



# Fall 2021 Coaches Information

Let's Get Started!

## Welcome to Coastal FC's Fall Soccer Program!

To help you get started, we'd like to provide some essential information for a successful Spring Season.

## Equipment Pick Up

For those teams that have not picked up their equipment, or if you require different sizes or are missing items please contact Mem Xavier to make arrangements.  
[mxavier@coastalfc.ca](mailto:mxavier@coastalfc.ca)

## Free Coaching Clinics

As part of our on-going commitment towards coach development and education, we will be offering **FREE** coaching clinics on the dates specified below. The purpose of the clinics is to provide coaches with the club curriculum, as well as important information around organization, session structure, and coaching methodology. The clinic material will be very useful in assisting you with the delivery of training sessions and game management throughout the season.

**Clinic:** U7 - U10 Club Curriculum

**Dates:** **Tuesday** September 14<sup>th</sup>, 2021

**Time:** 6:00PM - 7:30PM

**Location:** South Surrey Athletic Park

**Field:** 5

**Meeting point:** SSAP 5

**Arrival time:** 5:50PM

**Start time:** 6:00PM

**Instructor:** Mark McQueen & Nour Fathy

**Clinic:** U8 - U18: Game Day Coaching Clinic

**Dates:** **Thursday** September 15<sup>th</sup>, 2020

**Time:** 6:00PM - 7:30PM

**Location:** South Surrey Athletic Park

**Field:** 5

**Meeting point:** SSAP 5

**Arrival time:** 5:50PM

**Start time:** 6:00PM

**Instructor:** Mark McQueen & Nour Fathy

Any questions can be directed to [mmcqueen@coastalfc.ca](mailto:mmcqueen@coastalfc.ca)

## Coaching Resources

In addition to the coaching clinics we also have online videos to assist with session planning [CLICK HERE](#).

## Fall Game Schedule

The Fall Game Schedule is currently being worked on. Once the home game schedule is available you will be able to access it online on the club website. The time listed on the schedule is the kickoff time. You will have access to the field 30 minutes prior to your game. Games must start on time to avoid backing up throughout the day. Referees will be asked to start precisely on time and games that will start late will be cut short to maintain the schedule. Please ensure that your team is ready to play.

## Turf Field Set Up

We will have staff on site to have fields prepared for 8:30am. This will allow teams to start promptly at 9:00am. There will be some transition assistance from coaches coming onto the field at certain points.

- The fields used for U5-U8 teams will be set up by Coastal FC staff in the BMO Coastal Soccer Centre (nets and cones for fields)
- Coastal FC staff will come and put away the goals and cones at the completion of the U9 games. Please assist this process by:
  - Ensuring that the goals are moved near the entry gates
  - Stack the cones (please DO NOT take cones with you. If we lose the cones they will no longer be provided at set up)
- U9 teams will move the full mini goals to the top of the penalty area of the 8v8 field to shorten the length. Use cones to complete the end line and establish a penalty area.

- At the completion of the U9 games, the U9 teams will push the goals back to the full size of the 8v8 field.
- U11-U18 will play on full fields using the existing markings (8v8 for U11-U12 and full field for U13 - U18)

## Morgan Creek and Dufferin Park Set Up

Goals and nets are in place at Morgan Creek and Dufferin Park. Goals will need to be moved into place at the beginning of the day on Saturday and pushed back to the fence after the final game on Sunday. Corner flags are not required for Spring soccer and there is no need to pick them up.

## Fall Game Format

Age Group	Format	Duration	Field Size	Goal Size	Ball Size	Referee
U5 - U6	4v4	2 x 20 mins	1 Pad	5ft x 8ft	3	No
U7 - U8	5v5	2 x 25 mins	1 Pad	5ft x 8ft	4	No
U9	6v6	2 x 25 mins	1/4 of field	5ft x 8ft	4	No
U10	7v7	2 x 25 mins	1/4 of field	6ft x 12ft	4	Yes
U11 - U12	8v8	2 x 30 mins	Half Field	6ft x 12ft	4	Yes
U13 - U14	11v11	2 x 35 mins	Full Field	8ft x 24ft	5	Yes
U15 - U16	11v11	2 x 40 mins	Full Field	8ft x 24ft	5	Yes
U17 - U18	11v11	2 x 45 mins	Full Field	8ft x 24ft	5	Yes

*\*All game formats include a goalkeeper*



## Fall Game Rules

Age Group	Throw - Ins	Corners	Free Kicks	Penalties	Offside	Retreat at goal kick/ application of pressure
U5 - U8	No - Kickins	Yes	Yes	No	No	Halfway/1 <sup>st</sup> pass complete
U9	No - Kickins	Yes	Yes	No	No	3/4 mark/1 <sup>st</sup> pass complete
U10	No - Kickins	Yes	Yes	No	No	3/4 mark/1 <sup>st</sup> pass complete
U11- U18	Yes	Yes	Yes	Yes	Yes (final 3rd)	3/4 mark/1 <sup>st</sup> pass complete

### Clarification of retreat line (half way) rule U5-U8:

The retreat line is initiated when the ball has gone out for a goal kick. All opposing players will 'retreat' to half field and cannot pursue the ball until:

- The ball is received by a teammate OR,
- The ball travels over the retreat line OR,
- The ball leaves the field of play

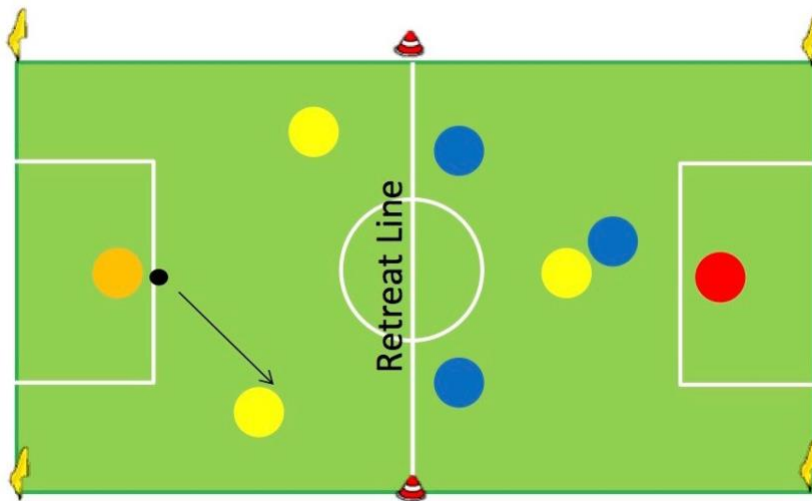
If preferred, teams are always able to play quickly; the ball would be in play as soon as it leaves the penalty area regardless of the opposing team's position.



## Encroachment of retreat line:

If the defending team encroaches across the retreat line before an opposition player touches the ball then the referee stops play and issues a re-take of the goal kick.

If the opposing team repeatedly infringes the retreat line, an indirect free kick shall be awarded from the place where the offence occurred for not respecting the restart.



## Clarification of retreat line (3/4 mark) rule U9-U18:

The retreat line is initiated when the ball has gone out for a goal kick. All opposing players will 'retreat' to the markers indicating the retreat line and cannot pursue the ball until:

- The ball is received by a teammate OR
- The ball travels over the retreat line OR,
- The ball leaves the field of play



## Encroachment of the retreat line:

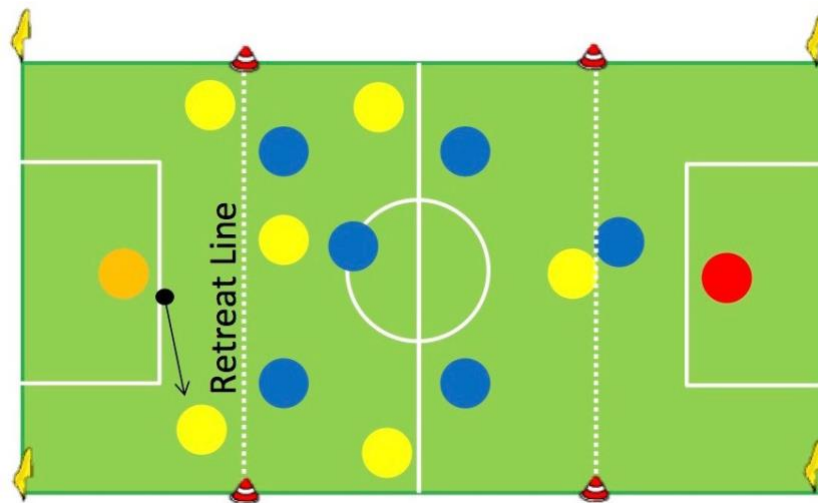
If the defending team encroaches across the retreat line before an opposition player touches the ball then the referee stops play and issues a re-take of the goal kick.

If the opposing team repeatedly infringes the retreat line, an indirect free kick shall be awarded from the place where the offence occurred for not respecting the restart.

### ***Making the Right Decision:***

Teams are always able to play quickly; the ball would be in play as soon as it leaves the penalty area regardless of the opposing team's position.

At times the correct decision is a quick or a long pass, players need to recognize the positions of the opposing team and act accordingly. If there is the opportunity to play quickly to create a counter attack or find a player in the middle third of the field - it should be encouraged!



Information regarding training/game fields including layouts and lights can be found [HERE](#).

**South Surrey Athletic Park** [\(Map\)](#)

**Morgan Creek Elementary** [\(Map\)](#)

**Dufferin Park** [\(Map\)](#)

**South Meridian Elementary** [\(Map\)](#)

**Ocean Cliff Elementary** [\(Map\)](#)

**Laronde Elementary** [\(Map\)](#)

**Jessie Lee Elementary** [\(Map\)](#)

## **Game Allocations**

Information regarding game fields including layouts can be found [HERE](#)

**South Surrey Athletic Park** [\(Map\)](#)

**Morgan Creek Elementary** [\(Map\)](#)

**Dufferin Park** [\(Map\)](#)

**-END-**