monitoring and supervising
  - Match-coaching and coaching of training sessions
- Working with the team

### TASKS

- To create a good working atmosphere and be willing to listen and seek solutions.
- To communicate with the team and parents.
- To maintain contact with the Recreation Department soccer coordinator, educational establishments and parents of young players.
- To speak with the players, either individually or collectively, and understand the players' developmental characteristics.
- To conduct the training sessions.
- To plan the match preparations.



### THINGS THAT COACHES SHOULD STRIVE TO BE

Concerning your willingness to listen to others

- You must display an interest in other people and show willingness to listen to the personal and psychological problems of others.
- You must feel at ease in your position as a mentor.

Concerning your attitude of open-mindedness

- You must not be afraid of change or wary of innovations.
- You must not harbor doubts about yourself after a series of defeats or in conflict situations.
- You must remain open to all constructive proposals.

Concerning the reinforcement of your ideas and

- opinions (external feedback)
- You must not give too little or no encouragement, or praise too little or not at all (particularly with young players).
- You must ensure that you give positive feedback as well.
- You must not show a tendency to generalize too much.

### SOME KEY POINTS TO HELP WITH CORRECTION

How the coach should behave

- Be attentive
- Concentrate on the objective(s).
- Lead the action and motivate the players
- Observe
- Stimulate
- Correct

Correction

- Do not highlight too many mistakes at the same time.
- Focus on the essential (i.e., what can bring about immediate success).
- Do not be aggressive, especially during exercises where players are working on psychomotor skills (TECHNICAL).
- Address the whole team or the player(s) concerned.
- Be convincing, fair and precise.
- Give positive reinforcement.
- Inspire confidence by being persuasive.
- Vary the tone of your voice when giving your feedback.
- Encourage internal feedback (self-assessment on the part of the player).
- Take inspiration from the saying, "Small is beautiful."

# Knowledge of Age Characteristics



To be an effective coach, not only do you need to have knowledge of the game principles, you need the knowledge of the specific characteristics of the age group you are working with. For this segment we will be concentrating on the methodology of how the players of different age groups think and act.

## NON-DIRECTIVE COACHING

Qualities:

- In the non-directive coaching environment, the coach takes on a magical quality.
- He/she can play games at the children's level and on their terms.
- Coaches take on the roles of the facilitator and number-one cheerleader.
- Emphasis is on having fun, free from pressure of competition.

Keys:

- Camouflage and conceal, disguise soccer techniques in a story.
- Use analogies whenever possible.
- Keep instructions to a minimum.

## 5 to 6-YEAR OLDS

Off the field

- Very random in their thinking.
- There is no logical pattern to their thoughts, and often, their actions.
- They make up their own rules and expect others to know them.
- They are self-centered.
- Sometimes they're unsure of themselves and new surroundings.
- They become easily distracted.
- They become easily frustrated with excessive verbal directions.
- They're imaginative.

On the field:

- They don't see a difference between the player and the ball; it's all one.
- They toe the ball.
- They follow the ball.
- They want the ball for themselves.

## 7 to 8-YEAR OLDS

Seven and eight-year-olds are beginning to develop a bit of logic to their thinking.

- They can do simple problem-solving if guided by questions and backing up of the process.
- They're more willing to try things.
- They become frustrated with long verbal directions.
- They do better with concrete examples, or demonstrations.
- They're imaginative.
- They're concerned about "fairness," which means that everything is equal.
- They begin to be able to approach opponents.
- They are not so frightened by the ball coming at them.
- They still follow the ball, but at times will pull away from the group.



## 9 to 11-YEAR OLDS

- Concrete in their thinking.
- Realize that there is a logical structure to groups, so positions, roles and team concept can be introduced.
- Begin to be able to see things from others' point of view.
- Plays, if presented concretely, can be introduced.
- Fun, recognition and friendships are important.
- They sometimes think they know it all.
- They want to belong.
- Look for organization in sessions.
- Sense of fun and freedom comes from game situations.
- Team-oriented.
- Embarrassed easily if attention is called on them.
- Aware of adult inconsistency.
- Challenging age group.
- Want to be challenged.
- Begin to see space and switch attention from the ball to space.

# Season Expectations



GCSA encourages coaches to prepare practices in advance, catering to the developmental needs of the players while providing the freedom to plan engaging practices as they see fit. Coaches are also encouraged to communicate openly and often with other coaches in their age group to coordinate practice schedules and share resources. GCSA does not set a practice schedule, allowing each team and coach to create a schedule that works best for them.

Coaches are expected to:

- Maintain clear and frequent communication with other coaches, staff, and especially parents.
  - This includes advanced notice of schedules and/or changes to the schedule.
  - Encourage participation in the league fundraiser, collect orders and money to turn in.
  - Inform teams about picture day and ensure players are on time and ready for pictures.
  - Coordinate effectively with other coaches for games surrounding Fall Breaks.
- Make sure every player participates for at least half of the game, unless they choose not to play, creating a positive environment where all kids are encouraged to be involved.
- Aim for 1 practice per week for 3u and 5u, and 2 practices per week for 8u and 11u.

GCSA aims to empower coaches to succeed without restricting their creative freedom in developing players. If you need additional resources or have resources you'd like to share, please don't hesitate to reach out to the board!

## Practice Plan Examples / Resources

### Indiana Soccer League - Full Season Training Session Plans (Ages 5-12):

<https://www.soccerindiana.org/training-session-plans-2/>

<https://www.soccerindiana.org/4v4-play-format-lesson-plans/>

<https://www.soccerindiana.org/7v7-play-format-lesson-plans/>

<https://www.soccerindiana.org/9v9-play-format-lesson-plans/>

### U6/U8/U11 Practice Plan Examples:

<https://www.soccerdrive.com/soccer-practice-plans>




### Blank Practice Plan Worksheets:

<https://www.soccerdrive.com/free-downloadable-soccer-resources>

### How to Build a Practice & 11U Exercises to Include:

<https://lexingtonunited.org/how-to-build-a-practice-plan/>

<https://lexingtonunited.org/u10-exercises/>

		Session: _____ Concepts: _____	Duration: _____ Date: _____
Activity: _____		Duration: _____	
Diagram 		Description   Coaching Points   	
Activity: _____		Duration: _____	
Diagram 		Description   Coaching Points   	



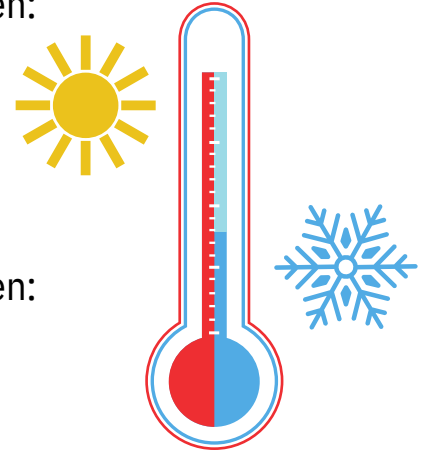


The following guidelines are mandatory.

### Hot Weather Restrictions

All outdoor physical conditioning/games are to be canceled when:

1. The Temperature is equal to or above 95° F and/or
2. The Heat Index is equal to or above 95° F



### Cold Weather Restrictions

All outdoor physical conditioning/games are to be canceled when:

1. The Temperature is equal to or lower than 35° F and/or
2. The Wind Chill is equal to or lower than 35° F

\* Note: Physical conditioning does not pertain to “talking about team strategy”, or working on “set plays” (ex. indirect kicks, corner kicks, etc.) This type of practice is allowed with proper hydration breaks.

### Lightning Policy

All outdoor activities (practices and games) are to be suspended when lightning appears or thunder is heard. Practice will be suspended for 30 minutes from the last flash of lightning/sound of thunder. Remember that lightning can travel 10 miles in either direction.

The Greene County Soccer Association will use the Weather Channel ([www.weather.com](http://www.weather.com)) as the source in determining the above criteria. The heat index and wind chill on the weather channel is indicated as “Feels Like”. Coaches and administrators will monitor the weather source and inform parents/caregivers immediately if there is a cancellation or suspended play.



## Indiana Header Restrictions

All players, U11 and younger shall not engage in heading in practice or in games. (only 12 year olds and older may deliberately head a ball.)

All U14 players are limited to a maximum of 30 minutes of heading training per week, and will further limit each player to a maximum of 20 headers per week.

All players, U11 and younger who play on a U12 or older team, are not permitted to head the ball in training or games [Compliance with this initiative is the coach's responsibility]

All players, U12 or U13 who play on a U14 team or older will comply with the aforementioned U12, and U13 heading restrictions.

Referees will enforce heading restrictions as per the age-level of the contest. [individual player compliance with the aforementioned heading restrictions is the coach's responsibility]

If a player, who is competing in a U11 or younger contest, deliberately heads the ball, the referee will award an indirect free kick to the opposing team from the spot of the infringement. An indirect free kick awarded inside the goal area must be taken on the goal area line parallel to the goal line at the point nearest to where the infringement occurred

## Concussion Resources

### **Indiana Department of Education:**

<https://www.in.gov/doe/students/school-safety-and-wellness/health/concussion/#:~:text=All%20coaches%20and%20assistant%20coaches,fitt ing%20and%20proper%20tackling%20techniques>.

### **Centers for Disease Control (CDC) Fact Sheet for Young Athletes:**

[https://www.cdc.gov/heads-up/media/pdfs/highschoolsports/middleschool\\_athletes\\_fact\\_sheet-a.pdf](https://www.cdc.gov/heads-up/media/pdfs/highschoolsports/middleschool_athletes_fact_sheet-a.pdf)

### **CDC Fact Sheet for Parents/Caregivers/Coaches:**

[https://www.cdc.gov/heads-up/media/pdfs/youthsports/Parent\\_Athlete\\_Info\\_Sheet-a.pdf](https://www.cdc.gov/heads-up/media/pdfs/youthsports/Parent_Athlete_Info_Sheet-a.pdf)

### **CDC Fact Sheet for High School Coaches:**

[https://www.cdc.gov/heads-up/media/pdfs/custom/headsupconcussion\\_fact\\_sheet\\_coaches.pdf](https://www.cdc.gov/heads-up/media/pdfs/custom/headsupconcussion_fact_sheet_coaches.pdf)

## Universal League Rules - All Ages



### **Substitutions – Unlimited for all age groups**

- Substitutions shall be with the consent of the referee at the following times:
  - Prior to our team's throw-in, Prior to a goal kick by either team, After any goal, At half-time
- Anyone who is being substituted needs to leave at the closest point of the touchline/goal line.
  - If the halfway point is the closest point, please go off there.
  - If you are injured or the safest point to exit the field is not the nearest, then the referee will indicate so and you can leave at the halfway point.

### **Equipment/Clothing:**

- Footwear: All ages should either wear soccer cleats or tennis shoes. We highly encourage cleats as the kids move up through the age groups, especially in 11U.
- Jerseys must always be visible.
- Socks should always be worn over the shin guard. They help the ref identify the teams.
- No jewelry
- If glasses are required, we encourage sport frames.
- Goalkeepers will be given a pinny to wear over their jersey. They may also wear goalie gloves.
- Non-uniform clothing is allowed based on weather conditions, but uniforms must still distinguish teams.
  - Long sleeve shirts/sweaters should be under Jerseys and be either a neutral color or the same color as the jersey.
  - Pants/Leggings should be under socks, when possible.

### **Coach / Spectator gameday locations**

- ONLY coaches are permitted at the teams side of the field during the game.
- Parents/Spectators should remain on the guest side leaving 1 yard between them and the sideline.
- NO ONE is permitted to coach or cheer from the ends of the field, behind the goals.
- Coaches must remain within 10 yards of the midline and a yard from the touchline while coaching from the sideline during games.

### **Send Offs (Red Card)**

- A player shown a red card (send-off) from a game must always remain seated at the coach's side during the remainder of the game. The coach will be responsible for the action(s) of the sent-off player.
- If a sent-off player seated on the bench causes a disturbance, the player may be ejected from the site.

### **Number of players on the field varies by age group.**

- Games will NOT be rescheduled due to lack of players. It is the coaches responsibility to resolve issues with attendance or face a forfeit.
- GCSA permits "playing up" as in a 9-year-old may play up in the 11u games but an 11-year-old CANNOT play down in 9U matches.
- GCSA permits redistribution of players at the discretion of coaches & parents. If one team has 14 show and the other has 8, the full team can allow teammates to play for the opposing team.

# Youth Rule Modifications



Although all FIFA Laws of the games will be applied during the games, below are specific laws that have been modified for use in youth league games.

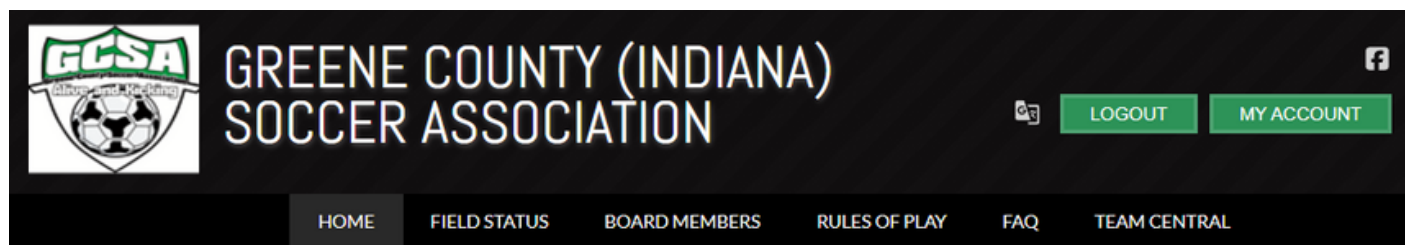
Age group	3U	5U	7U	9U	11U
Field Length		25-35 yds	35-45 yds		45-55 yds
Field Width		20-25 yds	25-35 yds		35-45 yds
Goal box	No	Optional	Optional		14 yds x 4 yds
Goal size		4' x 6'	4' x 6'		6' x 12' (recommended)
Ball size	2	3	3	4	4
Format	4 v 4	5 v 5	6v6	7v7	9 v 9
Goalkeeper	No	No	Optional, typically yes	Yes	Yes
Game duration	4 x 6 minutes	4 x 8 minutes	4 x 10 minutes	2 x 25 minutes OR 4 x 12 minutes	2 x 30 minutes
Breaks	5 minutes	5 minutes	5 minutes	10 minutes	10 minutes
Substitutions	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited
Keep Score	No	No	Yes	Yes	Yes
Out of bounds	Kick-ins	Kick-ins	Kick-ins or throw-ins	Throw-Ins	Throw-ins
Offside	No	No	No	Yes	Yes
Referee	Coaches	Coaches	1 (required)	1 (required) 2 assistants (optional)	1 (required) 2 assistants (optional)



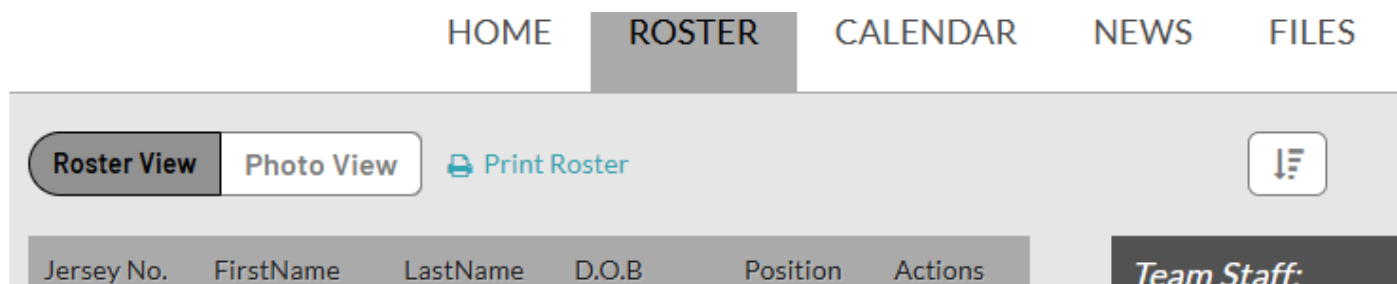


GCSA website / SportsConnect: <https://www.greencountysoccer.com/>

## SportsConnect: View Team Roster



To view your team roster on Sports Connect, log in then go to the “Team Central” tab and navigate to the “Team Directory” drop down option. Then select your desired team and click on "Team Home" to access the team's individual page where you can find the "Roster" tab to view the full team list.



If you select “Print Roster” you will get to select which fields you need and it will generate a report for you.

### Print Team Roster

Choose which fields you would like to include in the printed roster below:

☐ Select All

#### Team Staff Info

- ☐ Name
- ☐ Role
- ☐ Phone
- ☐ Cell Phone
- ☐ Address
- ☐ Team Staff Email

#### Player Info

- ☐ Number
- ☐ Player Name
- ☐ Player Email
- ☐ Player Cell
- ☐ Date of Birth
- ☐ Age

#### Account Info

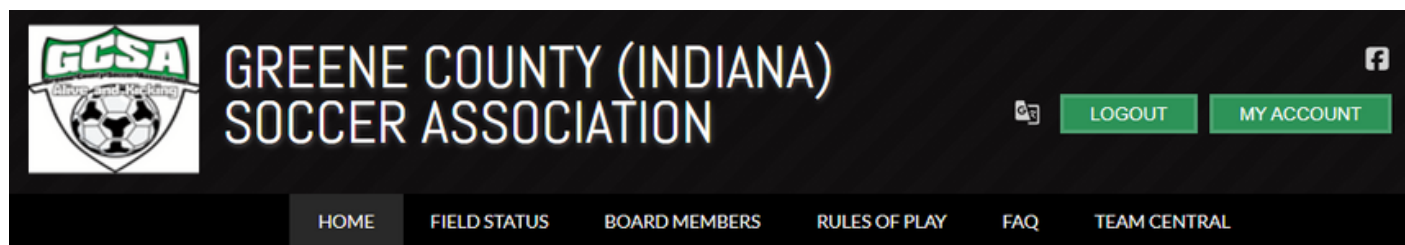
- ☐ Primary Account Name
- ☐ Primary Account Cell Phone
- ☐ Address
- ☐ Primary Account Email
- ☐ Additional User First Name
- ☐ Additional User Last Name
- ☐ Additional User Cell
- ☐ Additional Email

☒ Generate Roster

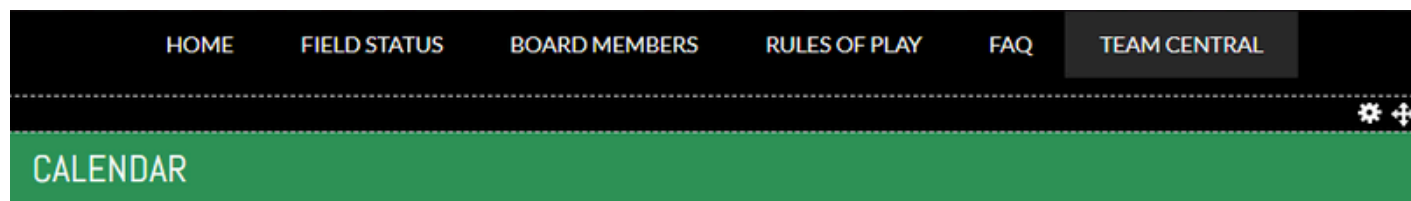


GCSA website / SportsConnect: <https://www.greencountysoccer.com/>

## SportsConnect: View Game Schedule



To view your game schedule on Sports Connect, log in then go to the “Team Central” tab and navigate to the “Calendar” drop down option. There you will see your upcoming games listed on the calendar view; you can also filter and view details of each game by clicking on them. Below is a screenshot of the “Agenda” view.



### Calendar

Schedule

Fall 2024 U11

Location

GCSA Complex, 11U, 3U, 5U-...

Team

☐ Show Canceled / Postponed Games

View Matches



Friday, October 25, 2024-Friday, November 01, 2024



Month

Day

Agenda

Date	Time	Event
26 Saturday October, 2024	11:00 AM-12:30 PM	U11 Charlotte Blankenship Vs. U11 Kaitlin Keller - Eastern : GCSA Complex - 11U
	1:00 PM-2:30 PM	U11 Kevin Cross Vs. U11 Preston Wheelock : GCSA Complex - 11U
	3:00 PM-4:30 PM	U11 Seth Baker Vs. U11 Curt Bault : GCSA Complex - 11U

Thank You!



## Thank you for supporting the Greene County Soccer Association!

Great things happen when kids get together to play. They make friends, have fun, work on sportsmanship, get exercise, practice teamwork, learn leadership and compete.  
Your support makes it all possible. Thanks!

