



ADMINISTRATION

- Coaches should be receiving:
 - coach and an assist coach's game day shirt
 - Rosters
 - Uniform face sheet –Division and your set number; i.e. BA Set #3
 - DC United information
 - Fundraiser information
- Please be familiar with all the above



WELCOME

Introductions



PLAYER DIRECTORS

- Girls B – Rich Gaites
- Boys B5 – Carol Montoya
- Boys B4 – Carol Montoya
- Girls B – Rich Gaites

- Girls C4 – Toni Freeland
- Boys C4 – Kelley Houlgate
- Girls C3 – Heather Flewallen
- Boys C3 – Rick Booth

- Girls D2 - Susan Johnson
- Boys D2 – Lourdes Talbot



**THE SEASON WILL
START ON
APRIL 1ST**



UNIFORMS

Uniform exchange -

- E-mail Tanya at TanyaDH@aol.com –
- Also inform her of the set number. Indicate what size you are wanting to exchange. BE SPECIFIC

Once you have met with your parents, select a “uniform parent”

Equipment



REGISTRATION

- Must be registered prior to participating
- One travel player per team until all teams has one travel player
- If a travel players is NOT registered in LMVSC, however in another Club, that still counts as one travel player!



SCHEDULING

- Special Request:
 - LMVSC referee
- Scheduling Request form – on line
- www.lmvsc.org
- COACHES
- REC SOCCER COACHES
- Rescheduling request form
- In order to reschedule, the following must occur:
 - 1) Your rescheduling request must be within the existing schedule.
 - 2) You must have agreement from your opponent to reschedule existing time, day and field to the rescheduled requested time, day and field.
 - 3) You must have agreement from the two teams that are playing in the time, day and field that you wish to reschedule to, agreeing to play in your current time, day and field.
 - 4) In order to help you facilitate your request, all LMVSC Soccer Coaches e-mails are posted on the website.
 - 5) To verify that all parties are in "agreement", fill out the form below, email to Jessica Gore admin@lmvsc.org within 72 hours of rescheduled request and copy via e-mail addresses all parties involved; i.e.: Your opponent, home and away teams you are rescheduling with.



PRACTICE FIELDS

- [Practice Grid](#) – On the Website LIVE
- COACH ED passcode – coaches
- Always carry your field permits. On the website
- Practice Etiquette – Arriving – Leaving – Trash
- U8 – 2nd Monday and Wednesday
- U7 - Monday



GAME FIELDS

- Field Permits and Space – On line live
- B Division –
- C Division –
- D2 –
- All field directions will be on line



COACHING EDUCATION

HOW DO CHILDREN LEARN

PLAYER CHARACTERISTICS

PRACTICE ORGANIZATION

LESSON PLANS

SAMPLE PARENT MEETING AGENDS

THE COACHES TOOL BOX



LEE-MOUNT VERNON

[SOCCER](#)[TRAVEL SOCCER](#)[BASKETBALL](#)[TRAVEL BASKETBALL](#)[REFEREES](#)[DONATE](#)[COLLEGE CENTER](#)

Select Language ▼



5-U6 Age Group Information

5-U6 AGE GROUP INFORMATION



NEW DIRECTOR OF RECREATION AND PLAYER DEVELOPMENT: JUSTIN O'SHELL



Justin O'Shell,
Director of
Recreation and Player
Development

REFEREES

- Young referee
- No arguing
- Pacing
- Don't be the extra player on the field
- New information!



LAW 3 – THE PLAYERS

Direct FK (or penalty) if a substitute/team official/sent off player interferes with play

- If something/someone (other than a player) touches a ball going into the goal, the referee can award the goal if the ball goes in the goal and the touch had no impact on the defenders
(unless in opponents' goal)
- If a goal is scored with an extra person on the field and referee has restarted play, the goal stands and the match continues

LAW 8

START AND RESTART OF PLAY

Kickoff

Ball can be kicked in any direction at kick-off

Ball must clearly move to be in play for all kicked restarts

Referee can not 'manufacture' outcome of a dropped ball

Dropped Ball:

If a dropped ball enters the goal without touching at least two players play is restarted with:

- a goal kick if it enters the opponents' goal

- a corner kick if it enters the team's goal

LAW 10 DETERMINING THE OUTCOME OF THE MATCH

Kicks from the penalty mark:

Referee will toss a coin to choose the goal (unless there are weather, field of play, safety considerations etc...)

Coin will be tossed a 2nd time to determine who takes the first kick

Goalkeeper can be replaced at any time

Player temporarily off the field (e.g. injured) at the final whistle can take part

LAW 10 DETERMINING THE OUTCOME OF THE MATCH

Both teams must have same number of players before and during the kicks

Referee does not need to know the names/numbers or the order of kickers

A kick is over/completed when it goes over a boundary line or stops moving (including held by GK) (See Law 14)

Kicks are not delayed if a player leaves the field; if the player is not back in time their kick is forfeited (missed)

LAW 11 - OFFSIDE

Halfway line 'neutral' for offside; player must be in opponents' half

- Arms of all players (including goalkeepers) are not considered when judging offside position
- Offside position not offence judged at the moment the ball is played
- Offside FK is always taken where the offside offence occurs (even in own half)
- Interfering with an opponent after a save or rebound is an offence

LAW 11 - OFFSIDE

A defender off the field is only 'active' until play stops or the defending team clears the ball away from their penalty area towards the halfway line

Same for attacker returning; before that the player's point of return to the field of play is the offside position

If a goal is scored, an attacking player in the goal can be penalised for an offside offence

LAW 12 – FOULS AND MISCONDUCT

If a foul involves contact it is always a direct FK

- If the referee plays advantage for a Red Card offence and the offending player then gets involved in play it is an IDFK
- Change of wording for handball so that not every handball is a Yellow Card – YC for handball now linked to stopping/interfering with a promising attack (like other fouls)
- Attempted violent conduct is a RC, even if no contact

LAW 12

FOULS AND MISCONDUCT

- Striking on head/face when not challenging an opponent is a RC unless the contact is minimal/negligible
- Offence on the field against substitutes, team officials, match officials etc... Is now a direct FK
- Foul off the field as part of normal play will be penalized with a direct FK on the boundary line at the point nearest to the offence (penalty kick if in offender's own penalty area)

LAW 12

FOULS AND MISCONDUCT

“Where a player denies the opposing team a goal or an obvious goal--scoring opportunity by a deliberate handball offence the player is sent off wherever the offence occurs. Where a player commits an offence against an Opponent within their own penalty area which denies an opponent an obvious goal--scoring opportunity and the referee awards a penalty kick, the offending player is cautioned unless:

The offence is holding, pulling or pushing or

The offending player does not attempt to play the ball or there is no possibility for the player making the challenge to play the ball or

The offence is one which is punishable by a red card wherever it occurs on the field of play (e.g. serious Foul play, violent conduct etc..)

In all the above circumstances the player is sent off.”

LAW 14

THE PENALTY KICK

Some offences are always an IDFK whether or not the PK results in a goal:

Indirect FK if wrong player deliberately takes the penalty (+ YC to player who took the kick)

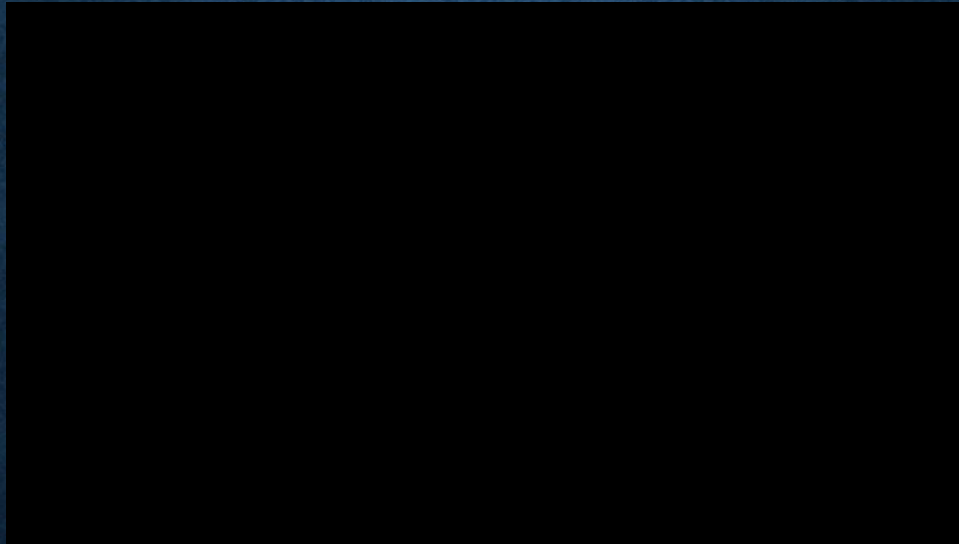
Indirect FK if ball kicked backwards

If 'illegal' feinting occurs it is always an indirect FK (and YC to the kicker)

- If the GK infringes and the PK is missed/re--taken the GK will now receive a YC

SPORTSMANSHIP ISSUES

FOOD FOR THOUGHT..



The primary purpose of LMVSC's recreational program is for kids to have fun playing the game of soccer. This should be our reason for being on the field every weekend. While we heavily rely on volunteers to make the rec program possible, we also need to have accountability to the rules of the game and respectful sportsmanship.

Coaches, families, and players are being asked and are expected to commit to demonstrate the highest level of sportsmanship. This includes, but is not limited to the areas below.

- Follow the rules with regards to preventing blowouts. Addressing a blowout doesn't start with taking off a player when you are up by 5 goals. It starts with changing your tactics when the goal differential is 3 and 4. It's more passing, giving the player who isn't usually the star some extra minutes in the match, and less pressure from the sidelines to score.
- Ensure each player plays for half of the game. This doesn't mean some players can't play for more than half of the game, but not at the expense of another player not getting enough playing time.
- Let the coaches coach, the referees ref, and the players play. This especially applies to your parents. Coaches have volunteered to lead their teams and put a lot of personal time into practices and games. Parents should be supportive of their players from the sidelines; they should not coach or challenge the refs.
- Treat your players and the opposing team and coach with respect. This includes coaching from your half of the field and using appropriate language.
- Treat the fields and facilities with respect. Clean up trash from the team and spectator areas. Don't allow canopies or chairs to be placed on turf.
- During games, coaches and players from both teams will be on one side of the field and the spectators will be on the other. This gives coaches the full attention of the players and reduces the amount of parent coaches at your side.
- There should be no spectators behind the goal and no coaching from the behind the goal.
- Take care of the fields on which we are permitted to play:
 - Pick up all trash from the field before leaving; team side and spectator side.
 - Fairfax County rules state no chairs, benches, tents, etc. on the turf. Everything should be set up on the grass. LMVSC uses practice and playing fields by county permit; breaking their rules could lead to a loss of permits (meaning loss of practice and game space)

Refs are responsible for enforcing the rules of the game. Coaches are expected to enforce sportsmanship.

Follow Through

Referees submit report cards after each game, with include team information, score, sportsmanship rankings for coaches, parents, and players, and any comments on the game. And sportsmanship scores below a 7 (on a scale of 1-10) will be forwarded to the House Commissioner, who will work the respective player director to address the issue and/or address directly with the coach(es) involved

Player directors, the House Commissioner, and other Club staff/volunteers will spot check game day fields to ensure rules are being followed. Any issues will be forwarded to the House Commissioner, who will work the respective player director to address the issue and/or address directly with the coach(es) involved.

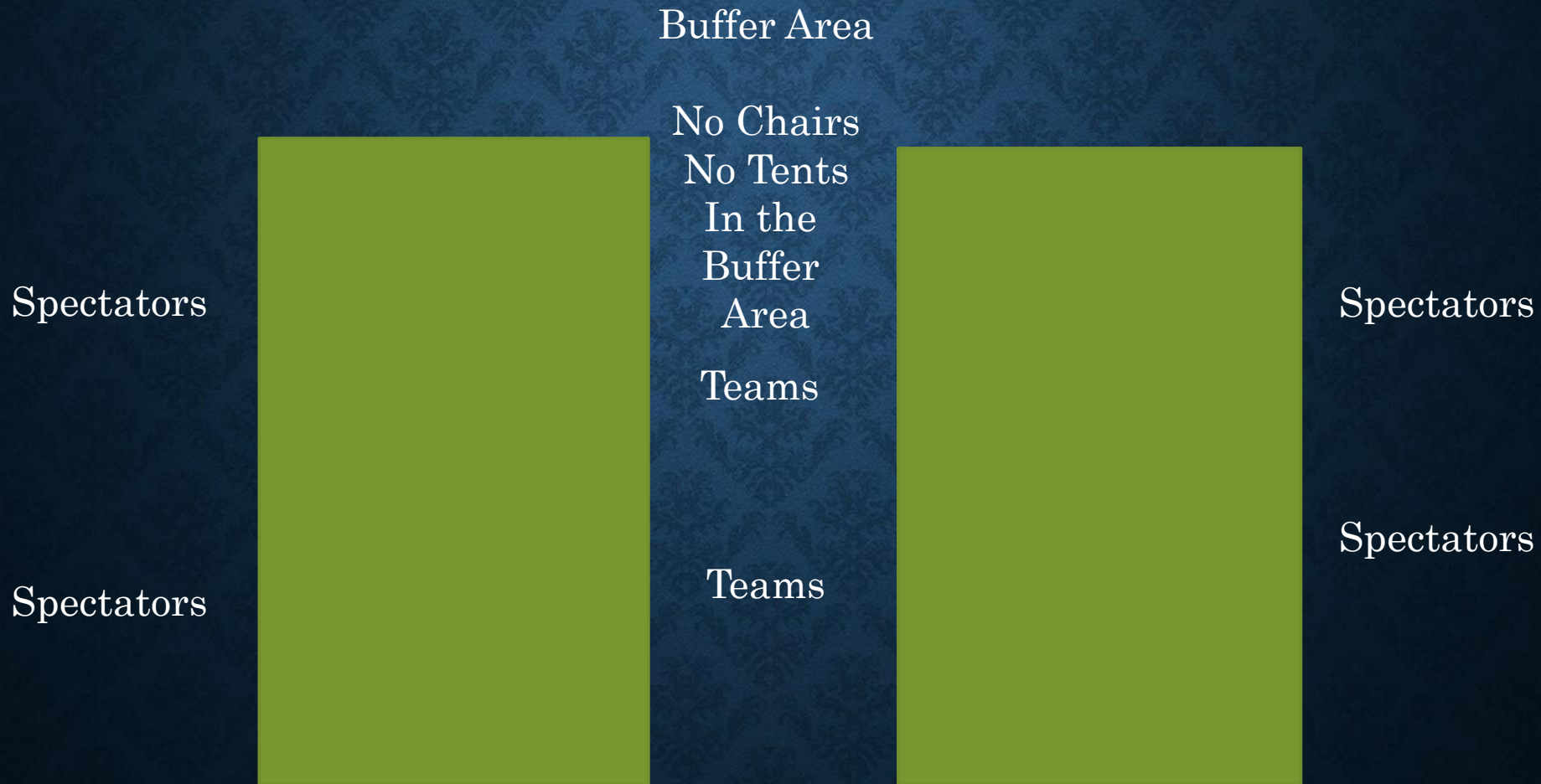
Coaches, parents, and players should feel comfortable expressing and concerns or asking any questions during the season. Line of inquiry is coach, player director, House Commissioner. Contact information for the latter two is on the LMVSC website.

At the end of the season, parents will be asked to complete a brief survey about their overall experience, including topics such as officiating, sportsmanship, fields, communications, coaching, etc. This is an opportunity to provide confidential comments and feedback.

Rule infractions (sportsmanship and others) may result in one or more of the following, each of which will be documented. These do not have to be implemented in ascending order (e.g., a verbal warning does not have to precede an ejection).

- Verbal/written warning
- Coach/parent/player ejection from current game and/or from next game
- Coach released from team (note: a coach being released from a team will NOT restrict the coach's child from remaining on the team)

COACHES/PLAYERS/SPECATORS





BLOW OUT RULE

- Objective of LMVSC - provide an atmosphere in which players can enjoy the game without an undue emphasis on winning or losing. Accordingly, blow-out games are contrary to the objectives of the Recreational League, and LMVSC Recreational League coaches shall make reasonable efforts to avoid blow-outs.
- Definition: When the goal-differential between the two teams then playing reaches five (5) goals



BLOW OUT RULE - ACTION

- Required Action:
 - Before 5 Goals: Rotate players, substitute players, increase required touches
 - At 5 Goals: the coach of the dominating team shall remove one player from the field
 - Above 5 Goals: The dominating team will remove an additional player for each goal scored
 - D2 Division down to 5
 - C Division down to 6
 - All other Divisions down to 7
 - Differential Decreases: the dominant team may return a player to the field



BLOW OUT RULE - ISSUES

- **Playing time** – $\frac{1}{2}$ game for each player
 - Substitution opportunities, use them
 - Your best players will get their time in the season, is not a punishment
 - Give the weaker players the time
- **Player development**
 - What is gained by having your best players continue to score?
 - Ball handling/controlling/passing drills are an important element of the game
 - Individual development includes sportsmanship as well as physical skills
- **Player Attitude is Strongly Influenced by the Coach**



NET DUTIES – SET UP AND TAKE DOWN

- **NET SETUP POLICY –**
- Field equipment will be store at the field
- **Combinations** posted on the website
- The first game of the day – both teams will be responsible for setting up one goal each.
- Last game of the day – Both teams will take down
- Be thoughtful will the equipment

LEAGUE PHILOSOPHY

GENERAL RULES



- Game rules are in your Coach's handbook
- LMVSA coaches role is to develop players
 - Non results oriented
- Remember – treat players with respect.
- A coach that has a child participating on a Travel team in another club is prohibited from coaching or assistant coaching for a LMVSC recreational team within their child's age group.
- Select Players – 1 per team...
- You may not play a player down

Any questions?

BEFORE YOU LEAVE...

- Please make sure you have picked up all your belongings.
- Please make sure you pick up the correct uniform bag.
- Please thank your Player Director for all his/her hard work.
- Also note, in your hand book there is a lot of terrific information, take a minute and look through it.
- Thank you for volunteering your time and on behalf of the entire LMVSA Board, we wish you a fun and safe season.....