

# Section 4

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CYSA Coaching Program

Coaching Courses

CYSA Practice Routine

Modified Laws of the Game

A Brief Summary of the Laws of the Game



Coaching

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CYSA Practice Routine

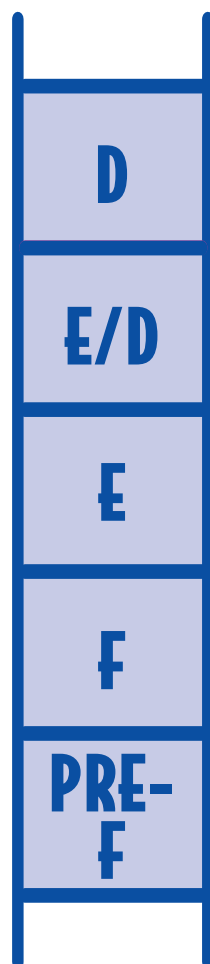
Modified Laws of the Game

A Brief Summary of the Laws of the Game



# CYSA COACHING PROGRAM

## Climb the CYSA Learning Ladder



Welcome to the **CYSA** Coaching School Program, Guidelines for Coaching, Player and Team Development, and Modified Laws of the Game.

The educational procedure of our school is established by the United States Soccer Federation (USSF) which mandates that all coaches, regardless of background, follow the educational steps from "F" through National "D", without skipping a level. It is also required that the information be used for one full season before proceeding to the next course.

*The Coaching School is part of an educational procedure and the materials can be mastered by anyone with an open mind who enjoys children, teaching and the sport of soccer.*

All coaches, regardless of past playing or coaching experience, can gain valuable information and instruction on the modern methods of coaching/teaching youth soccer.

## OBJECTIVES

The purpose of The Coaching Program is to educate, promote and stimulate your interest in youth soccer.

To assure understanding of the topics taught, we combine classroom discussion with field participation. Our objectives include:

- Helping you to understand your players.
- Giving you a teaching framework that works.
- Allowing you to experience the thrills and agonies of playing soccer.
- Giving you the opportunity to evaluate your knowledge of youth soccer.

*Our intent is to give information that will make coaching and playing soccer more enjoyable.*

# OUR TEACHING STAFF

## Youth Oriented and Experienced

- The State Teaching Staff consists of "A", "B" and "C" United States Soccer Federation licensed coaches.
- The District Teaching Staff consists of State and National "D" licensed coaches who are eligible to teach the "Pre F" Orientation Course and can assist at all other courses.



# COACHING COURSES

## "PRE-F" ORIENTATION COURSE



**Objectives:** Prelude to the "F" course. Introduction to Youth Soccer and the CYSA Coaching School.

**Course Length:** Three Hours (flexible).

Two Hours Classroom (flexible):

- Coach's (Teacher's) Role
- Player's Role
- Parent's Role

One Hour Field (flexible):

- Introduction to "The Routine".

**Testing:** None

**Prerequisites:** Minimum age is 13 years old. Open mind and willingness to have FUN!

**Enrollment:** Check with your local League, Club or District Recreation Coordinator.

### On The PRE "F" Course:

I have played soccer for about 10 years and was never exposed to the tools presented in this course. It seems like the game is cut down into little pieces, which are easier to bring over and explain to somebody else. The tools given to me in this course will be of great help!

*San Francisco Coach*

## "F" COURSE



- Objectives:** Prelude to the "E" course.
- Course Length:** Nine Hours total.
- Three Hours Classroom:
- "The Routine"
  - Methods of Coaching and Teaching
  - Players and Their Game Responsibilities
- Six Hours Field:
- "The Routine" in action
  - Role of the First Attacker
  - Role of the First Defender
- Testing:** None
- Prerequisites:** Minimum age is 14 years old. Open mind and willingness to LEARN!
- Enrollment:** Check with your local League, Club or District Coaching Coordinator.

### On The "F" Course:

I have to say that after coaching six seasons I wish I had taken the course earlier as I had learned some materials at other coaching clinics and in books. This course was very valuable and I believe (now) that CYSA has a great philosophy!

*Los Gatos Coach*

## "E" COURSE



- Objectives:** Prelude to the "E/D" course.
- Course Length:** Eighteen Hours total.
- Six Hours Classroom:
- Systems of Play
  - Principles of Attack
  - Principles of Defense
- Twelve Hours Field:
- Roles of the First and Second Attacker
  - Roles of the First and Second Defender
  - Tactics and the Laws of the Game
- Testing:** None
- Prerequisites:** Completed "F" course. Minimum age is 15 years old. Open mind and willingness to gain understanding.
- Enrollment:** For additional "F" and "E" course information, call your District Coaching Coordinator.

### On The "E" Course:

I have played at the University level. I was a walk-on my freshman year; I was leading scorer on a team that went to National. And I learned in this course things that I wish had been coached-in at any level? In a word, Outstanding! My National Championship hat off to you and your program!

*Redding Coach*



## "E/D" COURSE



- Objectives:** Preparing for "D" course.
- Course Length:** Thirty-two Hours
- Six Hours Classroom:
- Fifteen Attacking Themes
  - Fifteen Defending Themes
- Twenty-Six Hours Field:
- Fifteen Attacking Themes
  - Fifteen Defending Themes
- Testing:** Self evaluation - Be prepared to receive Points of Refinement.
- Prerequisites:** Completed "E" course. Minimum age is 16 years old. High school coaches need verification from their Athletic Director.
- Enrollment:** For application and registration information, contact your District Coaching Coordinator.

### On The "E/D" Course:

My personal experience with the clinic was great. I grew up around soccer in Spain; therefore, I was familiar with the skills and tactical knowledge presented at the clinic. In the part I had problems teaching these skills to my players, especially the older kids. This clinic has given me the tools to do so. Thank you!

*Sacramento Coach*

**Note:** Fifteen (15) applications must be received two weeks prior to the scheduled course date in order for this course to be held. The District "E/D" Course is mandatory as a prerequisite to the "D" Course.

## "D" COURSE



- Objectives:** Rating your youth coaching ability.
- Course Length:** Four Days
- Classroom:
- Discussions and Lectures
- Field:
- Game Observation
  - Field Demonstrations and Examinations
- Testing:** Quizzes, Oral Examinations and Field Examination.
- Prerequisites:** Completed "E/D" course, no exceptions. Minimum age is 17 years old. (Proof of attending a referee course fulfills the "D" Course requirements.
- Enrollment:** Enrollment is limited to qualified applicants.

### On The "D" Course:

I want to thank **CYSA** for organizing such a wonderful course. It was a fantastic experience that I will not soon forget. I had a great time with the instructors and was actually sad to leave because I wanted to learn all that I could from such great instructors and people. I only wish I could have had some of them as my own coach when I was younger.

*Sonora Coach*

## GOALKEEPING COURSE

**Objectives:** Training the Goalkeeper.

**Course Length:** Nine Hours total.

Three Hours Classroom:

- The Goalkeeper "Routine"
- Methods of coaching and teaching the Goalkeeper
- Goalkeeper game techniques and responsibilities

Six Hours Field:

- The Goalkeeper "Routine" in action
- Learning and teaching specific Themes

**Instructors:** Carefully selected goalkeeper specialists.

**Testing:** Self evaluation when instructing (team) goalkeeper.

**Prerequisites:** Minimum age is 14 years old.

**Note:** Coaches must be prepared to have ONE of their goalkeepers attend the last 3 hours of the course.

### On the Goalkeeping Course:

Your instructor was well educated in teaching this specific position. I never realized how much I didn't know about goalkeeping after playing the position for many years. The instructor brought the coaching into a step by step progression – which was great. You hired an excellent instructor and I hope to see more excellent ones as I wait for other licensing courses...!

*Fresno Coach*

### BRING TO ALL COURSES

Writing materials for the classroom sessions. Playing attire and equipment for field sessions. An attitude of wanting to learn and have some FUN!



# PLANNING

### Planning and organizing practices prevent poor game performance!

*The following are guidelines for conducting a practice routine which will produce real results.*

- **Be Punctual**

**Coach** - Arrive early and leave late.

**Players** - Arrive on time and leave on time.

- **Be Prepared**

Bring the things you will need.

- **Be Professional**

Dress appropriately, act appropriately, be prepared to be flexible.

- **Be Patient**

Be flexible, have empathy, assume nothing.

Realize that it takes time to learn to play soccer.

- **Be Positive**

Smile. Discipline with dignity. Be firm, fair, consistent and matter-of-fact.

- **Be Proactive**

Attend coaching and referee courses. Get to know everyone involved - players, parents, coaches, etc.

- **Be Productive**

Get the players to do what you want them to do.



#### **ACTIONS** that keep them practicing:

- Not calling their name.
- Giving them clear directions.
- Teaching them the practice session rules.
- Teaching them the practice session routine.
- Giving them specific positive reinforcement.

#### **ACTIONS** that stop them from practicing:

- Calling out their name.
- Giving them unclear directions.
- Not having defined practice session rules.
- Not having a defined practice session routine.
- Giving them only critical or negative reinforcement.

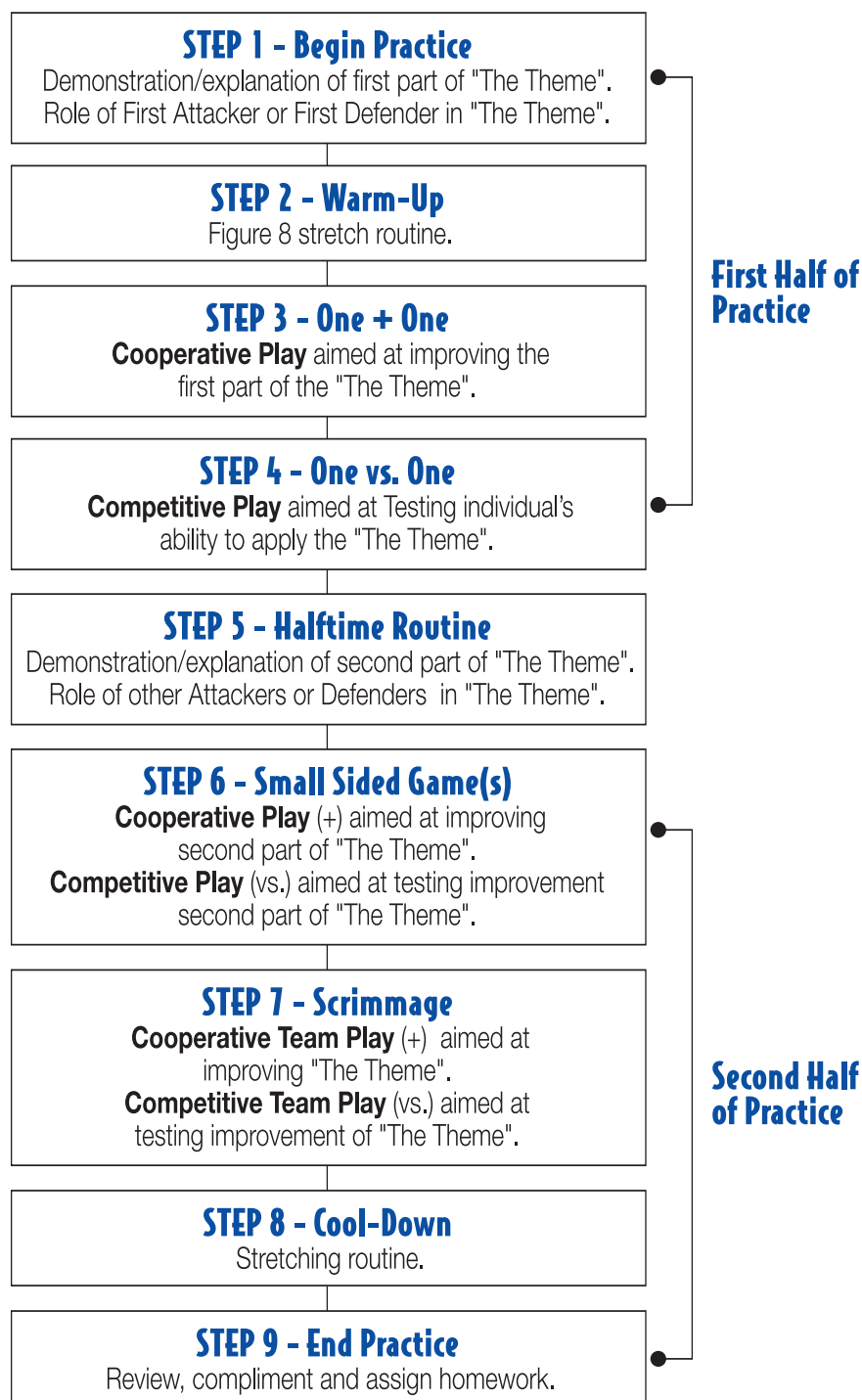


# THE CYSA PRACTICE ROUTINE

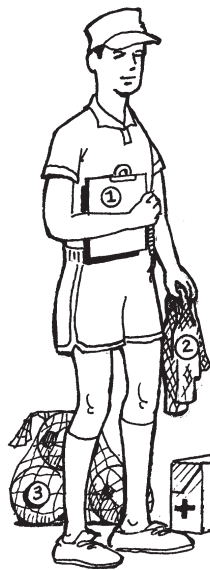
## BEFORE EACH PRACTICE:

- **Establish a theme.**
  - Determine what is to be learned or accomplished.
- **Establish a ritual.**
  - Arrive early, check the weather and field conditions, greet the players and socialize. Have the players participate in a **FUN** activity.

## The Flow



### EQUIPMENT COACHES WILL NEED

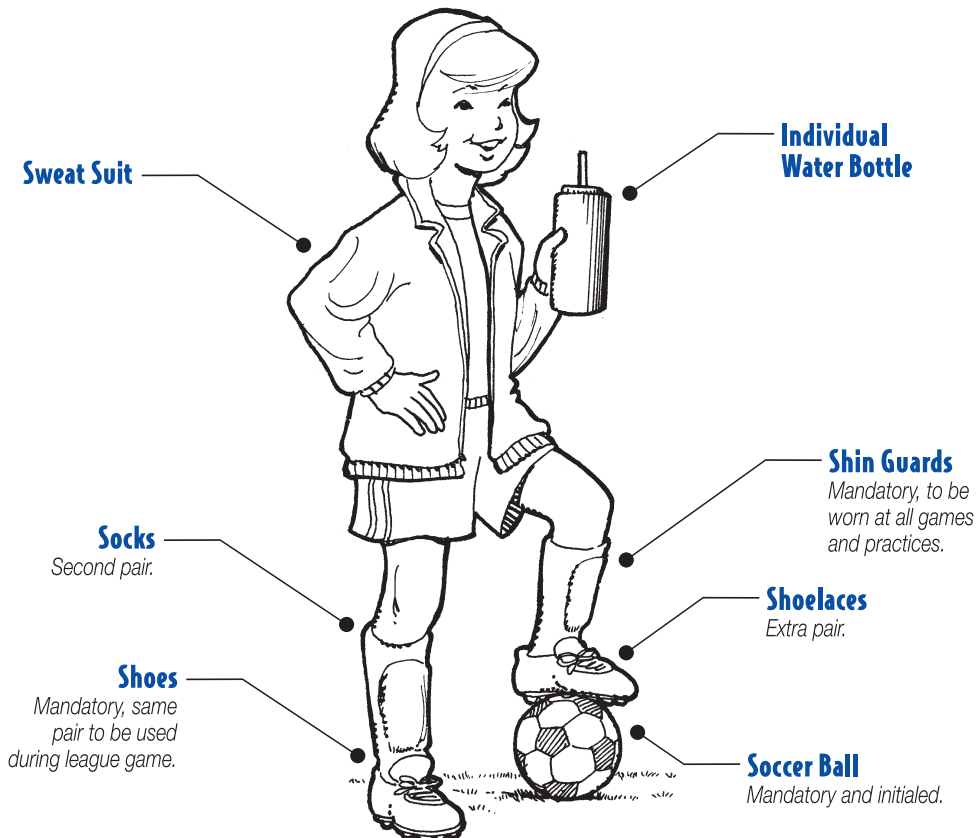


1. Clipboard or Index Cards (*with practice session notes*)
2. Bibs (*to distinguish between teams*)
3. Soccer Balls (*just in case*)
4. First Aid Kit
5. Goal Nets (*create realistic shooting situations*)
6. Cones/Flags (*mark goals or boundaries*)
7. Water Container (*assure availability of water*)

#### Optional items:

- Air Pump & Needle (*properly inflate balls*)
- Whistle (*game control and assembly*)
- Pen and Note Pad (*jot down important notes for future review*)
- Watch (*stop and start on time*)
- Stopwatch (*to time improvement & events*)
- Marking Pen (*for identification marking player/team articles*)
- Magnetic Playing Field (*to use as visual aid*)
- Tape Recorder (*music for warm-up and crowd noise during practice*)

### EQUIPMENT PLAYERS WILL NEED



## PLAYER DEVELOPMENT

### A technical overview.

The acquisition of soccer skills is a long developmental process where player's progress gradually from a simple action to complex involvement in the game. The following structure will identify a number of stages players go through to achieve soccer competence.



### FUN PHASE - 6 to 8 YEARS

- Introduction to soccer.
- The love of soccer is best nurtured by allowing the freedom of expression within small group situations. The fascination for the ball and the thrill of scoring goals will produce the desire to play **real** soccer.



### FORMAL PHASE - 12 to 16 YEARS

- The recognition of adult standards and the drive towards competence.
- The pace of development quickens at this level due to the acceleration of physical and mental maturation. The demands of skill training should like-wise increase. Awareness within the 11-a side game becomes an important part of the work.



### FOUNDATION PHASE - 8 to 12 YEARS

- The romance period.
- Acquisition of basic skills.
- The introduction of key concepts.
- The motivation to learn basic skills is never greater than this age level. Children gradually begin to change from being self-centered to being self-critical and develop the need for group or team games. The game itself should be central to all skills training. Remember that 11-a side soccer is too sophisticated and complicated for young players small-sided games, which provides the right amount of pressure for the child's level of development, are more appropriate.



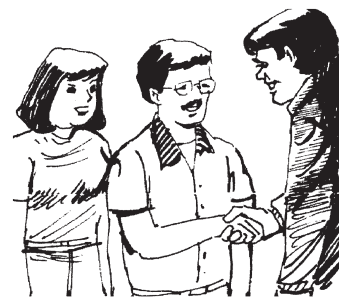
### FINAL PHASE - 16 YEARS & UP

- The "flower of bloom".
- Conforming to adult standards.
- Sound understanding of the games principles and concepts.
- Mastery of basic skills leading to artistry.
- Emotional stability when confronted with pressure situations.

# DEVELOPING YOUR SOCCER FAMILY

## Parents, Team Manager and Players

The following are guidelines for conducting the meeting. The **CYSA** highly recommends a get-aquainted party or picnic before the start of each session.



### 1. Briefly discuss with parents and players your personal philosophy and objectives.

- reasons for coaching this particular team
- soccer background, coaching, playing, courses attended
- time availability for practices and games - help needed
- attitude on winning and losing
- children and sportsmanship
- goals for the upcoming season
- sideline behavior during practice and games
- how you will discipline
- substitution policy
- lines of communication

### 2. Compile a parent roster.

- name, address, phone, emergency phone
- vital information on each child: nickname, allergies, medicine, parents work hours, etc.

### 3. Discuss parents' responsibility to the players.

- provide transportation, arrive early for games and practices
- put identification on clothing, balls, shoes, etc.
- create incentive to raise money for equipment purchases
- encourage practice at home
- kick the ball around the yard in your spare time
- set up a back yard slalom course
- play one-on-one games
- provide game films and watch them together

- go to local amateur or professional games together
- go to social functions put on by the club
- present a positive sports-minded attitude

### 4. Discuss parents' responsibility at games.

- exemplify good sportsmanship
- make positive calls to players
- never criticize a referee's decision, learn the rules
- stay behind the restraining line.
- do not use profanity
- do not bother the coach
- support the team by attending all the games
- react positively to the team's losses and wins
- no alcoholic beverages allowed

### 5. Discuss parents' responsibility with extracurricular.

- help with fund raising activities to pay for registration, uniforms, etc.
- assist at practice sessions and games - but only if requested
- provide team with needed items, such as cones, bibs, etc. or suggest a good source

### 6. Discuss Team Managers' responsibility.

- assist coach in registration of players, collecting birth certifications, etc.
- assign parent duties
- supervise fund raising activities
- arrange refreshments for games

- collects & cleans uniforms when necessary
- plans & arranges social events such as picnics
- assists coach with last minute calls for changes in team practice
- makes arrangements for team photos
- creates newsletter to keep communication flowing between parents & coach

### 7. Discuss practice sessions.

- where will practice be held?
- what time will practice start & end?
- how often will practice be during the week?
- how many sessions are mandatory to attend?
- what are practice session rules?
- what procedure will be used to excuse a child?
- what are the consequences for missing practice?
- how will child get home from practice
- can parents observe a practice session?

### 8. Distribute handouts.

- season schedule of practices and games
- location and means of transportation
- team rules at games & practice
- handling of emergencies
- time & date of social functions
- team roster, including names & phone numbers

## MODIFIED LAWS OF THE GAME

This section presents the **CYSA** Coaching Committee guidelines and recommendations for developing young players.

### Why These Modifications are Necessary

- Players have more actual playing time.
- Players are required to make more decisions.
- Players have increased contact with the ball.
- Players have more practical space to play in.
- Players experience recurring situations frequently.
- The work rate and involvement of a player stays consistent.
- Total running distance is basically the same for large or small fields.
- Players have energetic workouts due to playing both offense and defense.
- While learning both offense and defense, a player will become more complete and will have a better understanding of the roles of teammates.

### Size of the Ball

- Lighter.
- Less intimidating.
- Less stress on joints (injuries).
- Easier to imitate adult performance.

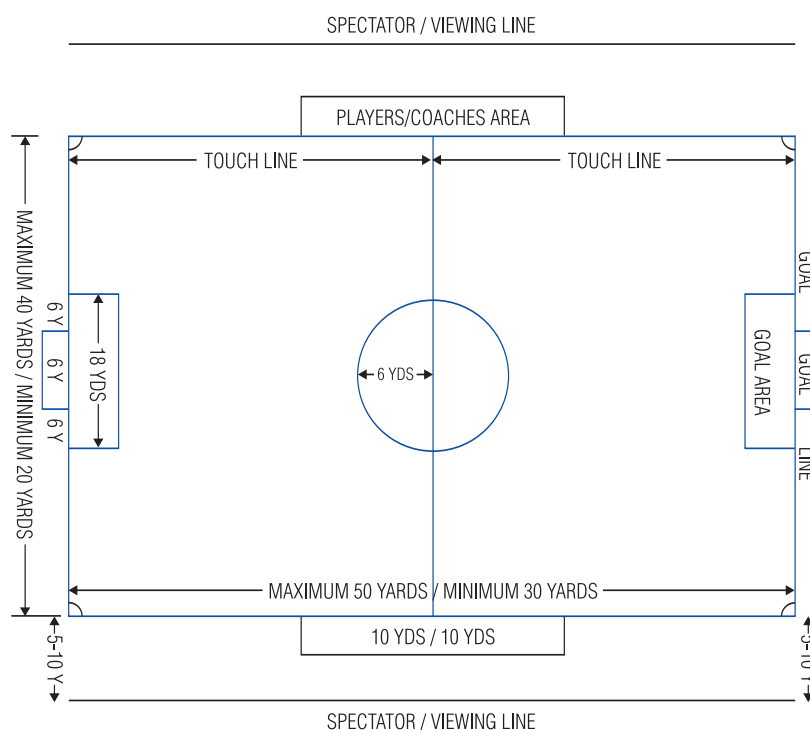
### Size of the Field

- Contusive to their physical size.
- More efficient use of space.
- Two games can be played simultaneously across a regulation field.
- Bringing goals closer to the action means more goals and that's fun!

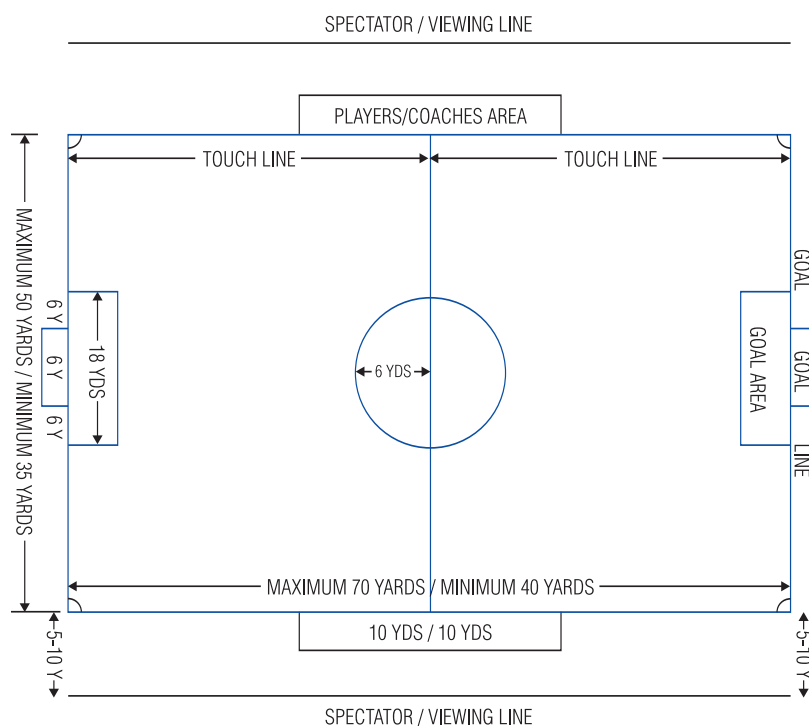
### Size of the Goal

- Reinforces preferable shooting habits.
- Gives goalkeeper realistic responsibilities.

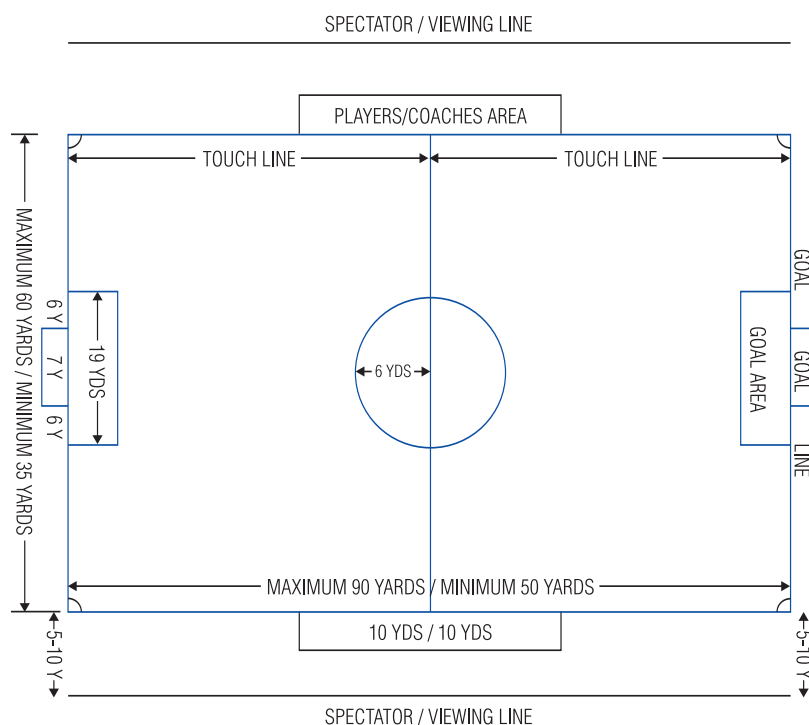
## I. The U-6 Field of Play



## 1. The U-8 Field of Play



## 1. The U-10 Field of Play





**A. DIMENSIONS:**

The **U-6** field of play shall be rectangular, it's length being not more than 50 yards nor less than 30 yards and it's breadth not more than 40 yards nor less than 20 yards. The length in all cases exceed the breadth.

The **U-8** field of play shall be rectangular, it's length being not more than 70 yards nor less than 40 yards and it's breadth not more than 50 yards nor less than 35 yards. The length in all cases exceed the breadth.

The **U-10** field of play shall be rectangular, it's length being not more than 90 yards nor less than 50 yards and it's breadth not more than 60 yards nor less than 35 yards. The length in all cases exceed the breadth.

**B. MARKINGS:**

- Distinctive **LINES** at least 2-5 inches wide.
- A **HALFWAY LINE** shall be marked out across the field.

- A **CENTER CIRCLE** with a 6 yard radius.
- Four **CORNER ARCS** with a 1 yard radius.
- **GOAL AREA** – Six (6) yards from each goal post and six (6) yards into the field of play then joined by a line drawn parallel with the goal line.
- **PLAYER/COACHES AREA** – Twenty (20) yards long. Beginning at the halfway line go ten (10) yards down the touchline into each half of the field.
- **SPECTATOR VIEWING LINE** – Will be marked out five to ten (5-10) yards from the touchlines and behind the Player/Coaches Area.

**C. GOALS:**

**U-6 and U-8:** Six (6) feet high and six (6) yards wide.

**U-10:** Seven (7) feet high and seven (7) yards wide.

**Minimum** – Size of a hockey goal.

**2. The Ball**

**U-6 and U-8:** Size three (#3).

**U-10:** Size four (#4).

**3. The Number of Players**

**U-6:** Maximum players on roster is seven (7).  
Maximum on the field at any one time is five (5).  
Minimum on the field at any one time is three (3).  
Goalkeepers is optional – but not recommended!

**U-8:** Maximum players on roster is eleven (11).  
Maximum on the field at any one time is seven (7).  
Minimum on the field at any one time is four (4).

**U-10:** Maximum players on roster is thirteen (13).  
Maximum on the field at any one time is nine (9).  
Minimum on the field at any one time is five (5).  
*To conform with USYSA rules, U-10's must play 8 vs. 8, whenever the play is interleague.*

**SUBSTITUTION:** Unlimited – with Referee's permission.

**PLAYING TIME:** Each player must play 50% of the game.

**SEX:** Co-educational teams are highly recommended.

**CYSA Board of Directors Resolution (4/21/96):** "Although the **CYSA** will comply with USYSA's 8v8 rule, while actively working to repeal this USYSA rule, the **CYSA** Board of Directors recommends and supports the 5-7-9-11 Player Development Progression for the league's experimentation and consideration."

**The above resolution is also supported by the CYSA Recreation and Coaching Committees.**

### 4. Player's Equipment

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- Jersey or shirt – with number, Shorts, Socks, Footwear, Shinguards are Mandatory.
- A player shall not wear anything which is dangerous to another player or themselves, including any kind of jewelry.

### 5. Referees

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- Official referees can be used, if available. Older age group players are highly recommended.
- Are encouraged to explain the infraction called on the offending player.
- Their decisions on points of fact connected with the game shall be final!

### 6. Assistant Referees

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- Anyone who can tell the ball has gone totally over the touch or goal lines.

### 7. Duration of Game

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- U-6:** The game is to be divided into two (2) equal halves of sixteen (16) minutes each.
- U-8:** The game is to be divided into two (2) equal halves of twenty (20) minutes each.
- U-10:** The game is to be divided into two (2) equal halves of twenty-five (25) minutes each.
- A 'substitution break' shall be whistled mid-way in each half.
- Substitutions can be made at any other time with Referees permission.
- Half time break of five (5) minutes.

### 8. Start of Play

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- Opponent must be 6 yards from the center mark when place kick (kick-off) is in progress.

### 9. Ball In and Out of Play

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- Conform to FIFA laws of the game. "The ball is out of play only when it has wholly crossed the goal or touch lines".
- The ball is out of play only when it has wholly crossed the goal or touch lines.

### 10. Method of Scoring

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- The whole of the ball must cross the goal line between the goal posts and under the cross bar.
- The ball can not be thrown, carried or intentionally propelled by hand or arm over the goal line.

## 11. Off-Side

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- No off-side is to be called!

## 12. Fouls and Misconduct

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- All fouls will result in an **INDIRECT FREE KICK** with opponent 6 yards away.
- The referee must explain **ALL** infractions to the offending player.

## 13. Free Kicks

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**U-6 & U-8:** Shall be classified under only one heading **"INDIRECT"**.

**U-10:** Conform to FIFA Laws of the Game.

- A goal may not be scored until the ball has been played or touched by a second player – of either team.

## 14. Penalty Kick

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- No penalty kicks are to be taken during these games.
- Tie games stand!

## 15. Throw-In

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- Conform to FIFA laws of the game.
- One re-throw must be allowed if foul throw occurs.
- Referee shall explain proper method before allowing player to re-throw.

## 16. Goal Kick

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- Conform to FIFA laws of the game.
- Goal kick may be taken from any point inside the goal area – six yard area.
- Opponent must be six yards from the ball.

## 17. Corner Kick

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- Conform to FIFA laws of the game.
- May be taken from any point inside corner arcs.
- Opponent must be six yards from the ball.

## 18. Common Sense

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- No league standings are to be kept.
- Team officials and players are encouraged to shake hands with opponent before and after the game.
- Publicity of game and results are discouraged.

### TEN COMMANDMENTS FOR COACHES



1. Be patient!
2. Improve one weakness at a time.
3. Encourage questions and discussions.
4. Encourage the players when appropriate.
5. Prepare your players for the unexpected in the game.
6. Provide only one tip or suggestion at a time.
7. Permit the players to make mistakes and learn from them.
8. Focus on individual improvement rather than comparing others.
9. Urge them to practice their technique for short periods each day.
10. They will continue to participate if they are playing and learning!

### TEN COMMANDMENTS FOR PARENTS

1. Emphasize enjoyment and fun!
2. Praise effort as well as improvement.
3. Avoid heckling, jeering or distracting players.
4. Applaud positive performance by either team.
5. Appreciate a good play - no matter who makes it.
6. Always encourage your child to play by the rules.
7. Respect the judgment and strategy of the coach.
8. Relax and enjoy the game whether your team wins or not.
9. Attempt to understand and be informed of the rules.
10. Avoid criticizing players, coaches or referees for the loss of the game.



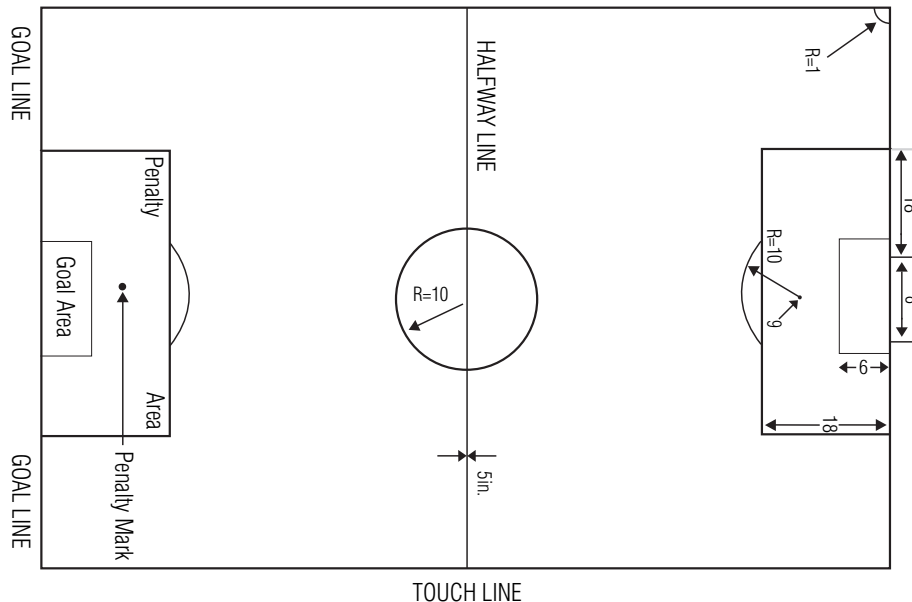
### TEN COMMANDMENTS FOR PLAYERS



1. Treat opponents with respect.
2. Control your temper at all times.
3. Play hard, but play within the rules.
4. How you play is far more important than winning or losing.
5. Where rules apply, try to understand them and stick to them.
6. Play for the "fun of it", not just to please your parents or coach.
7. Win without boasting, lose without excuses and never quit.
8. Respect officials and accept their decisions without gesture or argument.
9. Always remember it is a privilege to represent **CYSA** and your community.
10. Be a good Sport!

## A Brief Summary of the Laws of the Game

The following is a summary of the Guidelines and Recommendations by the Federation International de Football Association.



## 1. Field of Play

The field must be rectangular. Goals must be securely anchored.

## 2. The Ball

See Section 3:07:01 **CYSA** Constitution.

### 3. Number of Players \_\_\_\_\_

Maximum: 11. Minimum: 7.

#### 4. Players' Equipment

Player cannot wear anything, including any kind of jewelry, dangerous to himself/herself or another player. (See section 3:08:01 of **CYSA** Constitution)

## 5. The Referee

- A. Enforces the Laws.
- B. Decisions regarding facts connected with play are final, including whether a goal is scored.
- C. Keeps a record of the game.
- D. Allows no person other than players and assistant referees to enter field without permission.
- E. Takes disciplinary action against players and team officials guilty of cautionable and sending-off offenses.

## 6. Assistant Referees

Assists referee in officiating the game.

### 7. Duration of the Game

Varies with the age group. (See section 3:07:01 of **CYSA** Constitution)

### 8. Start of Play

- A. The winner of the coin toss determines which goal that team will attack in the first half. The other team takes the kick-off.
- B. Play begins with a kick-off. All players must be on their own side of the field and players of the team not taking the kick must remain outside the Center Circle until the ball is in play. The ball is in play when it is kicked and moves forward.

### 9. Ball in And Out of Play

- A. The ball is out of play when all of the ball has completely crossed over the touch line or goal line or when the referee has stopped play.
- B. The ball is in play at all other times.

### 10. Methods of Scoring

A goal is scored when all of the ball has completely crossed over the goal line, between the goal posts and under the crossbar, provided that the Laws of the Game were not infringed by the team scoring the goal.

### 11. Off-Side

An attacking player is off-side only if the player is (1) in the opponents half of the field, (2) in front of the ball, (3) closer to the opponent's goal line than the second last opponent, and (4) is in the opinion of the referee involved in active play at the moment the ball touches or is played by one of the player's teammates.

### 12. Fouls and Misconduct

- A. There are ten major fouls. It is a major foul if, in the opinion of the referee, a player carelessly, recklessly or with excessive force:
    - 1. Kicks or attempts to kick an opponent.
    - 2. Trips or attempts to trip an opponent.
    - 3. Jumps at an opponent.
    - 4. Charges an opponent
    - 5. Strikes or attempts to strike an opponent.
    - 6. Pushes an opponent.
- It is also a major foul if a player does any of the following regardless of whether the act was done carelessly, recklessly, or with excessive force:
- 7. Makes contact with the opponent before touching the ball while tackling an opponent for possession of the ball.
  - 8. Holds an opponent.
  - 9. Spits at an opponent.
  - 10. Deliberately handles the ball (except for goalkeeper within own penalty area.)



- B. The punishment for a major foul is a direct free kick from the point where the foul occurred. If the foul is committed by a defender within the penalty area, a penalty kick is awarded.
- C. There are four minor fouls that may be committed by any player and five that may be committed by goalkeepers. A player commits a minor foul if the player:
  1. Plays in a dangerous manner.
  2. Impedes the progress of an opponent.
  3. Prevents the goalkeeper from releasing the ball from the goalkeeper's hands.
  4. Commits any other offense, not previously mentioned, for which play is stopped to caution or dismiss a player.

A goalkeeper commits a minor foul if the goalkeeper, within his or her own penalty area, does any of the following:

1. Takes more than six seconds while controlling the ball with his or her hands before releasing it into play.
  2. Touches the ball again with his or her hands after releasing it into play before it has been touched by any other player.
  3. Touches the ball with his or her hands after it has been deliberately kicked to the goalkeeper by a teammate.
  4. Touches the ball with his or her hands after the goalkeeper has received the ball directly from a throw-in taken by a teammate.
  5. Wastes time.
- D. The punishment for a minor offense is an indirect free kick from the place where the offense occurred.
  - E. A player is cautioned and shown the yellow card if the player:
    1. Is guilty of unsporting behavior.
    2. Shows dissent by word or action.
    3. Persistently infringes the Laws of the Game.
    4. Delays the restart of play.
    5. Fails to respect the required distance when play is restarted.
    6. Enters or re-enters the field without the referee's permission.
    7. Deliberately leaves the field without the referee's permission.
  - F. A player is sent off and shown the red card if the player:
    1. Is guilty of serious foul play.
    2. Is guilty of violent conduct.
    3. Spits at any person.
    4. Denies the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (does not apply to goalkeeper within own penalty area).
    5. Denies an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.
    6. Uses offensive, insulting or abusive language and/or gestures.
    7. Receives a second caution in the same game.

### 13. Free Kicks

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- A. Direct free kicks are awarded for the ten major fouls. A goal may be scored directly from a direct free kick.
- B. Indirect free kicks are awarded for other offenses, infractions, and misconduct. A goal cannot be directly scored from an indirect free kick; the ball must be touched by any player other than the kicker before a goal can be scored from an indirect free kick.

### 14. Penalty Kicks

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- A. A penalty kick is awarded when one of the ten major fouls is committed by a defender against an opponent in the defender's own penalty area while the ball is in play.
- B. The ball is placed on the penalty mark. The defending goalkeeper remains on the goal line between the goal posts until the ball is kicked. All players other than the kicker and the defending goalkeeper must stay outside the penalty area and arc and behind the penalty mark until the ball is kicked. A goal may be scored directly from a penalty kick.

### 15. Throw-in

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- A. When all of the ball passes completely over the touch line on the ground or in the air, play is restarted with a throw-in taken by a player of the team opposite to that of the player who last touched it. A throw-in requires that the player taking the throw-in face the field, have part of each foot on or outside the touch line, use both hands, and deliver the ball from behind and over his or her head.
- B. The penalty for an improper throw-in is for a throw-in to be taken by a player of the opposing team.

### 16. Goal-Kick

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When the ball is last touched by an attacking player before going completely over the goal line and a goal is not scored, play is restarted by the defending team kicking the ball from anywhere within its goal area. Defending players may be anywhere on the field. Attacking players must remain outside the penalty area until the ball is in play. The ball is in play when it is outside of the penalty area.

### 17. Corner Kick

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When the ball is last touched by a defending player before going completely over the goal line and a goal is not scored, play is restarted by the attacking team taking a kick from within the corner arc on the side of the field where the ball went over the goal line. Defenders must be at least ten yards away when the corner kick is taken. The ball is in play when it has been kicked and moves.