COACHES FAQ’s

* **I tried an activity in practice and it is way too easy, how do I change it?** Make the space more confined, add more defensive pressure or bodies.
* **What if a soccer activity is way too hard?** Add more space and remove players, or add a neutral player or two in order to help the offense be successful.
* **Soccer diagrams are confusing with different lines, what do they mean?** Dashed lines = pass, solid line = running. #s indicate the sequence of activity.
* **How long should practice be?** Practice should be 60 min for U8, 1hour 15 min for U10, U12 and U14 1.5 hours.
* **What’s the latest info on stretching?** Stretching for players U14 and older and should be done at the end of a practice. Dynamic movements and warm ups can start a practice.
* **Running laps, is that a good warm up?** No, change of direction running and dribbling would be better.
* **If I need a few minutes to set up an activity, what can I have players do?**  Refer to common drills they have done before -- 10 of each dribbling move, or speed dribble lines, partner passing with turn as you receive.
* **What do you say to team after a tough loss?** Very little. Teach kids how to handle loss with sportsmanship and class. Find a positive like effort or a particular play. Tell team you’ll analyze stuff at practice.
* **What to say after a win?** Did you see some skills that have been worked on in practice show up in game, point that out. Let players tell you what they were proud of. The score shouldn’t be their positive take away.
* **The ref was horrible and lost the game for us, what should I do?** Keep your mouth zipped about the calls, don’t comment to kids or parents about refs; the refs are doing the best they can and you aren’t coaching them. Show your players how to handle adversity. Respect the game and move on from inevitable bad calls. There will be several throughout the season, some for you and some against.

PLAYER FAQ’s

* **What is near post?** The goal post closest to the ball.
* **What is far post?** The goal post farthest away from the ball.
* **What is offside?** An offensive player is beyond the ball and beyond the last defender while on the attacking half of the field. The rule is intended to prevent “cherry-picking”.
* **What is “square?”** to the left side or right side of a teammate
* **What does an indirect/direct kick mean?** Indirect kicks mean 2 players must have touched the ball before it goes in the goal, a direct kick can go in directly. Indirect kicks are awarded for minor fouls, direct kicks are for pushing, striking, kicking, tripping, etc.
* **What is a proper throw-in?** Behind the head and then released in front of the head, while feet stay on the ground either on or behind the line.
* **Is a hand ball more than the hand?** Correct. Upper arm, lower arm, and hands unless the ball hits into one of them accidentally while in a natural position.
* **When would you shoot a PK?** a direct foul occurs inside the penalty box.
* **When can the keeper use/not use their hands/feet?** A keeper can always use their feet. They can use their hands if their hands are in the penalty box. They cannot use their hands if a teammate intentionally passed the ball back to their keeper. They can use their hands if a teammate heads or chests a ball to the keeper.
* **What is an overlap?** When a player waits with a ball while a teammate runs BEHIND them and in a forward direction. This helps unbalance a defense and gets more numbers into an attack.
* **Why don’t we kick the ball with the front of the foot, it goes really far and I have trouble with the other method?** It isn’t accurate, and as you get older you will be able to bend shots and shoot with both power and accuracy by using laces and or the inside of your foot.