

# Spring 2<sup>nd</sup> Grade Rules Progression

## Overview

- FYSA will add the interior markings used for the Academy to the existing fields. Markings should be proportional but will be sure to leave some room on the sides of the penalty areas (2-3 yds), even if it means making the penalty area disproportionately smaller.
- Coaches will continue to follow the 2<sup>nd</sup> grade curriculum during the training portion, throughout the season. New rule changes should be for the scrimmage portion of the show only!
- Note: Mid-week training will continue to focus on technique and NOT on any rule changes (including throw-ins). The exception will be during the week that we introduce goalkeeping.
- Coaches should not be “Rule-Bound”; wasting time on explanations or repeating/correcting due to infractions. Giving reminders BEFORE a player does something will eliminate a lot of infractions. Stopping play and re-doing/talking is boring and an inefficient use of training time.
- Once a concept is introduced, coaches will continue to use it for the remainder of the season from that point on.
- Remember that the purpose of this is to spice things up a bit and **introduce** some new concepts. Don’t expect that all will understand or get it right. It’s okay. They’ll learn it again in the fall at the Academy, anyway. The focus is still on dribbling and other foot skills like shooting and passing.

**Weeks 1 and 2**- *No changes*- Use this time to get the players acclimated to outdoor play again, learning their names and communicating with parents about the upcoming rule changes and stress the importance of attendance so they won’t miss out on the information as it is “sprinkled” in.

**Week 3**- *Introduce the “kick-off” after each goal is scored.*

- **Coaching points**- Kick off from the middle of the center circle. Defending team must leave the center circle and be on their own half of field until ball is touched. Attacking players on their own half of the field. At least 1 attacking player (ideal) near the ball. Player may kick the ball in any direction to another teammate. Recommend that players pass backwards on the kick off.
- **Implementation**- Start the scrimmage with a kick-off, explain the rules then. Ask them to “make a plan” (“Where will you go after the ball is touched?”). Most go directly into the teeth of the defense. Perhaps a pass backward away from pressure? Don’t dwell on technicalities. If an infraction occurs, remind them of the correction AS YOU LET PLAY CONTINUE! Once in a while is okay, but remember the goal is to play and learn skill.

**Week 4**- *Introduce the penalty area and use it for Goal kicks.*

- **Coaching points**- No one but the players involved in taking the goal kick (usually, the goalkeeper...once we have one and a teammate) should be in the penalty area until the ball is played. Ask the defending team to retreat to midfield until the ball is touched by another player.
- **Implementation**- Ask defending players to back up behind the midfield line and have one player from the kicking team positioned to the side of the goal area, close to the ball. Encourage the kick to go to this

player (to the side, away from the danger area in front of goal), but let them make the decision. Ask, “Where should the ball go?” “Where are the defenders?”. Once the kick is touched by the receiving player, the defenders can approach.

**Week 5- Introduce Throw-ins- Key:** Remember that almost no practice time should be used to practice throw-ins! It is simply a means to get the ball in play so they can learn to play with skill.

- **Coaching points-** When the ball leaves the field on the sides (touchlines), play is restarted with a throw-in. Player taking the throw must be off the field, have BOTH feet remain on the ground throughout the process, use two hands on the ball from behind the head and face the direction that the throw is to go in, and follow through with both hands.
- **Implementation-** When the ball goes out of play during the scrimmage, stop play and tell them that we are going to add a new rule to use from now on. Explain and show them how to do a proper throw-in and then have the nearest player restart play with a throw-in. Make any corrections then and there and move on. From that point on, don't stop play to correct them. Simply try to avoid the mistakes by reminding the player taking one before he/she does it. Say, “Remember to start from behind your head with both hands and keep both feet on the ground.” If they make a mistake, let play continue and just tell the thrower of the mistake they made.

**Week 6- Introduce the goalkeeper-** Play 3v3+a goalkeeper (remember that the goalkeeper is still a field player that can use his/her hands in the penalty area). We will cover some key technical points at the U8 training during the week prior to week six. Coaches' attendance will be important so as not to miss the salient coaching points for the remainder of the season.

- **Coaching points-** Concentrate on the “ready position” (“Go Gorilla” and ask, “Are your hands ready?”) and catching (Hands behind the ball): Scoop (jellyfish), basket catch (below the chest) and “W” catch (above chest level). Explain that the keeper may only use the hands in the penalty area (Again, don't sweat it if they make this mistake. Just correct it and move on while play continues).
- **Implementation-** Rotate the keepers often. Everyone should take multiple turns of short duration. Goalkeepers should take all goal kicks now. Be aware of situations where a particularly strong shooter may be shooting on a frightened or weak player. Try to avoid this mismatch whenever possible.
- **Be sure that defending players retreat to midfield on any goalkeeper possession!**
- **Keepers should distribute with their hands (roll it out to teammates). No Punting!**